

**15th ANNUAL**

# **UCF COUNSELING** **CONFERENCE**

**January 27-28, 2023**

The Counselor Education Program at UCF has been approved by NBCC as an  
Approved Continuing Education Provider.





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Welcome!

On behalf of the UCF Counselor Education Program and the 2023 Conference Planning Committee, I would like to welcome you to our virtual 15th Annual UCF Counseling Conference!

The UCF Counseling Conference is a special conference for clinicians, supervisors, educators, and students, and with this year's focus being international, we are excited to collaborate with and learn from those educators and clinicians who live outside of the United States! This space allows us to come together to connect with colleagues, celebrate our professions and professional organizations, and hopefully learn from the many wonderful speakers. Our keynote speaker this year is Dr. Gulnora Hundley, who is a core faculty member at UCF and who has been doing some amazing work in the international community. Dr. Hundley will share her passion for fostering international connections and providing services to those most in need beyond the US borders.

During the conference, I encourage you to focus on building relationships with colleagues and classmates, as well as with faculty and others, to learn both from our presenters but also from one another: there are many different disciplines and perspectives in this space and we will all grow together. I am sure you will find the conference informative, rewarding, and inspiring. Thank you for supporting the UCF Counseling Conference, and thank you for joining us!

Have a great conference!

Best,

A handwritten signature in black ink that reads "W. Bryce Hagedorn".

W. Bryce Hagedorn, PhD, LMHC, NCC, MAC, QCS (FL)  
 Professor and Program Director of Counselor Education  
 University of Central Florida  
 Orlando, FL 32816-1250



**Counselor Education  
 and School Psychology**

**The Counselor Education Program at UCF has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4588. Programs that do not qualify for NBCC credit are clearly identified. The Counselor Education Program at UCF is solely responsible for all aspects of the programs.**



## Conference Guidelines

1. Attendees will log into the Conference utilizing the following link:  
<https://ucf.zoom.us/j/95802213128?pwd=VmoxbWp0dHhjQjFVREd0M3RNYWxpZz09>  
 Passcode: 542651
2. Check-in will begin at **8:15am (Friday)** and **8:45am (Saturday)** with the Keynote Address beginning at 8:30am (Friday) and the first Saturday presentation beginning at 9:00am (Saturday).
3. When you log into Zoom, **you will be in “mute” mode** and we ask that you keep yourself muted unless you are asked by a moderator to unmute yourself during a session to ask a question.
  - a. When in the Main room, you are welcome to turn your camera off, whereas while in a presentation we would value seeing your faces.
  - b. While in the Main room, if you have a procedural question, please use the Chat function.
4. For some hours, there will be **two concurrent sessions** occurring for each hour of the conference and you will have the opportunity to self-select whichever presentation most interests you by selecting the appropriate break-out room (Room 1 or Room 2).
  - a. Whereas you are welcome to move between rooms, be sure to follow the guidelines below about signing in and out of the session (each session will have a unique sign-in and sign-out link posted in the chat)
  - b. When not in one of the break-out rooms during a presentation, please congregate in the Main room.
5. During the lunch hour on Friday and Saturday, **poster presentations** will be occurring simultaneously in 6 different breakout rooms. At the end of the hour, there will be a link posted in the main room to record your attendance at the posters.
6. During the presentations, if you have questions or comments, please **utilize the Chat function** in Zoom and/or raise your hand (using Zoom) and a moderator will verbalize your question or ask you to unmute yourself (each speaker will indicate whether questions will be addressed during the session or at the end).
  - a. Solely use the Chat function for conference-related communications.
7. To receive the **CE Certificate** (for practitioners) or **Certificate of Attendance** (for anyone desiring one), attendees will **check-in at the beginning of each session** and **check-out at the conclusion of each session**, all via a unique link submitted into the chat. Additional information about receiving the CE Certificate or the Certificate of Attendance is located on the last page of this program.



