

2024 iCare Presentations & Descriptions

8:15 ~ 9:30 ~ Starting the day deep all together!

Title: *Human Trafficking 101*

Presenter: *Sharon Ray*

Organization: *New Life Refuge*

Description: *This presentation is an overview of the issue of child sex trafficking. During the presentation you will learn: What human trafficking is, how to identify signs of trafficking, how it happens, how to prevent, how to report and an overview of New Life Refuge Ministries.*

9:45 ~ 11:00 — 1.25 hour sessions

Title: *The Encompassing Effects of Vicarious Trauma*

Presenter: *Vanessa Cordes, LMSW (Supervised by Charny Beck, MSSW, LCSW-S)*

Organization: *STCH Ministries*

Description: *Vicarious trauma can be described as the cumulative effects experienced by a counselor or helping professional as a result of repeated exposure to the trauma of their clients or church members to the extent that it alters that individual's perception of self, others, and work overtime. Vicarious trauma are the emotions left after witnessing the fear, terror, and pain of a trauma survivor. Counselors and helping professionals have the privilege to walk with clients through the valley of the shadow of death with the hope of leading them through the healing process. Participants will develop a deeper understanding of the residue that vicarious trauma can leave and protective measures as they walk alongside clients and church members through the valley. The challenge for counselors and helping professionals is the road is dark and the acts of violence are inexplicable.*

Title: *Attachment Theory: Moving Beyond the 5 Love Languages*

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

Organization: *STCH Ministries*

Description: *We are wired for connection and relationship. Attachment styles are an important aspect in the relationship struggles faced by many we help. Our attachment styles are learned in childhood, and can significantly affect those struggles from addictions, to trauma to marital disharmony. This session will introduce Attachment Theory, one of the best established theories in mental health, provide a description of the four attachment styles, and explain how ones style of attachment affects how one connects, communicates and relates to others, at a more foundational level than the love languages.*

Title: *Strategies for Helping Children & Adolescents Struggling With Anxiety & Depression*

Presenter: *Joely Diaczenko, MA, LPC Associate; Emily McKinnon, MA, LPC Associate; Megan Rodriguez, MS, LPC Associate (All supervised by Leslee O'Neal, MS, LPC-S, CGRS)*

Organization: *STCH Ministries*

Description: *All people face different psychological challenges at various points in life, and children are no exception. As caregivers, it is often difficult to differentiate between "typical" emotional difficulties and true mental health problems. In this training, participants will learn about depression and anxiety in children, how caregivers can cope with their own concern for their children, and how caregivers can provide their children with the support they need when facing emotional difficulty.*

Title: *The Teen Brain: Making Sense of Nonsense*

Presenter: *Kimberly Collins, MABC, LPC*

Organization: *STCH Ministries*

Description: *Understanding the teen brain is a challenge, but this session will help you gain a better understanding of how it works and how to build meaningful relationships with teens. You'll also gain insight into how this generation of teens is vastly different from previous ones, especially how the COVID pandemic has impacted brain development.*

Title: *The Impact of Traumatic Stress on Development*

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

Organization: *Sarah Moehrig, LPC, PLLC*

Description: *Research indicates that approximately 25% of American children will be exposed to at least one traumatic event by the time they are 16 years old. This presentation aims to explore the impact of traumatic stress on development and mental health across the lifespan, identify risk and protective factors, and discuss prevention and treatment.*

Title: *The Pastor as Counselor: Role Definition, Process Clarity, and Skills Development*

Presenters: *Katie Jo Tipps, MS, LPC*

Organizations: *STCH Ministries*

Description: *Pastoring well results in the spiritual development and personal flourishing of those under a pastor's care. This could be taken to mean that everything a pastor does is counseling. But it is helpful and appropriate to distinguish between things like one another care between members, general pastoral care, formal pastoral counseling, and professional counseling. This presentation will equip pastors with the basic categories, processes, and skills of serving as a pastoral counselor.*

