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CCAPS Continuing Education Programs at the 2008 Annual Convention

[Changing Ourselves and Institutions Through Exploring Privilege, Power, and Oppression](#)

Saturday, March 29, 2008

8:30 AM - 4:30 PM

Hyatt Regency, Hanover Hall A, B

This workshop will help participants understand the impact of their own privileged and targeted identities on their work in student affairs, and to use that understanding to create more equitable campuses. Through a mix of individual writing, presentation, and small and large group discussion, participants will enhance their understanding of how privilege, power, and oppression manifest in their professional lives; examine power, privilege, and oppression from privileged and target perspectives; and develop strategies for creating structural change at their institutions.

[Ellen M Broido](#)

CEU Credit: 6

[Counseling Clients Wrestling With Sexual Orientation: Clinical & Ethical Perspectives](#)

Saturday, March 29, 2008

1:00 PM - 4:00 PM

Hyatt Regency, Courtland

Through lecture, video, and discussion you'll become better able to provide expert and purposeful assistance to sexual minority clients that is maximally inclusive of the tremendous diversity of experiences among this population. You'll expand your (a) understanding of the complexities of sexual orientation and sexual identity development, (b) skills for intervening from a multidimensional perspective that is sensitive to gender differences and multiple identities, and (c) sensitivity to factors that can interfere with the sexual identity development process.

[Richard H Reams](#)

CEU Credit: 3

[Self-Injury: Who Does It? Why? and What Can Be Done?](#)

Saturday, March 29, 2008

1:00 PM - 4:00 PM

What is this?

Hyatt Regency, The Learning Center

Conservative estimates indicate 17% of college students have deliberately injured themselves in their lifetime. Why do students engage in non-suicidal self-injurious behaviors? Learn more about who is likely to self-injure and reasons for it. Explore possible helpful and harmful responses to this behavior, ways it may impact housing and university communities, and ideas about what the administration and mental health professionals can do in response. In addition, discover resources to aid in decreasing this behavior and promoting healthier coping mechanisms.

[Kelly Simonson](#)

CEU Credit: 3

Structured Groups for Non-Traditional Students

Sunday, March 30, 2008

8:30 AM - 4:30 PM

Hyatt Regency, Hanover Hall D

This program focuses on training in the use of structured groups for non-traditional college students. Based on the non-cognitive model (Sedlacek, 2004), the author presents an empirically proven intervention model, adopting the non-cognitive strategies in a structured group approach for first-year college students. This presentation includes the intervention model, the group approach, group process and skills, evaluation and research, and applications. Participants will receive a CD-ROM include the training manual, the group activities, evaluation tools, and research data.

[S. Raymond Ting](#)

CEU Credit: 6

Multicultural Competence in the Provision of Clinical Supervision

Sunday, March 30, 2008

1:30-4:30 PM

Marriott Marquis (Rm. M301)

Susan R. Stock, Dwaine S. Campbell

CEU Credit: TBA

Beyond the Binary: The Power of Language in Transgender Communities

Monday, March 31, 2008

8:45 AM - 10:00 AM

Marriott Marquis, International 7

This session draws upon the results of a 2005-2006 research project involving a survey of 3,500 individuals who are gender variant and 419 follow-up interviews. Further analysis revealed the clear need for student affairs professionals to recognize the power of language in regards to people who are gender variant. The session will raise awareness regarding the language used by gender variant communities and provide recommendations for personal and institutional change.

[Susan Rankin](#)

CEU Credit: 1

[Counselor, Dean, Professor: Professionalism and Evolving Purpose](#)**Monday, March 31, 2008****8:45 AM - 10:00 AM****Marriott Marquis, International B**

A background in college counseling can lead in several directions: supervision, administration, teaching, or other roles. As counselors consider moving into other positions, it is important to be aware of transferable skills and knowledge, but also to consider the differences in the nature of the work and in relationships with colleagues, supervisees, and students that result from a change in position. Participants will be invited to reflect on their own career paths and on the potential implications of new choices.

