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## Worrywarts: Alleviating Anxiety through School Counselor Interventions

Summer Kuba

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# Central Virginia Counselor Development Symposium



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## **Table of Contents**

- 1. Detailed Conference Schedule and Session Information**
  - a. School Counseling Track**
  - b. Addictions Track**
  - c. Counselor Education and Supervision Track**
  - d. Clinical Track**
- 2. Summary Schedule with Tracks Identified**
- 3. Presenter Biographies**
- 4. Sponsors**

***Conference Schedule & Session Information***

**Saturday August 18, 2018**

**Registration Table Opens**

**8:00-8:30 AM**

**Location**

**Alumni Ballroom**

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**8:30-9:30 AM**

**Welcome**

**Dr. Ronald Hawkins**

**Keynote Speaker**

**Dr. Kenyon Knapp**

**Location**

**Alumni Ballroom**

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**Session 1 - 9:30-10:20 AM**

**Featured Session – Includes 1 CE hour**

**Session Name: Ethical Dilemmas? Are you appropriately following the 2014 ACA Code of Ethics?**

**Location: Demoss 1338**

**Presenter(s): Dr. Patti Hinkley**

This session will review the changes made in the 2014 Code of Ethics. The presentation will cover the background to the changes made in 2014 along with pointing out the specific changes made for both counselors as well as counselor educators. The presenter was trained at the 2018 ACA Conference to provide presentations or workshops on the Code of Ethics.

**Additional Presentations:**

**Session Name: Worrywarts: Alleviating Anxiety through School Counselor Interventions**

**Location: Demoss 1362**

**Presenter(s): Dr. Summer Kuba**

If unaddressed, childhood and adolescent anxiety can have a lasting negative impact on students' social/emotional development, academic success and college/career readiness. School counselors play an integral role in addressing students' mental health needs. Through evidenced-based interventions, school counselors can effectively promote the skills and attitudes necessary to cope and even overcome childhood anxiety disorders.

**Session Name: The Stages of Change and the Stages of Group Counseling**

**Location: Demoss 1366**

**Presenter(s): Dr. Karin Dumont**

This program will seek to enhance' knowledge and use of the Stages of Change within each of the stages of group counseling. It will examine how to integrate appropriate Motivational Interviewing techniques within each stage of the group process.

**Session Name: Getting Unstuck: Using the Conceptual Mapping Task as a Dynamic Supervision Tool for Trainees and Seasoned Counselors - Includes 1 CE hour**

**Location: Demoss 1368**

**Presenter(s): Dr. John King**

The Conceptual Mapping Task (CMT) originated as a tool in qualitative counseling research. It has also been used in counseling supervision. In this session, the presenter will provide a real-life demonstration of the CMT with a supervisee, and then provide additional strategies utilizing the CMT as a counseling intervention.

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**Session 2 - 10:30-11:20 AM**

**Featured Session – Includes 1 CE hour**

**Session Name: The Opioid Crisis: What Counselors Need to Know**

**Location: Demoss 1338**

**Presenter(s): Dr. David Jenkins and Dr. Jonna Byars**

The opioid epidemic has been declared a national emergency that resulted in nearly 50,000 opioid overdose deaths last year alone. Counselors can and should be meaningfully involved in response. This session will present current information about the opioid crisis and the addictive process generally, and then specifically focus on opioid addiction, treatment and recovery. The session will explore how counselors can effectively respond to clients who use opioids, including for pain management, and how education, prevention, and treatment are important ways counselors can respond to the opioid crisis.

**Additional Presentations:**

**Session Name: Child Centered Play Therapy - Includes 1 CE hour**

**Location: Demoss 1366**

**Presenter(s): Dr. Christina Villarreal-Davis**

This session will provide a summary of Child Centered Play Therapy and highlight the meaning of play, tenets for relating to children, child-centered theoretical concepts, therapeutic relationship, characteristics of facilitative responses, and therapeutic limit setting. This creative and informative presentation will engage participants through case examples and previously recorded sessions.

