

8-10-2019

## Career & Lifestyle Balance: Making the Case for Self-Care

Cynthia Doney

*Liberty University*, [cadoney@liberty.edu](mailto:cadoney@liberty.edu)

Follow this and additional works at: [https://digitalcommons.liberty.edu/ccfs\\_fac\\_pubs](https://digitalcommons.liberty.edu/ccfs_fac_pubs)



Part of the [Counseling Commons](#)

---

### Recommended Citation

Doney, Cynthia, "Career & Lifestyle Balance: Making the Case for Self-Care" (2019). *Faculty Publications and Presentations*. 134.

[https://digitalcommons.liberty.edu/ccfs\\_fac\\_pubs/134](https://digitalcommons.liberty.edu/ccfs_fac_pubs/134)

This Conference Presentation is brought to you for free and open access by the Department for Counselor Education and Family Studies at Scholars Crossing. It has been accepted for inclusion in Faculty Publications and Presentations by an authorized administrator of Scholars Crossing. For more information, please contact [scholarlycommunications@liberty.edu](mailto:scholarlycommunications@liberty.edu).

# Central Virginia Counselor Development Symposium



Liberty University

Lynchburg, VA | August 10, 2019



**Liberty University – Center for Counseling and Family Studies has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4592. Programs that do not qualify for NBCC credit are clearly identified. Liberty University – Center for Counseling and Family Studies is solely responsible for all aspects of the program.**

## Table of Contents

- Detailed Conference Schedule and Session Information
- Summary Schedule with Tracks Identified
  - School Counseling
  - Clinical Counseling
  - Special Populations/Advocacy
  - Digital/Telementalhealth
  - Supervision
- Presenter Biographies
- Sponsors

*NOTE: The opening session, lunch, and poster sessions will take place in the Montview Alumni Ballroom. All other sessions will be held in various rooms of the Freedom Tower, as indicated on the schedule.*

# Conference Schedule & Session Information

Saturday August 10th, 2019

Registration Table Opens  
8:00- 8:30 AM

Location  
Montview Alumni Ballroom



8:30- 9:30 AM

Welcome  
*Dr. Brandi Chamberlin*

Keynote Speaker  
*Dr. Savitri Dixon-Saxon*

Location  
Montview Alumni Ballroom

## Session 1 - 10:00- 10:50 AM

*All Sessions Include 1 CE hour*

### Building Hope in Students Affected by Adverse Childhood Experiences (ACEs)

**Location:** 7010

**Presenters:** Dr. Summer Kuba, Dr. Capri Brooks, & Dr. Kristy Ford

Adverse Childhood Experiences (ACEs) are experienced by many of our students throughout the country. Come learn about the prevalence of these unfortunate situations, what a trauma-sensitive school counseling program looks like, and how to instill a sense of action-oriented hope for students across the K-12 environment.

### Perfectionism and the Eating Disorder: Harnessing One's Desire for High Achievement While Quieting Their Inner Critic

**Location:** 9010

**Presenter:** Dr. Andrea Barbian-Shimberg

Often with eating disorders, an underlying aspect of perfectionism is seen. While there are benefits of being a high achiever, it can be detrimental. This session will build upon the basic understanding of eating disorders and specific treatment strategies focused on the multidimensional constructs seen with perfectionism and disordered eating.

### **PRESENTATION CANCELED** Social Justice and Advocacy for Juvenile Sex Offenders: Second Chance or Not?

**Location:** 10010

**Presenter:** Dr. Lee Underwood

### Digital harassment: Online threats to counselor, educator, client, and student well-being

**Location:** 11010

**Presenter:** Dr. David Brown & Dr. David Jones

As digital threats become increasingly commonplace, the potential for harm also increases. Newer types of cyberbullying and digital harassment have the potential to negatively affect anyone at any time in any location. This presentation will identify emerging digital threats and their impact and discuss recommendations for prevention and intervention.

### A Phoenix Rising out of the Ashes: Using Expressive Arts in Counseling Supervision

**Location:** 12010

**Presenters:** Dr. Christina Villarreal-Davis & Hughar Hartzenberg

Utilizing expressive arts in counseling supervision can be a transformative experience. Participants will benefit from this presentation as they learn effective strategies that build the supervisory relationship, increase their knowledge on the effectiveness of expressive arts in supervision, and gain understanding on how to implement an expressive art technique.

### Re-evaluating Learning Styles: Practical Implications for School Counselors

**Location:** 1510

**Presenters:** Dr. Vasti Holstun

Recent research has found little evidence to justify the actual effectiveness of learning styles into the classrooms. To improve student academic success, school counselors need to provide evidence-based support. This presentation will consider different factors that impact student success while providing alternative practical skills that can be used to support students' learning.

## Session 2 – 11:00- 11:50 AM

*All Sessions – Include 1 CE hour*

### Playing TAG: Strategies to Help Close the Trauma Achievement Gap (TAG)

**Location:** 7010

**Presenter:** Dr. Richard Albright

This presentation will review research which reveals that students who have experienced trauma are particularly at-risk for poor school performance. The session will then review empirically supported interventions, which can be used by school counselors to support students developing the strength and resiliency to overcome their academic disadvantages.

### **PRESENTATION CANCELED** It's Not JUST a Man's Word: A Look at the Integration of Christianity and Counseling Thru the Female Lens

**Location:** 12010

**Presenter:** Dr. Laurel Shaler

### Not a Client but Still Vulnerable: Ethical & Legal Responsibilities with Non-Clients

**Location:** 9010

**Presenters:** Dr. Robyn Simmons, Dr. Jama Davis, Dr. David Brown, Dr. Deborah Braboy, & Dr. Yulanda Tyre

All states have mandatory reporting of abuse of vulnerable populations for mental health professionals. However, the procedures are clear only when working with the client and having direct knowledge and information of the situation. This session will explore professional responsibilities with no direct knowledge of the situation or identifiable information.

### Father Presence: Enhancing Counseling by Advocating for and Including Dads

**Location:** 10010

**Presenters:** Dr. Jeffery Boatner, Dr. Holly Johnson, & Diamond Sciequan

Research reveals that paternal involvement in counseling is vital for children (Panter-Brick, Burgess, Eggerman, McAllister, Pruett, & Leckerman, 2014). In this presentation, attendees will learn the importance of involving fathers and how to do it effectively, based on best practices. Participants will engage in activities and discussion applying presentation content.

