



Thursday, June 8

11:00 am – 12:15 pm	Workshop Session #1	Program Title	Presenters and Affiliation	Room #	Description
11:00 am – 12:15 pm	1A	Striking the Right Balance between Clinical Work and Crisis Management	Andrew L. Berger and Shane Owens, Farmingdale State	Caudell 123	This presentation will build on the idea that, while they seem distinct entities, routine clinical work and crisis management activities are, in fact, different manifestations of the same actions along a continuum of college mental health practice. The presenters will discuss the features that the two have in common as well as those that differentiate them, with special focus on how to prevent and quickly de-escalate crisis situations so that they fit into more routine clinical activities. Case examples and active participation from the audience will be vital parts of the presentation.
11:00 am – 12:15 pm	1B	Let's Talk and Community Consultation and Intervention (CCI): Extending the Reach of CAPS Services	Sarah Rubenstein-Gillis and Eve Abrams, Cornell University	Caudell 209	<p>Let's Talk and Community Consultation and Intervention (CCI) are examples of Cornell University Counseling and Psychological Services' campus outreach efforts that endeavor to "meet students where they are." These programs engage values for social justice, diversity, and social change to meet the needs of distressed students experiencing academic, behavioral, emotional, or environmental stressors who may not be willing, or able, to access traditional counseling services.</p> <p>"Let's Talk" is a drop-in service offering informal, no-commitment consultation with a counselor at various on-campus locations.</p> <p>The CCI team consults with faculty/staff to address individual and systemic factors affecting student distress.</p>

11:00 am – 12:15 pm	1C	Engaging Peer Educators in Delivering Evidence-Based Brief Motivational Interventions: Innovative Training Models, Benefits, and Challenges	M. Dolores Cimini, Abigail Dubovi, and Jacob S. Sawyer, University at Albany	Caudell 208	Research indicates that peer educators, when well-trained and supervised, can deliver evidence-based brief motivational interventions just as well, if not better, than trained professionals. This workshop will explore a number of innovative peer education training models derived from evidence-based brief motivational interventions, including peer wellness coaching and peer educator-delivered Screening and Brief Intervention (SBI) addressing a variety of risk behaviors. The strengths of training models that involve classroom instruction and computer simulations will be discussed. Challenges and potential risks associated with engaging peers in delivering evidence-based brief interventions will be identified and explored. Benefits of engaging in evidence-based peer education best practices, both to students receiving services and to peer educators themselves, will be identified.
11:00 am – 12:15 pm	1D	Thriving in College Counseling - Developing a Professional Identity in the Field	Dawn LaFrance and Niki Keating, Colgate University; Amanda Tyson-Ryba, University at Buffalo; Theresa Samways, Clarkson University; Mark Rice, Binghamton University	Caudell 233	A career in college counseling is very appealing for a variety of reasons. This panel will address professional identity and leadership development for those in the early stages of their careers. It may also be beneficial for mental health professionals who recently shifted their careers to a university setting. Panel members will discuss the multiple roles of a college counselor, career goal development, and work/life balance. The overall goal of this session is to provide an opportunity for newer counselors to consider their career paths and understand the skills involved in college/university counseling center work.
11:00 am – 12:15 pm	1E	Supporting Trans College Students with Gender Transition within College Counseling Centers	Carrie Brown, Syracuse University	Caudell 234	This presentation introduces therapists to education about the Trans community as well as the means for providing the proper referrals and documentation for gender transition and legal documentation changes. Review of an assessment tool regarding gender transition (Coolhart, Provancher, Hager, & Wang, 2008) as well as the existing literature regarding needs, personal experiences, and directions for future training will be provided. Additionally, examples of referral letters and WPATH (World Professional Association for Transgender Health) standards for composing these letters will be reviewed. Challenges, barriers, and consultation opportunities will also be discussed.