**Session Name: Round Table Discussions**

<b>Time</b>	<b>10:30 – 10:55</b>	<b>11:00 – 11:25</b>
<b>Location</b>	<b>Demoss 1441</b>	<b>Demoss 1442</b>
<b>Presenter</b>	<b>Dr. Deborah Braboy</b>	<b>Ms. LaShanta Smith</b>
<b>Session Name</b>	<b>Approaching Grief Counseling From a Perspective of Diversity</b>	<b>Mindfulness in the Classroom</b>
<b>Synopsis</b>	Understanding how society, race, culture, age, and developmental levels impact grief is key to being able to process grief and loss in a healthy manner. Contemporary grief models give clinicians a roadmap to assist them as they walk with their clients through their grief journey.	This presentation will provide a brief overview of how mindfulness improves the function of the brain in ways that can improve concentration, awareness, and self-regulation. We will discuss how to apply mindfulness in the classroom.

**Session Name: Using Hofstede’s Axes of Cultural Values as a New Way of Understanding Culturally Diverse Clients**

**Location: 1362**

**Presenter(s): Dr. Jerry Vuncannon and Dr. Angelia Dickens**

Today’s multicultural focus utilizes many prescriptive approaches based on cultural groups and client preferences. However, these approaches may not account for individual differences within these groups. This presentation will introduce Hofstede’s Axes of Cultural Values which empower therapists, supervisors, and educators to understand culturally diverse clients in a new way.

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**Session 3 - 11:30-12:20 PM**

**Featured Session – Includes 1 CE hour**

**Session Name: Addressing Crisis in K-12 Schools**

**Location: Demoss 1338**

**Presenter(s): Dr. Rita Schellenberg, Dr. Justin Silvey, and Mrs. Kerry Bowles**

The session will provide research-supported information needed to identify and respond appropriately to the needs of minors in crisis situations prevailing in our schools today such as self-harm (including eating disorders), suicide, and homicide ideation. Case studies will engage participants in interactive discussions that include ethical, legal, cultural, and professional aspects of decision making.

**Additional Presentations:**

**Session Name Technology, Counseling, and the Autism Spectrum: Using Tech to Promote Growth and Healing with Autism Spectrum Clients - Includes 1 CE hour**

**Location: Demoss 1366**

**Presenter(s): Dr. Kevin Hull**

Autism spectrum clients in counseling are challenging due to limitations in perspective taking as well as emotional/cognitive delays. Many autism spectrum clients use technology as a way to feel safe and relate to the world around them. Computer/tablet/video games have rich metaphors and themes that can help these young people understand themselves and the world around them and can be used to enhance self-representation and social, emotional, and cognitive growth.

**Session Name: Round Table Discussions**

<b>Time</b>	<b>11:30 – 11:55</b>	<b>12:00 – 12:25</b>
<b>Location</b>	<b>Demoss 1441</b>	<b>Demoss 1442</b>
<b>Presenter</b>	<b>Dr. Arleezah Marrah and Mrs. Brandi Chamberlin</b>	<b>Mr. Ethan Zehr, and Dr. Mike Takacs</b>
<b>Session Name</b>	<b>Courageous Conversations: Cultural Humility - Being Comfortable with the Uncomfortable</b>	<b>Internet Pornography Use: When is it Problematic, Helpful, or Educational for Clients?</b>
<b>Synopsis</b>	This round table discussion will be a courageous conversation for counselors, counselor educators, site supervisors, and graduate students. How can we be comfortable having uncomfortable conversations? This round table will explore the topic of cultural humility in the counseling relationship.	Internet Pornography is accessible across the world in a free and anonymous manner. Therefore, this roundtable discussion will focus on Internet Pornography Use (IPU) in clients. The concepts of IPU being problematic, helpful, or educational will be explored. Lastly, clinical assessment and treatment methods will be discussed.

**Session Name: Confronting Underserved Mental Health Needs of Rural Communities through Collaborative Efforts**

**Location: Demoss 1362**

**Presenter(s): Dr. Sonya Cheyne**

Mental health needs in rural communities often are unmet or underserved. Accessibility, availability, and acceptability serve as resource barriers. A pilot model from one rural community acting to respond to mental health needs will be presented. Integrative collaboration of community resources and initiatives will be explored and processed by attendees.

