

2023 iCare Presentations & Descriptions

8:45—12:00 — NEW this year! 3 hours sessions!



Title: *Psychological First Aid (for Schools and Beyond!)*

Presenter: *Phyllis Hamilton, LSSP, NCSP, CTPE & Ramona Hotman, MA, CSC (Certified School Counselor)*

Organization: *Region 3 Service Center*

Description: *Be prepared for the next crisis! This 3-hour session is an abbreviated version of the training from the National Child Traumatic Stress Network (NCTSN). We will extend the concepts and strategies of the eight Core Actions from those designed for school personnel to application by anyone in any situation in which, there is a potential for an emotional crisis or a disaster response. You will be empowered to assist others following any type of crisis, emergency or disaster situation with this evidence-informed intervention model. It is designed to reduce the initial and ongoing stress and to foster short- and long-term adaptive functioning and coping. PFA-S has the potential to lessen the development of severe mental health problems or long-term difficulties in recovery by identifying individuals who may require additional services and linking them to such services as needed.*

Title: *Defining & Understanding Behavior*

Presenter: *T.J. Burke, MAT, MsNR; Education Specialist – Special Education*

Organization: *Region 3 Service Center*

Description: *Learn about the A-B-C's of behavior – the who, what, when, where & WHY. Learn to predict when problem behaviors may occur and learn skills to identify why a student engages in a specific behavior. Participants will see how to address and redirect certain behaviors, and how to utilize a plan for desired behavior.*

8:45—10:15 — And 1.5 hour sessions!



Title: *Can't Please 'Em All – Even Though I'd Like To: Setting Healthy Boundaries with Those Around You*

Presenter: *Leslee O'Neal, MS, LPCS, CGRS & Natalie Maldonado, MS, LPC Associate (Supervised by Leslee O'Neal, MS, LPCS, CGRS)*

Organization: *STCH Ministries*

Description: *This concept of pleasing them all might be very familiar to the helper's heart; we really want to be helpful to the people in our lives. This presentation highlights the importance of learning and enforcing healthy boundaries with those around you. It is actually self-care AND care for others!*

Title: *Exploring the Aspects of Grief As It Influences Relationships, Emotion Regulation, Expectations & Identity*

Presenters: *Paige Martinez, MA, LPC*

Organization: *STCH Ministries*

Description: *Grief is intense, chaotic, something that we culturally hide in order to present as "strong." The intensity of grief is a tangled ball of emotions BUT the pain won't last and a lot of what we experience is normal. Participants will learn about healthy expectations in dealing with grieving. Factors that can affect your grief journey. The impact of grief on family and friend relationships and how you change through the grieving process.*

Title: *Tending to the Helper: Secondary Trauma and Rest in the Midst of Chaos*

Presenter: *Erin Albin Hill, LMSW, MDiv & Mallory Herridge, LMSW, MDiv*

Organization: *Diana R. Garland School of Social Work, Baylor University*

Description: *When you spend so much of your everyday life helping other people, compassion fatigue is bound to set in. In this workshop, we will discuss and normalize secondary trauma, compassion fatigue, and burnout. We will also explore how to build personal care and wellness into our daily lives to keep our bodies, minds, and souls at rest amidst the chaos around us. When we take care of ourselves, we can walk alongside others amidst their own trauma and hardships in a healthier way.*

Title: *Strengthening Your Marriage by Improving Communication and more!*

Presenters: *Dosely Antongiorgi, MA,LPC & Mike Allen, MA, LPC-Associate (Supervised by Dosely Antongiorgi, MA, LPC)*

Organizations: *STCH Ministries*

Description: *There are many different ways to communicate. Drs. John and Julie Gottman, psychologists and researchers, have developed methods for communicating to improve your relationship based on over 40 years of research. Learn strategies for improving communication, listening and avoiding pitfalls leading to divorce. Not only can these strategies improve your marriage, but they can also improve your relationships with your children, friends, and co-workers.*

Title: *What Is An Inner Child Wound & What Does it Know?*

Presenter: *Katie Jo Tipps, MEd, LPC*

Organization: *STCH Ministries*

Description: *Each of us has an Inner Child - a younger version of ourselves who holds our earlier experiences, thoughts, and beliefs about ourselves and the world around us. This part of us is a representation of our journey through early developmental stages, where we were cared for until we learned how to care for ourselves and where we first learned how to be in relationship with others. Depending on who cared for you and how, your Inner Child may have varying degrees of unmet needs, gaps in relational bonding, or a lack of trust in oneself and others. When we don't do healing work to better understand and meet these needs, our Inner Child can unconsciously sabotage our lives and relationships.*

