



7TH ANNUAL FALL CONFERENCE
NOVEMBER 8-9, 2018
OKLAHOMA STATE UNIVERSITY
STILLWATER, OKLAHOMA



WELCOME



OSCA MISSION

The Oklahoma School Counselor Association strives to promote excellence in the profession of school counseling by empowering, leading, and advocating for school counselors and the students they serve.

The Oklahoma School Counselor Association (OSCA) is a chartered state division of the American School Counselor Association (ASCA) that supports School Counselors' efforts to help students focus on academic, emotional / social and career development so they achieve success in school and are prepared to lead fulfilling lives as responsible members of society. OSCA provides professional development and networking opportunities to Professional School Counselors in Oklahoma.

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The 2018 OSCA Conference is approved for continuing education by the Oklahoma State Board of Behavioral Health Licensure. OSCA is also registered as CE Provider # 20180440 for the Oklahoma State Board of Licensed Social Workers. Licensed Professional Counselors (LPC), Licensed Marital and Family Therapists (LMFT), and Licensed Social Workers may earn up to 13.5 CE hours, including 3 Ethics hours. Licensees may use the form above as a personal record but must collect the official licensing board forms, which will be given out as follows:

Thursday: Licensed Social Worker forms will be distributed at the end of each eligible session/event. LPC/LMFT forms will be available after Ethics session.

Friday: Licensed Social Worker forms will be available from the Room Host at the end of each session. LPC/LMFT forms will be available at the end of the conference day.

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FEATURING

DR. DEE RAY



Dee Ray, Ph.D., LPC-S, NCC, RPT-S is Distinguished Teaching Professor in the Counseling Program and Director of the Center for Play Therapy at the University of North Texas. Dr. Ray has published over 100 articles, chapters, and books in the field of play therapy, specializing in research specifically examining the process and effects of Child Centered Play Therapy. Dr. Ray is author of *A Therapist's Guide to Development: The Extraordinarily Normal Years*; *Advanced Play Therapy: Essential Conditions, Knowledge, and Skills for Child Practice*; *Child Centered Play Therapy Treatment Manual*; and co-author of *Group Play Therapy* and *Child Centered Play Therapy Research*. She is a founding board member and past president of the Association for Child and Adolescent Counseling. She is founding editor of the *Journal of Child and Adolescent Counseling*, American Counseling Association Fellow, and recipient of the American Counseling Association Don Dinkmeyer Social Interest Award, Association for Humanistic Counseling Educator Award, Association for Play Therapy Outstanding Research Award, Top 25 Women Professors in Texas Award, and many others. Dr. Ray supervises counseling services to community clients at her university clinic and leads a school outreach program providing play therapy to hundreds of children each year.

Workshop

Thursday 2:00 p.m. - 5:00 p.m.

Adverse Childhood Experiences, Trauma, and Play Therapy

Explore Adverse Childhood Experiences (ACEs), traumatic experiences during childhood, that are correlated to trauma, behavioral problems, and psychiatric disorders. School counselors will learn ACE effects and how therapists use and modify play therapy to treat children with multiple ACEs across school levels.

Keynote

Friday 9:00 a.m. - 10:30 a.m.

Play and Relationship: Meeting the Needs of Children and Adolescents in School Settings

Effective counseling is based on the relationship between counselor and child. Facilitation of effective relationships requires specific conditions that are offered by the counselor but also provided by the child. Often, in our current professional culture, counselors overlook these conditions in favor of more concrete techniques. Techniques and skills are only helpful in the context of providing the essential conditions. The presenter will explore these conditions and share how to enact them in school counseling relationships.

ETHICS SESSION THURSDAY, NOV. 8 10:00 A.M. - 1:00 P.M.

ETHICS AND LGBT DIVERSITY IN SCHOOLS: CREATING AND MAINTAINING SAFE SPACES

Description:

This presentation will cover issues surrounding the need for school counselors to develop multicultural competence in relation to LGBT populations in schools in order to be ethical professionals. Issues to be addressed include personal values interacting with ethics, the importance of culture and context, sex and gender on a continuum, safe and gender inclusive school environments, including gay, lesbian, bisexual, intersex and transgender populations.

PRESENTERS:

