



Missouri Mental Health Counselors Association
2019 Annual Conference

Empowering the Resilient Mind

Jim Russell, PhD, LPC

Keynote Speech: Resilience the Superpower

Dr. Russell was the AMHCA Diplomate and Clinical Mental Health Specialist and worked with DCMHS in Developmental Disability Counseling. He is a Certified School Psychological Examiner, a National Board Certified Counselor and Licensed Professional Counselor in Missouri. Dr. Russell has spent 25 years assessing people who have special learning needs. He is an Adjunct Instructor at Washington University and Evaluator for the Mercy Cardinal's Kids Cancer Center. He is also the Chairperson for the Neurodevelopmental Health Committee, for the Learning Disabilities Association of America.

Dr. Jim Russell is a nationally recognized public speaker and has a TEDx Talk about Twice Exceptional (2E) learners.

Loree Kessler, MPA (Former Executive Director Committee for Professional Counselors)

Licensure Supervision: Benefits & Challenges

Loree will discuss issue related to licensure supervision.

Loree was the former Executive Director of the Committee for Professional Counselors.

Rebecca Ray, MA, PLPC

Empowering Yourself for the Suicide Prevention Movement: Insights for Mental Health Counselors

This presentation addresses Missouri HB 1719-Suicide Prevention Training Requirements for mental healthcare professionals, plus theories and models of suicide-related behavior, demographic trends and special populations, and innovations in suicide prevention. Key learning includes the lifecycle of client support, emphasis on safety planning, and experiential components (video, hands-on activity, reflection, Q&A).

Rebecca Ray is a mental health professional who applies her therapeutic experience in private practice with individuals, couples & groups, under supervision of Susan Hall, M.Ed., LPC Lic. #MO002703. She has more than 11 years' experience in interpersonal communications, including employee relations and wellness initiatives incorporating psychoeducational content. Her experience in direct therapeutic services includes two years as a crisis worker with the National Suicide Prevention Lifeline, based at Provident Inc., St. Louis, where she provided crisis counseling by phone, chat and online forum. She participates in the suicide prevention outreach and education efforts of the American Foundation for Suicide Prevention-Eastern Missouri chapter (roles include lifeguard, presenter), and the St. Louis Regional Suicide Prevention Coalition, which convenes local suicide prevention champions to promote a suicide-safe community (SPRC).

Daniel Ogunyemi, MS

Diversify Your Worth

In a time where divisiveness is nearing peak levels, it is important to have candid, objective, honest conversations about the importance of diversity and inclusion. While gaining cultural consciousness, attendees will also develop a personal sense of human worth and an appreciation for the worth in others.



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Daniel Ogunyemi is a graduate alumnus of Evangel University. He is currently the Clinical Mental Health Counseling Foster Care Coordinator with Lutheran Family and Children's Services. Daniel is a young professional with exuberant, energetic, and engaging personality and presentation style.

James Carroll, LPC
Attachment Matter

In this program, participants will be given an overview of attachment and why attachment matters. Additionally, participants will gain an understanding of how attachment develops, issues that can affect attachment, and the neurological implications of attachment issues. Finally, this program will identify and provide an overview of treatments for attachment issues.

James is a licensed professional counselor practicing in the Chesterfield, MO area. He is a Somatic Experiencing Practitioner and a Certified EMDR Therapist and Approved Consultant.

Tana Leigh Warren MS, LPC
A Rough Landing: Compassion Fatigue

Tana Leigh Warren is a counselor who has worked with children and youth with trauma histories in residential treatment at Burrell Behavioral Health for over eleven years. In these same treatment facilities, she has also served as a clinical coordinator, assistant director and director. Her concern about the high probability of compassion fatigue in counselors, nursing, and staff prompted her to conduct research culminating in two presentations on the topic of compassion fatigue to two residential centers. These presentations were well received with a number of attendees interested in developing self-care programs. Her calling is to help the helpers learn about compassion fatigue so they can continue doing what they do best.