### The New Adolescent: How Social Media Has Changed the Landscape and How Counselors can Respond

**Location:** 11010

**Presenters:** Dr. Jonna Byars, Dr. Brad Imhoff, & Dr. Daria White

Adolescents today occupy a different social space than any previous generation. Technology and social media have changed behavior and relationships, and there are many psychological consequences including rising levels of loneliness, depression, and suicide. As counselors we must recognize the changed world our children inhabit, and develop new strategies for helping teens and those who relate to them. How counselors can best respond to this new social space and original research on the impact of social media in several cultures will be covered.

### Career & Lifestyle Balance: Making the Case for Self-Care

**Location:** 1510

**Presenter:** Dr. Cynthia Doney

Self-care is not a luxury. Self-care is not a waste of time. Professional self-care in the helping profession is an ethical necessity and must be pursued intentionally by practitioners. Additionally, the concepts must be modeled and taught to emerging professionals in the field.

## Lunch & Poster Sessions - 12:00-1:30 PM

Location: Montview Alumni Ballroom

Location	Presenter	Poster Name
1	Anne Glaeser Hubach	Investigating the Lived Experiences of Parent-Caregivers of Children with Severe and Profound Intellectual and Multiple Disabilities
2	Christina Body, Dr. Sarah Kitchens, & Dr. Lacey Ricks	Finding Balance in an Age of Constant Connection: Exploring the Impact and Solutions of Technology and Social Media Use
3	Lauren Mahan	A Qualitative Investigation into Behavioral Health Providers Attitudes Toward Interprofessional Collaboration
4	Dr. Cassandra Ferreira	Military Family Overseas Relocation and Resilience Factor
5	Tamatha M. Borkcom, Kimberly Harris, & Dr. Nivischi Edwards	Acknowledgment and Treatment of Racial Microaggressions in the Therapeutic Environment
6	Sharon Lewis, Dr. Nivischi Edwards, & Dr. Joy Mwendwa	Parallel process: Experiences of first semester practicum and doctoral students in the supervision relationship

## Session 3 – 1:30- 2:20 PM

*All Sessions – Include 1 CE hour*

### Creative Techniques and Strategies for School Counselors Working with Low-Income Students

**Location:** 7010

**Presenters:** Dr. Sarah Kitchens, Dr. Lacey Ricks, & Dr. Teshaunda Hannor-Walker

This presentation focuses on the impact of poverty on student achievement and creative techniques and strategies school counselors can take to help student's living in poverty to overcome barriers.

### Integrating Stress Management, Wellness, and Spirituality in Therapy

**Location:** 9010

**Presenters:** Dr. Holly Johnson & Dr. Jeffery Boatner

Integrative psychotherapy considers the unique needs of the client including preferences, motivation, physical ability, personal characteristics, and spiritual beliefs. This session will impart knowledge and provide insights for managing stress, promoting healthy living, and practicing spirituality in a way that best fits the individual's personal worldview.

### **PRESENTATION CANCELED** The Older Adult Student Perspective: Experiences from Two Recent Liberty Master's-Level Graduates

**Location:** 10010

**Presenters:** Dr. Michael Rose

### Using DeBono's Six Hats in University Internship Supervision – Online

**Location:** 11010

**Presenters:** Dr. Jacqueline Wirth & Dr. Summer Kuba

DeBono's Six Thinking Hats problem-solving technique was used in several online internship courses in order to facilitate case presentations by counselor trainees. The process and results of this method will be presented along with student testimony of their use of Six Hats during group supervision. Counselor educators will be introduced to this technique and will practice its implementation in order to support counselor interns as they think through each facet of case conceptualization.

### Eliciting Rich Qualitative Data: Using the Conceptual Mapping Task as a Dynamic Qualitative Research Tool

**Location:** 12010

**Presenter:** Dr. John King

The Conceptual Mapping Task (CMT) is a tool with a built-in member-checking feature that generates rich qualitative data in counseling research. In this session, the presenters will provide a live demonstration of the CMT in qualitative research and show how it can be used in clinical counseling and supervision.

### Ethical and Legal Considerations in Addiction Counseling

**Location:** 1510

**Presenter:** Dr. Karin Dumont

Ethical and legal issues of addiction counseling will be examined: lack of communication and continuity between research and clinical practice, lack of agreement over necessary professional credentials, questionable propensity of group work, special issues of confidentiality and privileged communication, boundary issues of professional practice, unusual circumstances of informed consent.



## Session 4 – 2:30- 3:20 PM

*All Sessions – Include 1 CE hour*

### Responding to the Mental Health crisis in Schools: Implications for Counselor Education Programs

**Location:** 7010

**Presenters:** Dr. Jose Maldonado & Dr. Vasti Holstun

The significant rise in mental health issues among students is alarming and challenges school counselors' preparation and professional identity. This mental health crisis in schools establishes the need for counselor education programs to revamp curriculum training methods, teaching pedagogy, and dual field experiences for counseling students.

### Intersection of Post-Traumatic Growth and Forgiveness: A Catalyst for Healing

**Location:** 9010

**Presenters:** Dr. Jama Davis, Dr. Robyn Simmons, & Dr. Kristy Ford

This presentation will connect the experience of post traumatic growth with the empirical support of forgiveness as an intervention with survivors of trauma. Research specific to the link between Post-Traumatic Growth and Forgiveness will be examined with the formulation of a tool-kit appropriate to this therapy.

### Exploring the Myths and Actualities of the Sex Trafficking of Vulnerable Populations, Victim Behavioral Risks, and Common Recruitment Tactics

**Location:** 10010

**Presenters:** Dr. Cynthia Doney, Dr. Dave Hollis, Vivian France, & Susan Kovoka

Sex trafficking recruitment takes place through manipulation, exploitation, and coercion. Counselors must know who is vulnerable to recruitment, and how targets are selected. It is vital to learn methods of assessment for discerning if victims are being groomed by pimps through boyfriending or other techniques, and why she allows it.

### Forward Thinking: Creative Anagogical Strategies in Counselor Education

**Location:** 11010

**Presenters:** Dr. Anita Knight Kuhnley & Dr. Justin Silvey

This roundtable is designed for the exchange of ideas between educators who seek to utilize innovative and experimental strategies i.e. flipping the classroom, incentivizing participation with behaviorism, and incorporating social media and other technologies to stimulate a community of inquiry within the residential and online counselor ed learning space.