**Keynote Speaker**  
**Friday, January 27<sup>th</sup>, 2023**  
**8:30 – 9:30 a.m.**



**Dr. Gulnora Hundley**

Dr. Gulnora Hundley received her MD degree, with a residency in Psychiatry and Addictions, from Tashkent State Medical School in Uzbekistan and a Ph.D. from the Institute of Mental Health in Moscow, Russian Federation. She received her M.A. and Ph.D. degrees in Counselor Education from the University of Central Florida where she is currently a member of the graduate faculty. Dr. Hundley teaches graduate courses in Mental Health, Neuroscience and Psychopharmacology. Dr. Hundley has presented at numerous national and international conferences in English and her native languages of Russian and Uzbek. She provides culture-centered educational experiences and exposes students to high-impact international counseling activities. She has published nationally and internationally in both the medical and counseling fields.

Dr. Hundley is a Licensed Mental Health Counselor (LMHC), Licensed Marriage and Family Therapist (LMFT) and Qualified Clinical Supervisor (QCS) by the Florida Department of Health. Through her private practice in Orlando, she has extensive experience treating adults and children with a variety of mental health issues including sexual trauma, anxiety, depression, relationship issues and life transitions. She is a Certified Advanced Neurofeedback Practitioner and Eye Movement Desensitization and Reprocessing (EMDR) trained clinician.



# Program At-A-Glance

**Friday, January 27<sup>th</sup>, 2023**

Conference Room opens at 8:15am – enjoy the music with a warm beverage

**8:30 a.m. — 9:30 a.m.**

**Keynote Address**

**Main Room:** Globalization/Internationalization of Counseling: Opportunities and Challenges  
by Dr. Gulnora Hundley, LMHC, LMFT, QCS (FL), University of Central Florida

**9:40 a.m. — 10:40 a.m.**

**60-Minute Content Sessions**

**Room 1:** Gender-Based Violence Around the World: Joining Together in Education and Response  
by Paulina Flasch, PhD, LPC, LMFT, Texas State University  
Maria Haiyasoso, PhD, LPC-S, RPT, NCC, Texas State University

**10:50 a.m. — 11:50 a.m.**

**60-Minute Content Sessions**

**Room 1:** Nature-based Interventions with Children and Adolescents across Diverse Cultures  
by Jacqueline Swank, PhD, LMHC, LCSW, RPT-S, University of Missouri  
Sang Min Shin, PhD, LPC, NCC, RPT, University of Texas at El Paso

**12:00p.m. — 1:00p.m. Lunch and Student Poster Presentations**

**12:00 p.m. — 1:00 p.m.**

**Poster Presentations**

**PS 1:** Connecting to the Community: Lessons and Data from the UCF Community Counseling Center  
by Nicole A Coco, Michelle Mallen, Emily Hatchwell, Deborah Coffey, & Melissa Zeligman, PhD

**PS 2:** Understanding Second Generation Filipino Americans: Cultural Context and Counseling Considerations  
by Honey Tumbaga

**PS 3:** ADHD and Romantic Relationships: How to Address the Therapeutic Need  
by Ruby Raulerson

**PS 4:** Are We Overmedicating Our Children? The Need for Integrated Pediatric Care  
by Evandro Patricio

**PS 5:** Five Practices of Exemplary Leadership: An Approach for Advocacy and Community with the Black Community  
by Timothy Eng, M.S. and James Rujimora, M.Ed

**PS 6:** Counseling and Psychological Effects of Amputation  
by Gillian Jinkins



### 1:00 p.m. — 2:00 p.m.

### 60-Minute Content Sessions

**Room 1:** Supporting Guyanese-American Mental Health: Research-Informed Strategies For Cultivating Well-Being

by Shainna Ali, PhD, LMHC, ACS, NCC, Integrated Counseling Solutions  
 Jessica Martin, PhD, William & Mary

**Room 2:** "To numb the pain, I got high." Navigating underrepresented career sex workers' experiential knowledge on the role of substance use and childhood trauma

by Kelley Holladay, PhD, LMHC, LPCC, MAC, NCC Jacksonville University  
 Veronica Barrios, PhD, Miami University