[Laura A. Dean](#)

CEU Credit: 1

[Renewed Purpose and Priority: Expertise and Inclusion in Crisis Response](#)**Monday, March 31, 2008****8:45 AM - 10:00 AM****Marriott Marquis, M104**

Every year, many forms of crises occur across our campuses. Recent critical incidents have administrators and practitioners evaluating preparedness levels and developing new response plans and protocols. This engaging program reviews the results of a completed mixed methods dissertation that examined the components of 51 crisis response plans at various types of institutions and what community needs were being addressed. An extensive review of literature, methods of data collection and analysis, findings, and a qualitative data model will be discussed.

[Christopher R. Akers](#)

CEU Credit: 1

[Helicopter Parents: An Asset or Liability in Career Counseling?](#)**Monday, March 31, 2008****10:15 AM - 11:30 AM****Marriott Marquis, L401 & L402**

Many counselors working in college and university settings are familiar with helicopter parents, parents who hover over their college student's life. In a recent study, the University of Texas at Austin found that 60-70% of parents demonstrate this type of behavior, and that it crosses racial, ethnic, and socioeconomic lines. In this presentation, effective career counseling strategies and practices for dealing with helicopter parents in career counseling settings will be shared and discussed.

[Marcella D. Stark](#)

CEU Credit: 1

[Holland Meets Freud: An Analytic Approach To Occupational Aspirations](#)**Monday, March 31, 2008****10:15 AM - 11:30 AM**

Hyatt Regency, Inman

For decades, vocational psychologists have suggested that occupational daydreams have predictive values. This presenters suggest an analytic approach to make use of the client's career aspirations in career counseling through a presentation of a number of case studies.

[Oula Majzoub](#)

CEU Credit: 1

[Campus Suicide Prevention: Outcome Research on 900 Gatekeeper Trainees](#)

Monday, March 31, 2008

11:45 AM - 1:00 PM

Marriott Marquis, International 8

Suicide is the second leading cause of death for college aged students and affects all types of campuses. Results of one study indicated 9.2% of 40,000+ student respondents seriously considered suicide. This program reviews a 3-year, best-practices Gatekeeper training program and outcomes of a pre- and post-test study of 916 participants. Opportunity for discussion of the campus wide training program, findings of the study and further lines of research will be provided.

[Wayne D Griffin](#)

CEU Credit: 1

[Creating a Campus Reporting Culture: Going Beyond the Clery Act](#)

Monday, March 31, 2008

1:15 PM - 2:30 PM

Marriott Marquis, International 7

This program examines the intersection of victim services offices and the office of student conduct. The presenters explore how their two offices work together in response to sexual misconduct. The program examines the question: Beyond the Clery mandates, what innovative practices can colleges and universities use to create a culture of reporting of sexual violence on their campuses?

[Michael Mancini](#)

CEU Credit: 1

[Professional Development Opportunities for Counseling Center Staff: Issues of Retention](#)

Monday, March 31, 2008

1:15 PM - 2:30 PM

Marriott Marquis, M101

Many counselors pursue employment at university counseling centers to begin careers in student affairs. Literature has examined stages of early career psychologists, job satisfaction, professional development opportunities, and reasons why psychologists leave university counseling centers (Baron, Sekel & Stott, 1984; May, Corazzini, & Robbins, 1990; Rosser & Javinar, 2003; Tull, 2006). The purpose of this presentation is to identify professional development opportunities for early career counseling center psychologists to ultimately contribute to job satisfaction and retention of student affairs professionals.

[Jessica Walker](#)

CEU Credit: 1

[Case Management Teams: Early Intervention for At-Risk Students](#)

Monday, March 31, 2008

2:45 PM - 4:00 PM

Hyatt Regency, Hanover Hall C

A case management team can be an effective tool for identifying and responding to students at risk for self-harm, school failure, and violence by bridging campus information silos. This presentation outlines the findings of surveys and in-depth interviews conducted with campuses in a Northeastern state about their experiences using case management teams. Current approaches, facilitators, and barriers are discussed along with key recommendations. Participants will have the opportunity to share their experiences.

[Joanna Locke](#)

CEU Credit: 1

[Reducing High-Risk Drinking Among Freshmen and Athletes: Effective Interventions](#)

Monday, March 31, 2008

2:45 PM - 4:00 PM

Marriott Marquis, A706

Harvard College has developed a novel alcohol education training for professional staff and student-leaders that, supported by social norms and multiple data sets, has been successful in reducing high-risk drinking among its freshmen and athletes. The presenter will share his story about creating a successful program from scratch, with many challenges, lessons learned, and a few laughs along the way. Both process and outcome measures that point to the effectiveness of these interventions will be highlighted.