### Enhancing Counselor Site Supervisor Self-Efficacy by utilizing Modular Participation

**Location:** 12010

**Presenter:** Dr. Steve Johnson

This program will focus on a curriculum designed to be used by counselor educators to enhance site supervisor sense of self-efficacy, competence, and effectiveness in the role as site supervisors. This program will achieve program learning outcomes by facilitating the transfer of knowledge to skill development through programmatic support of site supervisor's professional development.

### Infusing Social Advocacy Training into Counselor Education Programs: Challenges and Best Practices

**Location:** 1510

**Presenter:** Dr. Jerry Vuncannon

Counselor educators are tasked with training future counselors with social justice advocacy competencies; however, it has been unclear what this advocacy role entailed or how to put advocacy concepts into practice. This roundtable discussion will focus on social justice advocacy competencies and its infusion into counselor education curriculum.

## Session 5 – 3:30- 4:20 PM

*All Sessions – Include 1 CE hour*

### Working with Diverse Populations: Considerations for Special Needs Populations

**Location:** 7010

**Presenters:** Dr. Lacey Ricks, Dr. Sarah Kitchens, & Dr. Teshaunda Hannor-Walker

School counselors should help all students realize their potential and meet or exceed academic standards while considering all aspect of their disability and other special needs (ASCA, 2016). This presentation will review challenges faced by students with disabilities within schools and will provide resources for working with special needs students.

### Betrayal Trauma: Hope and Healing from Intimate Wounds

**Location:** 9010

**Presenters:** Dr. Patti Hinkley & Denise Hughes

Sexual betrayal is one of the most intimate types of betrayal a woman can experience. The recurring exposure of a partner's sexual infidelities can cause a woman to suffer from trauma symptoms. This presentation will provide factors that predict the level of trauma, as well as explore evidence-based treatment options that facilitate healing.

### Bridging the Racial Divide with a Viable Demonstration

**Location:** 10010

**Presenters:** Dr. Melvin Pride & Dr. Mark Myers

Using the Relational Cultural Theory, this presentation will explore the significance of intentional vulnerability, openness and communication on challenging long held cultural beliefs. The presentation consists of two men; one black, one white, exploring each other's diverse cultural experiences posing a series of racially sensitive questions of each other.

### Online Supervision Experiences of Graduate Counselors-in-Training

**Location:** 11010

**Presenter:** Dr. Sonya Cheyne

CITs from Liberty University's online graduate counseling programs will share personal experiences of integrating graduate training into practice with clients. Through the process of fulfilling individual purpose in life during the initial stages of counseling, these CITs will share their unexpected self-discoveries of a meaningfulness while facilitating healing in others.

### Encouraging a better practicum/internship experience by developing and implementing learning modules

**Location:** 12010

**Presenters:** Dr. Stacey Lilley, Dr. Steve Johnson, Dr. Mary Deacon, & Dr. Patricia Kimball

The use of developmentally-based series of learning modules in practicum and internship courses will be discussed. These modules are designed to reinforce key knowledge and skills acquired in the program; allowing courses to incorporate their core and specialty area objectives more systematically into their clinical experiences and evaluate their program.

### Grief Counseling from a Multicultural Perspective

**Location:** 1510

**Presenter:** Dr. Deborah Braboy

Clinicians need to understand death and grief through a multicultural lens. The focus of this workshop will be on helping counselors understand societal and cultural implications that can be obstacles in grief work and to understand issues that can complicate grief as it relates to their ethnicity, race, and/or culture.

## Summary Schedule

Keynote Presentation  
8:30-9:30 AM  
Montview Alumni Ballroom

	School Counseling Location for all: 7010	Clinical Counseling Location for all: 9010	Special Populations/ Advocacy Location for all: 10010	Digital/ Telemental Location for all: 11010	Supervision Location for all: 12010	Round Table Location for all: 1510
<b>10:00a</b>	Building Hope in Students Affected by Adverse Childhood Experiences (ACEs) - Dr. Summer Kuba, Dr. Capri Brooks, & Dr. Kristy Ford	Perfectionism and the Eating Disorder: Harnessing One's Desire for High Achievement While Quieting Their Inner Critic – Dr. Andrea Barbian-Shimberg	Social Justice and Advocacy Second Chance or Not? - Dr. Lee Underwood <b>PRESENTATION CANCELED</b>	Digital harassment: Online threats to counselor, educator, client, and student well-being - Dr. David Brown & Dr. David Jones	A Phoenix Rising out of the Ashes: Using Expressive Arts in Counseling Supervision – Dr. Christina Villarreal-Davis & Hughar Hartzenberg	Re-evaluating Learning Styles: Practical Implications for School Counselors - Dr. Vasti Holstun
<b>11:00a</b>	Playing TAG: Strategies to Help Close the Trauma Achievement Gap (TAG) - Dr. Richard Albright	Not a Client but Still Vulnerable: Ethical & Legal Responsibilities with Non-Clients - Dr. Robyn Simmons, Dr. Jama Davis, Dr. David Brown, Dr. Deborah Braboy, & Dr. Yulanda Tyre	Father Presence: Enhancing Counseling by Advocating for and Including Dads - Dr. Jeffery Boatner, Dr. Holly Johnson, & Diamond Sciequan	The New Adolescent: How Social Media Has Changed the Landscape and How Counselors can Respond - Dr. Jonna Byars, Dr. Brad Imhoff, & Dr. Daria White	It's Not JUST A Man's World: Looking at Career and Counseling Thru the Female Lens - Dr. Laurel Shaler <b>PRESENTATION CANCELED</b>	Career & Lifestyle Balance: Making the Case for Self-Care – Dr. Cynthia Doney

Lunch & Poster Sessions  
12:00-1:30  
Montview Alumni Ballroom

<b>1:30p</b>	Creative Techniques and Strategies for School Counselors Working with Low-Income Students - Dr. Sarah Kitchens, Dr. Lacey Ricks, & Dr. Tashaunda Hannor-Walker	Integrating Stress Management, Wellness, and Spirituality in Therapy - Dr. Holly Johnson & Dr. Jeffery Boatner	The Older Adult Student Perspective: Faculty Master's-Level Graduates - Michael Rose <b>PRESENTATION CANCELED</b>	Using DeBono's Six Hats in University Internship Supervision - Online Dr. Jacqueline Wirth & Dr. Summer Kuba	Eliciting Rich Qualitative Data: Using the Conceptual Mapping Task as a Dynamic Qualitative Research Tool –Dr. John King	Ethical and Legal Considerations in Addiction Counseling - Dr. Karin Dumont
--------------	---	---	--	---	--	--