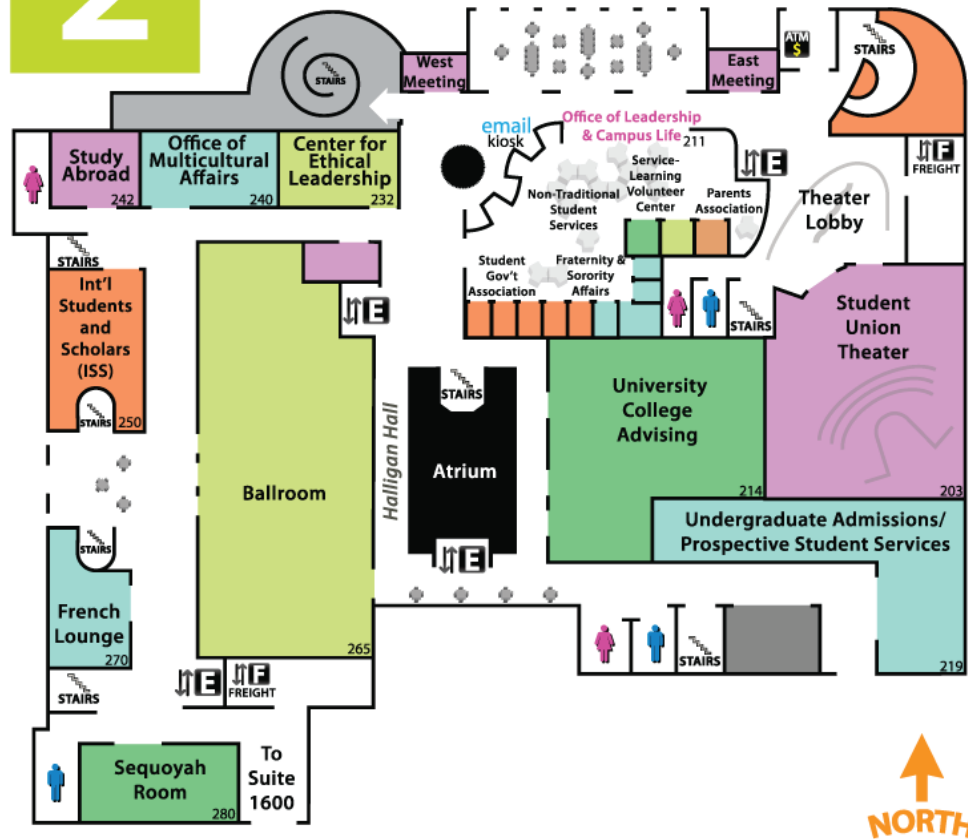


Hugh C. Crethar, Ph.D. is a Professor and the Jacques Flanery Community Counseling Endowed Professor in the School of Community Health Sciences, Counseling and Counseling Psychology at Oklahoma State University where he serves as the Area Coordinator over the CACREP Accredited counseling program and APA Accredited Counseling Psychology Program. He has served in numerous positions within the American Counseling Association (ACA) including serving as the 2007-2008 President of Counselors for Social Justice and the 2013-2014 President of the Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling and the Governing Council of ACA.

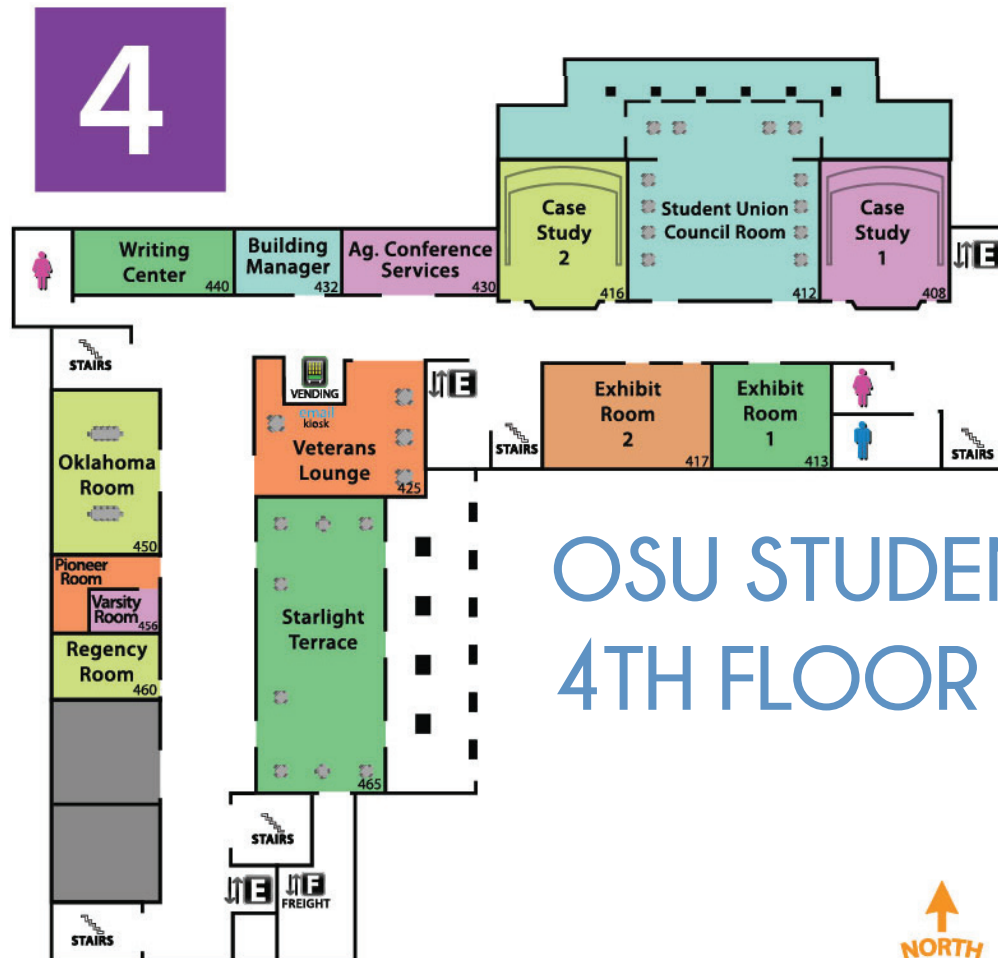


Tonya Hammer, Ph.D. is an Assistant Professor of Counseling and Counseling Psychology at Oklahoma State University and is the Program Coordinator for the master's program. Tonya is a past president of the Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling, a division of the American Counseling Association.

OSU STUDENT UNION 2ND FLOOR



OSU STUDENT UNION 4TH FLOOR



2018 OSCA CONFERENCE SCHEDULE AT-A-GLANCE

THURSDAY

NOVEMBER 8

- 9:30am Ethics Session Check-In – Ballroom Lobby
 - 10:00am – 1pm Ethics Session, [Dr. Hugh Crethar](#) & [Dr. Tonya Hammer](#) – Ballroom
 - 1:00pm Lunch On Your Own in the OSU Student Union
 - Conference Check-In – Student Union Theater Lobby
 - 2:00pm – 5:00pm Workshop with [Dr. Dee Ray](#) – Theater
 - 5:00pm – 6:30pm Networking Reception with Cocktails and Hors D'oeuvres – Theater Lobby
 - 6:30pm – 9:00pm Paper Tigers Film Viewing and Discussion Panel - Theater
- Moderated by [Michelle Sutherland](#)
- Panel Members:
- > [Kristin Atchley](#), Executive Director of Counseling, OSDE
 - > [Dr. Julie Summers](#), Director of Outreach and Prevention, OK Mental Health Assoc.
 - > [Sarah Kirk](#), 2018-2019 OK School Counselor of the Year & ASCA SCOY Finalist

