

Calendar of Events

December 4, 2024

TSCA Presents: The House of Mourning: Grief Strategies for School Counselors

12:00 PM - 01:00 PM CST

Presented by Gregory Hickey 1.0 CE

This Lunch & Learn will explore evidence-based strategies for helping students on their darkest days. What do we say? What do we not? How do we help? How can we have the greatest positive impact without doing more damage? This session will address all of these questions and more!

Learning Objectives:

1.) Attendees will be able to differentiate trauma recovery from other naturally occurring grief processes. 2.) Attendees will be able to provide “jargon-free” grief and trauma education to student and families to facilitate healing, in addition to resources for ongoing care when needed. 3.) Attendees will be able to employ several strategies for connecting with students and their families as they grieve, to include conducting structured, brief “check-in” sessions

December 14, 2024

Trans Pecos Counseling Association Presents: Integrating Expressive Arts Intentionally into Counseling Center of Expressive Arts

1600 Medical Center St b

El Paso, TX 79902

09:00 AM - 12:00 PM CST

Presenter: Leah Miller -earn 3.0 CE

In this workshop, participants will define and experience a variety of hands-on activities to use with intention in counseling sessions. The focus of the instruction will be on the creative process rather than final products. This will allow participants to experience expressive arts first-hand.

Learning Objectives:

1. Participants will create a working definition of expressive arts in counseling as a therapeutic tool to support clients to express emotions to promote healing and personal growth, 2. Participants will experience the process of creativity which is fundamental to comprehending the use of expressive arts in counseling, 3. Participants will use the four-phrase assessment to process their art to gain insight to self and the process of intentionally using expressive arts in counseling.

January 10, 2025

TMHCA Presents: The Embodied Counselor

12:00 PM - 01:30 PM CST

Presented by Tabitha Westbrook 1.5 CE credit

Counselors must first be embodied themselves to help trauma survivors reconnect with their bodies. This presentation highlights how a counselor's embodied awareness enhances trauma recovery and therapeutic outcomes. Participants will learn practical tools to cultivate their own somatic awareness, fostering safer, more authentic therapeutic spaces for clients.

Learning Objectives:

*1. Describe the role of embodiment in trauma recovery and therapeutic relationships.
2. Identify three techniques for counselors to increase their own somatic awareness and self-regulation.
3. Create three strategies for fostering embodied practices within the therapeutic process to enhance client healing.*

January 10, 2025

South Central Regional Counseling Association Winter Workshop

08:00 AM - 04:00 PM CST

The Winter Workshop is a full day of professional learning and connection. Attendees will have the opportunity to earn 5 CEUS while learning from presenters from diverse counseling settings and specializations. A wide variety of programs will be offered to reach counseling professionals and students from all settings. Breakfast and lunch will be provided for registered attendees.

Date, time, and location:

January 10, 2025, 8:00 am – 4:00 pm; Our Lady of the Lake University, 411 SW 24th St, San Antonio, TX 78207

Pricing (registration fees are non-refundable):

Member cost - \$50

Non-member cost – \$75 (\$50 for workshop, \$25 applied to membership fee);

Non-member: retired and student - \$65 (\$50 for workshop, \$15 applied to membership fee)

For further questions or information please contact

Elias Zambrano (SCRCA President) and Rebecca Hudkins (SCRCA President-Elect) at scrca.tca@gmail.com

NOTE: SCRCA is the hosting organization and Dr. Carla Smith, a member of the SCRCA executive board will serve as CE provider for this event. Please direct all questions regarding this event to SCRCA directly at scrca.tca@gmail.com

February 2, 2025
- February 4, 2025

20th Annual Professional School Counselor Conference

Galveston Island Convention Center

5600 Seawall Blvd

Galveston, TX 77551

February 2-4, 2025

The 20th Annual Professional School Counselor Conference offers three days of virtual comprehensive CE programming and regularly draws more than 2,000 attendees. Intended for school counselors across the education spectrum, this conference is an extraordinary opportunity to learn innovative and proven techniques for effective school counseling practices as well as exploring new trends and issues related to student growth and development.