2:30p	Responding to the Mental Health crisis in Schools: Implications for Counselor Education Programs – Dr. Jose Maldonado & Dr. Vasti Holstun	Intersection of Post-Traumatic Growth and Forgiveness: A Catalyst for Healing – Dr. Jama Davis, Dr. Robyn Simmons, & Dr. Kristy Ford	Exploring the Myths and Actualities of the Sex Trafficking of Vulnerable Populations, Victim Behavioral Risks, and Common Recruitment Tactics. - Dr. Cynthia Doney, Dr. Dave Hollis, Vivian France, & Susan Kovoka	Forward Thinking: Creative Andragogical Strategies in Counselor Education –Dr. Anita Knight Kuhnley & Dr. Justin Silvey	Enhancing Counselor Site Supervisor Self-Efficacy by utilizing Modular Participation - Dr. Steve Johnson	Infusing Social Advocacy Training into Counselor Education Programs: Challenges and Best Practices - Dr. Jerry Vuncannon
3:30p	Working with Diverse Populations: Considerations for Special Needs Populations - Dr. Lacey Ricks, Dr. Sarah Kitchens, & Dr. Tashaunda Hannor-Walker	Betrayal Trauma: Hope and Healing from Intimate Wounds – Dr. Patti Hinkley & Denise Hughes	Bridging the Racial Divide with a Viable Demonstration - Dr. Melvin Pride & Dr. Mark Myers	Online Supervision Experiences of Graduate Counselors-in-Training - Dr. Sonya Cheyne	Encouraging a better practicum/internship experience by developing and implementing learning modules - Dr. Stacey Lilley, Dr. Steve Johnson, Dr. Mary Deacon, & Dr. Patricia Kimball	Grief Counseling from a Multicultural Perspective – Dr. Deborah Braboy

## Welcome and Keynote Presenter Biographies

### Welcome Address

Dr. Brandi Chamberlin

Brandi Chamberlin has worked in many clinical settings including intensive in-home therapy, drug and alcohol rehabilitation, the geriatric psychiatric unit, the adult psychiatric unit as well as group and family work with individuals and families dealing with substance abuse issues. Her primary research interests are in online education, wellness, cultural humility, and other multicultural considerations. She is an active member of the counseling community serving as the President-Elect of the Lynchburg Area Counselor's Association, and the membership chair for the Virginia Association of Counselor Education and Supervision. Additionally, Dr. Chamberlin is the founder and director of the Central Virginia Counselor Development Symposium.



### Keynote Presenter

Dr. Savitri Dixon-Saxon

Dr. Savitri Dixon-Saxon is a Vice Provost at Walden University. With a 27 year career in higher education, Savitri Dixon-Saxon has been an administrator at Walden since 2005. She started her career at Walden as the program director for the M.S. in Mental Health Counseling and most recently served as the dean of the School of Counseling and the Barbara Solomon School of Social Work and Human Services. In her time at Walden, she has provided oversight for the establishment of two schools; the establishment of eleven academic programs; and accreditation for five counseling programs by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP), accreditation of the Master of Social Work program and the Bachelor of Social Work program through the Council for Social Work Education (CSWE).



Dr. Dixon-Saxon's primary areas of interest are the psychosocial identity of African American women; intergenerational workplace dynamics; and leadership and mentoring in distance education. As a single and custodial parent herself, Dr. Dixon-Saxon has focused her research on the issues of African-American single mothers, especially those who are in poverty and those who are trying to achieve and maintain middle-class status as single parents. In 2013, Savitri was named a Woman Worth Watching by the Diversity Journal. Since January 2016, Savitri has served as the chair of Walden's Diversity and Inclusion Working Group, creating the model for the inaugural group of diversity and inclusion ambassadors, and in 2019, she initiated Walden's first interdisciplinary social change conference called Real World Solution to Real World Problems aimed at identifying models for interdisciplinary collaborations for some of the world's most urgent crises. A trained counselor educator, Savitri is a licensed professional counselor in North Carolina and national certified counselor. She lives in Raleigh, North Carolina with her talented teenager, Saniyya Saxon.

## Presenters' Biographies

### Richard Albright

Dr. Albright worked as an elementary and middle school counselor in Pennsylvania for four years. Dr. Albright's professional experience also includes private practice, working with adjudicated youth in residential treatment, adjunct professor at Penn State University, and served as the Director of the School Counseling Program at Lee University for a number of years. Dr. Albright is a licensed School Counselor (PA), a Nationally Certified Counselor (NCC), and a Nationally Certified School Counselor (NCSC). He is an ASCA Certified Bullying Prevention Specialist, an ASCA Certified Anxiety & Stress Management Specialist, and an ASCA Certified Trauma & Crisis Management Specialist. Dr. Albright has authored several professional publications and presents regularly at state and national conferences.

### Andrea Barbian-Shimberg

Dr. Andrea Barbian-Shimberg earned her Ph.D. in Counselor Education and Supervision from University of the Cumberland and her M.A. in Professional Counseling from Liberty University. She is a Licensed Professional Counselor in North Carolina and a National Certified Counselor (NCC). She has over 9 years of experience in the mental health field. Dr. Barbian-Shimberg has over 3 years of experience in the field of eating disorders and has worked in residential, partial hospitalization, and outpatient settings. Dr. Barbian-Shimberg has research interests related to counselor education and supervision, eating disorders, and first responders. Additionally, Dr. Barbian-Shimberg is a member of many professional organizations and associations.

### Jeff Boatner

Dr. Jeffrey Boatner serves as a core faculty member with the Department of Counselor Education and Family Studies at Liberty University. Dr. Boatner received his Ph.D. in Counselor Education and Supervision from Liberty University. He is a Nationally Certified Counselor, and a Licensed Professional Counselor and licensed Marriage and Family Therapist in the state of Virginia, where he is also registered to provide clinical supervision. He has over 10 years of clinical experience working in a wide range of settings with diverse client populations.

