

**Missouri Mental Health  
Counselors Association  
2022 Annual Conference**

**Weathering the Storms:  
Tough Topics for Counselors**



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**SPONSORED BY**

**Beyond Healing Center** is committed to helping people find safety in connection through embodied healing practices. We practice an interdisciplinary health care approach that invites healers from various disciplines to join together under a shared language and conceptualization approach where interventions can be thoughtfully co-discovered and contextualized in the therapeutic journey. — Beyond Healing practices an interdisciplinary health care approach that provides continuing education training, podcasts and the Beyond Healing community.



**BEYOND  
HEALING**

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**Lakeland** utilizes Trauma-Focused Cognitive Behavioral Therapy as a basis for treatment of various issues including depression, anxiety, and other severe mental illnesses. We provide confidential, personalized treatment utilizing a multidisciplinary approach. This includes group therapy, individual therapy, and activity therapy, as well as social services and medication management. Patients and families receive education on specific disorders, medications, and effective coping strategies. Patients develop coping skills and can learn to alter their thinking patterns, challenging emotions, and behavior. Through learning and practice, they utilize better ways to respond to situations and feelings, therefore being more effective in daily life. The goal of our programs is to relieve symptoms, return patients to their best possible level of health, and assist in maximizing their quality of life. We offer various programming, for ages 4-17 and 60+. Our programs include Acute Inpatient Hospitalization, Subacute Hospitalization, Intensive Outpatient Treatment, and Residential Treatment. Confidential assessments are available 24/7 via phone @1.800.432.1210



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**Thursday, September 8, 2022**

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**6:30-9pm**

**Salon A**

**Trivia Night: Open Bar and Welcome Reception**

Join us for mental health related trivia. Form a team and compete together. Will you be the dum dums or the smarties?

**Friday, September 9, 2022**

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**8-9:45am Keynote**

**Salon A**

**James M. Smith**

Dr. James M. Smith is a licensed professional counselor and serves as the Lead Outpatient Therapist at SSM Health St. Mary's Behavioral Health in Jefferson City. He began his career providing pastoral counseling and spiritual direction. He then became a certified substance abuse counselor and worked with adolescents overcoming addiction while completing his M.Ed. in Community/Agency Counseling at Lincoln University in Jefferson City. He worked in a community psychiatric rehabilitation program, directed a methadone treatment program, and served as a QMHP in a maximum-security prison before returning to Lincoln University, where he was the Director of Student Health and Counseling Services. While at Lincoln, he completed his PhD in Counselor Education and Supervision. His dissertation was a qualitative study to understand the lived experiences of disclosure of adult male survivors of childhood sexual abuse, who waited until adulthood to disclose their abuse to a mental health professional.

**The Infinite Source: Why Self-Care Doesn't Work**

From a mindfulness perspective, our capacity for compassion, patience, and care is infinite. Being intentional about on what our attention is focused, approaching all things with loving-kindness, and radically accepting life on life's terms provide us with a well-spring from which we can show care to all, including the self. In this keynote, Dr. Smith will describe how being mindful protects us from burnout, compassion fatigue, and vicarious trauma. He will describe his own experience of vicarious trauma, and how his practice of mindfulness served to allow him to continue care while healing.

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**10-11:45am**

**Salon A**

**Dr. Brian Sheble & Dr. John Harpole**

Dr. Brian Sheble is a School Psychologist and Licensed Professional Counselor who currently provides assessment, consulting, and counseling services to children, adolescents, and adults in his private practice, Growth Mindset Assessment and Counseling, LLC, located in Creve Coeur, MO. Brian earned his Doctor of Philosophy in Educational Psychology and Educational Specialist in School Psychology from the University of Missouri-St Louis. Then, his Master of Arts in Counseling from Lindenwood University. He is the current President of the Missouri Association of Mental Health Counselors and an Adjunct Assistant Professor of Educational Psychology at the University of Missouri-St. Louis. Dr. Sheble is on the editorial board for the Journal of Mental Health Counseling and Psychology in the Schools. Dr. Sheble is licensed as a Professional Counselor in Missouri, Alaska, and Georgia. Dr. Sheble is also a National Certified School Psychologist, National Certified Counselor, Certified Clinical Mental Health Counselor, Certified Forensic Mental Health Evaluator, Certified-Dialectal Behavior Therapist, Certified Clinical Trauma Therapist-Level Two, and Certified Personality Disorders Treatment Professional.