**12:30-1:00 PM**

**LUNCH**

**Location: Alumni Ballroom**

**1:00-1:30 PM**

**Poster Sessions**

**Location: Alumni Ballroom**

<b>Location</b>	<b>Presenter</b>	<b>Poster Name</b>
<b>1</b>	<b>Dr. Denise Daniel</b>	<b>The Structured Life Review Tool for Reminiscence Therapy with Depressed Older Adults</b>
<b>2</b>	<b>Dr. Brad Imhoff</b>	<b>Cognitive Behavioral Understanding of Social Anxiety Disorder: Treatment &amp; Interventions</b>
<b>3</b>	<b>Dr. Sally Goh, Junghee Trexler, Dr. Joy Mwendwa, Deepa Emmanuel</b>	<b>The Impact of Mentoring on the Wellness and the Development of a Professional Counselor Identity in International Students.</b>
<b>4</b>	<b>Dr. Kristy Ford</b>	<b>Religious Sensitivity in Mindfulness Practice: Adaptations for Christian Clients</b>

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**Session 4 - 1:40-2:30 PM**

**Featured Session – Includes 1 CE hour**

**Session Name: Ethical and Legal Issues: Working with minors with trauma**

**Location: Demoss 1338**

**Presenter(s): Dr. Robin Switzer**

Review of the particular ethical and legal issues that can arise for counselors when working with minors with trauma. Includes scenarios experienced and strategies to avoid pitfalls of reporting, legal cases, techniques, documentation and expectations of treatment.

**Additional Presentations:**

**Session Name: Modeling Group Leadership Skills in Classroom Guidance and/or Class Discussion**

**Location: Demoss 1362**

**Presenter(s): Dr. Justin Silvey, Dr. Rita Schellenberg, and Mrs. Kerry Bowles**

The purpose of this session is to define and explore the use of group leadership skills as a way to engage students in both classroom guidance as a school counselor and/or classroom discussions as a counselor educator. Participants will learn to recognize and reflect on their use of various group leadership skills.

**Session Name: Integrating Motivational Interviewing into Counseling Techniques and the Helping Relationship - Includes 1 CE hour**

**Location: Demoss 1366**

**Presenter(s): Dr. Karin Dumont**

This program will provide a demonstration of how to integrate Motivational Interviewing techniques into the use of the helping Skills of active listening, paraphrasing, reflection of feelings, reflection of meaning, and summarizing. Through the use of both didactic and experiential learning, attendees will apply these techniques effectively in the process of counseling.

**Session Name: To Publish or Perish: What Faculty Need to Know About Scholarly Activity – Panel Discussion**

**Location: Demoss 1368**

**Presenter(s): Mrs. Brandi Chamberlin, Dr. Jeff Boatner, Dr. David Brown, Dr. Nivischi Edwards, Dr. Kevin Hull, Dr. Robyn Simmons, Dr. Kevin Van Wynsberg**

This session will feature a panel presentation to include Counselor Education and Family Studies leadership, published faculty, and counseling journal editorial board members. The topic will be on the expectations for faculty and tips for successful (unsuccessful) manuscript submissions

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**Session 5 - 2:40-3:30 PM**

**Featured Session**

**Featured Session – Includes 1 CE hour**

**Session Name: Collaborative Care: Coordinating Services with Community Partners to Promote Client Wellness**

**Location: Demoss 1338**

**Presenter(s): Dr. Holly Johnson and Dr. Jeff Boatner**

Research reveals that extra-therapeutic factors can contribute significantly to the wellness and stability of clients. Yet, many counselors have little experience or training in linking clients with supportive services in their community. This presentation provides attendees with information and strategies to promote a collaborative, multi-culturally sensitive approach to client wellness.

**Additional Presentations:**

**Session Name: Successful College Transition: Supporting Students with Learning Differences**

**Location: Demoss 1362**

**Presenter(s): Dr. Laura Daniel**

The purpose of this presentation is to provide information on support strategies to ensure high school seniors with diagnosed learning differences have a successful transition to the college setting. Information will include helping students to secure academic and mental health support, and ways to advocate for students beyond high school.

**Session Name: Online Social Relationships: Ethical Considerations for Counselors - Includes 1 CE hour**

**Location: Demoss 1366**

**Presenter(s): Dr. David Brown**

With the increasing popularity of social media, it is imperative that counselors understand the outcomes of relying heavily on the Internet for social connectedness. This program will review online vs. in-person relationships, consider social media's influence on well-being and relationships, and discuss the role of social media and therapy.

