



iCare

A conference for people who help people.

2022 Break-out Titles & Descriptions - Victoria

9:15—10:15



Title: *P.R.A.Y. – Reaching Out to Grievors*

Presenter: *Leslee O'Neal, MS, LPC-S, CGRS*

Organization: *STCH Ministries*

Description: *Supporting and reaching out to those who have experienced loss can truly be an unpredictable journey. There may be ups, downs, many U-turns, and even painful detours. P.R.A.Y. may be considered an earnest means of reaching out to grievors.*

Title: *Taking Good Care of the Caregiver*

Presenter: *Judith Williams, MEd, LPC*

Organization: *STCH Ministries*

Description: *Being a caregiver is a hard job that requires a great deal of emotional, physical and mental energy. This session is dedicated to the often neglected needs of the caregiver and ways to get them met.*

Title: *Mindfulness: What's All the Hype?*

Presenter: *Phyllis Hamilton, LSSP, NCSP, CTPE*

Organization: *Region 3 Service Center*

Description: *Mindfulness may be the newest buzzword. But could it be more than that? Mindfulness is actually an evidence-based strategy that has been around for ages and now, newly (re)discovered by many. Join us as we explore mindfulness activities, also called Mind Body Skills (MBS). We will learn what it is and isn't and have time to practice some of the skills. Leave feeling refreshed and renewed!*

Title: *Helping parents and caregivers understand their child's play*

Presenters: *Lisa Latcham, MEd, LPC-S, RPT-S & Marisa Gonzales, MA, LPC, RPT*

Organization: *STCH Ministries*

Description: *Participants will learn what is & isn't play and what parents & caregivers can learn from watching their child play and even engaging with them in their play.*

Title: *Biblical Conflict Resolution*

Presenter: *Walter Jackson, PhD*

Organization: *Director of Missions, Guadalupe Baptist Association*

Description: *In this session we will consider the reality of conflict and how the Bible presents it. Look at examples of conflict between people in Scripture. We will also see ways to bring about resolution from Scripture.*

Title: *Marriage Communication Strategies*

Presenter: *Darin Griffiths, MA, LPC-S, LMFT*

Organization: *STCH Ministries*

Description: *Attendees will learn to identify 4 corrosive elements to communication. These 4 elements can be used to predict, with a 90% certainty, whether a marriage relationship will make it or not. Attendees will also learn easy to manage tools for starting conversations in more constructive ways. This will help to steer clear of the 4 corrosive elements that tend to destroy relationships.*

Title: *Understanding Generation Z*

Presenter: *Tim Williams, MDiv*

Organization: *STCH Ministries*

Description: *Using updated information to understand the emotional and spiritual landscape of generation Z and opportunities to reach them.*

10:30 — 11:30



Title: *Being Married to Your Best Friend*

Presenter: *Tim Williams, MDiv & Judith Williams, LPC*

Organization: *STCH Ministries*

Description: *Research shows that the most important element in successful marriages is friendship. In this session we will explore friendship in the marriage relationship as well as ways to improve it.*

Title: *Suicide – What It Is, What It Isn't and Ways You Can Help*

Presenter: *Allison Cook, MA, LPC*

Organization: *STCH Ministries*

Description: *In this presentation we will take a look at facts about suicide, the difference between self-injury and suicide, signs, and ways to help a suicidal person.*

Title: *The Brain and Body on Stress: How Stress and Trauma Impacts Us*

Presenter: *Phyllis Hamilton, MA, LSSP, NCSP, CTPE*

Organization: *Region 3 Service Center*

Description: *In this session, we will review basic brain and body physiology as it relates to stress and trauma as well as how to reverse those negative effects. New research in brain science will be discussed, including the stress response system and Polyvagal Theory. Learn the techniques you can easily and quickly implement to start healing and building resilience!*

Title: *Taking Action on an Outcry in the Church*

Presenter: *Mike Hurt & Marisa Gonzales, MA, LPC . RPT*

Organization: *Senior Pastor, Parkway Church & STCH Ministries*

Description: *When an outcry is made, action must be taken. The church cannot sweep abuse or neglect under the rug. Join Pastor Mike Hurt and Marisa Gonzales of STCH ministries as they talk through not only what is required by law but what is expected to care for the victim.*

Title: *Spiritual, Emotional and Physical Renewal Coming Out Of A Pandemic*

Presenter: *Walter Jackson, PhD*

Organization: *Director of Missions, Guadalupe Baptist Association*

Description: *In this session we will consider how the pandemic has impacted the spiritual, emotional and physical aspects of life. We will look at ways to renew these areas of life within ourselves and also ways to assist others in need of renewal.*

Title: *Raising Highly Capable Kids*

Presenters: *Dosely Antongiorgi, MA, LPC-S & Margaret Judson*

Organization: *STCH Ministries & School Connect*

Description: *This overview offers information about the Search Institute's 40 Developmental Assets a child needs to become a caring, successful, and thriving adult. The participant will learn how the Raising Highly Capable Kids curriculum can be taught in churches, non-profits and schools. Anyone interested in becoming a Raising Highly Capable Kids parenting facilitator can attend this overview.*