Mr. John Harpole holds a Master of Arts in Counselor Education from Missouri Baptist University and has completed Ph.D. coursework in Counselor Education and Supervision at the University of Missouri-St. Louis. John is currently licensed in Missouri and Alaska as a Licensed Professional Counselor and is a National Certified Counselor. John currently works for Southcentral Foundation in Anchorage, Alaska as a Crisis Clinician in an Emergency Department and sees patients at Counseling Solutions of Alaska. John also has extensive experience working with patients with personality disorders in the prison system and has been a licensure supervisor.

**Assessment and Treatment of Individuals with Narcissistic Personality Disorder**

This workshop is about how to identify, assess, and intervene with people who have narcissistic personality disorder. The participant will learn about different types of narcissistic personality disorder and how to spot Narcissist. Participants will learn how to differentiate narcissistic personality disorder from other personality disorders. The participant will also learn about specific assessment methods that are used in diagnosing narcissistic personality disorder. Then finally, the participant will learn about what to do to help people with this challenging to treat disorder.

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**Pines**

**Laura Gartin**

Laura Gartin, a Missouri native and MBA graduate of Missouri State University, founded a non-profit, Live 2 Give Hope, in 2017. Live 2 Give Hope now operates several programs which assist over 500 foster children annually. Laura is the Program Director for Live 2 Give Hope and a leader for victims of sexual abuse as she is a survivor of childhood and adult sexual abuse. Laura was recognized as a Remarkable Woman by KOLR 10 Ozarks First in 2020, received the Mayor Lyle Anderson Gold Leaf Award for volunteer service in 2021, and was named as one of the 50 Missourians You Should Know by Ingram Magazine in 2022 for her efforts with Live 2 Give Hope.

**Safe MO Kids presents Circles of Safety: Awareness to Action**

Safe MO Kids, a program of Live 2 Give Hope, presents Circles of Safety: Awareness to Action training through Stop It Now! This training is key for the prevention of Childhood Sexual Abuse, which is the greatest issue facing our children today. Together we can stop childhood sexual abuse!

**Lewis & Clark**

**Megan Bearden**

Megan Bearden is a graduate of Evangel University in Springfield, MO, where she received her undergraduate degree in psychology and her master's degree in Clinical Mental Health Counseling. She is currently pursuing a doctoral degree in Counselor Education and Supervision at Regent University. Megan now works for her local community mental health center as a school-based clinician, partnering with the local public schools to provide therapy for children and adolescents within their schools. She currently lives in Springfield, MO, where she also serves as an adjunct professor for Evangel University in their CMHC master's program. Megan has enjoyed being able to share her counseling skills in cross-cultural supervision, such as supervising graduate level counseling students in Egypt, providing clinical training to psychologists and pastors in Peru, and supervising Ukrainian psychologists pursuing additional training as counselors.

**Following the Leader: Supervision Theories and the Young Counselor**

This session will prepare participants with both theoretical and practical knowledge of supervision theories to use with supervisees at various developmental levels. Participants will have time to process and discuss which theory they align with. Participants will then practice theory implementation with a case study. Finally, a supervision disclosure statement based on the selected theory will be created.



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**12-1:15pm**

**Salon A**

**Student Luncheon**

Current counseling master's students are welcome to join us for the student luncheon. We will discuss benefits of being a student member of MMHCA and hear from a member of the Missouri licensure board.

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**1:30-3:15pm**

**Salon A**

**Sarah Campbell, Dr. Andrew C. Benesh, & Dr. Theresa Keown**

Sarah is a student intern at McIntyre Psychological Services currently finishing her Master's degree in Clinical Counseling at Central Methodist University. She has several years of experience as a mental health practitioner as both a caseworker and a psychosocial rehabilitation specialist. She is also currently studying psychoanalysis at the St. Louis Psychoanalytic Institute.

Dr. Benesh has taught as an Assistant Professor at Central Methodist University since 2018. He is an LPC in Missouri and before coming to Missouri he worked for 6 years in the Texas Department of Criminal Justice counseling sex offenders. Dr. Benesh also has several years of experience working with clients dealing with addiction, and before that had some time working in college career counseling. His research interests include theoretical orientation and personality, substance use treatment, religion and spirituality in counseling, and treatment of incarcerated clients. He lives in Columbia with his wife and a 2-year-old son.

