



**Southeast Ohio Counseling Association
Virtual Mini-Conference
March 10th, 2023**

AGENDA

(Registration & Evaluation Links Included)

9:00 - 9:15

SEOCA Introductions, allow for technical questions/needs

Registration Link:

<https://us02web.zoom.us/meeting/register/tZYsfuCrrzsoGNCA12YhIaNp2jOBnkEGuVjB> (same as Session 1)

Description: Participants may show up early for any technical questions; SEOCA officers can make introductions and discuss the day's agenda.

9:15 - 10:15

Role of Higher Education Institutions in Social Equity and Inclusion

Kristin Chamberlain, PhD, LPC, RN

Registration Link:

<https://us02web.zoom.us/meeting/register/tZYsfuCrrzsoGNCA12YhIaNp2jOBnkEGuVjB>

Description: This presentation will explore ways in which rural higher education institutions can implement trauma informed approaches to promote social equity and inclusion, in rural Appalachia. Tenets of trauma informed education will be discussed, as they relate to social equity and inclusion. A case study will be discussed as it relates to working with a student, from a trauma informed lens.

Program Evaluation Link: <https://forms.gle/JGBnRZbsS7qdG96g8>

Break 10:15-10:30



10:30 - 12:00

A Handmaid's Tale of Supervision: Addressing distress and invalidation in a post-Roe v. Wade United States

Devika Dibya Choudhuri, Ph.D., LPC (MI/CT) NCC, CMHC, ACS

Registration Link:

<https://us02web.zoom.us/meeting/register/tZYvduiprTtEtcbjE4zQs5UaxnYpPSF6F3P>

Description: With an opening overview of the landscape of reproductive rights and body autonomy, we will engage with the process in supervision. The triadic relationship between supervisor, counselor and client, formed of intersecting identities and values, must be reconsidered in light of these issues. Using case vignettes, participants will be encouraged to identify their values and beliefs in terms of reproductive choice, understand when and how to bracket them responsibly, and use strategies to explore counselor and supervisor values and note how they may impact client wellbeing. (Includes: lecture, interactive discussion, breakout groups, case study discussions, values reflections and ethics exploration)

Program Evaluation Link: <https://forms.gle/8i9Bpoto5ods2afq8>

12:00 - 1:00

Lunch

12:15 - 12:45pm “Dine and Discuss”

SEOCA 2nd General Body Meeting (optional)

<https://us02web.zoom.us/j/86478395493>



1:00 - 2:00
Communities

An Ecological Approach to Rural Counseling in Farming

Kathleen Ruscitto, PhD, LMHC, IAADC, ACS, NCC & Corinne Bridges, EdD, LPC, BC-TMH, NCC, AAT-I Level 1

Registration Link:

<https://us02web.zoom.us/meeting/register/tZlvc-CprjwGtDoTsGxZb4LYmdSYWJYspTN>

Description: In rural America, the prevalence of mental health conditions is like those in urban populations (Crumb et al., 2019). Unlike urban environments, rural communities lack access to basic health care including routine and preventative medical and mental health care despite the poorer overall health of the population, increased rates of poverty, and limited access to transportation and broadband internet (Crumb et al., 2020). However, mental health disorders are prevalent and persistent (Crumb et al., 2020), and rural and urban communities experience equivalent rates of mood disorders, posttraumatic stress disorder, trauma, anxiety disorders, developmental disorders, and psychotic disorders (Logstein, 2016). Moreover, farmers and those working in the agriculture industry experience high rates of suicidality, depression, and substance abuse (Beautrais, 2018; Bossard et al., 2016; Ellis & Albrecht, 2017; Garnham & Bryant, 2014). Farming masculinity, economic value, moral worth, and pride create a complex matrix that shapes stressful dynamics that render suicide possible for distressed farmers (Ellis & Albrecht, 2017). Further, male farmers are reluctant to seek professional assistance for their mental health (Scheytt et al., 2019); at the same time, a lack of mental health services in many rural areas is a compounding factor in poor mental health outcomes (Garnham, 2015). This 60-minute interactive presentation will discuss the challenges faced by rural counselors and farmers alike, educate participants on the use of an ecological perspective when working with the farming



population, and review results and implications from the presenter's research. The audience will have the opportunity to share their experience and insights with the group. The presenters will share the outcomes and insights gained from their phenomenological study.

Program Evaluation Link: <https://forms.gle/g4ucdrWBwqWPdiTX7>

Break 2:00-2:15

**2:15 - 3:15
Communities**

Addressing Barriers to Bereavement Counseling in Rural

Kailey Bradley, MA, LPCC-S, NCC, FT

Registration Link:

https://us02web.zoom.us/meeting/register/tZwtduihrD8pGdH7eRglwn907_2Lr6rQ-y9D

Description: Services for end-of-life care as well as bereavement counseling remain limited in rural communities. Hospice and Palliative Care Services provide bereavement counseling to their patients and to the community at large. However, in rural communities there can be barriers for folk accessing that care. Nevertheless, grief does not exist only in large cities. Grief impacts individuals across the geographic spectrum. In small communities, grief can have ripple effects due to the interconnected nature of small town communities. In this training, participants will be given awareness of barriers that exist in access to bereavement support for individuals in rural communities with a robust discussion on strategies and creative remedies to rectify this gap in care.

Program Evaluation Link: <https://forms.gle/poSHgUFSitexzv3V9>

Break 3:15-3:30



3:30 - 4:30 ***Enhancing the Accessibility and Efficacy of Co-Occurring Disorder Treatment in Rural Areas***

Stephanie Maccombs-Hunter, PhD, LPCC-S, LICDC, CRC

Registration Link:

<https://us02web.zoom.us/meeting/register/tZErd-qsrTiiH9eVbFANfXb2nkEVogOrKG9b>

Description: Clients are increasingly presenting with co-occurring mental health and substance use disorders, which are often treated separately. In rural areas, characterized by a lack of resources and referral options, separate treatment is not feasible. In this interactive presentation, participants will learn about the prevalence of co-occurring disorders, implications of co-occurring disorders, and the need for enhanced treatment options for clients with co-occurring disorders in rural areas. Participants will learn strategies to expand their scope of practice, about medication assisted treatment, steps to establish integrated care practices, and strategies for enhancing collaboration with other service providers. Moreover, participants will leave with various free resources available online and in print aimed at enhancing the accessibility and efficacy of co-occurring disorder treatment in rural areas.

Program Evaluation Link: <https://forms.gle/oXSwpPa5m7au9TZkc7>