**Session Name: Collaborative, creative, and diversity celebrating case conceptualization: Working with counsees to map the journey ahead.**

**Location: Demoss 1368**

**Presenter(s): Dr. Lisa Sosin**

Comprehensive assessment and treatment planning are the foundation of ethical and effective counseling (Sperry, 2012) and require sensitivity to counselee's personal and cultural contexts (ACA Code of Ethics, 2014). In this presentation, attendees learn a creative way to conceptualize and plan the therapeutic journey that is collaborative and richly meaningful.

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**Session 6 - 3:40-4:30 PM**

**Featured Session**

**Featured Session – Includes 1 CE hour**

**Session Name: Clinical Supervision: Theory and Practice of Counselor Supervision**

**Location: Demoss 1338**

**Presenter(s): Dr. Steve Johnson and Dr. Melvin Pride**

The session is designed to enlist, inform, and encourage clinical supervisors in their pursuit of ongoing competency development in supervising the next generation of professional counselors. This is particularly relevant for new site supervisors, faculty members who teach Practicum and Internship classes, and counselors who may be interested in becoming a site supervisor with Liberty University. Clinical Site Supervisors are expected to keep abreast with current topics related to ethics, legal and cultural issues, counseling related skills and professional development. This session offers resources for these topics along with some of the key supervision theoretical orientations that provide guidance in the supervisory process.

**Additional Presentations:**

**Session Name: The Complexity of Treating Eating Disorders - Includes 1 CE hour**

**Location: Demoss 1366**

**Presenter(s): Dr. Andrea Barbian-Shimberg**

This session will examine eating disorders and their DSM diagnostic criteria, the etiology of eating disorders, various evidence based practices for treating eating disorders and their comorbidities, as well as understanding the importance of the therapeutic alliance in therapy.

**Session Name: Effective School Counseling Teams: Identifying Strengths**

**Location: Demoss 1362**

**Presenter(s): Dr. Stacey Lilley**

Despite much attention given to effective teams in the workplace, school counseling teams have been neglected in the research. Current literature will be reviewed as well as practical application to increase team effectiveness will be discussed. Effective individual counseling traits, and desired team characteristics will be explored.

**Session Name: Military Spouses: Heroes Who Also Serve**

**Location: Demoss 1368**

**Presenter(s): Dr. Nivischi Edwards and Markeitha Christian**

Military personnel deploy often and leave their spouses at home. These spouses often navigate multiple challenges. As a result, they too become American Heroes as they serve with the military personnel. Join us in this presentation as we discuss aspects of being a military spouse and here personal stories from those who have serve along with their spouse.

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Summary Schedule

<b>Time</b>	<b>Location</b>	<b>Presenter</b>	<b>Presentation Title</b>	<b>Track</b>
<b>Session 1</b> 9:30 – 10:20a	<b>Demoss 1338</b>	<b>Dr. Patti Hinkley</b> <b>** Featured Session**</b> <b>Includes 1 CE hour</b>	<b>Ethical Dilemmas? Are you appropriately following the 2014 ACA Code of Ethics?</b>	<b>Clinical</b>
	<b>Demoss 1362</b>	<b>Dr. Summer Kuba</b>	<b>Worrywarts: Alleviating Anxiety through School Counselor Interventions</b>	<b>School Counseling</b>
	<b>Demoss 1366</b>	<b>Dr. Karin Dumont</b>	<b>The Stages of Change and the Stages of Group Counseling</b>	<b>Addictions</b>
	<b>Demoss 1368</b>	<b>Dr. John King</b> <b>Includes 1 CE hour</b>	<b>Getting Unstuck: Using the Conceptual Mapping Task as a Dynamic Supervision Tool for Trainees and Seasoned Counselors</b>	<b>Counselor Education and Supervision</b>
<b>Session 2</b> 10:30a – 11:20	<b>Demoss 1338</b>	<b>Dr. David Jenkins and Dr. Jonna Byars</b> <b>** Featured Session**</b> <b>Includes 1 CE hour</b>	<b>The Opioid Crisis: What Counselors Need to Know</b>	<b>Addictions/Clinical</b>
	<b>Demoss 1366</b>	<b>Dr. Christina Villarreal-Davis</b> <b>Includes 1 CE hour</b>	<b>Child Centered Play Therapy</b>	<b>School Counseling</b>
	<b>Demoss 1441</b>	<b>Dr. Deborah Braboy Roundtable 1</b> <b>(10:30 – 10:55)</b>	<b>Approaching Grief Counseling From a Perspective of Diversity</b>	<b>Clinical</b>
	<b>Demoss 1442</b>	<b>Ms. LaShanta Smith Roundtable 2</b> <b>(11:00 – 11:25)</b>	<b>Mindfulness in the Classroom</b>	<b>Counselor Education and Supervision</b>
	<b>Demoss 1362</b>	<b>Dr. Jerry Vuncannon and Dr. Angelia Dickens</b>	<b>Using Hofstede’s Axes of Cultural Values as a New Way of Understanding Culturally Diverse Clients</b>	<b>Clinical</b>
<b>Session 3</b> 11:30 – 12:20	<b>Demoss 1338</b>	<b>Dr. Rita Schellenberg, and Mrs. Kerry Bowles</b> <b>** Featured Session**</b> <b>Includes 1 CE hour</b>	<b>Addressing Crisis in K-12 Schools</b>	<b>School Counseling</b>
	<b>Demoss 1366</b>	<b>Dr. Kevin Hull</b> <b>Includes 1 CE hour</b>	<b>Technology, Counseling, and the Autism Spectrum: Using Tech to Promote Growth and Healing with Autism Spectrum Clients</b>	<b>Clinical</b>
	<b>Demoss 1441</b>	<b>Dr. Arleezah Marrah and Mrs. Brandi Chamberlin Roundtable 1</b> <b>(11:30-11:55)</b>	<b>Courageous Conversations: Cultural Humility - Being Comfortable with the Uncomfortable</b>	<b>Counselor Education and Supervision</b>
	<b>Demoss 1442</b>	<b>Mr. Ethan Zehr and Dr. Mike Takacs Roundtable 2</b> <b>(12:00 – 12:25)</b>	<b>Internet Pornography Use: When is it Problematic, Helpful, or Educational for Clients?</b>	<b>Clinical</b>

