

OKLAHOMA COUNSELING INSTITUTE

Summer
Super
Summit
2023

**Reed Conference Center
Midwest City, Oklahoma**

May 4th and 5th, 2023

Welcome to the Summer Super Summit

We're Happy You're Here!

Welcome to the second annual Summer Super Summit!

Since 2015, Edmond Counseling and Professional Development's Oklahoma Counseling Institute has provided continuing education opportunities to Oklahoma mental health professionals.

We have grown from a few hundred attendees in 2015, to being one of the largest CEU providers in the state!

We couldn't have done it without your help! Every time you support us by attending one of our workshops, online courses, becoming a member, or telling your colleagues about us, you help us to meet our mission of "providing high quality continuing education, relevant news, and helpful resources to the Oklahoma mental health professional".

But, we aren't "resting on our laurels". We have more great things planned that we cannot wait to show you in the coming year!

Thank you for your ongoing support 

Micah Perkins

Director of the Oklahoma Counseling Institute
and Edmond Counseling & Professional Development



How to Get Those CEUs

Here's What You Need to Do...

- Make sure to sign in to each breakout session you attend. A member of the OCI staff will be present at each session with a sign-in sheet.
- Emails will be sent out by May 15th with instructions on how to download your CEU certificates. If you haven't received an email by May 20th, please reach out to us.
- For questions, ask an OCI staff member at the registration desk or email us at hello@edmondcounseling.com

Why Do You Do It This Way? F.A.Qs

Q- Why do you ask us to sign in for each break out session?

A- All of the Oklahoma mental health boards require us to have sign in sheets and to be able to prove that an attendee attended a training. Short of having Hayley tackle anyone in the parking lot trying to leave early, this is our best solution :)

In addition, we want this to be a time of connection! If two friends decide to skip a break out session and take a long lunch to catch up, then no one will give them the "stink eye" when they show up later in the afternoon.

Q- Why do you send out individual certificates with CEUs for each break out session I attended rather than one certificate that has the total number of CEUs I earned during the event.

A- Even though it may be a bit of a hassle when uploading those certificates during licensure renewal, it better documents the training you received if (heaven forbid) you were sued or had a board complaint. Also, honestly, it works better for us on the backend as we keep track of user accounts, trainings a person has attended, and feedback scores for each breakout session.

Q- Why do you make such a big deal about feedback forms?

A- Your feedback is VERY IMPORTANT to us! Courses in our catalogue are kept or discontinued based on feedback scores. Presenters return...or are not invited back, based on your feed back. Your feedback matters!

Conference Schedule

Day 1: May 4th, 2023

Check-In- 8am- 8:40am

Room CD Welcome- 8:45am- 9am

Room CD Keynote- 9am- 10:30am

Terri L. White, MSW, Mental Health Association of Oklahoma, "Why Mental Health Matters". 1.5 general CEUs for LPC, LMFT, LCSW. 1.5 Specific CEUs for LADC, CADC.

Breakout #1 10:45am- 12:15pm

Room AB-Jennifer Morris, M.D., "Medication-Assisted Treatment: Buprenorphine, Methadone, and Other Options" 1.5 General CEUs for LPC, LMFT, LCSW. 1.5 Specific CEUs for LADC, CADC

Room CD-Sharolyn Wallace, Ph.D., L.C.S.W. R.P.T.-S, IMH-E., "Brown Paper Bag: A Traveling Play Therapy Office" 1.5 General CEUs for LPC, LMFT, LCSW. LADC, CADC

Room EF-Tiffani Dilworth, M.A., L.C.P.C., "Exploring Grief and Interventions for Grieving Adults" 1.5 General/Non-Specific CEUs for LPC, LMFT, LCSW. LADC, CADC

Lunch on your own 12:15pm- 1:20pm

Breakout #2 1:30pm- 3:00pm

Room AB- Derek Talkington, L.A.D.C.-M.H., "Families Facing Addiction" 1.5 General CEUs for LPC, LMFT, LCSW. 1.5 Specific CEUs for LADC, CADC

Room CD- Kimberly Burdine, Ph.D., "A Matter of Equitable Care: Centering Ethics, Advocacy, & Justice in Professional Practice" 1.5 Ethics CEUs for LPC, LMFT, LCSW, LADC, CADC

Room EF- Tiffani Dilworth, L.C.P.C., "Developmental Presentation of Grief and Tools to Support Grieving Children and Teens" 1.5 General CEUs for LPC, LMFT, LCSW. LADC, CADC

Breakout #3 3:15pm- 4:45pm

Room AB- Derek Talkington, L.A.D.C.-M.H., "Building and Maintaining Programs of Recovery" 1.5 General CEUs for LPC, LMFT, LCSW. 1.5 Specific CEUs for LADC, CADC

Room CD- Caleb Lack, Ph.D., "Understanding and Treating Functional Neurological Disorder & Conversion Disorder" 1.5 General CEUs for LPC, LMFT, LCSW. LADC, CADC

Room EF- Amelia Brewer, L.P.C.-S. "Bias Disguised as Science: Debunking the Myths Around Gender and Best Practice Affirming Care" 1.5 General CEUs for LPC, LMFT, LCSW. LADC, CADC

Networking Event 5:00pm- 6:30pm

Live music, professional chair massages, door prizes (must be present to win), hors d'oeuvres and drinks (non-alcoholic) all free for registered attendees. You deserve this!

Keynote Presentation

Keynote- Thursday May 4th 9:00 to 10:30

Room CD- Why Mental Health Matters

With the need for mental health care rapidly rising, understanding the impact mental illness has on individuals who are struggling, as well as those around them, is critical to addressing the challenges they are facing. This presentation will include not only the impact of mental illness, but the importance of destigmatization, as well as evidence-based prevention, early intervention and treatment tools. .

This session will educate attendees about:

- Explore the impact mental illness has on individuals and their community in today's world.
- Examine different behaviors and circumstances that contribute to mental health challenges.
- Discuss evidence-based tools for prevention and early intervention.