### 2:10 p.m. — 3:10 p.m.

### 60-Minute Content Sessions

**Room 1:** Application of the Sexual Values and Behaviors Discrepancy Model with Individual Adult Clients

by Zachary D. Bloom, PhD, Northeastern Illinois University  
 Madelaine T. Romito, BA, Northeastern Illinois University

**Room 2:** Considerations and Experiences of International Counseling

by Amanda DiLorenzo-Garcia, PhD, University of Central Florida  
 Gulnora Hundley, PhD, LMHC, LMFT, QCS(FL), University of Central Florida

### 3:20 p.m. — 4:20 p.m.

### 60-Minute Content Sessions

**Main Room:** New Counseling study program in Slovakia: Activity of social system improvement tendencies in Europe (Panel discussion with faculty from the University of Trnava, Slovakia)

by Prof. Doc. Mária Šmidová, PhD.,  
 Prof. Doc. Marek Šmid, PhD.,  
 Mgr. Renáta Jamborová, PhD.,  
 Mgr. Marta Andraščíková, MSc.,  
 Mária Nemčíková, MSc. PhD.,  
 Doc. ThLic. Krzysztof Trębski, PhD., and  
 ThLic. Milan Urbančok, University of Trnava, Slovakia





## Program At-A-Glance

### Saturday, January 28<sup>th</sup>, 2023

Conference Room opens at 8:45am – enjoy the music with a warm beverage

#### 9:00 a.m. — 10:00 a.m.

#### 60-Minute Content Sessions

**Room 1:** School Counselors and Crisis Response: Perspectives from Israel and the United States  
by Hilit Maizel, PhD, Western Galilee College, Israel  
Sara Meghan Walter, PhD, Gwynedd Mercy University, Pennsylvania, USA

#### 10:10 a.m. — 11:10 a.m.

#### 60-Minute Content Sessions

**Room 1:** Grief Counseling Post Pandemic  
by Laura Cunningham, PhD, LMHC, New College of Florida

#### 11:20 a.m. — 12:20 p.m.

#### 60-Minute Content Sessions

**Room 1:** Race-Based Traumatic Stress & BIPOC Adolescents: Neurobiological Implications and ACT Approaches  
by Caitlyn McKinzie Bennett, PhD, Rollins College  
Michelle D. Mitchell, PhD, Jacksonville University  
Marcial Thomas, BA, BS, M.Div, Rollins College

### 12:20p.m. — 1:00p.m. Lunch and Student Poster Presentations

#### 12:20 p.m. — 1:00 p.m.

#### Poster Presentations

**PS 1:** Bullying in Relation to School Violence  
by Brynn Simo

**PS 2:** A Counseling Focus in Psilocybin-Assisted Psychotherapy (PAP): Promoting an Emphasis on Counseling Approaches in PAP  
by Kyle LaChance

**PS 3:** Centering Adolescent Girls of Color in Therapeutic Spaces: Considerations for Integrating Transnational Feminism  
by Juliet Cahow

**PS 4:** It's Time to Put Out the Flames: Addressing PTSD Among Firefighters  
by Sydney Olsen

**PS 5:** Alone in the Dark: Birth Trauma and Cultural Isolation  
by Lisa Rickman

**PS 6:** Animal-Assisted Therapy and the implications for treating ACEs and PTSD in children  
by Jodi Morley





### 1:00 p.m. — 2:00 p.m.

### 60-Minute Content Sessions

**Room 1:** Transformative Learning via a Study Abroad Program  
by Samir Patel, PhD, PhD, LMHC (FL), LPCC-S (KY), Murray State University  
Ben Littlepage, PhD, Murray State University

### 2:10p.m. — 3:10 p.m.

### 60-Minute Content Sessions

**Room 1:** Helping Helpers During War Time: Providing Remote Trauma Groups for Ukrainian Mental Health Professionals  
Gulnora Hundley, PhD, LMHC, LMFT, QCS(FL), University of Central Florida  
Sabrina Butler, LMHC (NY), CASAC, University of Central Florida



