



# **12<sup>th</sup> Annual Kaleidoscope of Counseling Conference Texas State University**



**Friday, March 25, 2022  
LBJ Student Center, 3<sup>rd</sup> Floor**



**Conference Sponsored by**



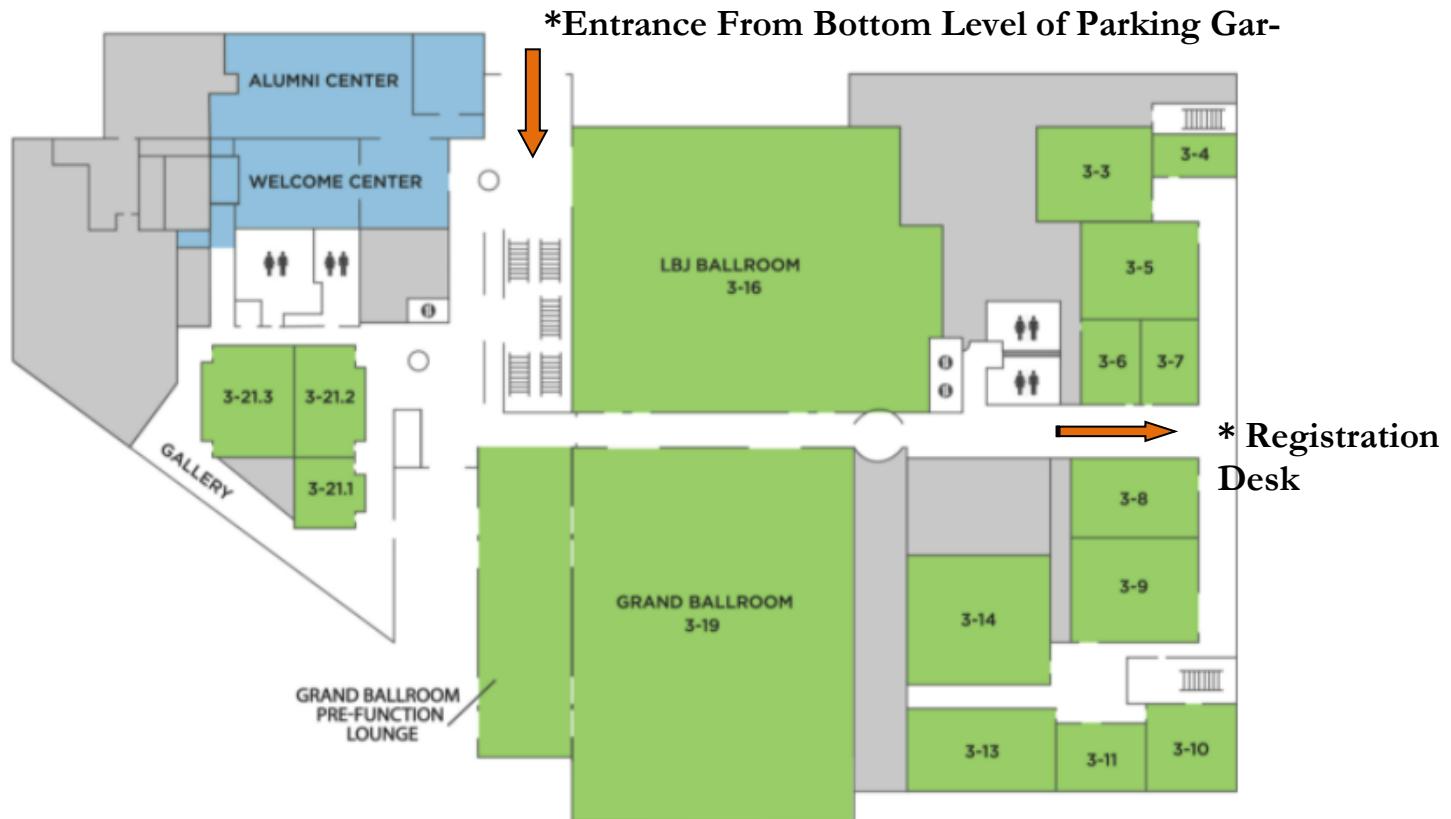
International Counseling Academic & Professional Honor Society  
of the Professional Counseling Program

Department of Counseling, Leadership, Adult  
Education & School Psychology

# 2021-2022 CSI Sigma Tau Sigma Chapter Officers

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## LBJ STUDENT CENTER 3<sup>rd</sup> FLOOR LAYOUT



