

**Missouri Mental Health
Counselors Association
2023 Annual Conference**

Healing from Within



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SPONSORED BY

American Foundation for Suicide Prevention Missouri Chapter

The grassroots work we do focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

As a part of AFSP's growing nationwide network of chapters, we bring together people from all backgrounds who want to prevent suicide in our communities. Families and friends who have lost someone to suicide, vulnerable individuals, mental health professionals, clergy, educators, students, community/business leaders, and many others energize our chapter.



**American
Foundation
for Suicide
Prevention**

Missouri

Center Pointe Hospital of Columbia

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.



**Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within**

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Centurion provides healthcare services to governmental agencies in a wide variety of patient care settings, including correctional facilities, state hospitals, courts, juvenile facilities, and community clinic. From mental health and long-term care to medical, dental and forensic services, our employees are dedicated to providing the highest quality of care for every population they serve. Today, we serve over 300,000 individuals in hundreds of facilities across the nation.



CPH & Associates provides malpractice insurance for mental health professionals throughout the US, and CPH is proud to be exclusively endorsed by AMHCA as their recommended insurance partner for over 20 years. With up-to-date legal resources and exceptional customer service, CPH insures your professional journey from student practicum to full licensure. A policy with CPH protects your career against a grievance from a regulatory board, claim, or lawsuit. Get a quote and apply online at www.cphins.com.



**Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within**

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SSM Health

SSM Health is a Catholic, not-for-profit health system serving the comprehensive health needs of communities across the Midwest through a robust and fully integrated health care delivery system. The organization's 40,000 team members and more than 12,800 providers are committed to providing exceptional health care services and revealing God's healing presence to everyone they serve.

With care delivery sites in Southern Illinois, the Greater St. Louis Metropolitan Area, Mid-Missouri, Oklahoma, and South Central Wisconsin, SSM Health includes 23 hospitals, more than 300 physician offices and other outpatient and virtual care services, 13 post-acute facilities, comprehensive home care and hospice services, a pharmacy benefit company, a health insurance company and an accountable care organization. It is one of the largest employers in every community it serves.



**Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within**

Thursday, October 19, 2023

6:30-9pm

The Hearth Room

Trivia Night: Welcome Reception and Open Bar

Join us as we kick off the conference with a welcome reception. Then stick around for mental health related trivia. Form a team and compete together. Will you be the dum-dums or the smarties?

Friday, October 20, 2023

8-9:45am

The Hearth Room

Keynote - Beyond Self Care: Thriving While Being Exposed to Trauma

Cherisse Thibaut, MSW, LCSW

Cherisse Thibaut earned her Masters in Social Work from St. Louis University and holds a Clinical Licensure (LCSW). She began her career as a child advocate at a Child Advocacy Center. Then advanced into the position of Prevention Specialist and Liaison for the Missouri Internet Crimes Against Children Task Force. To work more closely with children, Cherisse worked as a supervisor in both a Psychiatric Rehabilitation Center for children and a Substance Abuse Rehabilitation Center for adolescence. She then became the Prevention Director at Missouri KidsFirst. Cherisse has trained thousands of individuals in the topics of preventing and responding to child abuse/neglect and preventing and healing secondary trauma. Currently, Cherisse is a therapist, child abuse and neglect prevention consultant, Board Member of Missouri Children's Trust Fund and the owner of LoveWorks LLC.

Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within

10-11:45am

The Hearth Room

Cherisse Thibaut, MSW, LCSW

Secondary Trauma Informed Supervision Skills

In this session we will explore the 9 Core Competencies for Supervision developed by the National Child Traumatic Stress Network. The skills presented will create a relationship and/or environment where secondary trauma is acknowledged and addressed as an occupational hazard, not a weakness.

Grand Ballroom A

Alyssa Lohman, LPC, LCPC, ADHD-CCSP

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.

Understanding and Improving Executive Functioning Skills

This presentation on executive functioning is a great opportunity to learn more about this concept, associated skills, and practical strategies. You will learn what executive functioning is, what can cause executive dysfunction, practical examples of executive functioning difficulties in daily life, and how to strengthen and accommodate executive functioning weaknesses.

Grand Ballroom B

Eileen Spinner, LPC

Eileen Spinner received her Master's in Counseling from St. Louis University in 2006 and has been working for BJC Hospice for 17 years. She has presented for local organizations in the St. Louis community as well as at conferences for MMHCA, American Counseling Association, Missouri Hospice and Palliative Care Association, Missouri Society of Clinical Social Workers, and American Counseling Association – Missouri. She also has been trained in Dignity Therapy, works primarily with individuals and families providing in-home hospice support/counseling, and assists with community grief camps and retreats sponsored by BJC Hospice.

Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within

Practice the Pause

This interactive presentation will focus on non-negotiables, micro-habits, transition boundaries, technology and screen time considerations, the importance of letting go, and intention setting. These interventions are transferable to share with clients in therapy who may also be looking for ways to deal with stress, anxiety or ways to pause and do self-care on a daily basis. Come learn the 3Ps - Pause, be Present, and then Proceed with your day!

12-1:15pm

Creek View Conference Room

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 counseling licensure board.

1:30-3:15pm

The Hearth Room

Angela Skurtu, LMFT, ACST

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.

Trust Building in Ethically Non-Monogamous Relationships

Many couples and individuals are exploring Ethical Non-Monogamy as an option for their romantic relationships. What are the ethics involved? What are some of the challenges? Also, why are people drawn into ethical non-monogamy? In this program, we will cover some of the ethics that help people manage multiple relationships including consent of all parties, honesty, and shared values. We will cover how people can get started in a healthier and positive way. We will also discuss how individuals can improve their honesty when faced with challenging emotions and situations. Finally, we will discuss the engineering model and the phobia model from the Jealousy Workbook by Kathy Labriola as a model for helping individuals learn to navigate non-monogamous relationships.

Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within

Grand Ballroom A

Rachael Herrington Roldan, Ph. D and Andrea R. Gray, B.A.

Rachael Herrington Roldan, Ph.D. is a clinical psychologist and Associate Professor of psychology in the Department of Behavioral Sciences at Drury University. As a licensed psychologist, Dr. Roldan is trained in evidence-based treatments for a variety of mental health problems and has specialized training in treating OCD, anxiety disorders and trauma. She was trained in Exposure-Response Prevention (ERP) at the Behavior Therapy Training Institute at UCLA in 2011, and she was trained in Inference-based Cognitive Behavioral Therapy just this year. She works part-time in a private practice setting where she evaluates and treats individuals with a variety of concerns, including those who struggle with excessive rumination, obsessional doubt, and OCD.

Andrea Gray recently graduated with a Bachelor of Arts in Clinical and Behavioral Neuroscience from Drury University. Following graduation, she has continued to collaborate with Drury professors on a variety of projects, including her work with Dr. Herrington Roldan on I-CBT as a treatment method for OCD, and conducts research in the Educational Psychology lab at Missouri State University. Andrea is currently in the process of applying to Ph.D. programs where she hopes to pursue a career in clinical psychology, with an emphasis in sports psychology and women's health research.

Inference-Based CBT for Treating Obsessional Doubt: An Evidence Based Alternative to Exposures in OCD Part #1

Inference-based Cognitive-Behavior Therapy (I-CBT) is an evidence-based treatment focused on the resolution of the reasons for the initial doubt or obsession responsible for the client's OCD symptoms. By targeting the logic behind OCD with skills, clients can experience relief of their OCD symptoms without having to engage in exposures.

Grand Ballroom B

Mary I Sullivan, MA, LPC, LPCC and Jennifer Svenneby

Mary has over 30 years of experience in presenting both brief topics as well as 5 day learning experiences to audiences such as: Veterans/families suffering from PTSD and/or MST; "Appreciative Inquiry: Building Organizations that Work"; "Experiential Therapy--Adults at Play"; "Telling our Story"; "How to Get A Life"; "Brain Soup-Change the way your brain works".

Jennifer has over 10 years of experience in providing workshops and presentations to a variety of audiences, providing education and information on such topics such as "Growing Personal and Interpersonal Wellness" " Experiential Play for Adults", "Teaching Families to Play".

Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within

The Stories We Tell

This workshop will show how changing the stories we tell ourselves has a profound impact on our wellbeing as both client and counselor. Our emotions, our responses, and our mental wellbeing can be significantly improved by changing those stories. This presentation provides an energetic, entertaining and interactive method of learning.

3:30-5:15pm

The Hearth Room

Eileen Spinner, LPC

Eileen Spinner received her Master's in Counseling from St. Louis University in 2006 and has been working for BJC Hospice for 17 years. She has presented for local organizations in the St. Louis community as well as at conferences for MMHCA, American Counseling Association, Missouri Hospice and Palliative Care Association, Missouri Society of Clinical Social Workers, and American Counseling Association – Missouri. She also has been trained in Dignity Therapy, works primarily with individuals and families providing in-home hospice support/counseling, and assists with community grief camps and retreats sponsored by BJC Hospice.