Theresa L. Keown, PhD, LPC, NCC / Associate Professor, Program Director for the Master of Science in Clinical Counseling program at Central Methodist University's College of Graduate and Extended Studies (CGES), digitally delivered. She is a Licensed Professional Counselor in the state of Missouri, a National Certified Counselor and is currently ASIST and EMDR and Gottman Level 1 trained and DBT-informed. Employed by CMU since 2006, pursuit of the continued improvement and expansion of the Clinical Counseling program has been paramount. Current and previous experience as a therapist span across populations of children, adolescents, families and couples in a variety of venues including clinics, mandated clients, residential treatment facilities and private practices, therapeutic treatment foster-care, in-home therapy since 2003.

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**Overcoming Challenges and Implicit Biases When Working with Non-Residential Fathers**

With the increase of nonresidential fathers, it is important to consider biases held about men's role in the family unit. This presentation will discuss discrimination against black, low income, and incarcerated fathers in mental health as well as ways to increase involvement and eliminate barriers to fatherhood.

**Pines**

**Eileen Spinner**

Eileen Spinner, LPC received her MA in counseling from Saint Louis University in 2006 and has been working for BJC Hospice for 16 years. She has presented for local organizations in the St Louis community as well as at state and national conferences for the Gateway End of Life Coalition, American Counseling Association, ACA--MO, Missouri Society of Clinical Social Workers, and Missouri Hospice and Palliative Care Association. She also is trained in Dignity Therapy. She has worked with people of all ages providing in-home individual and family-based counseling and assists with grief retreats and camps through BJC Hospice.

**Supporting Clients Experiencing Change, Grief, & Loss**

Families experience change and loss daily, especially over the past 2 years of the pandemic. Change can come in the form of a divorce, moving to a new city, or even the death of a loved one. Research shows that adults and children cope with grief in different ways. Through a guided imagery and interactive presentation based on theory and practice the audience will gain a greater awareness of (a) how death and grief affect us holistically, (b) aspects of anticipatory grief and grief, and (c) creative ways to care for individuals and families using literature and expressive therapy tools. Handouts, references, and hands-on tools will be provided.

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**Lewis & Clark**

**Dr. Melissa A. Odegard-Koester, Gretchen Dirnberger, & Clinton Rolle**

Dr. Odegard holds a Doctor of Philosophy in Counselor Education and Counseling with an emphasis in Clinical Mental Health Counseling from Idaho State University. She served as Interim Chairperson for the Department of Psychology for one year previous to her current appointment as well as Interim Dean of the College of Humanities and Social Sciences. Her administration experiences include serving as the Assistant to the Associate Dean for the College of Education, Counseling Program Coordinator, and Mental Health Counseling Program Coordinator. She recently received notification that the article she co-authored: "Feedback: The Foundation of Kind Leadership" was being published as the feature article in the spring 2020 issue of The Department Chair. She also serves as an expert panelist for the Neonatal Abstinence Syndrome (NAS) Show Me ECHO (Extension for Community Healthcare Outcomes) through the Missouri Telehealth Network.

Clinton is a Mental Health Counseling Program Student at Southeast Missouri State University, Cape Girardeau, MO. He is currently the graduate assistant for TRIO/Student Support Services. Clinton serves as the Membership Chair of Chi Sigma Iota and holds a passion for working with adolescents and children.

Gretchen is a Mental Health Counseling Student, Southeast Missouri State University, Cape Girardeau, MO. She is currently the graduate assistant for the Department of Psychology & Counseling. She is a member of Chi Sigma Iota and holds a high passion for neuropsychology and substance use disorders.

**Counselors: Are We Human or Superheroes?**

Mental health counseling students and a faculty member will be co-presenting on how important it is for mental health counselors to recognize their humanity as they do clinical work. Given the challenges of helping in our current civic and global context, it is imperative that counselors practice self-care so that they are relevant and effective. Our presentation will facilitate discussion around how professional and personal life intertwines, identify ways to promote counselor reflection, and engage in role play to practice vulnerability which can be applied in the clinical context.

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**3:30-5:15pm**

**Salon A**

**Angela Skurtu**

Angela Skurtu is a keynote speaker, AASECT certified Sex Therapist and Licensed Marriage Therapist. She is the author of the books, "Pre-Marital Counseling: A Guide for Clinicians," (2016) and "Helping Couples Overcome Infidelity: A Therapist's Manual," (2018). She hosts the "About Sex Podcast" and a YouTube channel that offer free health tips.