	<b>Demoss 1362</b>	<b>Dr. Sonya Cheyne</b>	<b>Confronting Underserved Mental Health Needs of Rural Communities through Collaborative Efforts</b>	<b>Clinical</b>
<b>Session 4 1:40 – 2:30p</b>	<b>Demoss 1338</b>	<b>Dr. Robin Switzer ** Featured Session** Includes 1 CE hour</b>	<b>Ethical and Legal Issues: Working with minors with trauma</b>	<b>Clinical</b>
	<b>Demoss 1362</b>	<b>Dr. Justin Silvey, Dr. Rita Schellenberg, and Mrs. Kerry Bowles</b>	<b>Modeling Group Leadership Skills in Classroom Guidance and/or Class Discussion</b>	<b>School Counseling</b>
	<b>Demoss 1366</b>	<b>Dr. Karin Dumont Includes 1 CE hour</b>	<b>Integrating Motivational Interviewing into Counseling Techniques and the Helping Relationship</b>	<b>Addictions</b>
	<b>Demoss 1368</b>	<b>Mrs. Brandi Chamberlin, Dr. Jeff Boatner, Dr. David Brown, Dr. Nivischi Edwards, Dr. Kevin Hull, and Dr. Robyn Simmons</b>	<b>To Publish or Perish: What Faculty Need to Know About Scholarly Activity – Panel Discussion</b>	<b>Counselor Education and Supervision</b>
<b>Session 5 2:40 – 3:30</b>	<b>Demoss 1338</b>	<b>Dr. Holly Johnson and Dr. Jeff Boatner ** Featured Session** Includes 1 CE hour</b>	<b>Collaborative Care: Coordinating Services with Community Partners to Promote Client Wellness</b>	<b>Clinical</b>
	<b>Demoss 1362</b>	<b>Dr. Laura Daniel</b>	<b>Successful College Transition: Supporting Students with Learning Differences</b>	<b>School Counseling/Counselor Education and Supervision</b>
	<b>Demoss 1366</b>	<b>Dr. David Brown Includes 1 CE hour</b>	<b>Online Social Relationships: Ethical Considerations for Counselors</b>	<b>Clinical</b>
	<b>Demoss 1368</b>	<b>Dr. Lisa Sosin</b>	<b>Collaborative, creative, and diversity celebrating case conceptualization: Working with counselees to map the journey ahead</b>	<b>Counselor Education and Supervision</b>
<b>Session 6 3:40 – 4:30p</b>	<b>Demoss 1338</b>	<b>Dr. Steve Johnson and Dr. Melvin Pride ** Featured Session** Includes 1 CE hour</b>	<b>Clinical Supervision: Theory and Practice of Counselor Supervision</b>	<b>Counselor Education and Supervision</b>
	<b>Demoss 1366</b>	<b>Dr. Andrea Barbian-Shimberg Includes 1 CE hour</b>	<b>The Complexity of Treating Eating Disorders</b>	<b>Clinical</b>
	<b>Demoss 1362</b>	<b>Dr. Stacey Lilley</b>	<b>Effective School Counseling Teams: Identifying Strengths</b>	<b>School Counseling</b>
	<b>Demoss 1368</b>	<b>Dr. Nivischi Edwards and Markeitha Christian</b>	<b>Military Spouses: Heroes Who Also Serve</b>	<b>Clinical</b>

