

NJAMC/NJASGW 2011 Annual Conference

Friday, October 7, 2011
8:00am - 4:30pm

The Conference Center at Mercer
Mercer County Community
College
1200 Old Trenton Rd.
West Windsor, NJ 08550

Keynote Speaker:
Corinne Zupko, MA,
LPC



Co-Sponsored by:

NJAMC
New Jersey Association
For Multicultural
Counseling

NJASGW
New Jersey Association
For Specialists in Group
Work

7.0 CE hours offered under the auspices of
the National Board for Certified
Counselors (NBCC)

Our Presenters...

Lona Stranieri, LCSW is the founder and Director of Princeton Center for DBT and has extensive training and experience in Dialectical Behavior Therapy (DBT). In addition, Lona is trained in Eye Movement Desensitization and Reprocessing (EMDR) as well as Prolonged Exposure for PTSD. She provides treatment based on the unique needs of each individual within the context and structure of empirically based treatment models.

Ilana Tolpin Levitt, LPC, LMHC is a graduate of Columbia University's Counseling and Organizational Psychology program. She has worked as a career consultant in both New York City and Middlesex Co. NJ for over 19 years. She specializes in women's issues and ran a mother-daughter relationship workshops with her mother, a psychoanalyst, for 12 years. In addition to her private practice, she is Director of Training and Development in Human Resources at The New School in New York City.

Jennifer Peck-Nolte, MA received her Master's degree in School Counseling from Rider University and has worked with adolescents and children as a school counselor for the past ten years. She currently teaches as a part-time adjunct instructor in the Graduate Dept. of Counseling at The College of New Jersey. Jennifer is Past President of the NJCA and current President of NJASGW.

Dennis Millar, LPC is a School Social Worker, Traumatic Loss Coalition responder, and Disaster Response Crisis Counselor. He is involved in program development for schools and has presented to thousands of students regarding Bullying and Sexual Harassment over a 20+ year career. He also sits as a panel member for the Delaware Valley Minority Achievement Consortium as an expert on the topic of bullying.

Tiffany Minichino, MA, SAC is a recent graduate of Kean University's Counseling Department. Tiffany has an extensive history working as a Coordinator of Prevention Services in Somerset County, New Jersey. She has presented on topics of alcohol and drug abuse, alcoholism and the elderly and life satisfaction.

Karen Heinbach, MA, NCC received her Master's degree in Counseling with a specialization in Community Mental Health from The College of New Jersey in 2009. She works as a therapist at the Drenk Behavioral Health Center in Mount Holly, New Jersey, where she facilitates group therapy for individuals diagnosed with schizophrenia and bipolar disorder. Areas of interest include trauma, mindfulness meditation, and holistic health.

John Muldoon, PhD, LPC is an Assistant Professor of Counselor Education at Kean University. He has been a counselor in community mental health, substance abuse, and batterer intervention programs. His research interests include batterer intervention, substance abuse, and group process. He is a Licensed Professional Counselor (SC, PA) and a Certified Addictions Professional.

Stephani Jacobs, Ed.S., LMFT is a doctoral candidate at Drexel University's Programs in Couple and Family Therapy and a temporary faculty member at The College of New Jersey. Stephanie also serves as a consultant for *Exhortations, LLC*, a training organization designed to encourage healthy relationships. She is a former secondary English teacher and school counselor.

Amanda Ascheson, MA, SAC is a recent graduate of Kean University's Counseling Department. Amanda was the recipient of the 2011 NJCA Outstanding Graduate Student Award. She has worked with adolescents and adults in in-patient treatment facilities, children with developmental disabilities and adolescents who were wards of the state.

Misbha Qureshi, MFT, is a second year doctoral student at Drexel University, Philadelphia. She works for Steinger Behavioral Care Services a Crisis Counselor and Crisis Manager, helping clients and families overcome psychiatric crises. Her interests and experience lie in working with dually diagnosed individuals suffering from both substance abuse and mental health, specifically with those that present with suicidality and trauma.

Nina Mendez, PMC, is a doctoral student at Drexel University's Couple and Family Therapy program located in Philadelphia PA. She is currently working for school therapeutic services in the school district of Philadelphia as a behavioral health clinician. Her research interests include working with traumatized underprivileged minority youth and families.

Directions to Conference

For specific driving directions, please visit the conference center website at: www.conferencecenteratmercer.mccc.edu

8:00am - 8:30am Registration and
Continental Breakfast

8:30am - 9:30am
KEYNOTE ADDRESS

“THE PRESENT STATE OF MINDFULNESS”

Corinne Zupko, Ed.S., MA, LPC, will explore with conference participants the research and practice of mindfulness, which has become widespread in the counseling and psychology fields. Its popularity comes at a time when it is sorely needed in a society that is suffering from many afflictions. This presentation will address the Buddhist roots of mindfulness, elements of mindfulness in other spiritual traditions, and the merging of Western science and this Eastern practice. The research on mindfulness with diverse populations will be explored and ways that counselors can benefit from this practice will be examined.