**Helping Couples Overcome Infidelity**

Angela Skurtu will cover some information from her book, "Helping Couples Overcome Infidelity." She will also cover some new material based on working with couples affected by this problem for over 10 years and the complexities that the pandemic has added to the situation.

**Pines**

**Neha Batool**

Dr. Neha Batool earned her doctoral degree in Counseling Psychology in August 2021 at the University of North Dakota. She is currently completing her post-doctoral residency at Compass Health Network as a Provisionally Licensed Psychologist. Dr. Batool's clinical work consists of provision of supervision, diagnostic testing, and psychotherapy. She embodies a multicultural and integrative approach in her clinical work as a core value. Dr. Batool's passion to support and empower women experiencing gender-based violence led to her dissertation research project, entitled, *Mental Health Impact of Forced Marriages*, which is the first study published on the topic in psychology. She is committed to utilizing her research to inform practical approaches to psychotherapy, as there is a lack of effective mental health interventions that particularly consider the unique needs of forced marriages survivors. Through presentations and trainings, she also hopes to increase awareness and understanding of forced marriages within the field of mental health.

**Mental Health Impact of Child and Forced Marriages in the U.S.**

Forced and child marriages are a common practice in the U.S, with serious physical and mental health consequences, especially for girls and women. This presentation will incorporate individual, systemic, cultural, and intergenerational aspects to discuss risk factors, consequences, role of mental health professionals, and trauma-informed treatment recommendations.

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**Lewis & Clark**

**Melissa Spriggs**

Melissa Spriggs has worked in the Counseling and Human Services field for over 20 years in the areas of disabilities services, addictions, juvenile corrections, mental health, and career development. Melissa has also taught at George Washington University, Trinity Washington University, McKendree University, and Lindenwood University. She holds a bachelor's degree in psychology from Truman State University, a master's degree in counseling from Western Illinois University, and a doctorate in counseling from George Washington University. Melissa is currently the director of the Master of Arts in Human Services program at Webster University in St. Louis, Mo. She enjoys educating, mentoring, and advising her students as they progress and grow through the program and in their careers. Her current research interests are compassion/empathy fatigue, self-compassion, mental health first aid, and identity and career development of human services workers.

**Mindful Self Compassion Tools to Prevent Compassion Fatigue and Build Resiliency**

Mindful Self-Compassion provides unique tools and skills that can help counselors manage the emotional labor of our work and become more effective and resilient. Attendees will learn about the theory and research on Mindful Self-Compassion, complete a self-assessment, and practice self-compassion techniques. Application for use with clients will also be discussed.

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**6-9:30pm**

**Salon A**

**Dinner and Round Table**

Enjoy dinner and discussion with others at the table. Various topics will be options for discussion related to the counseling profession.

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**Saturday, September 10, 2022**

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**8-9:45am**

**Columbia**

**Rebecca Padgett & Kaetlyn Roberts**

Rebecca Padgett is a Nationally Certified, Licensed Professional Counselor specializing in evidence-based, trauma informed therapy for child victims of physical and sexual abuse. Rebecca's experiences throughout her 18 years of service as social science professional have captured the needs of children within the foster care system, child victim exposure and recovery, school-based services, and low-income populations. Rebecca is a State Rostered Trauma Therapist for TF-CBT and has advanced training in other trauma informed services. Rebecca's training in supervision includes trauma informed capacities for new professionals and wellness centered approaches targeting professional adversities like burnout and secondary trauma. Rebecca's book, *Liberty's Journey: A Foster Child's Placement Story*, was published in 2020 as a tool for foster parents and professionals to use for transitioning or displaced children. Rebecca's ability to integrate collaborative learning at collegiate and professional levels has led to public speaking, presenting, and adjunct teaching experiences throughout the last five years. In 2022, the Board accepted Rebecca's nomination to chair the Public Policy and Professional Issues Committee for the Missouri Mental Health Counseling Association. It's Rebecca's passion for public policy, child advocacy, and education that empowers her diverse and direct experiences across social science platforms and qualifies her as an expert on services for child populations.

Kaetlyn is a nationally certified, licensed professional counselor, specializing in trauma-focused treatment for survivors of abuse. She is state rostered therapist in TF-CBT and ITCT and trained in CFTSI and EMDR. Kaetlyn is currently working toward becoming a certified EMDR therapist with EMDRIA. She has been practicing as a counselor for more than three years and human services for an additional three years prior to this. In her time as a counselor, she has served over 95 survivors of childhood abuse. Her ability to create a safe space for children to enter therapy as child victims and leave as survivors has created a waitlist for her direct services. Kaetlyn's communication style affords families, children, and peers to see child sexual abuse through the eyes of a child creating a dynamic for informed education and advanced treatment success.