The Story You Need to Tell – How Writing Stories Can Heal and Transform You

Participants will learn about research from Mayo Clinic and Dignity Therapy that establishes how storytelling can lead to healing and transformation. Participants will also participate in activities that inspire personal writing as well as healing when facing change, life-limiting illnesses, death and grief. Join us to learn the power of storytelling and writing!

Grand Ballroom A

Rachael Herrington Roldan, Ph. D and Andrea R. Gray, B.A.

Inference-Based CBT for Treating Obsessional Doubt: An Evidence Based Alternative to Exposures in OCD Part #2

Inference-based Cognitive-Behavior Therapy (I-CBT) is an evidence-based treatment focused on the resolution of the reasons for the initial doubt or obsession responsible for the client's OCD symptoms. By targeting the logic behind OCD with skills, clients can experience relief of their OCD symptoms without having to engage in exposures.

**Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within**

Grand Ballroom B

Laura Ann 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.

Childhood Sexual Abuse Prevention

Childhood Sexual Abuse is the leading public health problem for youth and an adverse childhood experience (ACE). ACEs are linked to chronic health problems, mental illness, and substance use problems in adolescence and adulthood. ACEs can also negatively impact education, job opportunities, and earning potential. However, ACEs can be prevented.

6-9:30pm

The Hearth Room

Dinner

Libby Fisher, MA, ATR, LPC (IL) and Marilyn Holmes, MA, ATR-BC, LPC (IL)

Libby Fisher, ATR, LPC has a Master's degree in Art Therapy Counseling from Southern Illinois University Edwardsville. She has a passion for working with incarcerated youth and clients with problematic sexual behavior. Libby currently works for Chestnut Health Systems in the Mental Health Juvenile Justice program where she provides counseling and advocacy services to incarcerated youth in two juvenile detention facilities. She hopes to continue to fight the stigma on mental health and fight for those who are misunderstood in the criminal justice system.

Marilyn Holmes, LPC, ATR-BC began pursuing her Master's in art therapy counseling at Southern Illinois University Edwardsville in 2017 and graduated in May 2020. While pursuing her education, Marilyn also served as a graphic designer and consultant for the Louisville Family Justice Advocates, an organization focused on advancing policies and practices for families with incarcerated loved ones in Louisville, KY. Marilyn has extensive experience working with adults and adolescents fleeing and recovering from domestic

Missouri Mental Health Counselors Association 2023 Annual Conference

Healing from Within

violence and sexual abuse, substance use recovery, depression, and anxiety. Marilyn currently works in private practice and as a clinical consultant for Kerengende Foundation, an organization hoping to support communities in southern IL in the combating of child sexual abuse.

Art Therapy: Healing Exploration

Learn about Art Therapy and engage in an art experiential! Participants will learn about the healing power of art in therapy and have the opportunity to learn skills to take with them to be used in clinical practice. We'll cover skills to be used with clients from childhood to adulthood.

Saturday, October 21, 2023

8-9:45am

The Hearth Room

Megan Bearden, LPC

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 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 professor for Evangel University in their CMHC master's program.

Impact of Telemental Health Factors on Counselor Professional Quality of Life

Telemental health is part of many individuals' counseling practice in our post-Covid world. But how does it impact us as counselors? This presentation will share about best practices of telemental health use. There will also be a review of recent research on the impact of telemental health on counselor quality of life. Finally, we will discuss how to improve our quality of life when using telemental health.

**Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within**

Grand Ballroom A

Julie Noyes, LPC

After living out west for two decades, Julie is happy to be back home in St. Louis. She is a Licensed Professional Counselor (licensed in Missouri and Colorado) trained in experiential play therapy and EMDR. She has completed the Gottman Institute's Level 2 Training as well. Currently, she works for Kidstuff Child & Family Counseling and Her Time Therapy providing telehealth services for Colorado clients and at Ellie Mental Health-Concord in St. Louis in the office and online. Interest areas include religious trauma, intimate partner violence, anxiety, and PTSD. In her spare time, Julie loves to cook, bake, write, read, garden, and move her body in ways that bring her joy. She is wholly devoted to books and orange cats and gets hooked on funny, geeky TV shows.

The Intersection of Religious Trauma and Domestic Violence and How Clinicians Can Empower Women

For many Christian women, intimate partner violence is intertwined with spiritual abuse from both her male partner and her church leadership. Faith and the Bible, though often a source of comfort, becomes another source of trauma. This session will educate clinicians on religious trauma within this context and provide tools to empower women in destructive relationships to make their own choices.