About Terri White

Terri L. White, MSW, Chief Executive Officer joined Mental Health Association Oklahoma as Chief Executive Officer in August 2020. Under her direction, the Association continues to expand the reach of its innovative programs and services designed to serve Oklahomans and their loved ones, affected by mental illness, homelessness, substance use and justice involvement. White is the former commissioner for the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS). She served as commissioner from May 2007 to February 2020. Through her leadership, ODMHSAS became nationally known for children's behavioral health services, community-based treatment programs for adults, technological innovations such as telepsychiatry, and the integration of behavioral health care into primary healthcare settings.



May is Mental Health Awareness Month



EXCEEDING EXPECTATIONS IN MENTAL HEALTHCARE

Founded in 1989 as a part of Saint Francis Health System, Laureate Psychiatric Clinic and Hospital has been a local and national leader in mental health treatment, advocacy and research. Our full continuum of services include:

- Anxiety and depression inpatient program
- Inpatient psychiatric stabilization
- Outpatient psychiatry and therapy — (918) 491-3700
- Senior behavioral health — (918) 502-5007
- Three intensive outpatient programs for chemical dependency, mental health and co-occurring conditions — (918) 491-5675
- A nationally recognized eating disorders treatment program — (800) 322-5173
- 24-hour crisis assessment

To learn more about Laureate's services, please visit saintfrancis.com/laureate or call **918-481-4000**.

Breakout Presentations

Breakout 1.1- Thursday May 4th 10:45-12:15

Room AB- Medication-Assisted Treatment: Buprenorphine, Methadone, and Other Options

In this workshop we will be reviewing opiate replacement including mechanisms of action, logistics, strengths and challenges, treatment-planning, the need for coordination with other providers, and collaborative goal-setting. We will also briefly review non-opiate options for opiate misuse and addiction treatment.

Objectives

- Review opiate replacement options
- Review opiate blockades
- Reflect on importance of setting expectations for treatment
- Reflect on importance of treatment team collaboration
- Examples of logistics in opiate replacement treatments



About Dr. Jennifer Morris

Dr. Jennifer Morris is board certified in general psychiatry as well as in addiction. After graduating from medical school and residency, she has worked as a private practice psychiatrist for 20 years and as an addiction psychiatrist for 3 years. She owns and practices through Edmond Psychiatric Clinic, and specializes in addiction and treatment-refractory depression.



Breakout Presentations

Breakout 1.2- Thursday May 4th 10:45-12:15

Room CD- Brown Paper Bag : A Traveling Play Therapy Office

This workshop will focus on creating a play therapy space in a variety of settings. Participants will identify multiple therapeutic activities that can fit in a brown paper bag. All interventions will be discussed with theoretical foundations.

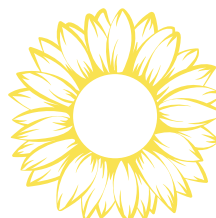
Objectives

- Analyze 3 different games useful for a traveling bag.
- Create a list of 5 play therapy activities.
- Compare difference in traveling bag with physical office needs.



About Sharolyn Wallace

Sharolyn Wallace PhD, LCSW, RPT-S, IMH-E, CCTP is the Professor of Human Services at Tulsa Community. She has served as the chair of Association for Play Therapy Board of Directors. She has also served on the Board of Directors for the National Association of Social Workers and the President for the National Association for Social Workers - Oklahoma. She was recently elected as the first Oklahoman to the Association of Social Work Boards. She has worked with children and families for over 30 years. In 2014, Dr. Wallace received the C.V. Ramana Award for The Outstanding Contribution to the Mental Health of Children. In 2016 she was named Oklahoma Social Worker of the Year. Dr. Wallace has published a series of children's books titles, "The Adventures of Bruce, Ben and Gerry".



Breakout Presentations

Breakout 1.3- Thursday May 4th 10:45-12:15

Room EF- Exploring Grief and Interventions to Support Grieving Adults

This training will analyze the difference between acute grief, integrated grief, and chronic grief and the differences between Persistent Complex Bereavement Disorder and Prolonged Grief Disorder. Exploration of diverse assessments and grief models will be discussed to establish a foundation for clients' grief treatment. Attendees will learn grief tools and interventions to better support their grieving adult clients. This training will empower clinicians with a foundational understanding of grief, grief assessments, grief models, grief interventions, grief tools, and grief resources to confidently and effectively support their grieving adult clients.

Objectives

- Differentiate between acute grief, integrated grief, and chronic grief.
- Recognize benefits of using grief assessments and grief models.
- Recall 3 effective tools and interventions to better support clients who are grieving.



About Tiffani Dilworth

Tiffani Dilworth, LPC, FT, is a successful psychotherapist, author, and sought-after speaker on topics related to grief, PTSD, and sexual assault. Miss Dilworth received her Master's in Community Counseling from Oklahoma State University. She's a Licensed Clinical Professional Counselor who specializes in PTSD, Grief, and Sexual Trauma. She's a Fellow in Thanatology and a Certified Advanced Grief Counseling Specialist.

She has worked across the US with various organizations, schools, universities, and corporations to bring awareness to the grieving process and to teach countless people how to live alongside their grief. In addition to maintaining a private practice, Ms. Dilworth is an affiliate of PsychExperts & Associates, Inc, located in Baltimore, MD.

Drawing on her rich clinical experience, Ms. Dilworth incorporates the most current information on the process of grieving with evidence-based and innovative treatment techniques that clinicians can immediately use in their practice. She's the author of the books *11 Tools to Help Manage the Aftermath of Trauma* and *Types of Grief*, and the host of *Managing My Grief* Podcast.

Lunch Break

Lunch Break- Thursday May 4th 12:15-1:20

The Lunch Break is on Your Own. Check Out These Delicious Area Restaurants

The Garage

Burgers .4 miles from Conference. Vegetarian, Vegan, Keto, Gluten-Free options.