About Our Keynote Speaker...

Ms. Zupko specializes in mindfulness-based interventions. She is an Adjunct Professor at The College of New Jersey in their Counselor Education and Liberal Learning Departments. Zupko holds a B.A. in Psychology, and an M.A. and Ed.S. in Counseling with a specialization in meditation. She is a certified coach and Mindfulness-Based Stress Reduction teacher.

Morning Workshops 9:45am-12:15pm

1. **“The Skills of Dialectical Behavior Therapy (DBT)”** - This workshop will include an overview of the 4 modules of DBT Skills including: Mindfulness, Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance; as well as skills developed for adaptations of the model. Also discussed will be how to structure skills training sessions. Challenges associated with conducting skills groups will also be explored. Lona Stranieri, LCSW

2. **“The Power of the Mother/Daughter Relationship, Genograms, and Family Sculpting”** - This experiential workshop will provide a theoretical overview of women’s development and highlight the mother-daughter relationship as unique. Participants will learn about the power of this relationship and gain self-awareness about this critical dynamic. Through guided small and large group exercises, participants will have the opportunity to explore their own familial patterns. Helpful tips and tools for facilitating counseling sessions will be provided. Iana Tolpin Levitt, LPC, LMHC; Jennifer Peck-Nolte, MA; Karen Heinbach, MA, NCC

12:30pm -1:30pm Lunch, Networking & Poster Presentations

1:45pm - 3:00pm Afternoon Workshops

3. **“Beyond Multiculturalism Toward Public Health: Exploring the Intersections of Race, Class, Gender, and Violence to the Benefit of Women of Color”** - To date, conversations about multiculturalism have progressed from identifying characteristics of specific groups to making the invisible visible. This workshop moves the discourse forward by addressing the implications of cumulative inequality on public health by exploring the intersection of race, class, gender, violence, and public policy to the benefit of women of color. Health and advocacy recommendations will be discussed. Stephanie Jacobs, Ed.S., LMFT

4. **“Adolescent Substance Abuse Groups: How to Conduct Groups ”** - Important topics and research for facilitating successful groups will be provided. Participants will learn the most efficient way to set up groups. Participants will also learn effective facilitation of groups including important counseling related issues such as increasing member to member participation and challenging substance using behavior. Participants may have the opportunity to participate in an experiential activity. John P. Muldoon, Ph.D., Tiffany Minichino, MA, Amanda Acheson, MA

3:15pm - 4:30pm Afternoon Workshops

5. **Bullying Awareness©** - Bullying Awareness© examines the definition, sub-types, and levels of bullying as well as cyber-bullying. Additionally, conflict vs. bullying and reporting vs. snitching will be examined with a review of warning signs and suggested intervention options. The roles individuals may play in bullying situations may also be explored on a more interactive level. Dennis Millar, LPC

6. **“The Forgotten Families: Impact of Suicide on Family Members in the LGBT Population ”** - This presentation will highlight current research pertaining to suicide, particularly the limited information that exists in the literature in the LGBT population. Presenters will analyze different contextual variables, and draw attention to specific treatment approaches that have shown success in treating suicidal patients and their families. Clinical implications and future recommendations will be discussed since limited studies have focused on family members of LGBT persons who have committed suicide. Misbha Qureshi, MFT, CFT Doctoral Student; Nina Mendez, PMC, CFT Doctoral Student

7.0 CE hours will be granted through the
National Board for Certified Counselors
(NBCC)

POSTER SESSIONS

“The Status of Women and Girls in Mercer County and Available Community Resources” - This study utilizes existing data from many sources to explore key issues facing girls and women in Mercer County, NJ. This project is funded by the Princeton Area Community Foundation to better targeting their allocation of resources from their Women and Girls Fund. Lisa Camposano, Masters Candidate, The College of New Jersey

“Counseling Arab Americans” - This presentation will include overview of major cultural themes in Arab American culture. Attitudes to mental health and recommended counseling approaches will be explored. Alena Chilinski, MA



Conference Registration Form

Name _____
Street Address _____

City/State/Zip _____
Email _____
Work Affiliation _____
Primary Mental Health Interest(s) _____

Please circle the number corresponding
to your workshop choices:

Morning Workshops:

9:45am - 12:15pm 1 2

Afternoon Workshops

1:45pm - 3:00pm 3 4

3:15pm - 4:30pm 5 6

Registration Fees include
continental breakfast and lunch

Professional Registration

Advanced registration \$99.00
At the Door \$120.00

Student Registration

Advanced registration \$37.00
At the Door \$45.00

Please Detach Conference Registration Form. Mail registration & check (payable to NJAMC) to:

Kathryn Nyce, Secretary
28 Zion Rd.
Hopewell, NJ 08525

Questions? Call 609-466-4738

Photos may be taken of conference participants. By registering, you are giving consent for photos to be published to the NJAMC website and/or newsletter.