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**Treatment Interventions for Child Victims of Physical and Sexual Abuse**

This training, Treatment Interventions for Child Victims of Physical and Sexual Abuse, examines clinical treatment interventions, caregiver engagement techniques, conversation strategies, documentation standards, and approaches to disclosure for child victims of physical and sexual abuse. With a growing number of criminal reports identifying crimes against children, therapists are likely to engage with child victims needing informed mental health services. Using interactive education, this training will provide an opportunity to explore, discuss, and practice treatment interventions that can empower a safe and engaging therapeutic space for child victims and their supportive caregivers.

**Pines**

**Bridger Falkenstien & Angela Sastry**

Bridger Falkenstien is the co-owner of Beyond Healing Center & Institute, Creative Director, and a co-host of several Beyond Healing podcasts, most notably, "Notice That" and "The Evidenced Based Therapist." He is the co-author of the Somatic Integration and Processing case conceptualization model and provides case conceptualization trainings worldwide. Bridger's area of research includes case conceptualization and treatment of complex presentations.

Angela Sastry is a Licensed Professional Counselor, an Associate Director at Beyond Healing Center & Institute, and the Director of DynamicWorks Wellness Collective. She serves on the MMHCA board as Chair for Professional Development and Programs. Currently, Angela is working on a Ph.D. in Counselor Education and Supervision with an emphasis in Trauma Treatment and is conducting research on disembodiment and disordered eating.

**Case Conceptualization and Treatment Considerations for Complex and Developmental Trauma**

This presentation offers a look at cutting-edge research pertaining to the conceptualization and treatment of trauma and related disorders. Realizing new ways to conceptualize symptoms, behaviors, and feelings through the lens of the nervous system provides innovative interventions to use in your daily work with clients.



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**Lewis & Clark**

**Robert Pedroza**

Robert Pedroza is a Licensed Clinical Psychotherapist (LCP) in the state of Kansas and has been a licensed mental health professional since 2014. Starting his mental health career in 2008, his experience encompasses a broad range of environments, including schools, community services, private practice, and corrections. Before transferring to national mental health outreach, Robert served as the head of the mental health program at Lansing Correctional Facility in Kansas and has spent 8 years in the corrections field. Robert remains active in the MH community, guest lectures at local colleges about MH and corrections, clinically supervises non-clinical providers, and continue to do PRN work with the Kansas Department of Corrections.

**Responding to a Substance Induced Crisis**

Substance use continues to be an ever more dangerous problem for our society and clients. As therapists, it can at times be difficult to know how to help a client who is in the middle of an active drug induced crisis while keeping both us and them safe. This training discusses the current trends, how to recognize when someone is high/altered, the risk factors/red flags, interventions, and post-crisis interventions. Treatment recommendations will all be discussed.

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**10-12pm**

**Columbia**

**Brenda French & Devon Fortner**

Brenda French is the Signs of Suicide Program Manager with CHADS Coalition for Mental Health. Before being promoted to Program Manager at CHADS, she worked as a Family Support Counselor. She provided remote and in-person counseling to youth in St. Louis and St. Charles County. Prior to coming to CHADS Coalition, Brenda held positions in management and served as faculty at several colleges and universities. Brenda holds degrees in Psychology, Counseling, and a doctorate in Education from Saint Louis University. She is a Licensed Professional Counselor and National Certified Counselor. Her interests include mental health awareness, lifelong learning, and Transformers.



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Devon Fortner, MSW, LCSW (she/her/hers)—Devon received her Bachelor of Arts in Psychology from the University of Missouri and Master of Social Work from Saint Louis University. Since that time, she spent years working in inpatient psychiatry services working with a range of mental health concerns and a variety of ages and populations. Devon then transitioned to working for CHADS Coalition for Mental Health where she provides individual and group therapy services in school and office settings to adolescents who are struggling with anxiety, depression, and suicidal thoughts. She currently serves as the Clinical Supervisor for the Family Support Program. Devon has a passion for supporting clients through difficult times with compassion, empathy, collaboration, and hope.