**Friday, January 27<sup>th</sup>, 2023**

## **Session Highlights**

60 - Minute Content Sessions

**8:30 - 9:30 AM | Main Room Room 01 | Education Session | CE 1.00**

**Globalization/Internationalization of Counseling: Opportunities and Challenges**

by Dr. Gulnora Hundley, LMHC, LMFT, QCS (FL), University of Central Florida

**9:40 - 10:40 AM | Room 01 | Education Session | CE 1.00**

**Gender-Based Violence Around the World: Joining Together in Education and Response**

Paulina Flasch, PhD, LPC, LMFT, Texas State University

Maria Haiyasoso, PhD, LPC-S, RPT, NCC, Texas State University

Gender-based violence continues to be a public health concern in violation of human rights. The World Health Organization (WHO) estimates that 1 in 3 women worldwide have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime. This presentation aims to provide an overview of gender-based violence around the world, its cultural implications, how it is relevant to counseling and psychotherapy, and the role of helping professionals in supporting clients.

**10:50 - 11:50 AM | Room 01 | Education Session | CE 1.00**

**Nature-based Interventions with Children and Adolescents across Diverse Cultures**

Jacqueline Swank, PhD, LMHC, LCSW, RPT-S, University of Missouri

Sang Min Shin, PhD, LPC, NCC, RPT, University of Texas at El Paso

Nature can serve as a powerful partner in the counseling process. This presentation will focus on the use of nature in counseling children and adolescents, including an overview of nature-based child-centered play therapy, a model developed by the presenters. The presenters will discuss multiple strategies for using nature in counseling, and highlight considerations related to using nature with diverse cultures and in diverse regions.



**Friday, January 27<sup>th</sup>, 2023**

## **Session Highlights**

### Poster Presentations

#### **12:00 - 1:00 PM | - | Poster Presentations |**

##### **PS 1: Connecting to the Community: Lessons and Data from the UCF Community Counseling Center**

Nicole A Coco, Michelle Mallen, Emily Hatchwell, Deborah Coffey, & Melissa Zeligman, PhD

The researchers sought to understand the benefits and limitations of telehealth therapy provided by counselors-in-training at the University of Central Florida (UCF) Community Counseling and Research Center (CCRC). This presentation will present the benefits (e.g., consistent attendance, reduced financial strain) and limitations (e.g., potential privacy concerns) of telehealth, and give recommendations for navigating this approach in a community clinic. Additionally, data from the CCRC will be reported in order to explore and compare those who chose face-to-face sessions to telehealth over the last three years, as well as client gains through this approach.

##### **PS 2: Understanding Second Generation Filipino Americans: Cultural Context and Counseling Considerations**

Honey Tumbaga

This poster presentation will outline the current literature regarding the roots of second-generation Filipino American depression within Filipino historical, cultural, and familial contexts and their implications for furthering multicultural competence in counseling.

##### **PS 3: ADHD and Romantic Relationships: How to Address the Therapeutic Need**

Ruby Raulerson

While there has been a lot of research into children with ADHD and the impacts of said neurodivergence on the child's ability to make relationships at that age, there has not been a comprehensive look at how it may impact adult relationships. Using current studies on the impacts of ADHD and relationships, what has worked thus far for helping relationships where ADHD is a factor, and what is needed to continue the research to help serve this community.

##### **PS 4: Are We Overmedicating Our Children? The Need for Integrated Pediatric Care**

Evandro Patricio

There are strict guidelines in place dictating which interventions mental health professionals are allowed to use when treating patients; sadly, the same standards do not apply to medical professionals prescribing psychotropic medication to children when attempting to treat mental health issues. The purpose of this presentation is to look at the existing literature on the risks associated with the two most prescribed psychotropic medications to children in the US, explore the medical community's views on mental health, and discuss the potential benefits of utilizing an integrated pediatric care approach in an effort to avoid over-prescription of psychotropic medication to children.