## Welcome and Keynote Presenter Biographies

Welcome address:

### **Ronald Hawkins**

Dr. Hawkins came to Liberty in 1978 as a Professor teaching Bible and Homiletics. He soon became Chairman of the Department of Church Ministries. He started the Masters of Counseling program which has become one of Liberty's largest online and residential programs.

He served as Dean of the Seminary, and then Dr. Hawkins went west to become President of Western Seminary and later was Associate Pastor at Grand Rapids Church in Michigan with Ed Dobson. He returned to Liberty in 2000 to be Dean of the College of Arts and Sciences and in 2006 joined the Provost's Office and worked especially on the development of Liberty's online program with Dr. Ronald Godwin and the development of many programs in the residential university.

Dr. Hawkins has written extensively in the area of marriage and Biblical counseling, he has been married to his wife Peg for 52 years, and they have 4 children. He has 9 grandchildren, two of whom are presently enrolled at Liberty University. He is presently serving as Provost and Founding Dean of School of Behavioral Sciences.

Dr. Hawkins received a B.A. from Barrington College, a M.Div. from Gordon Conwell Theological Seminary, a D.Min. from Westminster Theological Seminary, an Education Specialists degree from Lynchburg College, and an Ed.D. from Virginia Polytechnic Institute and State University. He is an avid fisherman and hunter and enjoys walking and running

Keynote address:

### **Kenyon Knapp**

Dr. Kenyon Knapp serves as the dean of the School of Behavioral Sciences. The school is one of the largest of Liberty's 17 schools and colleges and offers graduate and undergraduate programs in counseling, psychology, and social work.

Knapp received his Ph.D. in Counselor Education from the University of Mississippi. He comes to Liberty after having served on the faculty of Mercer University for the past 9 years. Knapp has been actively involved in teaching as well as providing leadership to the counseling profession through his membership on the board of directors of CACREP, the national accrediting body for counselor education programs.

He has maintained a part-time private practice for over 20 years. He has served on the Georgia Statewide Task Force on Human Trafficking, led counselor training initiatives on crisis counseling in Haiti, Uganda, and Israel, and participated in mission outreaches to places like Colombia and Puerto Rico

## **Presenters' Biographies**

### **Andrea Barbian-Shimberg**

Dr. Andrea Barbian-Shimberg earned her Ph.D. in Counselor Education and Supervision from University of the Carolinas 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.

### **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.

### **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.

### **Kerry Bowles**

Kerry Bowles serves as Assistant Professor and Clinical Director for Liberty University in the M.Ed. in School Counseling Program. Prior to joining the residential faculty, she worked as a school counselor in Central Virginia for fourteen years, serving both the elementary and secondary school levels. Kerry is a licensed School Counselor (preK-12). She has over ten years of experience serving as a site supervisor for master's level school counseling students. In addition, Kerry Bowles has presented at several conferences at the state and regional levels, including: Virginia Counseling Association (VCA), Virginia School Counseling Association (VSCA), and Association of Christian Schools International (ACSI).

### **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.

**Brandi Chamberlin**

Brandi Chamberlin is the Online Chair for the Professional Counseling program at Liberty University. She is a doctoral candidate in Counselor Education and Supervision at Liberty University and received a Masters of Arts in Counseling in 2004 from Cincinnati Christian University. She 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 counselor identity, attachment, career, and trauma.

**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. She is a member of professional organizations. She has active memberships in professional organizations and maintains professional development.

**Markeitha Christian**

Markeitha is a current Graduate student at Liberty University MFT program. She is a US Navy Veteran and spent 14 years Active Duty; seven of those years as a Naval Counselor.