Title: *Headspace & Timing*

Presenter: *Mike Allen, MA, MDiv, LPC Associate (Supervised by Dosely Antongiorgi, MA, LPC-S)*

Organization: *STCH Ministries*

Description: *Viewing military service as a separate culture. A look at some of the uniqueness of military culture which can influence positive results in relationships.*

Title: *Childhood Sexual Assault: How to Spot and Prevent It*

Presenter: *Paris Arthur, MA, LPC Associate (Supervised by Lisa Latcham, MEd, NCC, LPC-S, RPT-S)*

Organization: *STCH Ministries*

Description: *Learn how to have age appropriate conversations with children about sexual boundaries and sexual abuse to help minimize opportunities for abuse. Recognize signs and how to approach and respond to a child who may be showing signs of sexual abuse. Recognize behaviors of groomers and sexual assault offenders. Learn how to file a report.*

Title: *The Culture That Feeds Sexual Assault and Victim Blaming*

Presenter: *Beth Svetlik, LMSW*

Organization: *Mid-Coast Family Services*

Description: *The Victoria Police Department just release new statistics and number of sexual assaults reported increased dramatically. How can there be such a dramatic increase? Does sexual assault really happen that often? We will look at the some of the possible "why's" behind this increase, and the culture that surrounds sexual assault. Could "Oh that's just locker room talk" be that innocent?*

11:45—12:45



Title: *Lunch with Mike: Self-Care Through The Use of Laughter & Encouragement*

Auditorium

Presenter: *Mike Goodwin*

Description: *Laughter is good for the soul and research proves it! Join us in a session of laughter that will help both you and those YOU help.*

1:00—2:00



Title: *Promoting Youth Mental Wellness*

Presenters: *Phyllis Hamilton, MA, LSSP, NCSP, CTPEP*

Organization: *Region 3 Service Center*

Description: *Given the negative impact of the pandemic on everyone's mental wellness, including our students, there has been increased emphasis on utilizing the place where students spend the bulk of their days – the schools. The school mental health and wellness movement is slowly taking hold across the country and is shifting away from solely focusing on mental health crises to the promotion of youth mental wellness. This presentation is not just about the schools. It truly takes a village to support and promote wellness. We will explore the Multi-Tiered Systems of Supports (MTSS) process that schools are implementing and discover the resources and supports that are available in the schools and in the community.*

Title: *Discovering the Unique Five Temperaments*

Presenters: *Leslee O'Neal, MS, LPC-S, CGRS*

Organization: *STCH Ministries*

Description: *An exploration of the different temperaments, (Melancholy, Phlegmatic, Choleric, Sanguine, and Supine), and how they can even blend with one another. Maybe you'll discover yours!*

Title: *A Biblical Primer on Gender Identity Issues*

Room:

Presenter: *Mike Hurt*

Organization: *Senior Pastor, Parkway Church, Victoria*

Description: *Gender identity issues are grabbing headlines and growing at an unprecedented rate. The church can accept, ignore, or learn to engage Biblically and lovingly with those who have gender identity questions or struggles. Join Pastor Mike Hurt for an introduction to the current societal issues, a Biblical worldview for gender identity, and practical solutions to live with clear convictions and love.*

Title: *Church Hurt: Understanding and healing from the hurt that believers are scared to talk about*

Presenters: *Kimberly Collins, MA, LPC & Judith Williams, MEd, LPC*

Organization: *STCH Ministries*

Description: *Despite being a "taboo" topic, Church hurt is unfortunately very prevalent amongst Christians today. As believers, this tends to be a topic that we shy away from which has resulted in an even deeper hurt within our community. This presentation will assist Christian leaders in addressing and validating church hurt and spiritual abuse. This presentation will also address church hurt felt by clergy and their families. Hopefully we can assist in healing while bringing others into a deeper relationship with Christ and a healthy relationship with the local church.*

Title: *Infidelity: Helping set a healing course for a couple in crisis*

Presenter: *Mark J. Kass, MAC, LPC, NFTC1*

Organization: *STCH Ministries*

Description: *When infidelity is disclosed emotions are running high. Whether you are a counselor or layperson, there are certain things that must be understood when walking with a spouse or couple when adultery is first disclosed.*

Title: *Modification vs Transformation*

Presenter: *Theresa Klacman*

Organization: *STCH Ministries*

Description: *The spiritual journey to healing and wholeness*

Title: *Autism Diagnosis: Medical or School*

Room: 4 yr. old rm - 1st floor

Presenter: *Sarah Moehrig, MSCP, Licensed Psychological Associate*

Organization: *Mission Psychology*

Description: *The path to an autism diagnosis can look different depending on your child's needs. This presentation aims to describe the process of obtaining an autism diagnosis, clarify the differences between a medical diagnosis and a school-based diagnosis, and discuss the pros and cons of each.*

2:15 — 3:45



Title: *Surviving the Work of Helping Others*

Presenter: *Cheryl Miller*

Organization: *Quantum Circles Consulting and Training*

Description: *Lessons learned as a mediator and community development worker on how to not only survive the challenges of helping others but to turn those challenges into opportunities for the miraculous.*

We are asking that EVERYONE join us in the auditorium for this very important and timely presentation.