### Christina Body

Christina Body is a full-time professional school counseling intern at a T-STEM Designated School in Texas. She is currently completing the final two semesters of internship in Liberty University's Masters of Education in School Counseling program and is expected to graduate in December 2019. After graduation, Mrs. Body hopes to work as a full-time professional school counselor in her district, while pursuing a Ph.D. in Clinical Psychology. Prior to pursuing an M.Ed. in school counseling, Mrs. Body was a general education teacher in North Carolina, where she taught third grade.

### Tamatha M. Borkcom

Tamatha Borkcom completed her undergraduate degree at the University of Memphis where she majored in Business Administration, concentrating in Personnel Administration. She is employed as a Customer Service-Quality Control Agent in the Human Resources Support Division at Federal Express World Headquarters. She is a graduate student pursuing a Master of Arts degree in Professional Counseling at Liberty University.

### Deborah Braboy

Dr. Deborah Braboy is an Assistant Professor in the Department of Counselor Education and Family Studies for Liberty University. She has been a Licensed Professional Counselor-Supervisor for over 15 years in both Arkansas and Oklahoma. She has her certification to utilize Distance Counseling with clients in Arkansas. She is also a Nationally Certified Counselor. Her areas of research interest include grief, loss, and trauma and using the Enneagram in supervision with her supervisees.

### Capri Brooks

Dr. Capri Brooks began her career as a Counselor Educator in 2014. Prior to that, Brooks spent time working in both clinical counseling and school counseling. Dr. Brooks is a National Certified Counselor and a National Certified School Counselor. She is also a Licensed Professional Counselor-Supervisor and a Licensed School Counselor in Mississippi. Dr. Brooks' research area of interest is the ASCA National Model. She has presented several times on this topic. She volunteers as the school counselor at a local school. Dr. Brooks was previously awarded the honor of being the Counseling Division Student Representative of the American Educational Research Association.

### David Brown

Dr. David Brown is an Associate Professor and core faculty member in the Department of Counselor Education & Family Studies at Liberty University. Dr. Brown earned his M.A. in Counseling from Cincinnati Christian University and Ph.D. in Counselor Education & Supervision from Auburn University. Dr. Brown is a National Certified Counselor and is licensed in Ohio as a Licensed Professional Clinical Counselor-Supervisor and as a Licensed Chemical Dependency Counselor. Dr. Brown is professionally active in several regional and national counseling organizations, and he has served on the Board of Directors for the Greater Cincinnati Counseling Association since 2009.

### Jonna Byars

Dr. Byars is an Assistant Professor in the Department of Counselor Education and Family Studies at Liberty University. She is a Licensed Professional Counselor and Board Certified Counselor with over 15 years' experience teaching counseling classes and clinical work. She specializes in addictive disorders, and adolescent and women's issues. She has spoken on addiction and women's issues in a wide variety of contexts including civic, religious and academic settings. She has conducted research on women's issues and addictive disorders.

### Sonya Cheyne

Dr. Sonya Cheyne is an Assistant Professor in the Center for Counseling and Family Studies at Liberty University and has a private counseling practice in West Texas. She provides trainings and workshops, presents nationally and internationally, develops curricula, and is a national and international presenter. Her professional credentials include Licensed Professional Counselor and Licensed Professional Counselor Supervisor in Texas, National Certified Counselor, Certified Parent Trainer, Animal-Assisted Therapist, and Diplomate Clinician in Viktor Frankl's Logotherapy. Specializations have included children, adolescent, and family counseling, child abuse and foster care, adoption and attachment, at-risk and offender populations, crisis intervention and debriefing, substance abuse and addictions, the search for meaning and purpose, and serving as an expert witness in the courts.

### Jama Davis

Dr. Davis is a Licensed Mental Health Counselor in Indiana and Licensed Professional Counselor in North Carolina with over 30 years of clinical and educational experience. She is also a National Certified Counselor and Board Certified Professional Christian Counselor along with being a member of the American Counseling Association, Indiana Counseling Association and American Association of Christian Counselors. Since 1988, Dr. Davis has presented at conferences, seminars, and retreats. Clinical work for Dr. Davis has focused extensively on trauma, eating disorders, mood and anxiety disorders, women's issues and leadership transitions. She has counseled and taught internationally, most recently working with women leaders in Rwanda. Her research interests include loneliness and leadership, trauma and resilience, and women's issues.

### Mary Deacon

Dr. Deacon has specialized in counseling research and career counseling. Dr. Deacon was also part of a research team focusing on middle and high school career development and presented research findings at national conferences. Her teaching and research interests include the areas of girls' and women's career development, gender equity, and multicultural competency.

### Cynthia Doney

Dr. Doney has over ten years of experience in the areas of mental health counseling, counselor education, and intern licensure mentorship. She has specialized in marriage and family therapy, and also maintains specific focus in the areas of career counseling as well as attachment therapies. Dr. Doney is presently preparing to publish her work on parental adoption experiences with older children. In addition to the previously mentioned, her teaching and research interests also include studies in ethics, military adjustment challenges, and creative therapies.

### Karin Dumont

Dr. Dumont has specialized in addiction counseling and clinical community mental health counseling. She has taught in the Graduate Counseling Program at Liberty University for 10 years. Dr. Dumont has played an instrumental part in the development of the Masters of Arts in Addiction Counseling program. Her teaching interests include clinical mental health issues, group therapy, and addiction. Her research interests lie in the area of addiction and relationships and the role of attachment in development. Dr. Dumont has her PhD in Counseling.

### Nivischi Edwards

Dr. Nivischi loves the opportunity to integrate faith and counseling while teaching at Liberty University. Traveling is her favorite hobby; she has traveled to four of the seven continents. She is a Military and Family Life Counselor (MFLC) with the Department of Defense. As a MFLC, she provides counseling services to personnel and their families in all branches of the military. She earned her Ph.D. in Counselor Education from the University of Central Florida, her MA in Community Counseling from Andrews University and her BA in Psychology from Syracuse University. She is a Licensed Mental Health Counselor, Licensed Professional Counselor, National Certified Counselor, and Distance Credentialed Counselor.

### Cassandra Ferreira

Dr. Cassandra Ferreira earned her Ph.D. in Counselor Education and Supervision and M.A. in Community Counseling from Regent University. Dr. Ferreira is active in the mental health field. She has experience working with couples, adults, and children. She has a special interest in using inner healing approaches when working with adults in therapy. Dr. Ferreira has presented at numerous venues focusing on identifying childhood needs in the classroom, strategies for meeting special needs students, and military family trends. Currently, Dr. Ferreira is researching the therapeutic needs of military families.