Grand Ballroom B

Rebecca Padgett, MA/MS, LPC, NCC, MSL

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 a 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

**Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within**

experiences across social science platforms and qualifies her as an expert on services for child populations.

Finding Wellness: Guideposts for an Invested Counselor

For mental health professionals' wellness is often scripted as part of our client engagement process yet overwhelmingly absent from our own lives. After conducting research from 2017 to 2021, wellness for mental health professionals is rarely cited. The gap in research is alarming suggesting a greater importance surrounding the implementation of wellness into our own work culture and personal space. Recent trends connected to the preservation of mental health counselors support major changes to how we, as a mental health community, address wellness in our practices, lives, and agencies. By looking at intellectual, physical, emotional, social, spiritual, occupational, and financial wellness clinicians can overcome adversities of workplace culture. Join me to discuss seven dimensions of wellness and how these dimensions can be integrated into our mental health world.

10-12pm

The Hearth Room

Rick Strait, MS, LPC, NCC, CRDAC

Suicide Prevention Training – Missouri Suicide Prevention Network (MSPN)

12:15-1:30pm

The Hearth Room

Luncheon and Annual Meeting

Join us for the annual MMHCA board meeting during lunch. Updates regarding the organization will be provided.

1:45-3:30pm

The Hearth Room

Rose Walker, LPC-S

Understanding the Links Between Autism and Trauma and How to Help

Exploring the diagnostic criteria of Autism and trauma as well as how to differentiate between the two. Introduction to powerful techniques to help clients manage the symptoms that may be affecting their ability to cope.

Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within

Grand Ballroom A

Dr. 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.

Extend Your Compassion and Care for Others to Yourself! Practice and Improve Mindfulness Self-Compassion Techniques

Mindful Self-Compassion (MSC) provides unique tools that can help counselors manage the emotional labor of our work and become more effective and resilient. Attendees will learn the basics of the theory and research on MSC, but this session will primarily be experiential as we will practice and reflect upon various self-compassion techniques. Application for use with clients may also be discussed, but the focus will primarily be on assisting the counselor.

Grand Ballroom B

Christopher Anderson, CRADC, LPC, Ph.D, ACS

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.

Missouri Mental Health Counselors Association 2023 Annual Conference

Healing from Within

Virtue Ethics: Aspirational Ideas for Ethical Practice Part #1

Mental health counselors face a variety of challenges in their work. The foundation of ethical practice lies in adhering to basic virtues. This presentation will give an explanation of ethical virtues and how best to implement them in every day mental health counseling.

3:45-5:30pm

The Hearth Room

Kristin Kneedler, LPC-MO, LCPC-IL

Kristin is the Founder and Executive Director of Counselors Associates Ltd, a large group Psychotherapy and medication management practice with 5 locations in Creve, MO and the Metro East. She specializes in treating PTSD and trauma related concerns.

Implicit Biases, Learn, and Conquer Them

Participants engage in hands on personal learning through, an online quiz, animated presentation, in session discussion, and question and answer time to increase their awareness of implicit bias. Participants improve their awareness of their implicit bias and how to positively change them.

Grand Ballroom A

Dr. Brian Sheble

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.

**Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within**

How to Develop a Private Practice

The journey from becoming a qualified mental health professional to running a successful private practice involves a mixture of therapeutic acumen, business know-how, and self-awareness. This workshop aims to bridge the gap between these elements, providing therapists with a robust understanding of what it takes to launch and sustain a thriving private practice. Participants will delve into the nuts and bolts of starting a practice, from selecting a niche to developing a vision, marketing, understanding local/state regulations, and leveraging technology for better practice management. By the end of the workshop, therapists will walk away with information, knowledge, and suggestions to properly assess if private practice could work for them.

Grand Ballroom B

Christopher Anderson, CRADC, LPC, Ph.D, ACS

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Virtue Ethics: Aspirational Ideas for Ethical Practice Part #2

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**Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within**

Exhibits

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

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.



Jordan Essentials

Jordan Essentials is a natural skin care product made in Nixa, MO. Many products contain magnesium which is in every cell of your body which is crucial to your body's health. Other natural products will be available for sale.



Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within

Session Evaluations for CEUs

Please complete a session evaluation for **EACH** session you attend to receive CEUs. Scan with your smart phone camera to access it.



We want your feedback!

Please complete this survey to share your feedback from this year's conference. Scan with your smart phone camera to access it.



Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within

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Missouri Mental Health Counselors Association
2023 Annual Conference
Healing from Within

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