Olive Garden

Italian cuisine .4 miles from Conference. Vegetarian, Vegan, Gluten-Free options.

Louie's Bar & Grill

American cuisine .5 miles from Conference. Vegetarian options.

Bee Healthy Cafe

Healthy cuisine .8 miles from Conference. Vegan, Vegetarian, Gluten Free options.

Ted's Café Escondido

Mexican cuisine .8 miles from Conference. Vegetarian options.

Siam Noodles

Thai cuisine 1.3 miles from Conference. Vegetarian options.

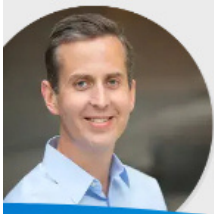
Eagle One Pizza

Pizza 1.4 miles from Conference. Vegetarian options.

Los Vaqueros

Mexican cuisine 1.5 miles from Conference. Vegetarian options.

Dietary options listed were sourced from the online menus of the establishments listed. OCI cannot guarantee that dietary guidelines will be followed. Refer to restaurant for specific dietary and allergy information.



FULL INTEGRATION COACHING

Charles Gosset, PCC, CPRC
Life Purpose Coach | Addiction Recovery Coach

For Charles Gosset, life's purpose has always revolved around promoting growth and developing potential.

With a degree in Natural Resource Sciences, Charles started his career in forestry services, cultivating healthy trees and productive forests. As a young adult, Charles valued nurturing growth in nature for the good of the environment, as well as for the good of people. However, Charles eventually realized that his substance use disorder kept him from connecting fully with the natural world, those he cared about most, and, eventually, himself.

Thankfully, Charles found recovery and recently Charles celebrated 17 continuous years of sobriety and "living life on life's terms." He credits reconnecting with his values, accepting his true self, and engaging in mindful living as the pathway that allowed him to take power back from addiction and live authentically. For the last 9 years, Charles has also found purpose in helping others to reconnect with their true selves and feel empowered to create meaning in their own lives.

As the founder of Full Integration Coaching, Charles combines his passion for promoting growth and training in professional coaching to provide support to those recovering from substance use disorder, overcoming personal challenges, or searching for more purpose in life. Being a Professional Certified Coach (PCC) and a Certified Professional Recovery Coach (CPRC), Charles has extensive training in collaborative interventions that empower clients to create and achieve goals based on their own values and desires. As a coach, Charles appreciates the opportunity to connect with clients on their individual journeys and champion for them as they overcome obstacles while discovering their authentic selves.

Full Integration Coaching offers a selection of services, including individualized professional life coaching, strengths-based recovery coaching, along with talks and retreats focused on mindfulness, intentional living, resilience, and more. He is also the host of "The Live Your Purpose Podcast," which features compelling interviews with passionate difference makers from the Oklahoma City Metro area, who are leading, creating, and innovating on purpose. Through all that Charles offers, he's focused on supporting others on their journey towards more meaningful, purpose-filled lives.

Charles knows it is never too late to make meaningful changes in life. When it comes to supporting others overcoming challenges of all kinds, he says, "I'm hopeful about what can change. I'm a forester. One of the old adages is the best time to plant a tree was 20 years ago. The second-best time is today. Today's a good day to plant some seeds and watch your life grow." For Charles, promoting growth and nurturing potential are not just forestry concepts; they are also the core objectives of his coaching practice.

"There's a purpose for every lifetime, and a purpose for every time in life. My focus is on empowering passionate difference makers to lead courageous, authentic lives so that they can find and fulfill their purpose."



FULL INTEGRATION COACHING, LLC

**4101 N. CLASSEN BLVD, SUITE D
OKLAHOMA CITY, OK 73118**

405.532.9882

INFO@FULLINTEGRATIONCOACHING.COM

Breakout Presentations

Breakout 2.1- Thursday May 4th 1:30-3:00

Room AB- Families Facing Addiction

Families Facing Addiction workshop serves a primer for work with families who are facing substance use disorders. By examining common themes and difficulties families face during addiction, we will lay a foundation for identifying systemic problems, conceptualizing family change and establishing healthy boundaries and recovery support.

Objectives

- Discover ways to create family motivation for change.
- Identify healthy boundaries needed for recovery support.
- Discover common pitfalls for families with addiction.



About Derek Talkington, LADC/MH

Derek is a licensed addiction and mental health therapist in Oklahoma. He is a skilled program director and clinician with experience in various outpatient and residential addiction treatment centers and in operating a successful therapy practice. He currently serves as a clinical team member of Country Road Recovery. Derek is an innovative leader in behavioral health care by providing high quality clinical treatment for individuals and families, enhancing collaboration and care coordination through professional consultation and training, and working to fight the dangerous stigma facing our loved ones with targeted community development efforts.



Breakout Presentations

Breakout 2.2- Thursday May 4th 1:30-3:00

Room CD- A Matter of Equitable Care: Centering Ethics, Advocacy, & Justice in Professional Practice

Join the presenter in rich discussion around the application of justice and advocacy in ethical practice. In this breakout session, participants are invited to workshop case examples focused on incorporation of a justice lens in ethical decision making. Small group, paired, and solo reflection activities also engage participants in critical examination of values and practices that promote and/or stifle advocacy. Participants are provided opportunity for question and answer for presenter and peers, and resources for further learning and exploration are provided.

Objectives

- Critically examine and discuss professional values related to ethics, advocacy, and justice
- Apply professional ethics, advocacy guidelines, and justice lens to clinical services, prevention, supervision, and administration/leadership
- Create a framework for personal and professional values, mission, and vision for advocacy in professional role/practice



About Dr. Kimberly Burdine

Dr. Kimberly Burdine (pronouns: she/her/hers) is a licensed psychologist and owner of Kimberly Burdine Psychological Services and Consulting, which offers counseling for Black, Indigenous People of Color and consultation and training for equity in social services and education programs. She has worked with organizations and solo practitioners in developing equity- and justice-based policies and procedures, and her training and continuing education offerings center around critical examination of self and group dynamics in the sociopolitical context.