The program will address the silent threat to caregivers first termed "compassion fatigue" (CF) in 1997 by Charles R. Figley. Attendees will calculate their scores on the ProQOL, identify signs of compassion fatigue (burnout and secondary traumatic stress), who is at risk of CF, summarize the impact of the adverse childhood experiences on adult health and work as a caregiver after taking the ACE survey, understand the importance of resiliency after calculating their resiliency scores, begin to develop a program of self-care, and describe how to prevent CF.

Michelle Filippi-Robb, LPC & Daniel Robb, LPC
Dogs (pets) and their Impact on our Mental Health

Discussion will include the impact a dog (pet) can have on a person's emotional health, as well as the impact of losing the pet. We will also discuss what qualifies a dog or pet as an "emotional support," and a brief overview of the laws and regulations governing that title.

Michelle has led several small group presentations centered on building relationships and motivation. Michelle has about 15 years of experience working with dogs, and learning about assist and support dogs. Michelle has served as a board member for Lucky K9 Rescue for about 3 years, and a couple years volunteering for Dogs on Duty.



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Dan has presented about drug court, mental health stigma, and co-occurring disorders and treatment. Dan has been working with dogs and learning about assist and support dogs for about 15 years. Dan has volunteered at Lucky K9 Rescue for about 3 years, and for a couple years at Dogs on Duty. Dan frequently uses a dog in therapy to help with rapport and anxiety.

Jim Russell, PhD, LPC

Using Neurocounseling to work with the Twice-Exception (2E) person

This presentation describes how Neurocounselors work with twice-exceptional (2E) clients. The main points covered will be the cognitive and emotional difficulties experienced by the person who is both gifted and has a learning disorder (such as Dyslexia), the identification process, the “Average Person Standard,” accommodations, and transitioning into college.

Lindsey Ellis, M.A.C.M.

Neuro-relational Methods for Reimbursing the Adolescent Brain

In this workshop, we will look at the importance of developing relationships with the youth we serve to create healthy neural pathways, while reimbursing relational deficiencies caused by traumatic and/or chaotic experiences and environments.

Lindsey Ellis has worked in residential setting and/or at-risk youth for the past 19 years, 7 years working with youth with sexual issues and 8 years with youth coming out of trafficking. She has been a certified trainer in Jireh, a crisis prevention and intervention program, as well as certified in the Person Brain Model. She also did numerous advocacy work including briefing Congress on the importance of vacating charges for trafficking victims and providing testimony for the House of Representatives on the age of consent and re-evaluating our laws around child marriages in the state of MO.

Melissa Odegard-Koester, Ph.D., LPC, NCC, CCH; Laura Bauman, B.S.; Mollie-Beth Brewer, B.S.
Mindfulness Practice: The Power Clinicians Have to Promote Neuroplasticity and Serve as a Model for Clients

Studies indicate that mindfulness practice promotes healthy coping mechanisms and produces beneficial changes in the brain. Join us as we discuss ways to incorporate mindfulness and the significance of educating clients on neuroplasticity. The following presentation will define mindfulness practice, identify interventions that promote neuroplasticity, and discuss ways to incorporate mindfulness into the clinician’s life.

Melissa Odegard-Koester, Ph.D., LPC, NCC, CCH, Professor and Chairperson, Department of Psychology and Counseling, Southeast Missouri State University, One University Plaza, Mail Stop 5550, Cape Girardeau, MO 63701 modegard@semo.edu cell: 612-481-6221 Dr. Odegard-Koester holds a Doctor of Philosophy in Counselor Education and Counseling with an emphasis in Mental Health Counseling from Idaho State University. She is currently a Professor at Southeast Missouri State University and Chairs the Department of Psychology and Counseling as well as the Mental Health Counseling Program. She works as an LPC part-time at HillCrest Counseling Associates in Cape Girardeau, MO with a variety of clients who have diverse presenting concerns including depression, anxiety, substance use, and LGBTQ concerns. Her professional research and publications highlight the need for counselor educators, supervisors, and professional counselors to incorporate social justice paradigms into their work. She also incorporates



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alternative creative modalities such as hypnosis, expressive arts, and popular culture interventions. Her previous experiences involved working with both urban and rural populations within a clinical context.