FRIDAY

NOVEMBER 9

- 8:00am Conference Check-In – Ballroom Lobby
- 9am – 10:30am Keynote with [Dr. Dee Ray](#) – Ballroom
- 10:45am – 11:45am Breakout Session #1
- 11:45am – 1:00pm OSCA Luncheon – Ballroom
- 1:15pm – 2:15pm Breakout Session #2
- 2:30pm – 3:30pm Breakout Session #3

BREAKOUT SESSIONS

ROOM	10:45-11:45am	1:15-2:15pm	2:30-3:30pm
265 - Ballroom			Rotating Roundingtables of Resources + ○
203 - Theater	Reality Play Therapy: Dr. Stutey, Stutey, Dr. Crethar, Adeyiga, Arnold, & Klein § + ○	House that Crack Built & Play Therapy Renovated: Dr. Sharolyn Wallace + ○	Empathy: Play Therapy for Social Skills Groups: Nancy Soliz & Lea May § ○
408 - Case Study 1	ICAP Implementation at Norman Public Schools: Sharon Heatly + ○	The Counselor's Role in School Safety: Michelle Sutherlin § + ○	Early Childhood Guidance & Groups: Erin Nation §
416 - Case Study 2	Neuroregulation & Play Therapy in the Classroom: Nikkie Dunnigan § ○	Hosting a Conference for Students: Meagan Bryant +	Trauma-Informed Counseling: Atchley, Suddath, & Bryant § + ○
412 - Council Room	Technology in School Counseling: Missy Smith § + ○	I Bully U: Chris Scheufele + ○	Sandtray Play Therapy: Lisa Dawson §
417 - Exhibit Room 2	Building a Successful HS Counseling Program: Rebecca Damron +	Sensory-Based Play Therapy in Schools: Darcie Taggart § ○	Happiness Project: Bearden, Beck, & Henson +
413 - Exhibit Room 1	Empathy Maps: Dr. Shelly Ellis § + ○	School Climate for LGBTQQIA+ Students: Beers & Herndon + ○	School Counseling Supervision: Amanda Stuckey <>
470B - Caucus Room	Improving Retention & Student Support: Blahnik, Dr. Krutz, & Partridge +		

KEY: § Littles + Teens ○ In-Betweens <> School Counselors

BREAKOUT SESSION #1

10:45 - 11:45 A.M.

INTRODUCING REALITY PLAY THERAPY FOR UPPER ELEMENTARY, MIDDLE, & HIGH SCHOOL STUDENTS

Room 203 - Theater | Levels: Littles / (Young) Teens / In-Betweens

Participants will be introduced to Reality Play Therapy interventions and participate in the following four hands-on play therapy activities: 1) Explore how sandtrays can be used to help students process and revise their wants (W), what they are doing (D), evaluate (E) their total behavior, and plan (P) for future choices; 2) Create paper wheels to exemplify the balance of students’ basic needs; 3) Learn creative ways to analyze a students’ quality world; 4) Learn how role plays can be incorporated to evaluate students’ total behavior. Suggestions will also be provided on how to create a Reality Play Therapy small group for older elementary, middle school, and beginning high school students.

PRESENTERS:

- > **Dr. Diane Stutey** received her Ph.D. in Counselor Education and Supervision from University of Northern Colorado. She is a member of the American Counseling Association, American School Counseling Association, Association for Play Therapy, and is a Licensed Professional Counselor, Licensed School Counselor, and a Registered Play Therapist–Supervisor.
- > **Yemi Adeyiga** is a second year doctoral student in the Counseling Psychology Program at Oklahoma State University. He received his M.A degree from the University of Oklahoma, is a Licensed Professional Counselor and a former Child Welfare Specialist with Oklahoma Department of Human Services.
- > **Renissa Arnold** is a first year doctoral student in the Counseling Psychology Program at Oklahoma State University. She received her Bachelor’s degree in Psychology from Oakwood University.
- > **Darci Klein** is a doctoral candidate in the Counseling Psychology Program at Oklahoma State University. She received her Master’s degree in Educational Psychology from Oklahoma State University and her Bachelor’s degree in Psychology from Missouri State University.
- > **Dr. Hugh Crethar** is an Associate Professor and Jacques Flannery Community Counseling Endowed Professor in the School of Applied Health & Educational Psychology at Oklahoma State University where serves as Area Coordinator over the CACREP Accredited counseling program and APA Accredited Counseling Psychology Program.
- > **Denise Stutey** is a Licensed Clinical Social Worker with many years of experience working with students in the school setting at the elementary, middle, and high school levels.

BREAKOUT SESSION #1 - CONT'D

10:45 - 11:45 A.M.

ICAP IMPLEMENTATION EXPERIENCE AT NORMAN PUBLIC SCHOOLS

Room 408 - Case Study 1 | Levels: Teens / In-Betweens

This session will reveal preliminary results of Individual Career and Academic Plan (ICAP) adoption at Norman Public Schools. The session is intended for Directors of Guidance/Counseling/Student Support who seek to implement ICAP at their districts. This session will help other districts to structure adoption of ICAP process, address potential challenges, and provide practical advice on the implementation process and toolset used.

PRESENTER:

- Sharon Heatly serves as the Director of Guidance and Counseling for Norman Public Schools. She is passionate about providing opportunities for students to be academically successful and ready for post-secondary options. She also believes school counselors are the essential link for student success.

BRAIN BASICS: NEUROREGULATION AND THE POWER OF PLAY THERAPY IN THE CLASSROOM

Room 416 - Case Study 2 | Levels: Littles / In-Betweens

This session's objectives are: (1) explain the neurological aspects of emotional and physical regulation, and (2) explain how dysregulation negatively affects learning ability and other classroom and social behaviors in the school setting. Attendees will (3) learn play based and other interventions to utilize in helping dysregulated students regain self-control and (4) learn play based and other ways to promote an atmosphere of regulation in the classroom. This session is primarily focused on elementary age students, but can be applied to older students and adults as well.