Dr. Burdine recently served as Associate Clinical Professor of Counseling Psychology at Texas Woman's University. Prior to this faculty appointment, she worked in university counseling for over a decade in various roles, including Assistant Director, Training Director, Director of Community Engagement and coordinator of equity initiatives for Black mental health. Her work has also included campus-wide consultation and support for various institutional equity initiatives, departments, offices, and student organizations to destigmatize mental health concerns and to promote equity, affirmation and diversity consciousness. Dr. Burdine's most rewarding work has been in co-creating affirming, liberating and restorative healing spaces for students, trainees, staff, and faculty who are marginalized and underserved.



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Breakout Presentations

Breakout 2.3- Thursday May 4th 1:30-3:00

Room EF- Tools to Support Grieving Children and Teens

This training will analyze how the developmental stages for children and teen impact the manifestation of grief. Exploration of primary loss and secondary loss will be discussed to further understand how a loss can impact throughout a youth's life time. Attendees will learn grief interventions to better support their grieving children and teens. This training will empower clinicians with a foundational understanding of grief's presentation in children and teens, primary loss and secondary loss, grief assessments, grief interventions, and grief resources to confidently and effectively support their youth clients who are grieving.

Objectives

- Recognize how grief can present itself in children and teens.
- Recall 3 effective interventions to better support children and teens who are grieving.



About Tiffani Dilworth

Tiffani Dilworth, LPC, FT, is a successful psychotherapist, author, and sought-after speaker on topics related to grief, PTSD, and sexual assault. Miss Dilworth received her Master's in Community Counseling from Oklahoma State University. She's a Licensed Clinical Professional Counselor who specializes in PTSD, Grief, and Sexual Trauma. She's a Fellow in Thanatology and a Certified Advanced Grief Counseling Specialist.

She has worked across the US with various organizations, schools, universities, and corporations to bring awareness to the grieving process and to teach countless people how to live alongside their grief. In addition to maintaining a private practice, Ms. Dilworth is an affiliate of PsychExperts & Associates, Inc, located in Baltimore, MD.

Drawing on her rich clinical experience, Ms. Dilworth incorporates the most current information on the process of grieving with evidence-based and innovative treatment techniques that clinicians can immediately use in their practice. She's the author of the books *11 Tools to Help Manage the Aftermath of Trauma* and *Types of Grief*, and the host of *Managing My Grief* Podcast.

Breakout Presentations

Breakout 3.1- Thursday May 4th 3:15 to 4:45

Room AB- Building and Maintaining Programs of Recovery

Recovery can be a big and mystifying word for many of us. Explore in this workshop ways to conceptualize how addiction creates a multitude of interpersonal problems and develop strategies to find lasting healing. Examining programs of recovery from a full life perspective can help us learn to how help clients build a program that will maximize their change.

Objectives

- Learn a simple matrix for conceptualizing a program of recovery.
- Discuss the many options for recovery support.
- Identify formational strategies of change for people with substance use disorders.



About Derek Talkington, LADC/MH

Derek is a licensed addiction and mental health therapist in Oklahoma. He is a skilled program director and clinician with experience in various outpatient and residential addiction treatment centers and in operating a successful therapy practice. He currently serves as a clinical team member of Country Road Recovery. Derek is an innovative leader in behavioral health care by providing high quality clinical treatment for individuals and families, enhancing collaboration and care coordination through professional consultation and training, and working to fight the dangerous stigma facing our loved ones with targeted community development efforts.

Breakout Presentations

Breakout 3.2- Thursday May 4th 3:15 to 4:45

Room CD- Understanding and Treating Functional Neurological Disorder & Conversion Disorder

Functional neurological disorder — a newer and broader term that includes what some people call conversion disorder — features nervous system symptoms that can't be explained by a neurological disease or other medical condition. In this workshop you will learn how FND presents clinically, how a CBT framework understands FND, and how to effectively work with clients experiencing FND.

Objectives

- Learn about FND/CD, including phenomenology and clinical characteristics.
- Learn how a cognitive-behavioral case formulation views FND/CD.
- Learn basics of using CBT to treat FND/CD.



About Dr. Lack

Caleb W. Lack, Ph.D. is a Professor of Psychology and the Counseling & MFT Practicum Coordinator in the Department of Psychology at the University of Central Oklahoma. A licensed clinical psychologist,

Dr. Lack is the best selling author or editor of six books on topics from critical thinking and pseudoscience to PTSD to racism and sexism in early psychology. He has also authored more than 60 scientific publications relating to the assessment and treatment of psychological problems such as Obsessive-Compulsive Disorder, Tourette's Syndrome, trichotillomania, and posttraumatic stress.

In addition, Dr. Lack has presented nationwide and internationally at conferences on a variety of topics, is on the editorial board of scientific journals, and is a reviewer for both journals and granting agencies.

Dr. Lack's clinical interest in evidence-based practice developed while in graduate school for Clinical Psychology at Oklahoma State University and during his predoctoral internship in Clinical Child/Pediatric Psychology at the University of Florida. He specializes in the treatment of children and adults with anxiety disorders and obsessive-compulsive and related disorders, such as chronic tics, Tourette's Syndrome, trichotillomania, and excoriation, as well post-traumatic stress. He has been interviewed by local, national, and international media outlets, as well as consulted for a variety of national and international companies. Learn more at

www.caleblack.com

Breakout Presentations

Breakout 3.3- Thursday May 4th 3:15 to 4:45

Room EF- Bias Disguised as Science: Debunking the Myths around Gender and Best Practice Affirming Care

The purpose of this training is to provide participants with updated information on evidenced based gender affirming mental health care and recent policies that may impact this care. Participants will learn about the barriers to care for youth and families, research on best practices in gender affirming care, and be provided practical tools for therapeutic work with TGD youth.