Laura Bauman, B.S., Mental Health Counseling Program Student, Southeast Missouri State University, Cape Girardeau, MO. She is currently the graduate assistant for Substance Abuse Prevention and Education in campus Counseling & Disability Services. She serves as the current president of Chi Sigma Iota and holds a high passion for neuropsychology, eating disorders, and eating and weight-related pathology research.

Mollie-Beth Brewer, B.S., Mental Health Counseling Program Student, Southeast Missouri State University, Cape Girardeau, MO. She currently serves as the philanthropist chair of Chi Sigma Iota and is passionate about the healing relationship and counseling process.

Donald Simpson, LPC

Borderline Personality: Are you there? Can We Talk?

This breakout session will discuss assessment and diagnosis of Borderline Personality Disorder.

Three mental health counseling students will be presenting how trauma informed care connects the field of behavioral healthcare. This approach continues to gain popularity with various providers, referral sources, as well as clients themselves. Wilson (2015) mentions that Trauma Informed Care has emerged as a broad approach to human services systems in which all aspects of program culture and service delivery are designed to be responsive to the effects of trauma. This innovative approach seeks to change the inquiry from “what’s wrong with you?” to “what happened to you?” According to Quiros & Berger, “To become trauma-informed, providers must demonstrate understanding and recognition of trauma as interpersonal and sociopolitical and foster safety, trustworthiness, choice, collaboration, and empowerment at all levels of service delivery.” (Quiros et al., 2015, p. 150) Our presentation will provide the audience with a better understanding of this philosophical approach, the neurobiology behind trauma, the most common treatment modalities, and perhaps a new perspective on how to best work with clients who suffer from trauma.

Dianne Parr, PhD, LPC

Is Burnout Real? Will I Be Able To Avoid Burnout?

According to the World Health Organization, occupational burnout is a syndrome linked to long-term, unresolved, work-related stress. Since May 2019, the WHO stipulated that burnout must be understood as being specifically work-related (definition varies according to what the individual experiences as work). According to the current WHO classification, burnout can arise from unsuccessful management of chronic work-related stress, resulting in an occupational syndrome characterized such symptoms as "feelings of energy depletion or exhaustion; increased mental distance from one’s job, or feelings of negativism or cynicism related to one's job; and reduced professional efficacy." While burnout influences health and may be a reason for people contacting health services, it is not itself classified by the WHO as a medical condition. This session will enhance participants understanding of the diagnosis, risk factors, effects, and treatment and interventions.

Dr. Dianne L. Parr is currently practicing as a licensed professional counselor with Midwest Counseling and Consulting, LLC. She has been a caseworker with St. Louis Children’s Division, Juvenile Officer with



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St. Louis County Family Court, and Hazelwood school counselor at all levels, pre-K through 12th grade, Dr. Parr has practiced counseling in many venues, levels, and communities. As a school counselor, she was a leader in the field as President of the Missouri School Counselor Association and served many years as a governing board member in numerous positions. She has given a plethora of workshops for school counselors, teachers, administrators, school boards locally, regionally, and nationally.

Kelly Wright, MA, LPC

Using the Enneagram in Therapy and Practice: An Introduction and Overview

Counselors utilize personality assessments to aid their clients in individual understanding and awareness. The Enneagram, although centuries old, is quickly becoming one of the most helpful strategies in the understanding of personality strengths and differences in the counseling setting as well as corporate team building.

Kelly has had the pleasure of presenting in many mid-Missouri churches and businesses on the Enneagram. She was trained and certified by Dr. Jerome Wagner in the Enneagram, Kelly has presented this material to leadership and staff teams and have incorporated it in the counseling setting for an understanding of personality strengths and differences.

Michelle Caulk, MLIS, LPC, LMHC, NCC; Paul Loosemore, MA, LPC

Persevering with Purpose: Growing Grit in Clients and Counselors

The definition of grit pertains to trait-level determination and perseverance for extended-duration aspirations. In short, grit enables individuals to passionately pursue goals over the long haul. Participants will understand current research surrounding grit, learn how to apply the practical principles of increasing grit in clients, themselves, and supervisees, and explore the elements of the Short Grit Scale (Grit-S).