The conference is co-hosted by the Texas School Counselor Association (TSCA) and the Texas Counseling Association (TCA).

February 14, 2025

TMHCA Presents-TMHCA Presents: First Responder Cultural Competence and Treatment Con
12:00 PM - 01:30 PM CST

Presented by Cyndi Doyle 1.5 CE credit

First responders and departments are seeking to partner with culturally competent clinicians to address the trauma and burnout felt by their workforce. Learn about the unique challenges of each discipline, the benefits and impact of conditioning on mental and relational health, diversity and considerations for diagnosis, and treatment strategies.

Objective 1 Attendees will describe two considerations in assessing mental health from the unique lens of each first responder discipline.

Objective 2 Attendees will describe two forms of classical conditioning used to keep first responders safe that negatively impact their mental health.

Objective 3 Attendees will identify two therapeutic treatment strategies and modalities for cumulative stress, compassion fatigue, low compassion satisfaction, burnout, moral injury, and PTSD as pertaining to first responders.

February 27, 2025
- February 28, 2025

2025 TACES Mid-Winter Conference

Downwright Hotel- Austin

701 E. 11th Street

Austin, TX 7871

2/27/2025-2/28/2025

The Texas Association for Counselor Education and Supervision (TACES) 2025 Mid-Winter Conference will be held February 27-28, 2025, in Austin, Texas. The conference theme is Community Roots, Counseling Futures: Strengthening Bonds Through Counselor Education and Supervision. The conference aims to connect education and supervision practices with community needs while nurturing stronger connections within the counseling profession. The TACES MidWinter Conference is the premier conference for counselor educators and supervisors in Texas.

2/27 Thursday: 1:00 pm-8:30pm (Content Sessions, Featured Session, Panel Discussion)

2/28 Friday: 8:00 am- 4:45pm (Content Sessions, Keynote Speaker, TACES Business Meeting/Luncheon)

March 5, 2025

TSCA Presents: Bridging the Gaps through Books: Bibliocounseling to Reach EVERY Student

12:00 PM - 01:00 PM CST

Presented by Penelope Flores, Julie Akerson, Ivy Salinas, Diana Sutherland for 1.0 CE credit

Looking for ideas to bridge a gap for students? Books can be the connecting piece! We will introduce bibliocounseling and how it can be utilized to develop a comprehensive school counseling program. We will provide a list books and activities on relevant counseling topics that could support students and families.

Learning Objectives:

- 1. Attendees will be able to understand the definition and use of bibliocounseling within their comprehensive school program.*
- 2. Attendees will gain resources that can be used within their counseling program.*
- 3. Attendees will be able to conceptualize how bibliocounseling can be applied to direct and indirect services including guidance lesson, small group sessions, and as resources for stakeholders in a child's life.*

April 25, 2025

TMHCA Presents- Spring Conference

09:00 AM - 05:00 PM CST

The 2025 TMHCA Spring Conference will be held on Friday, April 25, 2025, beginning at 9:00 am. The one-day conference will be at the Kerrville United Methodist Church, Kerrville, TX. Join us for CE opportunities, networking opportunities, and gaining information related to private practice. In addition, you can enjoy a fabulous lunch while visiting and catching up with friends and establishing new acquaintances in the charming, picturesque town of Kerrville!

Licensed Professional Counselors, Licensed Professional Counselors-Associates, and graduate students are all welcome and encouraged to attend.

CE Programs:

9:00am-10:30am Building a Private Counseling Practice: Running an Ethical and Profitable Business Presented by Steven and Lynn Jennings 1.5 CE (Ethics)

In today's ever changing business landscape, this presentation will cover several models of how to build a private counseling practice. We will cover the basics of acquiring a business permit, setting up the legal aspects, billing insurance, paying your taxes, finding clients and taking care of yourself in the process. Educational content will include the ethics of running a counseling practice, the scope of services offered (Individual, couples, and family counseling, assessments and reports), managing administrative aspects of your practice, managing legal aspects (insurance coverage, court subpoenas, closing your practice/retirement), and implementing a good self-care routine as you run a private practice. Type of presentation: The format of this presentation is interactive, and discussion based. We plan to implement the use of case studies and/or activities to help talk through different facets of the learning process.