1:45 pm – 3:00 pm	Workshop Session #2	Program Title	Presenters and Affiliation	Room #	Description
1:45 pm – 3:00 pm	2A	Consultation: Building Strategic University Resources	Joyce DeWitt-Parker, Sarah Nolan and Karen Sokolowski, University at Albany	Caudell 123	Counseling center professionals have observed an increased demand for mental health services on college campuses, and an increased need to support administrators, faculty, and staff who work with students in distress. These needs, coupled with limited resources and budgetary constraints, challenge counseling center staff to make decisions about how to prioritize the delivery of campus mental health services. This presentation will explore the vital role of consultation, given our unique skills and training as campus mental health experts. We will discuss how to develop and implement a comprehensive consultative service based on the needs of the campus community.
1:45 pm – 3:00 pm	2B	Incorporating Healthy Sexuality into the Counseling Practice	Lucas Myer, SUNY Brockport	Caudell 209	How many of our client’s issues revolve around sex and/or sexuality? Do we ever ask our clients about sex? Are your clients comfortable enough to bring it up with you? How comfortable are you talking about sex and/or sexuality? Join me as I share my experience about how to incorporate healthy sexuality into the counseling practice. The following topic areas will be covered: <ul style="list-style-type: none"> • Brief history of sex therapy • Why it’s important • Sexual dysfunctions - sex addiction vs out of control sexual behavior - medical vs psychological - role of masculinity and femininity • Treatment(s) (individual and couples) • Changing the standard assessment/evaluation.
1:45 pm – 3:00 pm	2C	When the Political Is Personal: The Impact of the Presidential Election on College Student Mental Health	Sharon Mitchell, Amy Reynolds, Ji Sun Jeong, and Kathy Mejia, University at Buffalo	Caudell 208	The outcome of the 2016 U.S. Presidential Election came as a surprise to many, and college campuses like other sectors of society felt its reverberations then and now. The presentation will look at the ways in which college students who were counseling clients were impacted by the election of Donald Trump as our 45 th President. Particular attention will be paid to the relationship between students’ salient identities such as race, gender, sexual orientation, and citizenship status and their emotional and cognitive reactions to the election outcome. Discussion will focus on how our training has or has not prepared us to address the impact of governmental policy and politics on the lived experiences of college students.

1:45 pm – 3:00 pm	2D	"If I Were Queen of the Forest!" (Or, What I Would Do With College Counseling If I Had A Million Dollars)"	Alison Franklin, Utica College; Emma Hager, Roberts Wesleyan; Shelly Lear, Hobart & William Smith; Megan Papponetti, Nazareth College; Theresa Samways, Clarkson University	Caudell 233	This panel presentation is meant to be an interactive conversation among those who would like to rediscover their dreams about college counseling and inspire creative problem-solving, even without unlimited power or money. Panelists will present their dreams about creative approaches to College Mental Health/student development on campus, facilitate exercises and discussion to help participants recover their own visions for the field, recognize ways that they may be able to implement some of these with the strengths they already have, and use their dreams to overcome obstacles and implement these goals.
1:45 pm – 3:00 pm	2E	Developing positive supervisor-supervisee relationships	Odessa Despot, Rochester Institute of Technology	Caudell 234	Strong, positive supervisor-supervisee relationships do not typically occur naturally or without reflection, effort, psychological mindfulness and purposeful intervention. Recognizing the various tasks and challenges in clinical supervision is essential, and enables the most effective components of this rich, rewarding, and complex relationship to unfold.

Friday, June 9

9:00 am – 10:15 am	Workshop Session #3	Program Title	Presenters and Affiliation	Room #	Description
9:00 am – 10:15 am	3A	How to Improve the Campus Climate for Men: Making Sense of the Contradictory Crosscurrents Occurring in Colleges & the Political Environment	Michael Alcee, Ramapo College	Caudell 127	<p>Men are statistically underrepresented as clients and trainees in college counseling and more generally in the field of psychology. In addition, men as a broad group are typically not given the kinds of multidimensional treatment that we so value in our clinical work, and this is having negative effects in our campus climate and the larger political environment.</p> <p>This workshop will focus on how we as college counselors can help to provide a new vocabulary to speak about these issues, what concrete initiatives we can implement in our treatment and in our training programs, and how this can not only benefit the counseling center but the larger college environment. Implications of how these issues are playing out in the academic and political environment will be discussed.</p>
9:00 am – 10:15 am	3B	Assisting Clients with Self-Esteem and Self-Care	Ruth Larson, SUNY – College of Environmental Science and Forestry	Caudell 209	Unique strategy in assisting new clients to identify positive qualities in themselves and shift focus from their negative to their positive qualities.
9:00 am – 10:15 am	3C	Responding to Sexual Violence at Colgate University through a Social Justice Lens	Denise Contreras and Dawn LaFrance, Colgate University	Caudell 222	On 5 November 2015, Colgate University had the largest student protest in its history concerning sexual violence on campus. Protesters demanded student voices to be heard and resolutions made to support students who experience sexual violence. The Colgate counseling center’s role in supporting student’s included opening a sexual assault resource center-Haven, coalition building, and education/prevention efforts in- and out- of the classrooms on sexual and intimate partner violence. Our approach has included a focus on intersecting identities, acknowledging the multiplicity of people and centering the experiences of students who have not traditionally been included in the conversation (e.g., students of color, LGBTQ).