### Kristy Ford

Dr. Kristy Ford is an assistant professor in Liberty University's Department of Counselor Education and Family Studies, as well as a licensed mental health counselor in the state of Florida. Her research focuses on the therapeutic impact of mindfulness techniques on religious coping and secure attachment and on multicultural issues related to the application of religiously accommodative treatments in counseling practice. Her clinical experience includes private practice, managed care, and community based care. Dr. Ford has her PhD in Counselor Education and Supervision.

### Vivian France

Vivian France is honored to be a student in the Counselor Education and Supervision (CES) Program at Liberty University (LU) as well as a member of the Chi Sigma Iota (Local LU – Rho ETA Chapter). She has many years of teaching,



counseling, and ministry experience. Currently, she works as a tenured public-school counselor having gained a wealth of knowledge and expertise serving students and parents for more than 26 years. In addition to being a certified school counselor, Vivian has recently become licensed as a professional counselor (LPC) and works part-time in her own private therapeutic office (*Vision of Hope, LLC*), providing services for adolescents and adults. She is passionate about research in the areas of social justice issues, trauma, parenting, attachment, multiculturalism, cultural history, spirituality, wellness, & self-care. In her leisure she enjoys creative playwriting and depicting stories via theatrical performances that combine elements of her passion.

### Teshaunda Hannor-Walker

Dr. Hannor-Walker is a Georgia Certified Professional Counselor Supervisor, Licensed Professional Counselor, National Board-Certified Counselor, Certified Telemental Health Supervisor, Certified School Counselor, and Certified in Educational Leadership with over 15 years of counseling experience in public education. While in the public school system, Dr. Hannor-Walker was named "Top Ten School Counselors in America" by the American School Counselor Association (ASCA) in 2011. Dr. Hannor-Walker is a Licensed Clinical Therapist and CEO in her Private Practice, co-author of *How to Raise a Successful Child with ADD*, and provides training to educators and counseling professionals at state and national conferences.

### Kimberly Harris

Kimberly Harris is a psychology technician with an Embedded Behavioral Health Clinic located on Fort Stewart, Georgia. She has a Bachelor of Arts degree in psychology from Trinity Washington University and a Master of Arts degree in Human Services Counseling with a cognate in Marriage and Family Counseling from Liberty University. Kimberly is also a current graduate student with Liberty University, pursuing a graduate degree in professional counseling.

### Hughar Hartzenberg

Hughar Hartzenberg is currently finishing his MA degree in Clinical Mental Health Counseling at Liberty University Online and looks forward to becoming a NCC upon graduation as he has successfully passed the NCE. He currently works in a dual diagnosis treatment facility in CO and is part of a multidisciplinary team that depends on effective coaching from leaders in the field to provide quality care, assessment, and treatment. He is South African, lived in Japan for 10 years, and recently moved to the states, giving him a unique appreciation for multicultural factors and how they contribute to interpersonal relationships.

### Patti Hinkley

Dr. Hinkley is a core professor for the online counselor education program at Liberty University. She has been teaching counseling classes since 1987. She has been actively involved in various administrative roles at Liberty University all 32 years. These roles include the following: Academic Advisor, Director of Practicum and Internships, Department Chair (Psychology-Distance Learning), Faculty Coordinator (DLP), Executive Director of LU's Distance Program, Associate Dean (College of Arts & Sciences) and Department Chair for the online counseling program. Patti is a Licensed Professional Counselor, a Licensed Marriage and Family Therapist, and a Nationally Certified Counselor. She has practiced as a professional counselor for 19 years in a part-time private practice.

### Dave Hollis

Dr. David Hollis, is a Licensed Professional Counselor in the state of New York, and holds an Ed.D in Counseling Psychology. Additionally, he holds a Master of Religious Education in Counseling as well as a Bachelor of Religious Education in Pastoral Ministries. He has held the position of Assistant Professor for 13 years at Liberty University (both online and residential), in the departments of Counselor Education and Family Studies, and Community Care and Counseling. He has also acted as an Instructional Mentor in the department, overseeing a cohort of Assistant Professors. Finally, he regularly serves as a Clinical Instructor for on-campus Intensives at Liberty University.

### Vasti Holstun

Prior to becoming a counselor educator, Dr. Vasti Holstun was a school counselor for 16 years in Tennessee and in Colorado. Her experience includes being a Licensed Professional Counselor in private practice in Colorado Springs, CO, working with children, adolescents, adults, and families. Dr. Holstun has a passion for teaching and supervising counselors. Dr. Holstun is also a member of many professional organizations including the American Counseling Association (ACA), American School Counselor Association (ASCA), Association for Counselor Education and Supervision (ACES), Rocky Mountains Association for Counselor Education and Supervision (RMACES), and Colorado School Counseling Association (CSCA). She is also a National Certified Counselor (NCC) and a National Certified School Counselor (NCSC).

### Anne Glaeser Hubach

Anne Hubach has worked as a pastoral counselor at Whole Heart Pastoral Counseling for seven years and has been an educator for thirty-five years. She served as a missionary in Bolivia and has taught courses in pastoral counseling and human services at LU. Hubach has also assisted in authoring content for courses in the Department of Community Care and Counseling and has assisted with writing textbooks for the human services department. Her research interests include dynamics of families with children with intellectual disabilities and integration of Christian spirituality in counseling.

### Denise Hughes

Denise currently works as a clinician at the Center for Human Development Outpatient Behavioral Health Clinic in West Springfield, MA. She has a master's degree in professional counseling from Liberty University and a master's degree in business administration from Western New England University. Denise has been teaching marketing courses at Westfield State University in Westfield, MA for the past 18 years. She has business experience in marketing and research, and clinical experience in crisis and outpatient mental health services.

### Brad Imhoff

Dr. Brad Imhoff is an Assistant Professor of Counseling at Liberty University. He earned a Ph.D. in Counselor Education and Supervision from Ohio University, where he specialized in addictions counseling, specifically working with those who had been consumed by the growing opioid addiction epidemic. Dr. Imhoff's recent scholarly focus has been in the area of the cognitive behavior therapies and especially how they can be best understood and used to treat anxiety disorders.