PRESENTER:

- Nikkie Dunnigan is a Licensed Professional Counselor, a Registered Play Therapist (RPT), a certified AutPlay Therapy provider, and is a registered parent educator for Circle of Security International. Nikkie's therapeutic work focuses on children from birth to age 12 and children with developmental delays. In addition, she regularly consults with teachers and childcare providers to help children succeed in group settings, and is contracted to provide classroom observations and mental health support at are Head Starts. Nikkie serves as a Board Member for the Oklahoma Association for Play Therapy, is a member of the Association for Play Therapy (APT), and is a member of the Oklahoma Association of Infant Mental Health. Nikkie is the owner of The Play Place, LLC, developed to provide high-quality mental health care for children and their families in Stillwater and neighboring communities.

BREAKOUT SESSION #1 - CONT'D

10:45 - 11:45 A.M.

TECHNOLOGY IN SCHOOL COUNSELING

Room 412 - Council Room | Levels: Littles / Teens / In-Betweens

This session will explore ways to integrate technology into your existing interventions in order to engage students of all ages, assess their learning, and collect data. Participants will learn about websites and apps that will enhance their school counseling programs.

PRESENTER:

- Missy Smith, LPC is a school counselor at Lincoln Elementary in Norman. She was the 2017 OSCA Emerging Leader and currently serves on the board of the Oklahoma School Counselor Association.

DO YOU MINE? BUILDING A SUCCESSFUL HIGH SCHOOL COUNSELING PROGRAM

Room 417 - Exhibit Room 2 | Levels: Teens

Together we'll "datamine" the greatest resource cavern available: Oklahoma counselors! This session will focus on effective take-home strategies for building successful high school counseling programs. The session attendees will first learn about the presenter's top 10 resources and strategies used in their high school counseling program. The session will then shift focus to the attendees, who should come to the session ready to share at least one favorite resource or strategy in one minute or less, as this portion of the session will be a round table, popcorn-style format. New counselors are welcome, too! All resources and strategies discussed in this session will be documented and provided to attendees at the conclusion of the conference.

PRESENTER:

- Rebecca Damron is in her sixth year at Bishop McGuinness Catholic High School in Oklahoma City. She is their Director of Wellness and the sophomore level counselor. She received her M.Ed. in Community Counseling from the University of Oklahoma in 2013 and a BA in Psychology from UCO in 2009. She is most passionate about student-centered practices, technology in action, and community engagement.

EMPATHY MAPS

Room 413 - Exhibit Room 1 | Levels: Littles / Teens / In-Betweens

Help take intervention to a new level! Learn about empathy maps and how to use them to write interventions that meet the individual needs of students in elementary, middle, or high school.

PRESENTER:

- Dr. Shelly Ellis is the Executive Director of School Support and Improvement at the Oklahoma State Department of Education. Previously, Ellis served as the Executive Director of Counseling for the OSDE and in various educational roles including principal, assistant principal, counselor, parent & community specialist, and science teacher.

BREAKOUT SESSION #1 - CONT'D

10:45 - 11:45 A.M.

RETENTION SUCCESS AND STUDENT SUPPORT AT THE UNIVERSITY OF OKLAHOMA

Room 470B - Caucus Room | Levels: Teens

At OU, a campus-wide effort has significantly increased our freshman retention rate. Historically, OU had been in the mid-to-low 80's for percentage of freshmen returning as sophomores, and this revitalized retention effort has led to 86.1%, 90.4%, and 92.1% retention rates in 2015, 2016 and 2017 respectively. This effort has been led through the Provost's office and supported by deans, faculty and many other departments across campus. We will discuss the personalized outreach and strategic plan that has led to our success – these techniques can be applied in high school settings as well. We will also discuss admission practices that have led to identifying hurdles to success and how we try to connect students who are more at risk for attrition with resources earlier.

PRESENTERS:

- **Jeff Blahnik** serves as Associate Provost for Enrollment Planning and Executive Director of the Office of Admissions and Recruitment at the University of Oklahoma. OAR handles the admission, recruitment and marketing for domestic and international prospective students at OU. Jeff also forecasts incoming classes, coordinates financial aid and scholarship strategies to incoming students with other departments, and works with the colleges to market the academic brand. He is also involved in retention committees on campus. Jeff's educational background includes: B.A. and J.D. from Marquette University, Milwaukee, WI.
- **Dr. Glen Krutz** serves as Vice Provost for Academic Initiatives at the University of Oklahoma. He leads OU's student retention and graduation initiatives and also oversees the general education and multi-disciplinary studies programs on campus. Glen leads enrollment planning and instruction through the provost's office and is the institutional officer for research compliance. Glen is a Professor of Political Science and Associate Director of the Carl Albert Congressional Research and Studies Center. Glen's educational background includes: B.A., M.P.A., from University of Nevada-Reno and Ph.D. from Texas A&M University.
- **Casey Partridge** serves as the Associate Director for the Graduation Office at the University of Oklahoma. He leads the Sooner Success coaching program and helps with campus-wide initiatives through the university's academic life coaching program. Casey serves as an instructor for the course 7 Habits of Highly Effective College Students, and presents across campus on efforts regarding the support of student retention and success. Casey's educational background includes: B.B.A, MHR from the University of Oklahoma. Casey also served 9 years in the Oklahoma Army National Guard completing a tour in Afghanistan as an Infantry Officer.

BREAKOUT SESSION #2

1:15 - 2:15 P.M.

THE HOUSE THAT CRACK BUILT AND PLAY THERAPY RENOVATED

Room 203 - Theater | Levels: Teens / In-Betweens

This workshop will focus on play therapy treatment with adolescents who have addiction issues. Adolescents have unique treatment needs that can be effectively addressed in play therapy. Experiential techniques grounding in the theoretical orientations of Gestalt, Adlerian and CBT will be presented in an experiential manner. Participants will learn how to utilize the power of play with adolescents. Participants will (1) learn about the top 3 addiction treatment models for adolescents, (2) learn 3 play therapy interventions that can be utilized with each of the 3 treatment models, (3) will design one play therapy technique based on the principles of addiction treatment for adolescents, and (4) will learn to customize 3 play therapy techniques for adolescents with addiction issues.