**Friday, January 27<sup>th</sup>, 2023**

## **Session Highlights**

Poster Presentations

**12:00 - 1:00 PM | - | Poster Presentations |**

### **PS 5: Five Practices of Exemplary Leadership: An Approach for Advocacy and Community with the Black Community**

Timothy Eng, M.S. & James Rujimora, M.Ed.

The socio-cultural and political implications of race and ethnicity remain at the forefront of counselors and counselor educators. Grounded in the resilience of the Black community, we aim to highlight how racism, discrimination, education inequality, law enforcement relations, and inadequate healthcare continue to inflict emotional, physical, and psychological harm. To address these issues, we apply Kouzes and Posneras (1995) Five Practices of Exemplary Leadership as a framework for how counseling professionals can promote connection, transformational leadership, and service to the profession in supporting the Black community, and other marginalized and oppressed populations globally.

### **PS 6: Counseling and Psychological Effects of Amputation**

Gillian Jinkins

Amputation is shown to have lasting psychological effects such as depression, anxiety, and post-traumatic stress disorder. Studies show patients who have experienced amputation struggle with self-disgust, lower quality of life, and suicidality. In this review, a variety of possible treatments for patients experiencing psychological distress following the loss of a limb are offered. This paper also explores future research areas to meet the needs of this population.



**Friday, January 27<sup>th</sup>, 2023**

## **Session Highlights**

60 - Minute Content Sessions

**1:00 - 2:00 PM | Room 01 | Education Session | CE 1.00**

### **Supporting Guyanese-American Mental Health: Research-Informed Strategies For Cultivating Well-Being**

Shainna Ali, PhD, LMHC, ACS, NCC, Integrated Counseling Solutions  
Jessica Martin, PhD, William & Mary

Guyana has the highest rate of suicide in the Western Hemisphere and the biggest diaspora in the world. A large portion of that diaspora resides in the United States. In this presentation attendees will learn culturally sensitive, research-informed methods to help cultivate mental wellness for Guyanese American clients. Researchers will highlight predominant mental health concerns, explore key aspects of the culture that influence mental wellness, note obstacles to mental wellness, and present strategies to foster mental well-being. Plans for future research and suggested strategies for counselor development will also be included in this presentation.

**1:00 - 2:00 PM | Room 02 | Education Session | CE 1.00**

### **"To numb the pain, I got high." Navigating underrepresented career sex workers' experiential knowledge on the role of substance use and childhood trauma**

Kelley Holladay, PhD, LMHC, LPCC, MAC, NCC Jacksonville University  
Veronica Barrios, PhD, Miami University

This qualitative work identified the narratives among a sample of 22 historically underrepresented Black women to bring to light their lived experiences of engaging in sex work. We will highlight how cumulative trauma and repeated sexual victimization influence substance use and individual agency among this sample of career sex workers.

**2:10 - 3:10 PM | Room 01 | Education Session | CE 1.00**

### **Application of the Sexual Values and Behaviors Discrepancy Model with Individual Adult Clients**

Zachary D. Bloom, PhD, Northeastern Illinois University  
Madelaine T. Romito, BA, Northeastern Illinois University

Founded in theory and empirical research, the Sexual Values and Behaviors Discrepancy Model (SVBDM) is a reflective model for counselors to assist their clients in safely reducing discrepancies between their ideal and practiced sexual values and behaviors. The SVBDM is comprised of three steps: Identification and Operationalization of Potential Sexual Issues, Counselor's Self-Assessment, and Reducing Discrepancies and Maintaining Safety. This program seeks to increase attendees' confidence in treating clients with issues related to sexuality and to develop attendees' comfort with discussions regarding sex.



**Friday, January 27<sup>th</sup>, 2023**

## **Session Highlights**

60 - Minute Content Sessions

**2:10 - 3:10 PM | Room 02 | Education Session | CE 1.00**

### **Considerations and Experiences of International Counseling**

Amanda DiLorenzo-Garcia, PhD, University of Central Florida

Gulnora Hundley, PhD, LMHC, LMFT, QCS(FL), University of Central Florida

During this presentation, the presenters will share their experiences working with international populations. Dr. DiLorenzo-Garcia will discuss her work in Haiti while Dr. Hundley will review her work to support Ukrainian mental health professionals' efforts. The presentation will focus on cultural considerations, community connections, and professional insights from their work.