# CONFERENCE SCHEDULE

| Time                                                                   | Room 3-9.1                                                                                                   | Room 3-5.1                                                                | Room 3-14.1                          |
|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------|
| *See conference program for session descriptions and presenter name(s) |                                                                                                              |                                                                           |                                      |
| <b>8:00 – 8:30 am</b>                                                  | <b>Registration – 3<sup>rd</sup> floor foyer</b>                                                             |                                                                           | Open for coffee and networking       |
| <b>8:30 – 9:30 am</b>                                                  | Unlearning Fat-Phobia and undoing harm in Eating Disorder Treatment: An Introduction to Health at Every Size | Updated Rules for LPC Regulation in Texas                                 |                                      |
| <b>9:40 – 10:40 am</b>                                                 | A Loss is a Loss: Understanding the Different Types of Pregnancy/Infant Loss                                 | Sex Positive Therapy                                                      | Hospitality Room for all attendees   |
| <b>10:50 – 11:50 am</b>                                                | Intimate Partner Violence 101: How to Recognize Signs and Respond to Support Survivors                       | Adding Expressive Arts to Your Clinical Practice: How and Why?            |                                      |
| <b>12:00 – 1:00 pm</b>                                                 | <b>Lunch (on your own)</b><br>*see below for lunch options*                                                  |                                                                           | <b>Open to eat lunch and network</b> |
| <b>1:10 – 2:20 pm</b>                                                  | <b>Keynote: Immigration Integration: Helping Build Resilience</b><br>(Room 3.9-1)                            |                                                                           |                                      |
| <b>2:30 – 3:30 pm</b>                                                  | Inviting the Outside In: The Natural World and Counselor Wellness                                            | Just a Couple of Couples Therapists: What Does Couples Therapy Look Like? | Hospitality Room for all attendees   |
| <b>3:40 – 4:40 pm</b>                                                  | The Gifts of Psychedelics: A Psychologist's Journey from the Mind to the Heart                               |                                                                           |                                      |

# CONFERENCE PRESENTATIONS

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8:30 AM – 9:30 AM

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## 3-9.1 ☐ Unlearning Fat-Phobia and undoing harm in Eating Disorder Treatment: An Introduction to Health at Every Size | *Brianna Ramon, MA, LPC*

Unlearning Fat-Phobia and undoing harm in Eating Disorder Treatment: An Introduction to Health at Every Size aims to help individuals understand the impact of their internalized fat-phobia on the treatment of clients in eating disorder treatment, as well as the effects of racism, classism, socioeconomic status, and identity on treatment and outcomes for clients. This presentation will offer opportunities to unpack internalized fat-phobia and learn about Health at Every Size principles and how these principles can help our clients find body and food peace.

## 3-5.1 ☐ Updated Rules for LPC Regulation in Texas | *Kathy Ybanez-Llorente, PhD, LPC-S*

In the last year, rules and regulations for Licensed Professional Counselors have been updated twice. It is our professional responsibility to stay up to date with all changes. During this presentation, we will discuss the most recent rule revisions impacting Licensed Professional Counselors, LPC Associates, and counselors-in-training in Texas. Attendees will be invited to discuss the implications these new rules have on clinical practice, supervision, and counselor education training. **(Ethics CEU)**

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9:40 AM – 10:40 AM

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## 3-9.1 ☐ A Loss is a Loss: Understanding the Different Types of Pregnancy/Infant Loss *Lacey Castilleja Fisher, LPC-S, RPT-S, PMH-C*

There are multiple stages during pregnancy, childbirth, and trying to conceive in which people can experience grief & loss, and each stage can have a significant impact on parents' mental health. This type of grief is often disenfranchised and parents are may not able to fully express they grief they are experiencing with friends, family, or even their partner. This presentation will discuss the different dynamics that come into the counseling room with this population and ways to validate the grief that parents' may be experiencing.

## 3-5.1 ☐ Sex Positive Therapy | *Brooke Crisp, MS, LPC-Associate*

The 'Sex Positive Therapy' presentation is geared towards masters level counseling students and begins with the not so basic, basics of Sex Therapy. This training will cover a brief overview of the history of sex therapy and human sexual development, nine common myths Sex Therapists hear in their practice with clients, as well as sex positive language therapists use to be inclusive of all clients regardless of sexual gender, orientation, etc. The presentation will also briefly touch on both male and female related sexual dysfunctions and how/why clients seek Sex Therapy for assistance with these issues. Additionally, attendees will learn the six guiding principles of sexual health which help ensure individual and partner communication around boundaries.

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## 10:50 AM – 11:50 AM

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### **3-9.1 ☈ Intimate Partner Violence 101: How to Recognize Signs and Respond to Support Survivors**

*Paulina Flasch, PhD, LMFT, LPC, NCC*

About half of U.S. women and 25% of men will be victims of intimate partner violence (IPV). However, most counselors rate their IPV training as inadequate and are unfamiliar with best practices, which can have traumatizing and fatal consequences for clients. This presentation provides an in-depth overview of IPV dynamics and reviews assessment & treatment strategies to support survivors.

### **3-5.1 ☈ Adding Expressive Arts to Your Clinical Practice: How and Why?**

*Joy Cannon, MA, LPC, RPT, NCC*

Art is for all, but it can seem intimidating to us and our clients. Come learn the power of adding expressive arts to the therapy process. This training is designed for new and experienced therapists who are interested in offering a range of expressive arts to their clients of all ages. You will learn about the well-researched therapeutic powers of play which are accessible through expressive arts. Media selection, research basis and a hands-on experience will be included.