PRESENTER:

- **Dr. Sharolyn Wallace**, PhD, LCSW, RPT-Supervisor, is the 2018 Chair for the Association for Play Therapy and has been the Professor of Human Services at Tulsa Community College for over 20 years. She is also the director for TCC's Center for Addiction Prevention and Recovery Support. Dr. Wallace received the 2014 C.V. Ramana award for Outstanding Contribution to the Mental Health of Oklahoma's Children and the 2016 NASW-OK Social Worker of the Year. She is the Past-President for OK NASW and is a former Region X Board Member of the National Association for Social Workers. Dr. Wallace has been in private practice for over twenty-five years, specializing in child sexual abuse and trauma. She has also provided crisis relief work including play therapy in Sri Lanka, Alaska, New York, Miami, San Francisco, Scotland, and New Orleans. Dr. Wallace has published articles on play therapy and relapse prevention with child welfare families. She is the author of a series of children's books, "The Adventures of Bruce, Ben & Gerry."

THE COUNSELOR'S ROLE IN SCHOOL SAFETY

Room 408 - Case Study 1 | Levels: Littles / Teens / In-Betweens

There is nothing more important than the safety of our students. While school counselors are not the only ones who have a role in school safety, our role is critical. This session will address school safety from the counselor's perspective and offer practical ways that counselors can have an impact. Attendees will learn how counselors can play a part in school safety with specific steps and action items counselors can take in promoting school safety.

PRESENTER:

- **Michelle Sutherlin**, is a school counselor at Norman North High School. She has been a school counselor for 9 years and also works as an instructor for the Oklahoma School Security Institute. She has a Master's Degree in Human Relations Counseling. She serves on the OSCA Board.

BREAKOUT SESSION #2 - CONT'D

1:15 - 2:15 P.M.

HOSTING A CONFERENCE FOR STUDENTS: PREPARING THEM FOR THE NEXT STEP

Room 416 - Case Study 2 | Levels: Teens

Are we being effective in preparing our students for the “Next Step” when they leave us? In response to this question and witnessing a neighboring district plan & implement something similar, Mid-Del hosted its first-ever “Mid-Del Senior Conference” this past spring. The goal was to equip our students with life skills and topics outside the core academic areas. We had community partners present on topics such as Renting & Real Estate 101, Banking Basics, Do’s & Don’t of Social Media, Credit Awareness, etc. The Mid-Del Secondary Counseling Team will share their steps for planning & implementing the conference, what they learned, and share their model! They are in the process of planning a Junior Conference for the Fall of 2018, as well as a small-scale conference for 8th grade students transitioning to high school. ICAP and College & Career Planning will be included in both of those programs.

PRESENTER:

- **Meagan Bryant**, is the Coordinator of Counseling with Mid-Del Public Schools. She works with all the School Counselors in Mid-Del serving grades Pre-K to 12. Prior to moving to a district level position, she served as a School Counselor at Carl Albert High School. She received her bachelor’s and master’s degrees from the University of Central Oklahoma.

I BULLY U: WHY PEOPLE ARE MEAN AND HOW TO STOP IT

Room 412 - Council Room | Levels: Teens / In-Betweens

Bullying is such a widespread issue. It seems that despite our efforts to stop it, things have gotten worse. Chris Scheufele uses his many years of teaching experience, proven psychological techniques and hilarious, interactive tactics to show people of all ages the truth about social aggression and the proven social-emotional strategies that can stop bullying within one week. Attendees will learn the 3 reasons why people are mean, the truth and history of the modern bullying movement, how to properly frame social conflict in simple, manageable terms, the simple 2-step process to overcome any social conflict, and fun, interactive techniques to make social emotional learning fun! This session is geared toward upper elementary to high school educators.

PRESENTER:

- **Chris “Shoof” Scheufele**, is an educator, author, speaker and bullying expert. With more than a decade in the classroom, Chris has developed clever interventions that resolve conflicts instantly and promote a culture of resilience. He makes social emotional learning fun! His entertaining and educational programs have been recognized by educators nationwide, earning him a Teacher of the Year Award.

BREAKOUT SESSION #2 - CONT'D

1:15 - 2:15 P.M.

SENSORY-BASED PLAY THERAPY TECHNIQUES IN THE SCHOOL SETTING

Room 417 - Exhibit Room 2 | Levels: Littles / In-Betweens

This session will primarily focus on sensory-based play therapy interventions and tools to help increase self-regulation for students. This will include (1) identification of basic sensory processing needs, (2) identification of areas of sensory difficulties for children, (3) general principles of sensory based play therapy, (4) ways to use sensory based play therapy techniques to assist students with regulation both inside and outside the classroom setting, and (5) learning tools to assist students in self-regulation through sensory play. This session will primarily be targeted for elementary aged children and early childhood but could be applicable to older students as well.

PRESENTER:

- **Darcie Taggart** has a Masters of Arts from the University of Louisville in Expressive Therapies and holds dual licensure in Art Therapy and Counseling in the state of Kentucky. She has been a practicing therapist heavily focused on Art and Play therapy for the last 16 years, with the last 10 spent primarily focused on working with young children, families, and individuals on the Autism Spectrum. She has been training child care professionals, clinicians, and caregivers for the last 10 years on a variety of topics. She is certified in both Parent-Child Interaction Therapy (PCIT) and Child-Parent Psychotherapy and is working towards becoming a Registered Play Therapist (RPT).

SCHOOL CLIMATE FOR LGBTQQIA+ STUDENTS

Room 413 - Exhibit Room 1 | Levels: Teens / In-Betweens

Research continues to show that adolescents who identify under the umbrella of LGBTQQIA+ are subject to harassment and violence from peers. LGBTQQIA+ youths’ mental health is at risk in addition to their safety. School climates play a significant role in the US, as most children spend a majority of their time in public education institutions. Implementing a course designed solely on LGBTQQIA+ diversity and training in the classroom for pre-service K-12 educators has been continually identified as a need. Participants will be exposed to diverse identities, have conversation with critical reflection, and connect theory to practice. Participants will be learn about a 15-week, 1 credit-hour course that outlines specific interventions that address the needs of children of all ages in public education.