**Signs of Suicide: Training Trusted Adults**

This training educates participants about the signs and symptoms of adolescent depression and suicide. Participants will be better able to recognize, utilize, and help struggling adolescents. Additional content includes a deeper dive into the depression and suicide in teens, high-risk groups, and how adults can respond confidently and empathically to youth concerned about themselves or someone they know. We will also discuss the how to facilitate risk assessments and safety plans with clients, how to effectively communicate with parents/caregivers of clients who are suicidal, and additional resources.

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**12:15-1:30pm**

**Columbia**

**Luncheon and Annual Meeting**

Join us for the annual board meeting during lunch. We will be discussing updates to the by-laws and voting. Updates regarding the organization will also be provided.

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**1:45-3:30pm**

**Columbia**

**Alyssa Lohman**

Alyssa is a fully licensed clinical professional counselor in Illinois and Missouri and is an ADHD-Certified Clinical Services Provider. She has experience in rural community mental health, university counseling centers, and private practice settings. She is currently working as a mental health therapist in Edwardsville, Illinois and is the co-founder of Empowered Pathways LLC, a company providing holistic mental health trainings for counselors, higher education professionals, and organizational leaders.

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**It's Not You, It's ADHD: Understanding How ADHD Affects Relationships**

This presentation reviews Attention-Deficit/Hyperactivity Disorder (ADHD) and the impact on relationships and communication. It delves into often overlooked aspects including how symptoms present differently in adults and women and the role of emotion regulation and executive functioning skills. It provides practical knowledge and strategies to improve relationships impacted by ADHD.

**Pines**

**Dianne Parr**

My goal is to always do my best to make a difference in the lives I touch! As a clinical therapist, I bring a multiplicity of skills, interventions, and experiences to my practice. Currently practicing as a licensed professional counselor, with certifications in TeleHealth Mental Health, Anxiety for Wired Brain, Eye Movement Desensitization Recovery (EMDR), and Supervisor of Provisional Licensed Professional Counselors (PLPC), I am constantly enhancing my professional therapy skills to provide the interventions for the people I serve and augment their healing processes. Passionate about connecting with each person I serve and consult with; I implement the therapeutic interventions related to Somatic Integration Processing to facilitate healing and recovery with individuals and families. Having worked with a variety of populations, I have provided therapy for crisis intervention, grief and loss, marriage and family, suicide, anxiety, anger management, post-traumatic stress, depression, domestic violence, parenting skills, substance abuse, and a plethora of issues and problems that individuals and families experience. My practice has included therapeutic interventions beginning with serving young children through the life span to include adults and seniors. As a professional, I enjoy researching, writing, and developing curriculum and programs to inform and support the healing community.

**What is Your Attachment Style?**

Integrative Enneagram Solution provides radical insights for people and team development. What defines your core motivation, emotional intelligence, strengths, fears?

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**Lewis & Clark**

**Fiona Hill**

Fiona Hill is a Licensed Professional Counselor-Supervisor in Missouri and holds national certification as a Registered Play Therapist. She has extensive experience providing services in nonprofit and government agency settings. She is the owner of Lighthouse Play Therapy and Consulting Services and has worked full-time private practice since 2019, offering specialized therapeutic services in the areas of childhood trauma and attachment disruption. She also supports families impacted by varying developmental needs within the family system. In addition, Fiona has a sub-specialty of incorporating digital tools into therapeutic practice, about which she is very passionate. She has provided consultation, professional training and published therapeutic interventions related to this topic. She is currently an active member of the Association for Play Therapy and the Mental Health Virtual Reality Coalition. She is also an advisory board member for Digital Play Therapy™ and technology committee member for the World Association of Sand Therapy Professionals.

**Digital Tools: The Nuts and Bolts of Therapeutic Use**

Technology is a natural part of daily activity, so much so that the language of play has significantly evolved to include the digital world. Incorporation of digital tools in the therapeutic process is a beautiful both-and that adds powerful value to the client's therapeutic journey. This training will delve into discovering the therapeutic power and ethical parameters of incorporating digital tools into mental health practice.

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**3:45-5:30pm**

**Columbia**

**Chris Anderson**

Chris Anderson has been in the behavioral health field for 36 years. He has worked in a variety of settings including community agencies, hospitals, employee assistance programs/managed care organizations, academia, and secondary schools. He has a Ph.D. in Counselor Education from the University of Iowa. He currently serves as chair of the Ethics Committee of MMHCA. He is a Certified Reciprocal Alcohol and Drug Counselor, a Licensed Professional Counselor, and an Approved Clinical Supervisor. His current position is as a Client Access Specialist and Clinical Supervisor at Compass Health Network.