Title: *Speaking Up on Social Issues*

Presenter: *Mike Hurt*

Organization: *Parkway Church, lead pastor*

Description: *Join me for an insightful look at the role of pastors and teachers within the church to address social, political, and moral issues of our day. Discover how we can stand for truth while staying on mission to reach people and make disciples.*

10:30—12:00



Title: *How to Help Victims become Survivors?*

Presenter: *Candice Reyes*

Organization: *Founder, Hooks2Crooks Ministries, Inc. , <https://www.hooks2crook.com>*

Description: *RAINN (the National Sexual Assault Hot-Line) states every 68 seconds, another American is sexually assaulted. As a 2x survivor of Sexual Assault, I realize this is a heavy topic, and most people tend to avoid it due to fear of saying the wrong things. But I can help. You can respond to a survivor's stories in three key ways to help them BEAT (Brave Endurance After Trauma) this. You will walk away from this talk with resources and tips to offer someone who has experienced this trauma. Come learn how to help victims of sexual assault transition to survivors and BEAT this!*

Title: *Broken Crayons: Recognizing Expressions of Abuse Through Children's Drawings*

Presenter: *Casie Ehrig, MEd, LPC, RPT*

Organization: *Counselor at Gonzales ISD*

Description: *Art can provide a very natural and safe way for children to express themselves. Unfortunately, sometimes the children themselves are in unsafe situations as they draw. This session will help you recognize children's expressions and outcries of abuse in their drawings. We will look at some specific situations and real-life drawings of children who were abused.*

****Disclaimer**** *This session can be emotionally heavy and triggering. Viewer discretion is advised.*

Title: *Trauma Sensitive Relationships: Increasing Safety and Belonging Amidst a Traumatized World*

Presenter: *Erin Albin Hill, LMSW, MDiv*

Organization: *Diana R. Garland School of Social Work , Baylor University*

Description: *We often hear the term "trauma" mentioned but what does it actually mean? We will discuss the foundations of trauma, what trauma sensitivity means, and how we (faith leaders, teachers, etc.) can practically and tangibly support those who have experienced trauma. The ultimate goal is to increase physical and emotional safety while also developing a sense of belonging for each person that we interact with.*

Title: *What NOT to say in a marriage*

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

Organizations: *STCH Ministries*

Description: *Relationships are messy, and we all say things that we wished we could take back. Or, how do we keep from saying these things in the first place? This training will help you identify four simple elements to keep out of your communication. Doing this will help increase the positive interaction in any relationship.*

Title: *Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear & Worry*

Presenter: *Katie Jo Tipps*

Organization: *STCH Ministries*

Description: *The very things we do to control anxiety can make anxiety worse. Ancient philosophers compared the human mind to a monkey: constantly chattering, hopping from branch to branch—endlessly moving from fear to safety. Unfortunately, you can't switch off the "monkey mind," but you can stop feeding the monkey—or stop rewarding it by avoiding the things you fear. Using a cognitive behavioral therapy (CBT)-based approach, you will learn to identify your own anxious thoughts, question those thoughts, and uncover the core fears at play.*

Title: *How far is too far? Knowing our limits in Pastoral Counseling!*

Presenters: *Tim Williams, Glen Dry, Mike Hurt and Judith Williams*

Organizations: *STCH Ministries, Sportsman's Church, Parkway Church & STCH Ministries*

Description: *Today we find ourselves in the valley of mental health, raging domestic violence, addictions that are off the charts, and many areas that bring anxiety and depression to us all. What are we to do when they find their way to our office? Who are we to recommend and what resources are available to us? This panel has many years of experience both in pastoral counseling in very difficult circumstances and navigating counseling resources available in our region.*

12:00 — 12:15 Grab lunch & head to the auditorium



12:15—1:20



Title: *Lunch with Mark: Self-Care Through Relaxation*

Presenter: *Mark Herrera*

Organization: *Jesus Painter*

Description: *Join us for a session of bringing faith to life in living color. Watch as several paintings are done right before your eyes that will engage your senses of sight and sound to help you relax and connect to your faith as a means of self-care.*