PRESENTERS:

- **Emily Beers** is entering her 7th year as a special education teacher. The majority of her experience has been as an elementary teacher in public schools, working with children with various disabilities, including exposure to trauma and trauma-focused behavior interventions. Emily is in her 3rd year as a graduate student in the School Counseling Master’s program at OSU.
- **Cassie Herndon** is in her third year as a graduate student in the School Counseling Master’s Program at OSU. Her previous work was as a secondary education science teacher in public schools with gifted students.

BREAKOUT SESSION #3

2:30 – 3:30 P.M.

EMPATHY BUILDERS: USING PLAY THERAPY FOR SCHOOL SOCIAL SKILLS GROUPS

Room 203 - Theater | Levels: Littles / In-Betweens

This workshop will explore how to implement play therapy techniques in a group setting to work on empathy building, conflict resolution, and general social skills with peers. Participants will learn (1) the basic tenants of play therapy, (2) how empathy is tied to social skills and (3) how empathy can help with conflict resolution. Participants will also (4) learn play therapy techniques used to build empathy.

PRESENTERS:

- **Nancy Soliz**, MS, LMFT, RPT-S, is the current president of the Oklahoma Association of Play Therapy and owns a private practice.
- **Lea May**, MS, LMFT, RPT-S, is a board member of the Association of Play Therapy and owns the agency Instilling Hope and Wellness.

COUNSELING YOUR LITTLEST LEARNERS

Room 408 - Case Study 1 | Levels: Littles

The presenter will show ideas and share resources on classroom guidance lessons and small groups for Early Childhood students.

PRESENTER:

- **Dr. Erin Nation**, graduated from Oklahoma State University with a Bachelor's degree in Human Development and Family Science as well as a Doctorate in Education. Her Masters of Education degree with specialization in Guidance and Counseling was earned at the University of Central Oklahoma. Dr. Nation has worked at the Oklahoma State Department of Education as the Director of Early Childhood, is a former Kindergarten teacher, and is currently an Elementary School Counselor with 3 children of her own under the age of 5.

SANDTRAY PLAY THERAPY IN THE CLASSROOM AND COUNSELING OFFICE

Room 412 - Council Room | Levels: Littles

This session is designed to provide school counselors with the basics of sandtray play therapy. Participants will engage in activities including role play, reflection, and small group discussion. Participants will (1) identify at least 2 sandtray play therapy activities to utilize in the classroom, (2) Identify at least 2 sandtray play therapy activities to utilize with individuals in the counselor's office, (3) participate in an individual and group sandtray play therapy activity and (4) develop a plan to utilize sandtray play therapy in their schools.

PRESENTER:

- **Lisa Morrell Dawson**, MA, MS, LPC, is a Registered Play Therapist—Supervisor. She received her training and education from KC Play Therapy in Kansas City, KS while completing her MA in Counseling at MidAmerica Nazarene University. Lisa is also a LPC Supervisor in Oklahoma. Additional certifications include TF-CBT, Autplay® Level II, NCC (National Certified Counselor) and endorsement as an Infant Family Specialist (IMH-E®) by the Infant Mental Health Association. Lisa holds a Master's degree in early childhood education from Emporia State University and was an early childhood educator in private, public school and university settings. Lisa has been educating adults since 1992.

BREAKOUT SESSION #3 - CONT'D

2:30 – 3:30 P.M.

WORKING WITH STUDENTS WHO HAVE EXPERIENCED TRAUMA

Room 416 - Case Study 2 | Levels: Littles / Teens / In-Betweens

Implementing trauma-informed practices in the classroom can transform the way counselors interact with students. Students who have been impacted by trauma operate with a high level of stress. Over time, this level of stress can change the way the brain operates. This session will discuss how the Adverse Childhood Experiences Study has offered a glimpse into what these students are experiencing. The session will also help counselors better understand students who have experienced trauma and learn how to build relationships and connection with all students. Participants will gain an understanding of Adverse Childhood Experiences, learn differences in a trauma-informed approach with students, and hear practical application tips from a school district that is implementing a trauma-informed approach.

PRESENTERS:

- **Kristin Atchley** is the Executive Director of Counseling at the State Department of Education. She is a graduate of Oklahoma State University, where she received her Master's Degree in Human Development and Family Science, specializing in Marriage and Family Therapy. Kristin is devoted to helping students find success through hard times and difficult circumstances. Likewise, she strives to lead other school counselors in advocating for their profession and highlight the importance of the counselor role in the school setting.
- **Elizabeth Suddath** is the Director of Prevention Services at the Oklahoma State Department of Education. Elizabeth graduated from the University of Oklahoma with a Bachelor of Science in Health and Exercise Science a master's degree in Public Health. She is dedicated to the betterment of students' futures through promoting programs that teach healthy interactions and overall emotional wellness.
- **Meagan Bryant** is the Coordinator of Counseling with Mid-Del Public Schools. She works with all the School Counselors in Mid-Del serving grades Pre-K to 12. Prior to moving to a district level position, she served as a School Counselor at Carl Albert High School. She received her bachelor's and master's degrees from the University of Central Oklahoma.

BREAKOUT SESSION #3 - CONT'D

2:30 – 3:30 P.M.

