



A conference for people who help people.

2024 iCare Break-out Titles & Descriptions

9:15—10:15

Title: *Using God's Design for Marriage in Couple's Counseling*

Presenter: *Mark Kass, MS, LPC*

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: *The Encompassing Effects of Vicarious Trauma*

Presenter: *Charny Beck, MSSW, LCSW & 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: *Suicidality in Adolescents – What to Look for & Skills to Help*

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

Presenter: *Katie Jo Tipps, MS, LPC*

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.*

10:30 — 11:30

Title: *What NOT to Say In A Marriage*

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

Organization: *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: *Raising Highly Capable Kids*

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

Organization: *STCH Ministries*

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: *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 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.*

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

11:45 — 12:45

Title: *Self-Care Through The Use of Laughter*

Presenter: *Cleto Rodriguez*

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: *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: *What & When To Report to CPS*

Presenter: Lorraine Turner, MA, LPC-S

Organization: STCH Ministries

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

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.

2:15 — 3:30

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.*

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