9:00 am – 10:15 am	3D	Creating a Thriving Groups Culture	Niki Keating, Colgate University; and Jack Mack, SUNY Buffalo State	Caudell 233	A stable group therapy program can help to effectively address many client concerns, alleviate pressure to provide individual services, and help staff provide more effective clinical services overall, as well as enhance clinician quality of work environment and avoid burnout. Many centers struggle to develop or maintain a group therapy program due to competing factors of resistance both internal and external to their center. This workshop will provide an opportunity to reflect on your campus' stage of change in building a thriving group therapy culture. Attendees will be asked to consider how group therapy is perceived at different levels of their campus system and brainstorm ways to navigate administrative, societal, and interpersonal challenges in creating a thriving group therapy culture. Through small and large group discussions, attendees will be able to identify unique factors that impact their experience in developing and running groups at their counseling center.
9:00 am – 10:15 am	3E	How to Create a Successful Peer Counseling Program	Heather Cosgrove and Dennis LaLonde, Hamilton College	Caudell 234	Peer Counseling programs are rapidly gaining popularity as clinical demand continues to rise. Peer Counselors (PC's) are students trained in counseling microskills, risk assessment, and outreach programming that serve the campus community through individual/group counseling as well as broader community initiatives. Join us as we describe the successes, challenges, costs, and rewards of launching a Peer Counseling program in its first year. Take away ideas of how to design and implement your own Peer Counseling program uniquely geared towards your institution and student population.
10:30 am – 11:45 am	Workshop Session #4	Program Title	Presenters and Affiliation	Room #	Description
10:30 am – 11:45 am	4A	The Powerless Privilege: The Impact of Grad School Culture on Student Mental Health	Holly Vanderhoff, Michael Miller, and Siphon Mbuqe, SUNY Upstate Medical University	Caudell 127	Graduate students may be more vulnerable to the development of depression, anxiety, and suicidality when compared to same-age, non-student peers. In this presentation we will examine the unique needs of graduate students and the challenges they pose for student counseling staff. We also will examine broader institutional and cultural forces that may contribute to poor mental health among graduate students. Finally, we will open

					discussion to explore identify “best practices” for working with this population.
10:30 am – 11:45 am	4B	Finding Your Rhythm through Drumming	Ellen Gooch, Paul Smith’s College; Allsun Ozyesil, SUNY Plattsburgh; Lisa Garrett-Sharp, Paul Smith’s College	Caudell 209	Have you ever wanted to try drumming? Let this be your opportunity! This experiential workshop will briefly cover the history and therapeutic value of drumming. Expect to spend most of your time enjoying the healing rhythm of drumming.
10:30 am – 11:45 am	4C	Hacking Our Health: Lessons from the Maker Movement and Practical Applications for College Counseling Centers	Trevor Jones, Rochester Institute of Technology	Caudell 222	This program provides approaches to new multidisciplinary outreach opportunities, drawing from the global Maker Movement. As college counseling center staff, you can learn to identify as makers as well, in order to broaden the impact of our direct services and outreach efforts. Comparisons will be drawn between the Maker Movement and the Recovery Model of mental health treatment, informing innovative ways of developing student resiliency and resourcefulness. I will also provide insights from my evolution as a maker, and will demo projects I have developed for students and share methods for creating a program like this at your center.
10:30 am – 11:45 am	4D	"Speaking Sport": Strategies for Working with Collegiate Student-athletes	Amanda Edwards and Stephanie Rovig, University at Buffalo	Caudell 233	Recently, the APA and NCAA have been making targeted efforts to improve the mental health of collegiate student-athletes. Student-athletes typically face unique challenges above and beyond what other students face, including strains on their time, pressure from important others, high expectations for performance, being in the spotlight, and exhausting (and often painful) physical taxation. Additionally, some distinct aspects of athletic culture may be barriers for student-athletes’ access and comfort seeking mental health services, the referral process, and even treatment outcomes with student-athletes. This workshop will discuss these complexities and give clinicians strategies for navigating clinical work with collegiate student-athletes.

<p>10:30 am – 11:45 am</p>	<p>4E</p>	<p>The Wizards' Gems: Transformative Gifts from our Supervisors and Mentors</p>	<p>Dawn LaFrance, Colgate University; Shelly Lear, Hobart & William Smith College; Mark Rice, Binghamton University; David Walden, Hamilton College</p>	<p>Caudell 234</p>	<p>In supervisory or mentoring relationships, our transformation as clinicians and as people are often based more on the meaningful “flashbulb” moments, metaphors, and insights that have helped us to shift our perspective in the context of a relationship focused on our development, and less on the great powers of our mentors to remove our obstacles or deficiencies.</p> <p>We hope that this panel presentation will be an interactive discussion with participants about key moments in previous supervisory or mentoring relationships, examining what has made for meaningful or transformative moments in our own development. Panelists will present some of the “gems” they have discovered along their way, examine what made these moments salient as turning points, and describe how these experiences continue to live in their day-to-day professional lives.</p>
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