Auditorium

**Title:** *Speaking Grief***Presenter:** *Phyllis Hamilton, MA, LSSP, NCSP, CTPEP & Ramona Hotman, MA, CSC (Certified School Counselor)***Organization:** *Region 3 Service Center***Description:** *Speaking Grief is a public media initiative aimed at creating a more grief-aware society by validating the experience of grievers and helping to guide those who wish to support them. This session will provide participants with a brief overview of initiative and the resources available to support someone you care about. Learn to change the narrative away from the idea that grief is a problem that needs to be "fixed" by validating the experiences of grievers. Explore the topic of grief and how we can be a part of starting a national conversation about grief.***Title:** *Suicidality in Adolescents – What to Look for & Skills to Help***Presenter:** *Joely Diaczenko, MA, LPC Associate (Supervised by Leslee O'Neal, MS, LPC-S, CGRS)***Organization:** *STCH Ministries***Description:** *Oftentimes adolescents feel disconnected from others and overwhelmed by their emotions as they attempt to navigate their identity development and search for connection, which impacts their ability to function across the spaces of their life. Suicidality is the second leading cause of death among adolescents, and continues to become more salient through media and publicity, making it paramount that helping professionals, teacher, parents, and ministry staff are equipped to offer consistent support in a time that seems so uncertain to the adolescent. This presentation will discuss how to start the conversation around suicidality, identify next steps to ensure safety, and convey support to adolescents who are navigating these intense, painful experiences.***Title:** *ADHD in Adults***Presenter:** *Sarah Moehrig, MSCP, Licensed Psychological Associate***Organization:** *Mission Psychology***Description:** *As we learn more about ADHD and other mental health issues, more adults have begun to question whether or not they may qualify for a diagnosis that was missed in childhood. This presentation aims to explore ADHD in adults, including symptoms, evaluation, diagnosis, and treatment. We will also discuss co-morbid diagnoses and other disorders with overlapping symptoms that may provide an alternative explanation for certain challenges.***Title:** *Having "The Sex Talk" with Teenagers***Presenter:** *Kimberly Collins, MABC, LPC***Organization:** *STCH Ministries***Description:** *Let's face it, sex talks of the past aren't succeeding. In this presentation, we will look at research to see what went wrong with how the sex talk has been approached in the past and why they aren't stopping teens from engaging in pre-marital sex. In this presentation, you will learn how to have "the talk" using both Biblical truth and scientific facts in order to help your teen understand why God designed sex to be one-woman, one-man, for life. You will leave feeling more confident and prepared to have the "the talk" with your teen in a manner that is truthful and effective.***Title:** *Where is My Value? Helping Kids Find Their Worth***Presenters:** *Judith Williams, MEd, LPC***Organization:** *STCH Ministries***Description:** *This seminar will explore all of the voices speaking into the lives of kids and how to help them discover their own unique value. We will talk about the Biblical perspective on personal worth and value.***Title:** *Using God's Design for Marriage in Working with Couples***Presenter:** *Mark J. Kass, MAC, LPC, NFTC1***Organization:** *STCH Ministries***Description:** *Explores four areas of God's design for marriage from which hurting couples commonly stray in pursuit of their own vision, and how to guide them back into spiritual and relational growth.*

Title: *Walking in Joy through Trials*

Presenters: *Carl & Phoebe Schneider*

Description: *I am a Hospice Chaplain, and I have been living with terminal Cancer for 2 1/2 years... praising God everyday. My wife & I want to share what we have learned about learning to find joy in the journey whenever the journey is uphill all the way. Your participation will help shape this session.*

Title: *Life Hacks for Healthy Pastors*

Presenter: *Darrell Tomasek and Mike Hurt*

Organization: *Senior Pastors at Northside Baptist Church & Parkway Church*

Description: *Join us for an interactive discussion on the habits and life hacks of healthy pastors. They will provide an authentic look at the challenges of ministry with hopeful tools to serve Jesus and His church well.*

3:20—4:45



Title: *How Can I Help When I NEED Help?*

Auditorium

Presenter: *Karen Oak*

Organization: *Pastor's wife, author of "A Warm Place in the Sun: Finding Joy In The Struggles"*

Description: *Our job is to help others in crisis: to counsel, encourage and teach. What happens when I am in crisis? What do I do when I am the one in need of counsel and encouragement, when my world is falling apart? In this session we will talk about how to keep going and about the resources available to all of us - even pastors, teachers and therapists.*