**Denise Daniel**

Dr. Daniel has a clinical practice background specializing in group counseling and women's issues. Her research has centered on online group counseling dynamics and the development of cognitive complexity in counseling students. Dr. Daniel has presented at regional conferences on creative methods in group counseling and cognitive complexity development in counseling students. Currently, Dr. Daniel teaches group counseling, ethics and gerontological counseling at Liberty University.

**Laura Daniel**

Dr. Laura Daniel is an Assistant Professor of Counseling within the Department of Counselor Education and Family Studies. She is a Licensed Professional Counselor (VA) with clinical experience in supporting adults, adolescents, and families across of a variety of settings such as community mental health centers, non-profit domestic violence agencies, public and private high schools, and college counseling centers. Most recently, she has provided academic support to students with diagnosed learning differences. Her research interests include the integration of religion and spirituality to counseling practice, family counseling, and counseling supervision.

**Angelia Dickens**

Dr. Angelia Dickens is a Licensed Professional Counselor in Virginia, a Licensed Marriage and Family Therapist in Virginia, a National Certified Counselor (NCC) and an Approved Clinical Supervisor (ACS). Dr. Dickens has worked as a counselor educator since 2010. She has over 15 years of clinical experience providing children, adolescents, and adults counseling concerning mental health, marriage and family, and addictions issues in community, military, and private practice settings. Dr. Dickens' research interests are in military/veteran issues, police/fire/first responder issues, pre-marital/marital work, and effective practices in counselor education and supervision.



### **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 Master's 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.

### **Deepa Emmanuel**

Deepa is a Mental Health Counselor, working with at-risk youth in the city of Lynchburg. I graduated with my Masters in Clinical Mental Health Counseling from Liberty University in 2017 and have been working in the field since. I also did my internship in the same field, during my time at Liberty. I am an international student from India. Though, I am from India I have had the opportunity to live in a couple of different countries and learn and experience different cultures.

### **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

### **Sally Goh**

Dr. Sally is a resident in counseling in Virginia, she received her PhD in Counselor Education and Supervision. Besides advocating for International students, non-traditional students, and/or other ethnic minorities and their related-issues, her research interests include the wellness imperatives for graduate students, the shame and guilt cultures, and the cross-cultural challenges that foreign-born counselors, counselor educators, and supervisors face in the mental health field. She is an international student who has done volunteer work among the first-generation Americans and international community locally and overseas for more than two decades.

### **Angel Golson**

Dr. Golson completed her masters in Clinical Mental Health, which led to her work as a licensed professional counselor and instructor. During her doctoral program, she began researching wellness and addictive behaviors among college students. After she received her PhD, she has been teaching and advising college students for almost ten years in counseling and psychology programs. Her clinical experience includes working with children, college students, and their families. At Liberty University, the primary presenter is an Assistant Professor where she is involved in teaching, advising, researching, and student development. Her other research interest include the best practices for faculty advising and supervision for online programs.

### **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. Her primary work through the years has been with the distance program; however, she has also extensively taught the traditional residential students throughout her career. 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.

### **Kevin Hull**

Dr. Hull has over 25 years of field experience, and over 15 years of teaching experience. Dr. Hull currently owns and operates a private counseling practice in Lakeland, Florida. Dr. Hull specializes in autism spectrum and neurodevelopmental delays and is a graduate of Liberty MA in Professional Counseling and PhD Counseling.

### **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.

### **David Jenkins**

Dr. Jenkins is Professor of Counseling and Director of the MA in Addiction Counseling program in the Department of Counselor Education and Family Studies at Liberty University. With over 25 years of clinical experience, Dr. Jenkins specializes in the integration of Christian faith and clinical practice. He has worked extensively with mood, anxiety, and addictive disorders in the context of individual, marital, and family therapy. Dr. Jenkins has provided education, consultation, supervision and training for a variety of professionals, organizations, churches, and ministries. He is also an author and speaker at conferences, seminars, and retreats.

### **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.

### **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.

### **Summer Kuba**

Dr. Summer Perhay Kuba resided in Florida and 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. She earned her Master of Social Work degree from the University of Central Florida and her Master of Elementary Education degree from Phoenix University. 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. Dr. Perhay Kuba has experience providing field supervision to master's level students and also as an adjunct professor. 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. Dr. Perhay Kuba actively presents at state and national conferences and continues to seek out opportunities to advocate for students, school counselors and the profession as a whole.

