



## AGENDA

### **Self-Care for Helping Professionals: How best to care for your clients by caring for YOU**

Presenter: Ashley Garrett, LPC, EDS, RPT- S, NCC

Friday, January 8th, 2015 600pm - 845pm

### **TRAINING ROOM**

### ***2.5 NBCC Contact Hours of Professional Development***

**Program Content Description / Learning Objectives:** Participants will learn about best practices for reducing burnout in counseling field as reported by ACA Task Force on Wellness and Impairment. Participants will observe and practice self-care techniques including time management skills, consultation skills, and self-assessment skills. Participants will complete self-care assessment and strategies activity to gain understanding of self and areas to improve on.

5:00 PM	Registration/ Unpack	Networking / Welcome
6:00 PM	Introduction to ACA Task Force on Wellness and Impairment	Chair Yoga Progressive Muscle Relaxation
6:30 PM	Professional Quality of Life (ProQOL-III)	Administer
6:45 PM	Coffee Break	Restroom Break
7:00 PM	Complete and Discuss (ProQOL-III)	
7:30 PM	Time Management Top 10 Helpful Tools	SMART GOALS / Mandala
8:15 PM	Wellness Assessment	Reflections
8:30 PM	How does this relate to supervision / consultation?	Practical Application for supervisors and supervisees
8:45 PM	Closing / Evaluations	

\*Please note that the evaluation form has been emailed to you. Please complete at end of day. Hard copies are available at front of room. \* Certificates of Attendance can be collected as you exit the lobby.

\*Garrett Counseling has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6763. Programs that do not qualify for NBCC credit are clearly identified. Garrett Counseling is solely responsible for all aspects of the programs NBCC ACEP Provider No. 6763.

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## AGENDA

### Hands On: Play Therapy Techniques for Clients of All Ages

Presenter: Ashley Garrett, LPC, EDS, RPT S, NCC

Saturday, January 9th, 2015 830 am - 730 pm

### TRAINING ROOM

#### **8 NBCC Contact Hours of Professional Development (8 Contact Play Hours)**

**Program Content Description / Learning Objectives:** Participants will learn 25 different techniques that work with different age groups (practice). Participants will observe, practice, and receive feedback in small group settings to assure learning of technique. Participants will learn how to develop specific play techniques that are based in theory and help to move client toward reaching clinical goals. Participants will learn about different counseling theories (theory) that are connected to play therapy including leading professionals in field of play therapy (history). Participants will learn how to use play therapy techniques in supervision setting (supervision).

<b>8:00 AM</b>	<b>Breakfast</b>	<b>Networking / Welcome</b>
9:00 AM	Therapy in Action -	Play as Family - Play as Team
	Theraplay Basics to increase communication between family members	Theraplay for Children with Histories of Complex Trauma
10:00 AM	Play Directives: Pipe Cleaners, music	Anger Legos, Face Paper, Pat On Back
10:45 AM	Coffee Break	Restroom Break
11:00 AM	Serious Play - Lego (All Ages)	Small Groups - Social Skills; communication; family connection; business team building
<b>12:00 Noon</b>	<b>Lunch</b>	<b>Networking</b>
1:00 PM	Mindfulness Practice	Scavenger Hunt For Coping Skills in Nature
2:00 PM	Gratitude Picture Hunt	Discussion
3:00 PM	Small Groups - Social Skills Development Group Outline	Topics Needed / When/Who/How using Serious Play - Lego concept
<b>6:00 PM</b>	<b>Dinner</b>	<b>Networking</b>
7:00 PM	Mindfulness - Orange	Practice Leading / Processing with client
7:30 PM - 7:45 PM	Questions / Discussion Groups	Evaluations / Dismissal

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## AGENDA

### Treating Minors in Alabama: How to be ethical and legal

Sunday, January 10th, 2015 830 am - 1145 am

Presenters: Laura Browder, LPC, Leah Simmons, LPC, and Ashley Garrett, LPC, EDS, RPT S

### TRAINING ROOM

### **3 NBCC Contact Hours of Professional Development (3 Ethics)**

**Program Content Description / Learning Objectives:** Participants will learn about using the ACA Code of Ethics and ABEC State Standards to assure understanding of ethics that guide counseling profession. Participants will observe and practice supervision group styles, practice using our model of supervision and consultation, and provide feedback to group members. Participants will explore different case studies that deal specifically with minors in Alabama.

7:30 AM	Load up before training	
8:00 AM	Breakfast	Networking / Welcome
8:30 AM	ACA Code of Ethics	ABEC State of Alabama
9:30 PM	Consultation Circles - How To	Practice / Ethical Dilemmas
10:00 AM	Coffee Break	Restroom Break
10:15 AM	Ethical Dilemmas - Real Time	Case Studies
11:30AM	Documentation of Supervision / Consultation	Resources from ACA / ALCA / Books
11:45 AM	Dismissal	

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