INCREASING HAPPINESS, PRODUCTIVITY, AND PERFORMANCE

Room 417 - Exhibit Room 2 | Levels: Teens

This presentation draws from the recent research in the field of positive psychology which links happiness with success. According to Harvard lecturer, Shawn Achor, the traditional formula for success has been “if you work hard, you will be successful and then you will be happy.” However recent research indicates the traditional formula for success is actually backwards. In reality, “If you are happier, you will work harder and then you will be successful.” Using the new formula, the counselors initiated the HSC Happiness Project which integrates strategies to help students create a positive mindset, build social skills, and improve motivation. For 30 minutes once a month the entire campus is invited to participate in various activities designed to reduce stress and anxiety and promote social connections. This presentation is geared to engage the audience in activities used to increase happiness, productivity, and performance. When we are happy, (when our mindset and mood are positive), we are smarter, more motivated, and more successful. Samples of activities include: coloring, breathing exercises, mindfulness, and social interactions. These simple exercises are effective in small and large school districts as well as in business and industry settings. Handouts and giveaways as well as the PowerPoint presentation will be made available to all participants.

PRESENTERS:

- Paula Bearden, Amy Beck, & Carla Henson are counselors at the Health Science Center at Tulsa Technology Center. They have over 60 years of combined school counseling experience and share a passion for intentionally promoting a positive school culture through “Happiness” activities.

SCHOOL COUNSELING SUPERVISION FOR SUPERVISORS AND SUPERVISEES

Room 413 - Exhibit Room 1 | Levels: School Counseling Supervisors & School Counseling Students

Effective supervision is vital to the development of all school counselors. In a school environment, a supervisor must incorporate many areas (ASCA Ethics, Mindsets and Behaviors, and Competencies) to ensure the supervisee is obtaining the information and experience necessary to be an effective school counselor. This model allows supervisors to know how to address issues that arise and provide direction to supervision sessions. This model also allows supervisees to learn how to ask for what they need from their supervisors to ensure they get what they need from the supervision process. This presentation is directed towards both supervisors of school counseling students and students in a school counseling program. Participants will review unique needs of school counselors-in-training and why a school counseling specific model of supervision is necessary. Participants will explore a new School Counseling Supervision Model that includes relevant content consistent with the ASCA National Model, School Counselor Competencies, and Mindsets and Behaviors. Participants will generate ideas about how they can implement the updated School Counseling Supervision Model, either as a supervisor or a supervisee.

PRESENTER:

- Amanda Stuckey has been a certified School Counselor for 5 years. She is currently a Counselor Education doctoral student at the University of Arkansas, where she supervises multiple school counselors in training. She also co-teaches Practicum and Internship for School Counselors.

BREAKOUT SESSION #3 - CONT'D

ROUNDTABLES

2:30 – 3:30 P.M.

ROTATING ROUNDTABLES OF RESOURCES

Room 265 - Ballroom

Learn about multiple programs and curriculums in one fast-paced session! Choose four of the sessions listed below and learn all about them for 15 minutes each!

2:30 - 3:30 P.M. ALL ROUNDTABLES IN ROOM 265 - BALLROOM	LEVERAGING ICAP FOR ADVOCACY: OKLAHOMA DEPT. OF CAREER TECH + ○	HOME FREE FOR EDUCATION ↔	FREE RESOURCES & PROGRAMS FOR HIGH SCHOOL STUDENTS: OKLAHOMA NATIONAL GUARD +
IS YOUR STUDENTS' LEADERSHIP TRAINING ENOUGH?: BOYS STATE +	COLLEGE PLANNING: OKLAHOMA STATE REGENTS FOR HIGHER ED + ○	SECONDARY TRAUMA COUNSELORS: OKLA. STATE DEPT. OF EDUCATION ↔ CANCELED	FREE WORKFORCE SKILLS WORKSHOPS: ARTES PRO VITA ACADEMY +

KEY: § Littles + Teens ○ In-Betweens ↔ School Counselors

LEVERAGING ICAP FOR ADVOCACY: OKLAHOMA DEPARTMENT OF CAREER TECH

Level: Teens / In-Betweens

This roundtable session will allow you small group consulting time. We will address your pressing ICAP needs. You will receive resources aligned to the ASCA mindsets and behaviors. You will receive assistance in seeing the larger opportunities ICAP initiative provides you to advocate for students and your comprehensive school counseling program in your local community.

PRESENTER:

- Erica Harris is a school counselor currently helping schools with career development resources in her role at the OK Department of Career Tech as the OKCareerGuide Coordinator for the state of Oklahoma. She has 20 years of experience in social and student services. She has been a school counselor at every grade level, including postsecondary and alternative education. Erica is a passionate advocate for school counselors and direct services for students.

BREAKOUT SESSION #3 - CONT'D

ROUNDTABLES

2:30 – 3:30 P.M.

ROTATING ROUNDTABLES OF RESOURCES - CONT'D

HOME FREE FOR EDUCATION

Level: School Counselors

Homeownership is the American dream, yet closing costs and down payments are often a prohibitive factor in attaining this goal. Learn about a new mortgage loan product that helps school system employees reach their dream of owning a home.

PRESENTERS:

- **Leigh Singleton**, CPA, Certified Financial Health Counselor, and founder of MidFirst MoneyMoments financial education program, has provided financial education workshops in public schools, college campuses, and workplaces for seven years. A recent endeavor is MoneyCoach, an on-campus financial coaching program at the University of Oklahoma which provides financial guidance throughout a student's college career. She is the author of *So Awkward Journal: A Journey Towards Confidence* and *Nine Million Minutes*, a contemporary romance.
- **Cindy Randolph** is a graduate of Oklahoma State University and has served in the banking industry her entire career. With over 35 years of experience, Cindy works with community organizations, schools, and nonprofits. She assists with the Community Reinvestment Act requirements, providing banking services and credit opportunities.

FREE RESOURCES & PROGRAMS FOR HIGH SCHOOL STUDENTS: OKLAHOMA NATIONAL GUARD

Level: Teens

School Counselors, come learn about the numerous programs and resources offered for FREE to any high school! Some examples include our self-defense course, anti-bullying and drug campaign, Career Direction, and the ASVAB. We will also provide a brief overview of OK National Guard benefits for students who are interested in the military but also want to go to college or learn a skilled trade.

PRESENTERS:

- Staff Sergeant **Lori Smith** is a recruiter and advisor for the Oklahoma National Guard. Lieutenant Colonel **Kevin Roland** and Command Sergeant Major **Shelly Haynes** are both with the OK Recruiting & Retention Battalion.