Objectives

- Pinpoint the current myths around gender identity and affirming care and discuss how these are used in media and law to fuel disinformation
- Explore the peer reviewed evidence that debunks these myths
- Learn ways to distinguish science from anti-trans bias masked as science and incorporate this into professional settings



About Amelia Brewer

Amelia Brewer is a Licensed Professional Counselor and LPC supervisor in private practice in Edmond. Her primary area of focus in private practice is gender affirming care for clients and loved ones. She also provides evidenced based treatment for OCD, Phobias, BFRBs and related disorders. She also offers consultation and training to other providers, educators and community leaders focused on gender affirming care and 2SLGBTQIA+ advocacy. She is a WPATH SOC7 Certified member and has additional memberships with the Gender Affirming Letter Access Project (GALAP) and the Secular Therapy Project.

Networking Event

Thursday May 4th 5:00-6:30

Connect with Your Colleagues! Join Us in the Joyner Room, across from Breakout Room E

After enjoying a day of fascinating workshops by our fabulous presenters, re-connect with old friends and make new ones at our Summer Super Summit networking event across the hall from the breakout workshops.



Enjoy live music, a professional chair massage, hors d'oeuvres, non-alcoholic drinks, and a chance to win door prizes (must be present to win). All free to registrants! Plus, OCI staff will be present to pre-register OCI members for next year's Summer Super Summit tentatively scheduled for May 2nd and 3rd, 2024. This will be members one chance to save more than 25% on registration- the deepest discount of the year! Not an OCI member? See Hayley for information on joining!

Conference Schedule

Day 2: May 5th, 2022

Check-In- 8am- 8:40am

Room CD Welcome- 8:45am- 9am

Room CD Key note- 9am- 10:30am

Kelly Dunn, M.D., "Changing the Perception of Addiction" 1.5 General CEUs for LPC, LMFT, LCSW. 1.5 Specific CEUs for LADC, CADC

Breakout #1 10:45am- 12:15pm

Room AB- Shelley Smith, L.A.D.C., "Is Drunkorexia a Thing?" 1.5 general CEUs for LPC, LMFT, LCSW. 1.5 Specific CEUs for LADC, CADC

Room CD- Billy Samuel, L.A.D.C., "Ethics: Real Talk" 1.5 Ethics CEUs for LPC, LMFT, LCSW, LADC, CADC

Room EF- Hannah James Alabrook, M.S., and Hilary Jespersen, B.S., "N.E.A.R. Science: Beyond ACEs" 1.5 General CEUs for LPC, LMFT, LCSW. LADC, CADC

Lunch on your own 12:15pm- 1:20pm

Breakout #2 1:30pm- 3:00pm

Room AB- David Patterson, L.P.C., L.A.D.C., "Compassionate Care with the Addicted Population" 1.5 General CEUs for LPC, LMFT, LCSW. 1.5 Specific CEUs for LADC, CADC

Room CD- Paul Williams, L.P.C., "Below the Waterline: Clinical Supervision Beyond Transmitting Evidenced Based Practices" 1.5 Supervision CEUs for LPC, LMFT, LCSW, LADC, CADC

Room EF- Amy Bax, M.D. "Focus on ADHD: Overview of Diagnosis and Interventions" 1.5 General CEUs for LPC, LMFT, LCSW. LADC, CADC

Breakout #3 3:15pm- 4:45pm

Room AB- Micah Perkins, L.P.C., L.A.D.C. "SMART Recovery: An Alternative to Twelve Step" 1.5 General CEUs for LPC, LMFT, LCSW. 1.5 Specific CEUs for LADC, CADC

Room CD- Paul Williams, L.P.C., "Below the Waterline ADVANCED: Clinical Supervision Beyond Transmitting Evidenced Based Practices" 1.5 Supervision CEUs for LPC, LMFT, LCSW, LADC, CADC

Room EF- Leslie Clingenpeel and Sara Gadd, "Human Trafficking: Trauma-Informed Advocacy, Treatment, and Community Collaboration"- 1.5 General CEUs for LPC, LMFT, LCSW, LADC, CADC

Send off Celebration! 5:00pm- 6:30pm

Come enjoy some sweet treats! OCI members may sign up for next year's conference at 25% off!

Keynote Presentation

Keynote- Friday May 5th 9:00-10:30

Room CD- Changing the Perception of Addiction

Our understanding of the process of addiction has evolved as new science has emerged regarding the biological nature of this disease. Applying this understanding should change the way we talk about addiction as well as enhance the empathy both healthcare workers and loved ones approach those struggling with addiction.

Objectives:

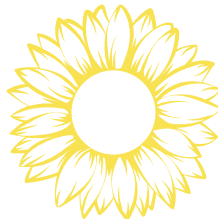
- To learn how language impacts stigma of addiction.
- Examine how current science can impact our perception of addiction.
- Understand how empathy is a leading tool in decreasing stigma.



About Dr. Kelly Dunn

Dr. Dunn currently serves as Clinical Assistant Professor of Psychiatry and Behavioral Sciences at OSU Center for Health Sciences. She is board certified in Psychiatry and Addiction medicine. She received her medical degree from the University of Oklahoma College of Medicine and completed her Psychiatry Residency at OU-Tulsa.

She also serves as the Executive Director of Addiction Treatment for the National Center for Wellness and Recovery, Medical Director of Wellness for OSU-CHS and also serves as the Team Psychiatrist for OSU's NCAA athletes.



Breakout Presentations

Breakout 1.1- Friday May 5th 10:45-12:15

Room AB- Is "Drunkorexia" a Thing?

There is a high co-occurrence of eating disorders with a substance use disorder. According to the National Eating Disorder Association (2023) the numbers could be as high as 50% of individuals with eating disorders use alcohol or illicit drugs. That is five times higher than the general population. Up to 35% of those with an alcohol or other drug dependency have also had an eating disorder at some point; a rate 11 times greater than the general population. Opiate use disorder and eating disorders are the number one and number two mental health disorders leading to death.