Title: *The Church After Roe: A Gospel Response to the Abortion Issue*

Presenter: *Heather Beard, MA, LPC*

Organization: *Executive Director, Pregnancy Help Center of the Crossroads Area*

Description: *While the overturn of Roe v. Wade made abortion illegal in Texas, the desperation of women in unplanned pregnancies has not diminished. In this session you will learn about the current abortion laws, how that effects your church, and what followers of Christ can do about it.*

Title: *Fulfilling God's Purpose Through Work and Financial Inspiration - COME and SEE!*

Presenter: *Jimmy Rodriguez*

Organization: *STCH Ministries*

Description: *Faith & Work guides people to discover God's purpose for their lives and how to fulfill that purpose through their work. Participants are provided the opportunity and tools to achieve their full potential as they become more confident in the ability to succeed at work, become leaders, and positively influence their work environments. Faith And Finances teaches plan for your money might be larger than yours! Biblical principles about money, live in the highly interactive course, as students are equipped to conquer the battle of the budget. Classes are often individuals, families, and youth.*

11:15 ~ 12:30

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

Presenters: *Paige Martinez, MA, LPC*

Organization: *STCH Ministries*

Description: *This course delves into the profound and intricate nature of grief, underscoring its inherent normalcy as a response to loss. It explores the multifaceted emotions entwined with grief, delving into its ramifications on faith and providing pragmatic guidance on coping mechanisms, encompassing self-care and the imperative of professional assistance. We will explore the importance of recognizing and expressing emotions, as well as maintaining relationships, as integral components of the grieving process.*

Title: *Understanding and Navigating Non-Suicidal Self-Injury*

Presenter: *Joely Diaczenko, MA, LPC Associate (Supervised by Leslee O'Neal, MS, LPC-S, CGRS)*

Organization: *STCH Ministries*

Description: *Non-suicidal self-injury (NSSI) is oftentimes met by observers with questions: "How could you do this to yourself?" "What am I doing wrong?" "How do I stop this from happening?" Even more, NSSI behavior is also confusing for those who are engaging in it. Evidence of NSSI has been discovered across time periods, across populations, and across age groups. There is immense difficulty in navigating these situations, as any type of helper, due to emotions that arise within ourselves. This presentation will provide information about the etiology of NSSI and introduce approach strategies to use when working with an individual struggling with NSSI behaviors.*

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Title: *A Brief Dive into the Neuroscience of Stress & Trauma AND Rewiring the Brain to Build Resilience*

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

Organization: *Region 3 Education Service Center*

Description: *Current research in neuroscience lets us know that it is important that we understand how stress and trauma impact both the brain and the body. With this understanding, we can start to "rewire" the brain and build resilience and coping. Join us as we take a brief dive into the brain and body science behind stress and trauma. We will also review and discuss what we can do to "undo" those effects and establish more healthy pathways in the brain and body. The latest from the research will be explored!*

Title: *Sacred Space*

Presenters: *Bobbie Garcia, MA, LPC Associate (Supervised by Lorraine Turner, MA, LPC-S)*

Organizations: *STCH Ministries*

Description: *A roundtable discussion for pastor's wives that will include topics that relate to this unique role. You will learn about having an individual purpose, the label of being a pastor's wife, acknowledging hurts and emotions and navigating friendships.*

Title: *In It for the Long Haul*

Presenters: *Dosely Antongiorgi, MA, LPC-S*

Organizations: *STCH Ministries*

Description: *Blended families face unique and difficult challenges. Understanding how these challenges affect your family is a smart step in a positive direction. This presentation is based on family therapist and best-selling author, Ron Deal's book, *The Smart Stepfamily: 7 Steps to a Healthy Family*. Learn about ways your blended family can grow and thrive.*

Title: *The Lifeline of Life Coaching*

Presenters: *Monica Braslau & Carolina Sizemore*

Organizations: *Monica Braslau Life Coaching*

Description: *Learn how Life Coaching identifies the gaps in life, helps clients to determine where they are stuck, and to explore new possibilities and see where they may be out of alignment in their life. You will learn what Life Coaching is and what it isn't to best determine when it would be beneficial to apply it to your clients' lives as well as your own. The nature of the coaching relationship is never to be confused with any form of psychological counseling or therapy. Coaching deals mostly with a person's present and seeks to guide them into a more desirable future so that they can live a more balanced, purpose-driven, fulfilled life.*