### Holly Johnson

Holly Johnson, PhD, LPCS, NCC is an assistant professor at Liberty University in the department of Counselor Education and Family Studies. She has been working in higher education since 2010 and is the founder of a non-profit agency that provides hunger relief, advocacy, and counseling to impoverished individuals. Dr. Johnson was named Morganton Citizen of the Year for her work in social advocacy. Dr. Johnson has clinical experience in working with adults, adolescents, and children in both agency and private practice settings. Her research interests include sexual offender treatment, generational poverty, wellness, and social justice.

### Steve Johnson

Dr. Johnson is an associate professor and department chair for the online program. He began working with Liberty online in 2006 as an adjunct faculty and three years as an Instructional Mentor. For 17 years he was the Director of Behavioral Science at Valley Baptist Family Practice Residency program in Harlingen, Texas, a Christ-centered training program for family physicians. Prior to his position in Harlingen, he served 5 years as the director of Counseling Services and assistant professor of Pastoral Ministries at Dallas Theological Seminary. His areas of interest include Medical Family Therapy, Marital therapy, and online education.

### David Jones

Dr. David Jones has been a licensed clinical mental health counselor for the past 7 years and a counselor educator for the past 3 years. During this time, Dr. Jones has successfully taught on ethical issues around technology across courses in CACREP programs (e.g., ethics, practicum, internship). Moreover, Dr. Jones presenter has over 25 professional presentations at the national, state, and local level. As a professional counselor, Dr. Jones has evaluated digital threats in his private practice and has engaged in interventions for emerging threats to his practice and with clients.

### Patricia Kimball

Dr. Patricia Kimball specializes in counselor education in a university and clinical supervision settings. Prior to entering the world of higher education, she worked with high-risk children, adolescents and their families referred by the Department of Social Services, the Department of Juvenile Justice, local school systems and mental health agencies. She acted as the clinical director at various community-based agencies, developing and supervising programs for children, adolescents, and their families. Dr. Kimball also specializes in crisis and suicide evaluation and intervention. Dr. Kimball's research interests include ethics education, multicultural competence and how values connect these two concepts.

### John King

John A. King is an Assistant Professor of Counseling at Liberty University. He received his Ph.D. in Counselor Education and Supervision at Regent University, his M.Div. at Biblical Seminary (PA) and his M.A. in Counseling Psychology at Kutztown University (PA). He is a Licensed Professional Counselor in Pennsylvania, and he has significant experience as a supervisor for Master's Degree counselors and students. In addition to his counseling expertise, Dr. King has 23 years of experience in pastoral ministry and is committed to the integration of Christian theology with solid counseling praxis.

### Sarah Kitchens

Dr. Kitchens worked as a professional school counselor in Alabama and Georgia, serving both the elementary and secondary levels in both public and private schools. Dr. Kitchens' professional experience also includes non-profit work as a coach/counselor in Georgia. Dr. Kitchens is a National Certified Counselor (NCC) and a licensed School Counselor (preK-12). She is also certified by ASCA as a School Counseling Ethical and Legal Specialist. She is a member of many professional organizations including the American Counseling Association (ACA), American School Counselor Association (ASCA), Association for Counselor Education and Supervision (ACES), Southern Association for Counselor Education and Supervision (SACES), and Georgia School Counseling Association (GSCA). Dr. Kitchens has authored several professional publications, as well as several book chapters.

### Summer Perhay Kuba

Dr. Summer Perhay Kuba has diverse counseling experience working with children/students ranging from toddlerhood to the college level. She has provided therapeutic services to children in a residential shelter for abused children and has worked in the school setting focusing specifically on elementary and middle school students. After earning her Education Specialist Degree in School Counseling she went on to earn her Doctor of Philosophy degree in Counseling also from Florida Atlantic University. In addition, Dr. Perhay Kuba served as the Chair of the Board of Directors for the Florida School Counselor Association in 2016 and continues to serve as their advocacy chair.

### Anita Knight Kuhnley

Dr. Anita Knight Kuhnley is an Associate Professor of Counseling and a Licensed Professional Counselor (LPC) in the Center for Counselor Education and Family Studies at Liberty University. Dr. Knight earned her doctorate in Counselor Education and Supervision from Regent University. Dr. Knight is also certified as a highly reliable coder of the Adult Attachment Interview (AAI) through Mary Main and Eric Hesse's UC Berkeley AAI coder certification program. Dr. Knight has worked in a variety of clinical and educational settings including but not limited to: inpatient substance abuse

settings, college counseling centers, and private practice settings. Knight was awarded the Chancellor's Award for Teaching Excellence, first place at Liberty University.

### Sharon Lewis

Sharon is an LPC, has a master's degree in Counseling Psychology, and is currently pursuing a doctorate in Counselor Education and Supervision (CES) from Liberty University. Sharon has been in private practice since 2004 in Colorado where she works largely with the military community and families addressing a wide array of issues including marriage, family, deployment/separation, and trauma. Sharon is currently adjunct faculty at Colorado Christian University. Her research interests concern multiculturalism in counseling and counselor education, and the changing dynamics facing the counseling profession. She is currently researching the underrepresentation of African American women in the CES professorate.

### Stacey Lilley

Dr. Lilley began her career as a school counselor working with elementary and high school student students. Transitioning to Director of Counseling at a medical college, Dr. Lilley was able to pursue her research interests in wellness and was a recipient of an ACA grant, which enabled her conduct research and present findings at the national conference. Currently, Dr. Lilley's private practice focuses on mental health, individual wellness, and family dysfunction. She is also involved in instruction, student advisement and pursuing current areas of research interest involving wellness and family functioning.

### Lauren Mahan

Lauren Mahan is a doctoral candidate in the Counselor Education and Supervision program at Regent University. She is a teaching assistant at Regent University and a doctoral researcher for the Virtual Research Lab at Virginia Commonwealth University. Her research has primarily focused on topics involving interprofessional collaboration within the field of counseling, specifically when working with marginalized populations. Her latest published manuscript explores counselor's attitudes and perceptions of interprofessional collaboration, focusing in on the identified themes of collaboration and consultation. She has also developed a recent interest in addictions counseling, specifically what combination of approaches are the most effective and beneficial to the clients.