This workshop will focus in on treatment in the outpatient setting for these co-occurring disorders. The presenter will discuss ways to assess for these disorders and offer information about some of the challenges faced in providing care for this population. The presenter will also offer a case study to examine and discuss how to develop a case conceptualization and treatment plan. We will also discuss effective interventions for working with eating disorders and co-occurring SUD.

Objectives

- Assess clients for co-occurring substance use disorder and eating disorder diagnoses.
- Develop a case conceptualization and treatment plan for a client presenting with both substance use disorders and eating disorders.
- Identify and utilize at least 5 interventions targeted at eating disorders and co-occurring substance use disorders.



About Shelley Smith

Shelley Smith is a Licensed Alcohol and Drug – Mental Health Counselor (LADC/MH) and is under supervision to become a Certified Eating Disorder Specialist. After graduating from the University of Central Oklahoma with both a bachelor's and master's degree in Substance Abuse Studies, she worked in a community clinic for patients seeking treatment for opiate addiction. She currently provides care to a variety of clients through her private practice in Oklahoma City and has been doing so for the past eight years. Shelley's primary focus in private practice is the treatment of eating disorders and disordered eating, substance use disorders, and co-occurring disorders.

Shelley is a former board member for the Oklahoma Eating Disorder Association, is a member of the Oklahoma Drug and Alcohol Professional Counselor Association, and the International Association of Eating Disorder Professionals. She is co-founder of a peer consultation group formed in Oklahoma City to support and grow professionals in the area who are either currently treating or interested in working with eating disorders. Shelley integrates various approaches and modalities in treatment including Mindfulness-based Cognitive Behavioral Therapy, Dialectical Behavior Therapy and Internal Family Systems Therapy.

Breakout Presentations

Breakout 1.2- Friday May 5th 10:45-12:15

Room CD- Ethics- Real Talk

Ethics: Real Talk, is an interactive, fun, and thought-provoking training on ethical issues professionals face every day. This presentation will review ethical considerations specific to substance abuse treatment.

Objectives

- Discuss ethical dynamics in the counseling setting
- Explore considerations for ethical social media use
- Examine and discuss ethical dilemmas faced by mental health clinicians



About Billy Samuel

Billy T. Samuel is a Licensed Alcohol and Drug Counselor that has been in the field since 2007. Mr. Samuel has extensive knowledge, and skill working with individuals who struggle with co-occurring disorders. Mr. Samuel has worked as the Clinical Director at a community mental health agency, a Chaplain/Therapist at the Hobby Lobby Corporation, and is currently the Coordinator of Athletics Substance Use Services & Harm Reduction, and maintains a small private practice in Oklahoma City.



Breakout Presentations

Breakout 1.3- Friday May 5th 10:45-12:15

Room EF- N.E.A.R. ScienceBeyond ACEs

The NEAR Science explores Neurobiology, Epigenetics, the ACEs Study and Resilience. We know that Adverse Childhood Experiences (ACEs) can increase risks of long-term physical, emotional and social disparities; however, we also know that protective factors can support children, adults and families and decrease those risks. This training explores how life experiences impact our biological nervous system. It takes a deeper dive into the ACEs Study and how to interpret the results to find best fit practices to increase the Core Protective Factors of building capabilities, increasing attachment and belonging, and fostering the growth of community, culture and spirituality.

Objectives

- Participants will understand the key concepts of the nervous system and how it interrelates with experiences, both positive and negative, and how people adapt.
- Participants will understand key components of the Adverse Childhood Experiences study and how to utilize the data to support communities.
- Participants will become familiar with core protective systems and the importance of communities and support.



About Hannah James-Alsabrook and Hilary Jespersen

Hannah James-Alsabrook is the Program Manager at the OSU Center for Family Resilience, an applied research center where she leads a multidisciplinary team who implement and support statewide prevention programs and initiatives with a focus on translational science to connect research and practice to promote resilience. She holds a bachelor's degree in Psychology from Rogers State University, and a master's degree in Human Development and Family Science from Oklahoma State University. Her primary area of research centers around prevention science, community engagement, and social determinants of health.

Hilary is a prevention coach at the Center for Family Resilience (CFR) at Oklahoma State University. She has a background in Elementary Education where she taught for 4 years in grades 3 through 5. At the CFR, Hilary's specialties include working with educators across the state of Oklahoma to implement a primary prevention program and conducting state-wide trainings for parents and community workers that focus on self-regulation in children. Hilary has research interests in how early relationships and experiences influence development; interventions designed to build resilience for individuals who experienced early adversity; and strengthening children and families.

Lunch Break

Lunch Break- Friday May 5th 12:15-1:20

The Lunch Break is on Your Own. Check Out These Delicious Area Restaurants

The Garage

Burgers .4 miles from Conference. Vegetarian, Vegan, Keto, Gluten-Free options.

Olive Garden

Italian cuisine .4 miles from Conference. Vegetarian, Vegan, Gluten-Free options.

Louie's Bar & Grill

American cuisine .5 miles from Conference. Vegetarian options.

Bee Healthy Cafe

Healthy cuisine .8 miles from Conference. Vegan, Vegetarian, Gluten Free options.

Ted's Café Escondido

Mexican cuisine .8 miles from Conference. Vegetarian options.

Siam Noodles

Thai cuisine 1.3 miles from Conference. Vegetarian options.

Eagle One Pizza

Pizza 1.4 miles from Conference. Vegetarian options.

Los Vaqueros

Mexican cuisine 1.5 miles from Conference. Vegetarian options.

Dietary options listed were sourced from the online menus of the establishments listed. OCI cannot guarantee that dietary guidelines will be followed. Refer to restaurant for specific dietary and allergy information.

Breakout Presentations

Breakout 2.1- Friday May 5th 1:30-3:00

Room AB- Compassionate Care with the Addicted Population

This workshop will explore the dynamics of implementing a compassionate nature regarding the therapeutic process. This presentation will focus on applying compassionate care to individuals experiencing addiction.