12:30 ~12:45 Grab lunch & head to the auditorium

12:45—1:45

Title: *Self-Care Through Laughter & Inspiration*

Presenter: *Andy Parks*

Organization:

Description: *Join Andy as he makes you laugh and smile after a morning of hard topics!*

2:00 ~ 3:15

Title: *What & When To Report to CPS*

Presenter: *Lisa Latcham, MEd, LPC-S, RPT-S*

Organization: *STCH Ministries*

Description: *Recognizing abuse & neglect and learning what and when to report.*

Title: *Helping the Helper*

Presenter: *Judith Williams, MEd, LPC, RPT*

Organization: *STCH Ministries*

Description: *Hands on, experiential session for caregivers or those in helping professions. Resources, interventions and support for those who need it today.*

Title: *The Essential Guide to Healthy Boundaries*

Presenter: *Emily McKinnon, MA, LPC Associate (Supervised by Leslee O'Neal, MS, LPC-S, CGRS)*

Organization: *STCH Ministries*

Description: *Boundaries are important and necessary for every relationship. Personal boundaries include different types that can help protect and preserve a person's values and physical wellbeing. In order to maintain healthy boundaries, it will help to understand what our boundaries look like currently. Creating and managing healthy boundaries includes knowing when a boundary has been crossed and how to communicate a boundary effectively. Gaining insight will help us identify the boundaries necessary to support ourselves in every kind of relationship.*

Title: *The Art of Healthy Leadership*

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

Organization: *STCH Ministries*

Description: *This presentation explores the essential elements of effective and sustainable leadership, emphasizing the integration of physical, emotional, and mental well-being. This discussion navigates the intricate relationship between personal health and professional success. Participants will gain insights and practical strategies for nurturing their own health while leading others with purpose and compassion. Through an engaging exploration of leadership as an art form, this presentation empowers individuals to embrace a holistic approach to leadership that prioritizes themselves and those they lead.*

Title: *Paul, Timothy, and the 2024 Election*

Presenter: *Mike Hurt*

Organization: *Senior Pastor, Parkway Church*

Description: *Studies show that pastoring today is more challenging than ever. With the 2024 election in full swing, churches can get distracted by or be divided over the issues of our day, but it doesn't have to be that way. In this seminar, we will walk through 2 Timothy 2 to discover our roles as pastors in this season.*

Title: *Pastors and Counseling - Shepherding Members in Need*

Presenter: *Glen Dry*

Organization: *Senior Pastor, E320*

Description: *Learn the techniques, tips and tools of counseling while being in ministry. You may have thought you signed up just to preach, teach or lead, but with the stresses of the current world, your members will be coming to you for much more.*

Title: *Online Sextortion: What Is It and How Do We Protect Our Kids?*

Presenter: *Mandy Majors*

Organization: *Nextalk*

Description: *Predators are coming into our homes through our kids' devices (phone, tablet, Xbox, PlayStation, etc.) and targeting our children. Mandy will tell you what you need to know about sextortion tactics, how to keep your kids safe online and practical ideas to protect your kids.*

Title: *Believe In Your Gifts - Conquering Imposter Syndrome*

Presenter: *Stephanie Nalls*

Organization: *Owner, Future's Academy*

Description: *Imposter Syndrome is a psychological pattern where individuals doubt their accomplishments and have a persistent fear of being exposed as a "fraud," despite evident success. It often leads to feelings of inadequacy and a fear of being unable to meet expectations, despite external evidence of competence. It can affect anyone, regardless of their success or qualifications. You will learn ways to cope with these negative feelings and become the person you really are.*

3:20—4:45

Title: *Olympic Swimmer- Cammile Adams Turning Setbacks into Opportunities for Growth*

Presenter: *Cammile Adams*

Organization: *SafeSplash Swim School*

Description: *Cammile Adams is a Houston native and two-time Olympian for Team USA in the sport of swimming. She is excited to attend the I Care Conference and inspire you to mold your setbacks into opportunities for growth!*