**3:20 - 4:20 PM | Main Room | Education Session | CE 1.00**

### **New Counseling study program in Slovakia: Activity of social system improvement tendencies in Europe, (Panel discussion with faculty from the University of Trnava, Slovakia)**

Prof. Doc. Mária Šmidová, PhD.

Prof. Doc. Marek Šmid, PhD.

Mgr. Renáta Jamborová, PhD.

Mgr. Marta Andraščíková, MSc.

Mária Nemčíková, MSc. PhD.

Doc. ThLic. Krzysztof Trębski, PhD.

ThLic. Milan Urbančok

Counseling in Europe mostly exists as a free profession, not supported by governmental social systems and loosely supported by the European Counseling Association (ECU, 2021). In Slovakia, the credibility of the Counseling profession is growing quickly and its effectiveness has been proven by recent multifactorial empirical research (e.g., Smidova, et al., 2022). On this basis, a Counseling program has been developed in Slovakia as a response to the need to address the many social situations in central Europe (e.g., war, economic crises, etc.). The program emphasizes students' personal self-development, multifunctional counseling principles that are useful for the global community social systems, a combined online and face-to-face format, and the integration of pastoral counseling principles. This panel will consist of faculty from the Counseling program at the University of Trnava in Slovakia.



## **Saturday, January 28<sup>th</sup>, 2023**

### **Session Highlights**

#### **60 - Minute Content Sessions**

##### **9:00 - 10:00 AM | Room 01 | Education Session | CE 1.00**

##### **School Counselors and Crisis Response: Perspectives from Israel and the United States**

Hilit Maizel, PhD, Western Galilee College, Israel

Sara Meghan Walter, PhD, Gwynedd Mercy University, Pennsylvania, USA

School counselors in Israel and the United States play a pivotal role in school crisis response. The two countries share important commonalities in school counselor crisis preparation and in the experiences and realities of practicing school counselors who manage critical events. The complex nature of school crises, along with the large number of stakeholders involved, suggest that school counselors should adopt a case management approach to crisis response. Emerging school counselors in both countries could benefit from enhanced practical preparation in inter-professional collaboration and leadership to be ready to assume the enormous challenges of crisis response in schools.

##### **10:10 - 11:10 AM | Room 01 | Education Session | CE 1.00**

##### **Grief Counseling Post Pandemic**

Laura Cunningham, PhD, LMHC, New College of Florida

The level of grief that has been experienced globally during the pandemic rapidly increased. The need for grief counselors heavily outweighs the number of trained professionals available (Clinton, 2020). Most people are familiar with grief associated from loss of life, but there are also non- death losses such as loss of normalcy (Scheinfeld, Barney, Gangi, Nelson, C., & Sinardi, 2021; Sirrine, Kliner, Goller, 2021). Furthermore, international grief training is needed to address the different cultures and immigration patterns in America and beyond. Although grief may express itself differently in different cultures, the core principles remain similar in how to help individuals and families through the grieving process (Giannopoulou, Bitsakou, Ralli, Chatzis, & Papadatou, 2018).

##### **11:20 AM - 12:20 PM | Room 01 | Education Session | CE 1.00**

##### **Race-Based Traumatic Stress & BIPOC Adolescents: Neurobiological Implications and ACT Approaches**

Caitlyn McKinzie Bennett, PhD, Rollins College

Michelle D. Mitchell, PhD, Jacksonville University

Marcial Thomas, BA, BS, M.Div., Rollins College

The ACA ethical codes require counselors to integrate a multicultural approach to counseling while CACREP calls for integrating neurobiological research into curriculum. Thus, understanding neurobiological and emotional responses to race-based traumatic stress (RBTS) is critical in providing culturally responsive care. Adolescence is the second largest growth period for the brain, making this a time of vulnerability; thus, the interaction of brain development and RBTS for BIPOC adolescents places them at risk. Acceptance and commitment therapy (ACT) aims to increase psychological flexibility. Therefore, this presentation will provide knowledge, tools, and evidence-based approaches to support BIPOC adolescents emotional wellness.