Objectives

- Reflect on the dynamics of compassion.
- Explore ways to develop and implement compassionate care.
- The implementation of self-compassion as a person and therapist.



About David Patterson

David has worked in the mental health and substance abuse field for over 30 years, serving diverse populations. David is also an adjunct professor at the University of Oklahoma teaching aspiring therapists.



Breakout Presentations

Breakout 2.2- Friday May 5th 1:30-3:00

Room CD- Below The Waterline, Advanced: Clinical Supervision Beyond Transmitting EBP's

This training focuses on the more advanced elements for supervisors to ensure that they go “below the waterline” of just transmitting “evidence-based practices” to candidates, by including psychodynamic and other approaches that address the breadth and depth of being a counselor. Clinical Supervisors are responsible for raising the next generation of therapists and serving as gatekeepers to the profession. However, in our era of evidence-based practices, candidates often want supervisors to just teach them therapy models. (The 1st module for the day addresses more fundamental topics.)

Objectives

- Identify and develop more advanced Psychodynamic approaches to clinical supervision that are less-known, including projection, projective identification, transference, and countertransference.
- Identify and develop the best practices in supervision beyond theoretical orientations.
- Understand and apply guidance on Supervisory Agreements, Paradigm Statements, and interfacing with the On-Site Supervisor.
- Identify common errors in Board Evaluations of candidates.
- Identify strategies for addressing common Supervision Interfering Behaviors.



About Paul Williams

Paul Williams, M.C. DBTC LPC is the Director of Clinical Development at Red Rock Behavioral Health Services in Oklahoma. Mr. Williams was trained in counseling in Arizona, and marriage and family therapy in Minneapolis, Minnesota. He then trained at the Veterans Administration (V.A.) Hospital in Tucson, AZ within the Family Mental Health Clinic, designed to address the needs of military adults, couples, families and adolescents. Paul has worked at various community behavioral health agencies with over 24 years of experience, covering a wide spectrum of populations: Child, family, foster care, adult, and substance use disorders, prison-reentry, assertive community treatment of the severely mentally ill, crisis intervention, law enforcement collaboration, the LGBTQ+ population, suicidality management, and borderline personality disorder.

He completed intense clinical training in Cognitive Behavioral Therapy from the Beck Institute for Cognitive Behavior Therapy™; and, he completed intensive training in Dialectical Behavior Therapy from Marsha Linehan Ph.D.'s Behavioral Tech, LLC™ and is a Certified Dialectical Behavior Therapy Therapist and trains in other Mindfulness-Based Therapies. Paul is approved by the Oklahoma Board of Behavioral Health as a supervisor for therapist candidates for professional counselor licensure. He also is an approved provider for the Oklahoma Board Supervisory Equivalency Course. Paul has lived in Oklahoma for 15 years and enjoys national & international travel, learning languages, cooking, gardening, and studying Spirituality and World Religions.

Breakout Presentations

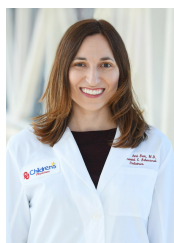
Breakout 2.3- Friday May 5th 1:30-300

Room EF- Focus on ADHD: Overview of Diagnosis and Interventions

In this workshop participants will learn evidence-based procedures for diagnosing ADHD in preschool and school-age children, and adolescents, the most recent best practice in treating ADHD in preschool and school-age children, and adolescents based on evidence-based treatments, including behavioral interventions and medication management.

Objectives

- Describe prevalence, etiology, diagnostic criteria of ADHD.
- Explain importance of assessing children for other disorders or disabilities that may complicate a diagnosis of ADHD.
- Be familiar with treatment strategies including medication management and behavioral strategies.
- List accommodations and strategies that may enhance the learning environment for children with ADHD.
- Differentiate between an IEP and 504-Plan. 6. Describe effective follow up and monitoring strategies.



About Dr. Ami Bax

Dr. Ami Bax is an Associate Professor of Pediatrics and Developmental-Behavioral Pediatrics Section Chief at the University of Oklahoma Health Sciences Center (OUHSC). She received her undergraduate degree in Musical Arts from the University of Oklahoma, M.D. from the University of Oklahoma College of Medicine-Tulsa, and a Master's in Clinical and Translational Science from OUHSC. She is an Oklahoma Leadership Education in Neurodevelopmental Disabilities graduate and now serves as Oklahoma LEND Program Co-Director. She is also the Vice Chair for the OK UCEDD-LEND Consumer Advisory Committee. Dr. Bax is the medical director for the OU Health Child Study Center and directs the Child Study Center's JumpStart Preschool Autism and Developmental Delay Evaluation Clinic. She also enjoys providing diagnostic and treatment care for children with autism, ADHD, developmental delays, anxiety, and other behavioral health problems. She directs the OU Developmental & Behavioral Pediatric Fellowship program and has conducted interdisciplinary research related to pediatric residents' parenting advice, preschool ADHD, neurobiologic differences in children with autism and ADHD, and developmental follow-up evaluation program for children post-single ventricle palliation.

Through much of her research and LEND networking, Dr. Bax has mentored fellows, residents, and other trainees and expanded collaborations with faculty in DBP, General Pediatrics, Allied Health, Genetics, Pediatric Cardiology/Cardiothoracic Surgery, and Pediatric Critical Care. Dr.

Bax is a member of the Developmental Behavioral Pediatrics Research Network Steering Committee, Society for Developmental and Behavioral Pediatrics Practice Issues, Fellowship Director, and Autism Committees, and the American Academy of Pediatrics.