[Ryan M Travia](#)

CEU Credit: 1

[What's On Your Plate? Using Art for Self- Expression/Exploration](#)

Monday, March 31, 2008

2:45 PM - 4:00 PM

Marriott Marquis, M106 & M107

Art-making is used to open dialogue about students' emotional worlds, current functioning, and values. It is structured around the question: What's on your plate? Participants learn how an art-related program was used by students during Eating Disorders Awareness week to create a representation of their emotional appetites and hungers. Participants learn how this project can be applied in counseling, psychoeducational workshops, staff development; with specific clinical questions; and be an opportunity to partner with academic departments.

[Sharon L Mitchell](#)

CEU Credit: 1

[A Socioecological Model for Collegiate Tobacco Prevention and Control Initiatives](#)

Monday, March 31, 2008
4:15 PM - 5:30 PM
Hyatt Regency, Hanover Hall C

The American College Health Association's Healthy Campuses 2010 promotes use of a collaborative and coordinated approach focusing on assessment and development, implementation, and evaluation of programs. It includes goals focusing on reducing illness, disability, and health issues related to tobacco use and secondhand smoke. Educators must become intentional in efforts to reduce tobacco use among college students. Use of a socioecological model of coordinated campus resources, policies, programs, and practices represents a sound approach to reducing student health risks.

[Deborah L. Jackson](#)

CEU Credit: 1

[Engaging the Campus Community in Suicide Prevention and Wellness Promotion](#)

Monday, March 31, 2008
4:15 PM - 5:30 PM
Marriott Marquis, A708

This is an overview of how a wellness promotion approach addresses risk factors to disrupt the process of developing emotional distress or suicidal behavior. This approach also seeks to strengthen protective factors which contribute to emotional well-being. Environmental management strategies involving a wide range of campus and community resources and constituencies that foster an environment where self-care, connectedness, and knowledge of resources are valued and readily accessed or implemented will also be shared.

[Sharon L Mitchell](#)

CEU Credit: 1

[E.A.T.: Fostering Acceptance Towards Plus-Sized Women on Campus](#)

Monday, March 31, 2008
4:15 PM - 5:30 PM
Marriott Marquis, M101

Female college students who are plus-sized face discrimination on a daily basis that impacts their self-esteem and the choices they make, in particular, sexual decision making. This program examines how to address discrimination and the impact that it has on plus-sized females on our campuses. Through the use of vignettes, personal reflection and discussion, you will leave better prepared to address this issue on your campus.

[Erika R Bowles](#)

CEU Credit: 1

[ExCEL: A First-Year Program for Non-Traditional Students](#)

Tuesday, April 1, 2008**7:30 AM - 8:30 AM****Marriott Marquis, International 2**

The first year in college is a time of adjustment and turmoil (Chickering & Reisser, 1993; Erikson, 1997). The first-year experience in colleges has become an important topic in research and professional practice. Non-cognitive strategies are applied in the empirically-proven ExCEL program for first year students, particularly non-traditional students, and the academically underprepared or at-risk. The presentation introduces this group approach program to professionals who work with first-year university students in first-year programs, orientation, academic advising, and counseling centers.

[S. Raymond Ting](#)

CEU Credit: 1

[Beyond the Surface: Implications of New Research on Learning Disabilities](#)**Tuesday, April 1, 2008****8:45 AM - 10:00 AM****Marriott Marquis, M101**

Increasing numbers of students with learning disabilities are now attending college. Unfortunately, most faculty and staff are ill-prepared to work effectively with this population. A phenomenological study was conducted to investigate and better understand the factors and experiences associated with academic success for students with learning disabilities in college. The findings of this study will be presented within the context of the larger disability literature. We will discuss the implications of this study for practice, future research, and theory development.

[Bridgit R Breslow](#)

CEU Credit: 1

[Build Your Social Confidence: A Social Anxiety Group for Students](#)**Tuesday, April 1, 2008****8:45 AM - 10:00 AM****Marriott Marquis, International 7**

Social anxiety is a common concern among college students; however, the university counseling setting does not lend itself well to empirically supported treatment protocols. In this program, a social anxiety group model that combines Heimberg's cognitive-behavioral group therapy (CBGT), social skills training, interpersonal process, and Padesky's (1997) "assertive defense of the self" will be presented. Program attendees will acquire knowledge and skills that will assist them in implementing this protocol to meet the unique needs of their home university. This is the first of a two part Convention Institute.