BREAKOUT SESSION #3 - CONT'D

ROUNDTABLES

2:30 – 3:30 P.M.

ROTATING ROUNDTABLES OF RESOURCES - CONT'D

IS YOUR STUDENTS' LEADERSHIP TRAINING ENOUGH?

Level: Teens

Boys State is a non-partisan intensive week of leadership, government, and patriotism sponsored by the American Legion of Oklahoma. For one week, Oklahoma's finest young men, Legionnaires, and other outstanding volunteers gather on the campus of NEO A&M College in Miami, OK where they study the government of Oklahoma through classroom work and various simulations including a mock legislature, state executive offices, and a court system.

PRESENTERS:

- **Clay Ballenger** is the Director of Oklahoma Boys State and a Tulsa police officer.
- **Bart Looper** is the Chief of Staff for Oklahoma Boys State and the owner of Leather Goods in OKC.

COLLEGE PLANNING: OKLAHOMA STATE REGENTS FOR HIGHER ED

Level: Teens / In-Betweens

This session will provide a variety of resources to counselors as they support students in their pursuit of education beyond high school. This session will focus on two key college planning programs - OKcollegestart.org and UCanGo2 - the free, dynamic online features and educational resources you can use to help students and parents plan, prepare and pay for college. This includes Individual Career Academic Plan (ICAP) tools, electronic transcript exchange, campus comparison tools, finding and applying for scholarships, and career and interest inventories. Attendees will also learn about FAFSA completion resources including the Oklahoma FAFSA Data Portal.

PRESENTERS:

- **Sheniqia Haynes** has worked for the Oklahoma College Assistance Program since 2018. As Outreach Specialist, she travels the state providing information and resources to student, parents, and counselors regarding college access and financial aid. Sheniqia graduated from Cameron University with a Bachelor of Science in Sociology.
- **Letha Huddleston** has nearly 15 years of experience in higher education. As an Outreach Specialist, Letha facilitates OCAP's relationships within the college access community through direct and empowerment services. Letha teaches college planning and FAFSA education workshops and serves as an administrator for the Oklahoma College Access Network (OK-CAN).

BREAKOUT SESSION #3 - CONT'D

ROUNDTABLES

2:30 – 3:30 P.M.

ROTATING ROUNDTABLES OF RESOURCES - CONT'D

FREE WORKFORCE SKILLS WORKSHOPS: ARTES PRO VITA ACADEMY

Level: Teens

Some of the most important skills required to survive have not traditionally been taught in school. Formal education provides the hard skills. Soft/people skills, on the other hand, are learned through experiences. In order for an individual, organization, or community to succeed, SUPER (Hard + Soft) Skills are required to improve your ability to listen, communicate, negotiate, and collaborate, empowering you to get and keep a job, work with others, identify problems and solutions, and build teams in today's workforce. Learn about the SUPER Skills series of workshops. Through audio, visual, and tactile blended learning, and the L.I.F.E. learning approach (Look & Listen, Imagine, Focus, and Empower), participants combine their hard skill knowledge with soft skill abilities, to create a SUPER Skilled workforce for the future! Through the Skills for L.I.F.E. Foundation, the SUPER Skills workshops are shared with public schools and transitioning military members for FREE.

PRESENTER:

➤ **Meegan Kriley-Mackay** the founder of Artes pro Vita Academy (AVA), received a Bachelor of Science in Political Science from the University of Montana and a Master in International Public Policy from Johns Hopkins University SAIS in Washington, D.C. In 2013, Meegan saw the difficulty her husband and other military members were experiencing transitioning their skills into the private and corporate sectors. She began offering a series of free, interactive and multi-sensory workshops to transitioning soldiers and their families, providing the SUPER (Hard + Soft) Skills they needed to translate their skill sets, knowledge, experience, and talents into the private and corporate sectors. Today, the AVA facilitates Certified SUPER (Hard + Soft) Skill Professional Development Training in five states focused on bridging the Skills Gap and connecting five generations in the workforce.



THIS CERTIFICATE VERIFIES THAT:

ATTENDED THE FOLLOWING HOURS OF PROFESSIONAL DEVELOPMENT AT THE
OKLAHOMA SCHOOL COUNSELOR ASSOCIATION'S SEVENTH ANNUAL CONFERENCE
AT OKLAHOMA STATE UNIVERSITY IN STILLWATER, OKLAHOMA.

Thursday, November 8, 2018:

- ☐ **10:00am – 1:00pm (3 hours):** Ethics and LGBT Diversity in Schools: Creating and Maintaining Safe Spaces – Dr. Hugh Crethar and Dr. Tonya Hammer, Oklahoma State University
- ☐ **2:00pm – 5:00pm (3 hours):** Adverse Childhood Experiences, Trauma, and Play Therapy – Dr. Dee Ray, University of North Texas
- ☐ **6:30pm – 9:00pm (2.5 hours):** Viewing of film Paper Tigers followed by Panel Discussion with the 2018-2019 OK School Counselor of the Year and representatives from OK School Counselor Association, OK State Department of Education, and the OK Mental Health Association

_____ **TOTAL hours of professional development awarded on this 8th day of November, 2018.**

Friday, November 9, 2018:

- ☐ **9:00am – 10:30am (1.5 hours):** Play and Relationship: Meeting Needs of Children and Adolescents in School Settings – Dr. Dee Ray, University of North Texas
- ☐ **10:45am – 11:45am (1 hour):** Breakout Session #1: _____
- ☐ **11:45am – 1:00pm (0.5 hour):** Becoming a Registered Play Therapist – Dr. Sharolyn Wallace, Association for Play Therapy
- ☐ **1:15pm – 2:15pm (1 hour):** Breakout Session #2: _____
- ☐ **1:15pm – 2:15pm (1 hour):** Breakout Session #3: _____

_____ **TOTAL hours of professional development awarded on this 9th day of November, 2018.**