Learning Objectives: 1. Attendees will learn 3. specific elements of ethical practice and professional identity in private practice. 2. Attendees will learn ways to network, 3 steps to start the contractual process, develop proper billing procedures and develop client referrals. 3. Attendees will learn 3 ways to manage stress and practice effective self-care management in private practice.

10:45am-12:15pm Using Ethical Decision-Making Models in Counseling & Supervision Presented by Rochelle Cade 1.5 CE (Ethics)

Counselors engage in complex decision-making in clinical practice. When facing ethical dilemmas, counselors can utilize ethical decision-making models to support their efforts. The educational content will include an introduction of ethical decision-making models, highlight the purpose of ethical decision-making models, provide brief comparisons of ethical decision-making models, and discuss the application of ethical decision-making models in counseling and supervision. The education content will be delivered through didactic methods and interactive discussion. Learning Objectives: 1. Identify 2 ethical decision-making models. 2. Compare 2 ethical decision-making models. 3. Apply the use of ethical decision-making models in counseling and supervision with 3 examples.

1:05pm-2:35pm Project Empathy: Utilizing Positive Psychology and Strengths-Based Interventions Presented by Drew Dutton 1.5 CE

Conference attendees will learn practical applications of positive psychology and strengths-based interventions in treating addiction. This session covers effective, evidence-based approaches, common misconceptions, and harmful practices to avoid. Gain insights into the unique challenges of treating substance use disorders and what research reveals about successful methods. Lecture with active Q&A and some brief discussions on Addiction Neuroscience and its impact, barriers to effective treatment, key lenses to utilize, and effective practices and what works: Positive Psychology Principles. Learning Objectives: 1. Understand the neurobiological, psychological, and social factors that contribute to addiction, including their impact on individuals. 2. Identify common misconceptions and harmful practices in addiction treatment, and recognize strategies to avoid these pitfalls for more effective care. 3. Explore key theoretical lenses such as models of well-being and systems theory/cybernetics, and analyze their application in addiction treatment to enhance

therapeutic outcomes.

2:40pm-3:10pm Updates from the Texas State Board of Examiners of Professional Counselors Presented by Loretta Bradley and Board members .5 CE

This panel presentation will consist of TSBEP Board members and the Board Administrator. Information and updates will be provided that affect LPCs, Licensed Professional Counselors-Associates, and those planning to apply for licenses. The quadrennial rule review process, current issues affecting LPCs, review of requirements to renew licenses, updates on licensing applications, and the passage of the Board's Resolution regarding the Interstate Counseling Compact will be addressed. If time allows, questions will be received from the audience. Learning Objectives: 1. The participants will be able to identify what stage the quadrennial rule review process is at, and what the next stage will be. 2. The participants will be able to list a minimum of four requirements needed to renew a license. 3. The participants will discuss the Board's action in passing the Resolution for Texas to join the Interstate Counseling Compact.

3:25pm-4:55pm It's Not About the Donut: Conscientious Couples' Counseling Considerations Presented by Tanner Hargrove 1.5 CE

Currently, couples are facing some of life's most intense challenges – communication, sex, finances. We will look at various challenges that couples face with considerations to make when working with couples, and ways to conceptualize couples' clinical experiences. EDUCATIONAL CONTENT includes Couples' counseling theory, statistics pertaining to couple relationships, Attachment theory, emotion regulation, couples' counseling interventions. The format of this discussion is interactive and discussion based. The participants will work through various aspects of couples' counseling using case examples and small group conceptualizing. Learning Objectives: 1. Attendees will Understand the difference between content and process in couples' work and learn 3 techniques to actively help clients make the switch. 2. Attendees will identify 2 ways to use theory to guide couples' sessions and treatment. 3. Attendees will integrate attachment, mindfulness, and emotion regulation into couples' treatment with 5 examples.