Michelle Caulk, licensed professional counselor, is a therapist with the St. Louis Counseling Center. Ms. Caulk has an established history of speaking passionately and effectively on topics in both professional and layperson realms, such as Mental Health Sunday (raising awareness of mental health in churches) and a week-long curriculum on research methodologies in Kolkata, India. Ms. Caulk is also a certified trainer for Prepare/Enrich and a practiced trainer with ComPsych, a national EAP provider.

Since obtaining her Master Therapist certification in Accelerated Resolution Therapy (ART), Michelle has counseled hundreds of clients through trauma, including those coming out of past childhood sexual abuse and traumatic grief resulting from homicide and suicide. Part of her trauma therapy includes an emphasis on revisualization and resiliency. She is currently a doctoral candidate within the Counselor Education and Supervision (CES) program with Regent University and an adjunct professor with John Brown University.

Paul Loosemore, licensed professional counselor, is co-owner and clinical director of St. Louis Counseling Center. Paul has spoken regionally on trauma, recovery, and thriving, alongside teaching as an adjunct professor at Regent University and Covenant Theological Seminary. Paul is certified in EMDR, Gottman Method Therapy, and extensively trained in emotionally-focused therapy.

Paul is particularly interested in researching counselor resiliency and hopes to expand clinical awareness and resources in this area.



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Dianne Parr, PhD, LPC

Generational Misunderstandings: Please don't Confuse Me!

The working environment has gone through a major transformation over the last decade, particularly in terms of population in the workforce. The three generations dominating the workforce are Baby Boomers, Generation X and Generation Y. The coming decades will see further changes with emergence of newer generations, and slower removal of older generations from organisations as pension age is pushed out. Many reports, including a publication by Therese Kinal and Olga Hypponen of Unleash, warn that understanding differences between the generations, and learning to adapt their management practices is critical to building a successful multi-generational workplace. Many of these individuals represent the clients we serve and understanding the perspectives, issues and experiences is critical for mental health professionals who provide services for them and their communities.

Jennifer Savage, LPC

Utilizing EMDR Therapy to Empower the Resilient Mind

In this presentation, Jen will cover:

Utilizing EMDR Therapy to Empower the Resilient Mind

What is EMDR Therapy?

Where did it come from?

Uses and application of EMDR Therapy

Redefining trauma

Model/ Methodology/ Intervention:

- Adaptive Information Processing Model

- Phases of EMDR Therapy (brief)

- Bilateral Stimulation

Training options and resources for EMDR Therapy training

Levels of training and expertise in EMDR therapy

EMDR Podcast

Circle back to "Empowering the Resilient Mind"

Jen Savage has been a practicing therapist for approximately 10 years. She has a history of working with substance abuse disorders, grief and loss, complex trauma, attachment disorders, and a variety of other mental illnesses. Jen has worked with clients of all ages, 3 years old and up. Jen completed her EMDR training in 2013. She immediately began to integrate this approach into her practice and eventually made EMDR therapy her primary therapeutic approach. Jen is now a part of providing instruction for and facilitating trainings across the states and works as a consultant for EMDR therapists pursuing their initial training, as well as their certification in EMDR Therapy.

Andrew Smola, M.S., LPC

The Importance of Suffering

This presentation will highlight human suffering.

Andrew Smola is a practicing licensed professional counselor with Midwest Counseling and Consulting; and the Executive Director of the Missouri Mental health Counselors Association. He is a two time Ironman finisher and three time 100 mile finisher.



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Chris Anderson, CRADC, LPC, PhD, ACS

Ethics

This presentation will present a review of recent research on adjudicated ethical violations from across the country. Through active discussion and participation, attendees will receive guidance on ethical issues faced by clinicians and how to avoid ethical problems in the future.

Chris Anderson, CRADC, LPC, Ph.D, ACS is an outpatient therapist with Compass Health Care. He is the current Ethics committee chair with MMHCA. He has over 32 years of clinical experience in a variety of settings including community mental health centers, schools, and EAP/managed care organizations.