[Diana E Damer](#)

CEU Credit: 1

[Innovations in College Counseling 2007-2008](#)**Tuesday, April 1, 2008****8:45 AM - 10:00 AM****Marriott Marquis, A704**

Since 1964 this program, started by Tom Magoon and coordinated by the University of Maryland Counseling Center, has been a part of all but three ACPA Conventions. The content is selected from novel and innovative practices solicited by the UM Counseling Center and the Commission for Counseling and Psychological Services. Approximately 10-12 innovative ideas are presented by counseling center directors and staff during the program, covering a wide range of practices. Targets for these innovative ideas include staff and faculty.

[Jonathan Kandell](#)

CEU Credit: 1

[Working with Female to Different Gender Students: Language, Development, Inclusion](#)

Tuesday, April 1, 2008
8:45 AM - 10:00 AM
Marriott Marquis, A703

This session focuses on students who are gender variant, specifically who gender express or gender identify as a member of female to different gender communities; i.e., transman, male to female. The foundation for the discussion draws upon the results of a 2006 project involving a survey of 3,500 individuals who are members of transgender communities. The session raises awareness regarding language used by female to different gender communities, review developmental processes, and provides recommendations for gender inclusive campuses.

[Susan Rankin](#)

CEU Credit: 1

[Innovative Collaboration for Campus Suicide Prevention: ALIVE @ Purdue](#)

Tuesday, April 1, 2008
10:15 AM - 11:30 AM
Marriott Marquis, International 7

Suicide is the second leading cause of death among college students. However, most of the factors that put students at risk can be treated before they reach the acute stage of suicide. Unfortunately, students at risk often are not identified and often do not seek the help that is available. The challenge is to identify at-risk students, overcome resistance to help-seeking, and make effective referrals. This program highlights one campus' collaborative approach to suicide prevention.

[Deborah J Taub](#)

CEU Credit: 1

[Yoga and Mindfulness Practices: Interventions for Health and Wellbeing](#)

Tuesday, April 1, 2008
10:15 AM - 11:30 AM
Hyatt Regency, Hanover Hall D

This presentation will introduce participants to breathing practices, meditation, and gentle yoga postures that are effective treatment modalities for a variety of psychological and physical health concerns, as well as modalities for simply experiencing life more fully. The presentation offers an opportunity to experience some of the practices that are integral components of a university

counseling center mind/body program. Experiential components include the practice a brief centering break, mindfulness attitudes, action with awareness, chair yoga postures, and breathing practices.

[Debra K Alvis](#)

CEU Credit: 1

[African American Men in College: Dialogue with the Book Authors](#)

Tuesday, April 1, 2008

11:45 AM - 1:00 PM

Hyatt Regency, Dunwoody

The recently published book, African American Men in College, offers background data, results of empirical research, insights, and practical suggestions to help Black men successfully matriculate. Chapters of the book address such topics as academic climate, co-curricular involvement, leadership, mentoring, spirituality, and special populations such as fraternity members, athletes, and gay men. Authors will discuss their research and engage session participants in a dialogue about positive interventions. Kevin Bailey and Kenya Messer will join as presenters.

[Michael J Cuyjet](#)

CEU Credit: 1

[Are We Making a Difference With Drug and Alcohol Abuse?](#)

Tuesday, April 1, 2008

11:45 AM - 1:00 PM

Hyatt Regency, Courtland

The College Alcohol Survey has examined policies, programs, services, foundations, and problem assessment on alcohol, drugs, tobacco and violence since 1979. With increases and decreases in the range of approaches, what difference does this make? Furthermore, what implications exist for meaningful results as we strategize for the future? This workshop highlights the longitudinal results from ten data collection points, including detailed research analysis, modeling, and data mining. Practitioners and researchers will be challenged to rethink individual and organizational initiatives.