### **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.

### **Arleezah Marrah**

Dr. Marrah has specialized in counseling and trauma. Dr. Marrah has presented research on racial trauma and research mentorship for Black women in doctoral programs. Her teaching and research interests include the areas of racial trauma, racial minorities' experiences in higher education, standardized testing, academic self-efficacy, and play therapy.

### **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.

### **Rita Schellenberg**

Dr. Schellenberg holds a Ph.D. in Counselor Education and Supervision and licensure in both professional school counseling and professional counseling (LPC). Dr. Schellenberg is an author, consultant, professor, and serves as the School Counseling Representative for the Virginia Association for Counselor Education and Supervision. She has authored multiple texts with Taylor and Francis and other top publishers, including a comprehensive school counseling desk reference/study guide.

### **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.

### **LaShanta Smith**

LaShanta is currently enrolled in the graduate program at University of Lynchburg in the Clinical and Mental Health program. She graduated from Randolph-Macon Woman's College. She has 14 years of experience working in the mental health field. LaShanta worked in the school system for 6 years as a Therapeutic Day Treatment Counselor. After earning her M.ED she hopes to work at a college or university in the clinical counseling department.

### **Lisa Sosin**

Lisa Sosin, PhD, LPC, LLP, BACS is the Director of the PhD in CES Program and Professor in the Department of Counselor Education and Family Studies at Liberty University. She has over 30 years of clinical and teaching experience. She enjoys working with children, adults, couples, and families, as well as teaching, supervising, public speaking, and consultation. Dr. Sosin develops curriculum and community programs covering diverse areas of counseling and counselor education and publishes and presents in these areas as well. Her primary research interest is exploring how to ethically and effectively integrate creativity into counseling and counselor education.

### **Robin Switzer**

Dr. Robin Switzer is an Assistant professor in the Counselor Education and Family Studies program at Liberty University with a Masters in Counseling and a Doctorate in Counselor Education and Clinical Supervision. A Nationally Board Certified Counselor. Dr. Switzer is EMDR trained and worked with traumatized children/adolescents/adults from hospitalization, residential treatment, day treatment, in home care, outpatient, and has continued that practice through multiple states becoming a Licensed Professional Counselor in the states of Missouri, Colorado and Nevada (CPC).

### **Michael Takacs**

Dr. Takacs is a licensed professional counselor in the Lynchburg area and holds a Ph.D. in Counselor Education and Supervision. He works at the community service board and also in a private outpatient practice. Dr. Takacs has multiple years of counseling experience with clients in different settings. Dr. Takacs also has clinical experience in treating men and women with problematic pornography use, sexual issues, etc

### **JungHee Trexler**

JungHee Trexler, M.A. is a resident counselor under the clinical supervision of Lisa Sosin Ph.D., LPC-S. She is in private practice with her husband, Michael Trexler, M.A., LPC-S, at Peace of Mind Counseling. She graduated in May 2015 from Liberty University with a Master' degree in Clinical Mental Health Counseling. Being from South Korea, JungHee is naturally interested in multicultural issues in counseling and helping international students transition to the United

States. She is fluent in Korean, Chinese (Mandarin), and English. JungHee primarily treats individuals suffering with anxiety, depression, and women's issues. She and her husband work together with couples.

**Kevin Van Wynsberg**

Dr. Van Wynsberg has worked for the Liberty University in a variety of capacities since 2007. He has clinical experience working as an in-home counselor and has served as a counselor in a Christian outpatient agency. He has taught a variety of courses in biblical counseling, undergraduate psychology, and graduate professional counseling. His research interests include online education and retention and the integration of counseling and Christianity.

**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. His teaching and/or research interests include counselor training and development, attachments in relationships, group counseling, counseling theories, integration, multicultural counseling, and counseling issues as it relates to international settings.

**Ethan Zehr**

Ethan S. Zehr is a master's student in the Clinical Mental Health Counseling program at LU. He also works as a Graduate Student Assistant for the Counseling department and for a local counseling agency. His professional/student memberships include the American Counseling Association, the Virginia Counseling Association, and Chi Sigma Iota (Rho Eta chapter). Ethan is involved in research teams and faculty mentorship with a focus on subjects such as: internet pornography use, counselor wellness, and school counseling teams.

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