

## Calendar of Events

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May 31, 2024

### **Presidential Town Hall Meeting**

12:00 PM - 01:00 PM CST

*Join us for an inspiring leadership and professional growth journey at our upcoming Presidential Town Hall Meeting!*

*Leadership is an essential part of TCA's shared governance process, and the work everyone does, in-front and behind the scenes, is foundational to our success. Dedication to a common vision, openness to new ideas, and steadfast commitment to resolving challenges and making progress is what sets apart exceptional leaders.*

*All of our contributions, as volunteer leaders, create meaningful change to the vision of TCA, as well as benefit those who will come after us. Together, we can achieve great things and make a difference in our profession and the lives of those we serve.*

*Counselors lead, not in isolation, but in tandem. Let's unite to harness the power of our collective leadership and make a difference that resonates far beyond our community. I eagerly anticipate our continued collaboration and our profound impact on TCA and the counseling profession. See you there!"*

June 1, 2024

### **Trans Pecos Counseling Association Presents: Cultural Humility- A Pathway to Self Growth**

09:00 AM - 12:00 PM CST

*The state of Texas requires 3 hours of training in cultural diversity or competency. Cultural humility is practice that requires counselors to continually engage in self-reflection as life-long learners. This presentation will address several defining and developing specific skills to develop a deeper understanding of cultural humility.*

*Learning Objective 1: Participants will create a working definition of cultural humility by comparing cultural humility and cultural competence.*

*Learning Objective 2: Participants will discern broaching, a cultural strategy used to explore the complexity of culture in counseling relationships.*

*Learning Objective 3: Participants will assess the impact of ruptures in the counseling relationship based on one's biases, assumptions, and judgements of others.*

**TAADA Presents: Counseling and Supervision: Ethical Decision-Making and Self-Care for Co**

11:30 AM - 01:00 PM CST

*Professional counselors and supervisors frequently face complex ethical dilemmas. In this presentation, participants learn how to make ethical decisions that are research-based and culturally-appropriate. Participants will also learn the importance of personal stress-management to manage their compassion fatigue and burnout.*

*Discussion will be encouraged and handouts will be provided.*

*Learning Objectives:*

- 1. Using the ACA Code of Ethics (2014), participants will learn about the five moral principles of autonomy, justice, beneficence, nonmaleficence, fidelity and at least one way to apply each of these principles in their counseling practices.*
- 2. Using counseling research articles pertaining to ethical decision-making, participants will learn three techniques to bracket their own cultural values to make more ethically appropriate decisions.*
- 3. Using the ACA Code of Ethics (2014) and the Texas LPC Code of Ethics, participants will learn three ways to monitor and support their self-care to prevent their own impairment as counselors.*

June 7, 2024

## **Northern Metro Spring Workshop**

08:00 AM - 04:00 PM CST

Join us Friday, June 7, 2024, 8:00 a.m. - 4:00 p.m.

**IN PERSON**

**Cost**

Pre-Registration Prices - \$100 members and \$120 non-members includes NMCA Membership. (pre-reg closes 5/24/24)

On-site Prices - \$120 members and \$140 non-members includes NMCA Membership. (onsite price from 5/25/24 - 6/7/24)

**Program Information:**

*Pre-Registration and Continental Breakfast 8:00 am - 8:30 am*

*8:30 am - 10 am*

*Exploring Mental Health Trends-the Diverse Landscape of Treatment Facilities (1.5 CE)*  
*Participants will gain insights into the six predominant mental health trends observed in treatment facilities through the analysis of call center logs. Participants will acquire an understanding of the three categories of treatment available at mental health facilities and their influence on the educational services provided during treatment: inpatient, outpatient, and residential. Participants will explore methods to link individuals facing difficulties with suitable mental health treatment options by thoroughly examining online reviews.*

*Presenter: Elizabeth Hemby*

*10:15 am - 11:45 am*

*In Plain Sight: Confronting Human Trafficking Crisis in the Healthcare Setting (1.5 CE)*  
*Human trafficking is a rapidly increasing public health and safety issue in the United States. It is the fastest rising commerce in the world with over 200,000 minors at risk in the United States. People are forced into labor or sexual exploitation with deception and intimidation. This course will define types of trafficking, differentiate between sex trafficking and sex work, identify at-risk populations, describe how to identify and report trafficked patients, and discuss trauma-informed care. This course has been approved by the Texas Health and Human Services Committee on Human Trafficking (2019 HB2059)*

*Presenters: Kandice Swarthout*

*Lunch & Drawing - 11:45 am - 12:45 pm*

*12:45 pm - 2:15 pm*

*Complaint Proof Your Practice (1.5 CE-provided by the presenter-Not approved for NBCC CE credit)*

*To become familiar with the ethical issues that the LPC Board most frequently sees. To become familiar with the ethical issues that the LPC Board considers the most serious. To become familiar with the general guidelines in the disciplinary process.*

*Presenter: Laurel Clement*

*Break 2:15 pm - 2:30 pm*

*2:30 pm - 4:00 pm*

*Wellness Leadership and Professional Advocacy (1.5 CE)*

*Participants will review various sections from the ACA Code of Ethics, AMHCA Standards for Clinical Practice, and the Texas LPC Rules for insight on ethical imperatives for wellness and impairment. Participants will examine the Wheel of Wellness with specific focus on social, emotional, and occupational wellness with consideration for professional responsibility and identify of counselors. Participants will engage in a values inventory to inform ways to incorporate wellness from a values-driven perspective instead of a deficit model.*

*Presenter: Olivia Wedel*

*All conference programs and workshops listed below are eligible for*

*LPC, NBCC, SBEC, LMFT, LCDC, SW, and Psychologist continuing education hours.*

June 7, 2024

**West Texas Counseling Association Presents: Got Your Six: First Responder Cultural Competence**  
**Wayland Baptist University**  
**801 North Quaker Avenue**  
**Lubbock, TX 79416**

11:30 AM - 01:00 PM CST

*Presented by Cyndi Doyle*

*First responders and departments seeking to partner for mental health services for first responders require culturally competent clinicians. Learn the unique challenges of each discipline, how conditioning that keeps them safe on the job impacts them negatively, spillover that impacts connection in relationships, interventions, and resilience strategies. While counselors understand how to treat the issues, counselors must be culturally competent for these professionals and departments to trust the counseling process and treatment that will lead to healthier first responders in the field.*

*Learning Objectives:*

- 1. Participants will learn 3 culturally appropriate mental health strategies to assess first responders' mental health needs.*
- 2. Participants will be able to describe 2 forms of classical conditioning that is used to keep first responders safe and improve their mental health.*
- 3. Participants will learn 3 resilience strategies, techniques, and analogies to assist first responders in recovering from the job and job-related stressors.*

October 30, 2024  
- November 1, 2024

**The 68th Annual TCA Professional Growth Conference**

10/30/2024 - 11/1/2024, Dallas TX

**SAVE THE DATE: Oct 30 - Nov 1, 2024**

**Location: Dallas Sheraton**

*More Info Coming Soon!*