[David S. Anderson](#)

CEU Credit: 1

[The Relationship Between Mental and Other Disabilities and Student Satisfaction](#)

Tuesday, April 1, 2008

11:45 AM - 1:00 PM

Marriott Marquis, International 4

This program focuses on review of the literature concerning college students with psychiatric disorders. Data from the presenter's research on satisfaction with college from students with no disabilities, students with mobility and learning disabilities, and students with psychiatric disabilities is presented along with interview results from students with psychiatric disorders. Appropriate accommodations for students with psychiatric disabilities, functional limitation, legal issues, behavior and Code of Conduct, and collaboration among faculty, staff, mental health professionals are also addressed.

[Caroline M Brackette](#)

CEU Credit: 1

[Courage to be Imperfect: A Perfectionism Group for Students](#)

Tuesday, April 1, 2008

1:15 PM - 2:30 PM

Marriott Marquis, International 7

Perfectionism is associated with a host of concerns relevant to college students, including social anxiety, worry, obsessive-compulsive behavior, depression, eating disorders, procrastination, and career indecision. In this program, an 8-week cognitive behavioral therapy group for addressing maladaptive perfectionism in the college counseling center setting will be presented. Program attendees will acquire knowledge and skills that will assist them in implementing this protocol to meet the unique needs of their home university. This is the second of a two part Convention Institute.

[Diana E Damer](#)

CEU Credit: 1

[Identity and Intimacy Issues Among Adult Adoptees: Implications for Practice.](#)

Tuesday, April 1, 2008

1:15 PM - 2:30 PM

Marriott Marquis, M106 & M107

Unresolved identity and intimacy issues are common among adults who were adopted, especially when they reach milestone events or search for birth parents. Since adoption affects approximately 60% of the population of the US, it is likely to be a key issue for many traditional and non-traditional college students. This program presents the results of a research project on the development of identity and intimacy among adult adoptees and provides recommendations for counseling and student affairs practice.

[Frances C Pearson](#)

CEU Credit: 1

[Personal Legacies as a Health Promotion Strategy: What? Why? How?](#)

Wednesday, April 2, 2008

8:00 AM - 9:15 AM

Hyatt Regency, Courtland

Legacy development can be helpful in promoting positive health choices about drugs and alcohol as well as other student stressors. The innovative COMPASS approach blends technology, student voices, and professional insights to promote conscious health-based decisions. The emphasis on 31 topics demonstrates ways that this model program can be adapted for implementation. Furthermore, suggestions for how academic preparation programs for new professionals can help promote better decisions will be shared, based upon results from an academic program assessment.

[David S. Anderson](#)

CEU Credit: 1

[Rainbow Chat: Collaboratively Creating Support Programs for LGBTQ Students](#)

Wednesday, April 2, 2008

8:00 AM - 9:15 AM

Hyatt Regency, Hanover Hall F, G

College campuses are becoming safer for lesbian, gay, bisexual, transgender, and queer (LGBTQ) students; however, programs must still be created to support the needs of these students. A program at the University of Georgia was created to provide students with such support while also providing an opportunity to train graduate students to meet the needs of this student population. This program provides an overview of a collaborative programming approach to provide discussion/support groups for LGBTQ students on college campuses.

[Michael D. Shutt](#)

CEU Credit: 1

[Stress Reduction Skills Online: Using Technology to Promote Student Coping](#)

Wednesday, April 2, 2008

9:30 AM - 10:45 AM

Marriott Marquis, M101

Students benefit from coping skills when they encounter stressors in higher education. Technological innovations allow counseling professionals an avenue for providing accessible stress reduction skills to more students. The presenters will discuss the development and implementation of downloadable relaxation and mindfulness exercises. In addition to reviewing current research and implementation data, this presentation will also have an experiential component; participants will listen to a sample audio download from a counseling center website.

[Charles F Zanone](#)

CEU Credit: 1

[Understanding and Challenging Lesser Known Privileges and Oppressions](#)

Wednesday, April 2, 2008

9:30 AM - 10:45 AM

Marriott Marquis, International C

Most universities have moved toward an inclusive, multicultural focus due to the changing US population, civil rights movements, and the needs of more diverse campus communities. While much attention has been focused on issues of race, gender and sexual orientation, many other facets of identity have not garnered the same attention. This program increases awareness of lesser known oppressions and privileges (e.g., religion, body size, disability status, social class, and family systems) and provide ideas for increased campus inclusiveness.

[Kelly Simonson](#)

CEU Credit: 1

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