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## 12:00 PM – 1:00 PM Lunch (on your own)

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### **☒ Please see 'Lunch Options' appendix below ☈**

The **hospitality room 3-14.1** is open for lunch seating. Please feel free to pick up a to-go lunch from any of the listed places and then return to room 3-14.1 to eat and network with other conference attendees.

## 1:10 PM – 2:20 PM Keynote Address

### **☒ Immigration Integration: Helping Build Resilience ☈**

*Peggy Ceballos, PhD, NCC*

**3-9.1 ☈** This workshop seeks to enhance the multicultural competencies, advocacy skills, and clinical skills of counselors who work with immigrant populations. Through the use of real case examples, the presenter will discuss cultural and linguistic considerations when counseling immigrant clients. In addition, the audience will gain a deeper understanding of the experience of oppression among immigrant communities.

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## 2:30 PM – 3:30 PM

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### **3-9.1 ☐ Inviting the Outside In: The Natural World and Counselor Wellness**

*Naomi Coleman Medina, MA, LPC-S*

As a result of the coronavirus (COVID-19) pandemic, 2020 ushered in devastating physical and psychosocial consequences for many, including professional counselors. As counselors, we must be vigilant in caring for our own wellness to insure we can meet the mental health demands of our communities. Current literature has primarily attended to counselor wellness through the lens of self-care strategies employed outside the counseling context. This presentation will identify the dimensions of wellness, current literature on specific nature-based interventions and how counselor wellness can be improved by inviting the natural world into the counseling session.

### **3-5.1 ☐ Just a Couple of Couples Therapists: What Does Couples Therapy Look Like?**

*Natasha Horner, MA, LMFT-Associate, LPC-Associate and Jami Brown, MA, LMFT-Associate*

Have you ever considered working with couples? Do you feel somewhat nervous at the thought, but you're wanting to learn more? In this presentation, we will provide an overview of couples counseling and aim to reduce anxiety around working with couples. There is a need for more couples counselors and, as two clinicians who were recently in your shoes as students, we want to increase the knowledge around working with couples. This would include common topics and goals, challenges, resources, and our experiences as couples counselors during the pandemic.

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## 3:40 PM – 4:40 PM

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### **3-9.1 ☐ The Gifts of Psychedelics: A Psychologist's Journey from the Mind to the Heart**

*Tracy Carver, PhD*

Drawing from her background in yoga and meditation, Dr. Carver will utilize a blend of experiential activities to offer audience members a glimpse into the fascinating world of psychedelic-assisted psychotherapy. She invites you to join her on a journey from our thinking minds to our hearts — from intellectualizing and theorizing to feeling and sensing what it is to go beyond an ordinary state of consciousness. (Side note: no substances will be offered in this presentation!)

## LUNCH OPTIONS

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### ON CAMPUS

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**LBJ Student Center**  
Starbucks (1<sup>st</sup> floor)  
Chick-fil-A (1<sup>st</sup> floor)  
Pizza Hut Express (2<sup>nd</sup> floor)  
LBJ Marketplace (2<sup>nd</sup> floor)

**Jones Dining Center**  
Panda Express  
Dunkin'  
Create Premium Deli  
Wing It  
Woods Street Pizza & Pasta  
Kawa Sushi

\*Visit: <https://dineoncampus.com/txstate/hours-of-operation> for other food options around campus

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### OFF CAMPUS

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Taiwan Bowl.....804 Chestnut St Suite A, San Marcos, TX 78666  
Grins Restaurant.....802 N LBJ Dr, San Marcos, TX 78666  
Double Dave's Pizza works.....748 N LBJ Dr, San Marcos, TX 78666  
Krab Kingz Seafood.....801 Chestnut St, San Marcos, TX 78666  
Toro Ramen and Poke Barn.....700 North LBJ Drive Ste 114 San Marcos, TX 78666  
Chipotle Mexican Grill.....401 N LBJ Dr, San Marcos, TX 78666  
Alvin Ord's (Sandwich Shop).....204 University Dr, San Marcos, TX 78666  
Fat Shack (burgers and wings).....350 N Guadalupe St Suite 130, San Marcos, TX 78666

\*Once you pick up food/eat are welcome to come back to room 3-14.1 to eat and network\*

## CEU PROCESS

- If you want a CEU for sessions attended, please sign the 'sign in sheet' that will be passed around at the beginning of the session. To receive credit, attendees must sign in within the first 15 minutes of the presentation start time and stay the entirety of the presentation.
- After the conference (week of March 28<sup>th</sup>), an electronic evaluation form will be e-mailed to you for completion of each session you signed in to.
- Once the evaluation form(s) are received, you will be e-mailed a CEU certificate(s).

If you have any questions about this process, please stop by the Registration Desk in the third-floor foyer.

## NOTES: