

Thursday

9:00 – 10:00 a.m.	<p>Welcome & The 5 Relationships We Need for Optimum Mental Health This session will highlight the types of relationships we and our clients need in life to achieve and maintain mental wellness. Old and new, COVID approved methods for finding and maintaining these relationships will be shared.</p>	Lori O'Malley, LPC-S
10:15 – 11:45	<p>Ethics A lively discussion including ethical boundaries and considerations will occur in this session. Additional information will be presented related to common ethical issues for LPCs in the state of Oklahoma.</p>	Amy Barnett, LPC-S Eric Ashmore, OK Board of Behavioral Health Licensing
11:50 – 12:50	<p>The Benefits of Humor in Counseling and in Life (Keynote) This keynote will address the social, physical, and psychological benefits of humor in counseling and in life. It will examine the role humor can take in establishing rapport, changing perspectives, and enabling counselors and clients to address difficult situations. It will also look at ways humor can be misused and situations where humor should be avoided.</p>	Sam Gladding, LPC
12:55 – 2:25 p.m.	<p>Learning How to be a Supervisor Supervising is a process, just like counseling. Individuals must be aware of ethical problems, supervision models, and managing the anxiety of a student/supervisee. This presentation provides direction for a supervisor learning the ropes. It also will help students/supervisees understand the process. Case vignettes will be provided.</p>	Leigh Kirby, LPC-S Tayler Wilson, Student
2:30 – 4:00	<p>Resiliency for Children, Family, and Teachers in Education During COVID-19. This training discusses resiliency and current models of resiliency training along with applications for use with children, family, and educators adapting to changing protocols due to COVID019. Resources for assessing and developing resiliency will be addressed.</p>	Kelly Dunbar-Davidson, LPC-S & Candace McLain, LPC-S
4:00 – 5:30	<p>Out with the Old, In with the New: Virtual Reality Programs for the Prison Population Oklahoma has the second highest incarceration rate in the country. Introducing virtual reality programs could provide opportunities to apply life/behavioral skills and overall success for reentry back into the community.</p>	Tayler Wilson, Student Leigh Kirby, LPC-S

Friday

9:00 – 9: 30 a.m.	Welcome & Update on Counseling Compact A brief discussion/explanation of the pending counseling compact will occur in this session.	Lori O'Malley, LPC-S
9:40 – 11:40	Assessment & Treatment of Pandemic Burnout and Compassion Fatigue This session includes sharing of information related to client issues of pandemic burnout, diagnostic dilemma, theoretical approaches, and a treatment protocol addressing the unique factors that interfere with professional functioning.	Kathy Hoppe, LMFT
12:00 – 1:30 p.m.	A Christian Perspective to Applying Scripture in the Treatment of Depression & Anxiety Techniques for applying specific scriptures in the counseling process to increase overall sense of wellbeing, specifically targeting symptoms of depression and anxiety.	Shawn Alyea, LPC-S
1:40 – 3:10	Where's the Balance? Navigating the World of Work from Home During the pandemic, many mental health professionals were forced to adapt to teletherapy means with limited resources, including time, space, and education. This presentation will focus on self-care principles and work/life balance when counseling from home. It is time to move away from makeshift workspaces to an intentional work-from-home mindset. 2020 was a year to grow, learn, and adapt; 2021 is the year to lead, change, and implement.	Lawrence Richardson, LPC
3:15 – 4:45	Equine Facilitated Social Intelligence This session is dedicated to an alternative form of therapy utilizing horses as session co-facilitators.	Kimberly Whayne, LPC