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**Ethics**

Counselors encounter many ethical issues and challenges in their everyday work. Codes of ethics provide guidance but cannot anticipate every potential ethical challenge. All codes of ethics are guided by universal ethical principles. This presentation will outline the basic ethical principles and provide an opportunity for discussion and clarification of how best to apply these principles to provide services in a variety of professional environments. After attending this presentation, attendees will have an increased knowledge and appreciation for these ethical principles and how to apply them in their clinical setting.

**Lewis & Clark**

**Keith Ray Mackie**

Keith Ray Mackie is an expert in helping people overcome barriers to their success and happiness. He's President of KRM Counseling & Consulting, LLC with three decades of experience working with traumatized children and families and a knowledgeable public speaker on trauma and resilience. Mackie is vice chair of Missouri KidsFirst a state advocacy group, and on the Missouri Task Force on the Prevention of Sexual Abuse. Mackie worked for the Missouri Legislature for 7 years. Mackie is husband to Marcia Mackie, and father of four boys. Mackie is a former foster child, former foster parent, and an adopting father of special needs children.

**Simple Dreams: Developing Resilience, Finding Peace, Living Happily Every Day**

Mackie encourages a positive self-care approach to being a professional. Uses life experiences, neurobiology, trauma centric principles, and a charismatic story telling approach to life to encourage people to develop Simple Dreams, and then begin to take the steps necessary to achieve their dreams. "A dream is a wish your heart makes when your fast asleep, in dreams you will lose your heartache, whatever you wish for you keep. Have faith in your dreams and someday, your rainbow will come smiling through."

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**Exhibits**

Please visit our exhibits and sponsors between sessions to learn more about what they have to offer.

**DeafLEAD**

DeafLEAD is a non-profit agency that provides 24-hour crisis intervention, advocacy, case management, interpreting and mental health services to Deaf, hard of hearing, DeafBlind, and late-deafened individuals who are victims of crime and their families, as well as support to individuals, agencies, and organizations providing victim services to individuals with a hearing loss.



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**Alittle Outlandish Co.**

Alittle Outlandish Co. offers apparel and drinkware for the whole family. Our passion is all things mental health related and especially for therapist like myself. We also offer a variety of gifts for the family including handmade soy candles, blankets and more!



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**Pink Zebra**

Pink Zebra is a fragrance company that allows you to personalize your scents and your décor both in your home and on the go.



INDEPENDENT CONSULTANT

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**Novus Initium Insurance**

Veteran owned insurance agency providing all of your employee benefit needs. We believe we work for you and not the carriers. Our agency promise is full transparency, putting our clients first, and top notch service. We offer a unique solution to your health insurance needs.



**Missouri Mental Health Counselors Association  
2022 Annual Conference**

**Weathering the Storms: Tough Topics for Counselors**

**Youth in Need**

Youth In Need has been serving the greater St. Louis area since 1974, when volunteers reached out to the agency's first client. A teenage runaway, who left her home after another beating, was picked up on the streets and taken to the local jail with adult criminals. Troubled by the community's response to runaway and homeless teens, volunteers changed the way these teens were treated by opening Youth In Need's Emergency Shelter. Today, more than 400 full- and part-time staff serve more than 8,000 of the area's most vulnerable children, teens and families at nearly 100 locations in six counties in eastern Missouri.



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**CenterPointe Hospital**

CenterPointe Hospital is a premier provider of behavioral health care services in Columbia, delivered with compassion for patients and their families, respect for employees, physicians and other professionals, accountability for clinical and ethical performance and responsibility to the communities we serve. Located in Columbia, Missouri, between Kansas City and St. Louis, CenterPointe Hospital of Columbia offers both inpatient and outpatient treatment options.





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**Momma Steph Designs**

Check out these personalized items including jewelry, keychains, earrings, necklaces, and bracelets. Also offering customized t-shirts and tumblers.



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**Compass Health**

Inspire Hope. Promote Wellness. Through the delivery of compassionate, quality care, we help people find their way along a path to better physical and emotional health. We are Compass Health Network. Operating only from the highest ethical and professional standards, we provide access to innovative care designed to meet the health needs of the communities we serve. By earning the trust and respect of those we serve, we provide the promise of a better, healthier tomorrow that only an integrated, whole-person health organization can deliver.