Breakout Presentations

Breakout 3.1- Friday May 5th 3:15-4:45

Room AB- SMART Recovery: An Alternative to Twelve Step

While programs such as Alcoholics Anonymous, Narcotics Anonymous, and Celebrate Recovery have helped many people overcome substance abuse, these twelve step models are not helpful for all. SMART Recovery, started in 1994 with chapters nationally and internationally, is an alternative for those clients looking for a non-twelve step approach. Based on REBT, CBT, Acceptance and Commitment Therapy, and Motivational Interviewing, SMART Recovery's curriculum is based on empirically validated approaches for substance abuse

Objectives

- The history of SMART Recovery
- The Four Point Model of SMART Recovery.
- Specific concepts and techniques used in SMART Recovery which may also be adapted and used in individual therapy with clients.



About Micah Perkins

Micah Perkins M.S., L.P.C, L.A.D.C. completed his Bachelors of Science and Master of Science in Behavioral Sciences both from Cameron University in Lawton, Oklahoma. He is a S.M.A.R.T Recovery facilitator, Certified Reality Therapist from the William Glasser Institute, and has completed Advanced Training in Rational Emotive Behavior Therapy at the Albert Ellis Institute in New York.

His experience includes working with children and teens in therapeutic foster care and in acute and residential treatment programs. In addition, he has worked with adults in a community mental health center and in his own private practice. In 2014, he founded Edmond Counseling and Professional Development, LLC, whose mission is to provide evidence-based counseling to children, teens, and adults, training to mental health professionals, and wellness training to organizations.

Breakout Presentations

Breakout 3.2- Friday May 5th 3:15-4:45

Room CD- Below The Waterline, Advanced: Clinical Supervision Beyond Transmitting EBP's.

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Breakout Presentations

Breakout 3.3- Friday May 5th 3:15-4:45

Room EF- Human Trafficking: Trauma-Informed Advocacy, Treatment and Community Collaboration

Utilizing a collaborative model, this workshop is designed to increase the attendees ability to identify and respond to victims of human trafficking. This session will cover the general scope of human trafficking, red flags and indicators that a patient/client has been trafficked, mental health considerations for this vulnerable population and steps an organization and individual can take to provide appropriate assistance without further traumatization.

Objectives

- Fostering resilience in this vulnerable population can only be accomplished through an in-depth understanding of human trafficking, knowledge on how to approach patients/clients in a trauma informed manner, discussing how to create an effective plan of care, and understanding how to advocate through strong community collaboration.



About Sara Gadd and Leslie Clingenpeel

Sara Gadd is the Human Trafficking Program Manager for Ascension St. John. In this role she manages the Ascension St. John Human Trafficking Education and Response Program to train healthcare providers to identify and respond to the needs of victims of human trafficking. Ms. Gadd is the chair of the Oklahoma Coalition Against Human Trafficking (OCAT) in the Tulsa, Oklahoma area. She holds a Master of Arts Degree in Human Services: Marriage and Family.

Leslie Clingenpeel is an activist and advocate for victims of human trafficking and domestic violence. Serving as the Executive Director at The Spring Shelter, in Sand Springs, Oklahoma — Leslie is responsible for leading the organization as well as for training and capacity building of service providers across the state of Oklahoma.

Send-Off Celebration

Friday May 5th 5:00pm

Let's Celebrate!

Cap off a wonderful conference by meeting up one last time with friends and have delicious sweet treats!



Plus, OCI staff will be present to pre-register OCI members for next year's Summer Super Summit tentatively scheduled for May 2nd and 3rd, 2024. This will be members one chance to save more than 25% on registration- the deepest discount of the year! Not an OCI member? See Hayley for information on joining!

Located by the escalators



Ready for a change!



Openings for Licensed Mental Health Therapists at Edmond Counseling and Professional Development

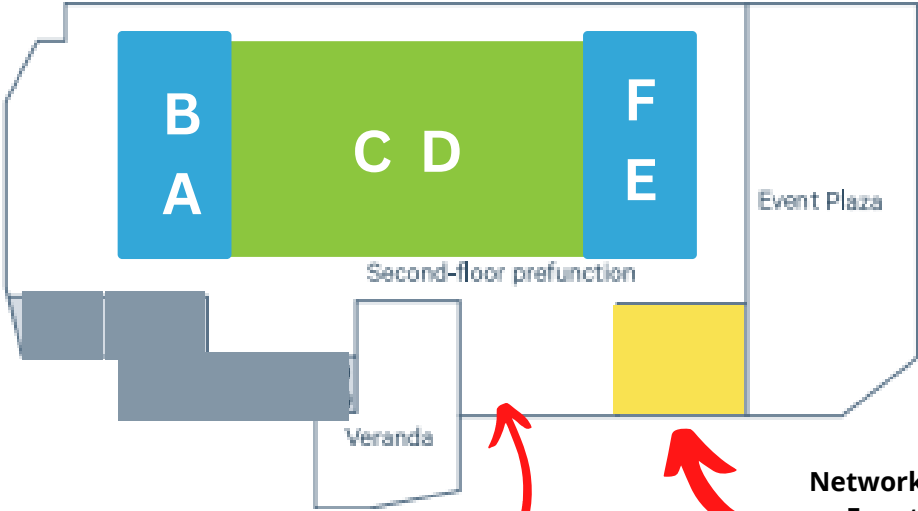
- Virtual ONLY Mental Health Therapist job positions- Part-time
- In-Office Mental Health Therapist job positions- Part-time and Full- time positions

We have the best benefits in the field! Our benefits package includes:

401k contribution, continuing education provided free through our Oklahoma Counseling Institute, annual licensure renewal fee reimbursement, professional liability insurance, annual paid self-care retreat, medical insurance, dental insurance, vision insurance, life insurance and paid personal leave

**Learn more and apply at
OklahomaCounselingJobs.com**

SECOND FLOOR



Send off Celebration
Friday, May 5th at 5pm
Second Floor by the escalators
Ice cream, fruit pops, sign up for next
year's Summit at a deep discount!

**Networking
Event,
(Joyner Room)**
Thursday, May
4th,
5:00pm- 6:30pm
live music
massages
horsd'oeuvres!