### Jose Maldonado

Dr. José Miguel Maldonado is an Associate Professor of Counselor Education at Liberty University. Dr. Maldonado has over 30 years of professional experience as a school counselor, mental health counselor, and professor working with culturally diverse students and families. He has provided consultation and outreach to children and families focusing on crisis intervention, social justice, and mental health counseling in schools. Dr. Maldonado has a Master's Degree of Education in Counseling Psychology from Lehigh University, a Master's Degree in Educational Technology from Wilkes University and a Ph.D. in Counselor Education from the University of Arkansas. His research and writings specialize in multicultural counseling, at-risk students, and the clinical supervision of professional counselors.

### Mark Myers

Dr. Myers is a native of Colorado and a veteran of the U.S. Navy. He has served as a pastor in many different capacities over the years and holds a Masters in Religious Education as well as a Ph.D. in Professional Counseling. His clinical experience includes local court-appointed work with adolescents and individual and family counseling at the acute inpatient psychiatric care facility of Virginia Baptist Hospital. Dr. Myers has served as a department chair with the Department of Counselor Education and Family Studies graduate programs (both online and residential). His research interests include Emotion Regulation, Religious Coping, and Mindfulness.

### Joy Mwendwa

Dr. Mwendwa served as a college and community counselor for seven years. She has participated in different international counseling institutes and service opportunities in Ireland, Malawi, and Kenya. Her research interests include qualitative and indigenous research methodology, the profession of counseling, multicultural competence, and the supervisory relationship.

### Melvin Pride

Dr. Pride is a Counselor Educator and has over fifteen years of experience as a licensed counselor in private clinical practice. A former business executive, he is also a licensed and ordained minister, with specialized training in church conflict resolution. His areas of emphasis in counseling include both individual as well as marriage and family issues. His interests include spirituality, interpersonal relationships, multiculturalism, and family system dynamics.

### Lacey Ricks

Dr. Ricks is a licensed School Counselor (preK-12) and a National Certified Counselor (NCC). She has seven years of experience as a school counselor and two years of experience as a career and college coach. She began her career as an Assistant Professor in 2014. Dr. Ricks has presented at state, regional, and national levels in the areas of poverty, disabilities, social justice, Narrative Therapy, identity development, and advocacy. Her primary research foci are poverty and diversity.

### Diamond Sciequan

Diamond is doctoral student and is currently enrolled in the Ed.D. Marriage and Family Counseling program at Liberty University. She currently works at Liberty University as a Faculty Support Coordinator with the Department of Counselor Education and Family Studies. Her experience includes working with CASA and Beacon of Hope. Her research interests include attachment, and more specifically father-daughter attachment and how it relates to well-being.

### Justin Silvey

Dr. Justin Silvey received a B.S. in Psychology and a M.Ed. in School Counseling from Liberty University and an Ed.D. in Counseling Psychology, with a specialization in Counselor Education and Supervision, from Argosy University. Prior to joining the faculty at Liberty University in 2013, Dr. Silvey worked as a professional school counselor in Central Virginia for over three years, serving both the middle school and high school levels. Dr. Silvey is a licensed School Counselor (preK-12) and has authored several professional publications. He serves as current Treasurer for the Virginia Association for Counselor Education and Supervision (VACES).

### Robyn Simmons

Dr. Simmons has been in the counseling profession for over 20 years, with clinical experience in both the public and private sectors and faculty appointments in both on-ground and online counselor training programs. Dr. Simmons research and clinical interests include sexual trauma, vicarious trauma, play therapy, and professional identity issues. She has numerous publications in professional counseling journals, textbook chapters, and professional newsletters and has presented locally, regionally, nationally, and internationally on these topics. Additionally, she serves as a board member for the Committee on Church Cooperation.

### Yulanda Tyre

Dr. Tyre has extensive experience working as a counselor, counselor educator, and higher education professional. She has worked as Assistant Vice Chancellor for Student Affairs, overseeing the areas of Counseling and Health Promotion Services, Career Development, Disability Services, and managing assessment. She is a board member of the Montgomery Mental Health Authority, President for the Alabama Association for Counselor Educators and Supervisors, Past-President of the Alabama College Counseling Association, the current Chair of Current Issues and Trends for the Alabama Counseling Association Board. She is the owner of Reignite, Counselor, Coach and Consultation Service and

author of Reignite, a 21 Day Devotional. She is committed to helping others realize, renew and ignite their talents, dreams, and goals.

### Christina Villarreal-Davis

Dr. Villarreal-Davis is an Assistant Professor at Liberty University and founder of Wellspring of Life Counseling and Play Therapy Center. She is a Licensed Professional Counselor and Supervisor (TX), a National Certified Counselor, and a Registered Play Therapist and Supervisor. She specializes in working with children utilizing play and sandtray therapy. Dr. Villarreal-Davis also specializes in Child Parent Relationship Therapy (CPRT) and has conducted research using this approach with Hispanic families. Her teaching and research interests include play therapy, sandtray therapy, CPRT, counseling children and adolescents, working with children in foster care, PTSD/trauma, couples counseling, and neurobiology in counseling.

### Jerry Vuncannon

Dr. Vuncannon is a Licensed Professional Counselor (North Carolina) and National Certified Counselor having earned a PhD in Counselor Education and Supervision. His experience includes working in multiple settings such as government mental health, hospitals, community agencies, and private practice working with various populations (adolescents, adults, couples, and military-related populations). In addition, he has international counseling-related experiences that include such countries as Singapore, Malaysia, Cambodia, Mexico, and South Africa.

### Daria White

Dr. Daria White earned her Ph.D. in Counseling and Supervision at James Madison University in 2017. She received the Women and Gender Studies Feminist Scholarship Award at James Madison University for her work with Bulgarian elderly women and the Outstanding Scholarship Award from the Department of Graduate Psychology at James Madison University for her dissertation research on joy and awe in four countries. Dr. White, a native of Bulgaria and American citizen since 2014, has 20 years of experience in the fields of mental health counseling, social work, and peacebuilding.

### Jacqueline Wirth

Prior to joining the Liberty University faculty in 2012 as an online adjunct professor, Dr. Wirth worked for 28 years in education, 22 of those years as a professional school counselor in the elementary, middle school and high school settings in Florida, Louisiana, and Maryland. Dr. Wirth is a National Board Certified Counselor (NCC) and a National Board Certified School Counselor (NCSC). She is and has been a member of many professional organizations including the American Counseling Association (ACA), American School Counselor Association (ASCA), the American Association of Christian Counselors (AACC) the Florida School Counseling Association (FSCA).