**Saturday, January 28<sup>th</sup>, 2023**

## **Session Highlights**

Poster Presentation

**12:20 - 1:00 PM | - | Poster Presentations |**

### **PS 1: Bullying in Relation to School Violence**

Brynn Simo

The present research was conducted to study the relationship between bullying and gun violence within the school setting among adolescents. To study this relationship, researchers have examined the experience of being bullied and the likelihood of aggression, access to guns, and weapon carrying in schools. Furthermore, researchers assessed potential solutions that attempt to prevent bullying and monitor aggression, while providing support for students. The results of each study can assist in evaluating the School Counselor's role as they provide services to help prevent bullying, support students who are struggling with mental health, and attempt to reduce gun violence in schools.

### **PS 2: A Counseling Focus in Psilocybin-Assisted Psychotherapy (PAP): Promoting an Emphasis on Counseling Approaches in PAP**

Kyle LaChance

This poster examines the currently available body of research on Psilocybin-assisted psychotherapies (PAP) in treating various client populations and seeks to make a case for the direction of research to move toward generalization of PAP through integration with mental health counseling. Considering the mounting research-supported positive, significant, and sustained benefits of psilocybin use in a therapeutic treatment setting there seems to be considerable merit in further investigating PAP as an adjunct to brief counseling approaches to expedite and better sustain positive client outcomes.

### **PS 3: Centering Adolescent Girls of Color in Therapeutic Spaces: Considerations for Integrating Transnational Feminism**

Juliet Cahow

Girls of color occupy a liminal space at the intersection of multiple marginalized identities, including race, ethnicity, and gender. Traditional theoretical approaches to counseling uphold global power dynamics by centering Euromerican male perspectives. While multicultural and feminist therapies address ethnocentrism and power imbalances in therapy, transnational feminism is an integrative perspective that encapsulates both elements and incorporates global activism. This literature review suggests transnational feminism as a prescriptive therapeutic approach for working with adolescent girls of color that addresses their liminality and raises consciousness of their role as global citizens during a crucial period of identity development.



**Saturday, January 28<sup>th</sup>, 2023**

## **Session Highlights**

### Poster Presentations

#### **PS 4: It's Time to Put Out the Flames: Addressing PTSD Among Firefighters**

Sydney Olsen

For decades, firefighters have dedicated their careers to saving lives. However, an emotional cost can come along with the role as a first responder. Firefighters are often exposed to life-threatening perils, which leads to an increased risk of trauma. Posttraumatic stress disorder is a debilitating disorder that follows with a multitude of negative psychological symptoms. Today's counselors must become further educated in ways to assist and support firefighters who develop PTSD. It is hopeful that in the future, firefighters who struggle with posttraumatic stress disorder will have fewer barriers to treatment.

#### **PS 5: Alone in the Dark: Birth Trauma and Cultural Isolation**

Lisa Rickman

This poster presentation displays research findings on parents' experiences of birth trauma, factors contributing to birth trauma for vulnerable populations, and implications for integrated care and culturally relevant support. The presenter will discuss meaningful connections between environmental and social factors and the prevalence of birth trauma for specific groups experiencing isolation from their cultural roots during the perinatal period (i.e. refugees, migrant women, etc.).

#### **PS 6: Animal-Assisted Therapy and the implications for treating ACEs and PTSD in children**

Jodi Morley

The therapeutic utilization of animal-assisted therapy has been a topic of increasing interest for decades. Research has suggested a positive correlation with this method of treatment. However, there is little empirical evidence to substantiate specific outcome measures related to children who have experienced adverse childhood experiences (ACEs) or post-traumatic stress disorder (PTSD). The purpose of this research paper was to evaluate Animal-assisted interventions (AAI) and Animal-assisted therapy (AAT) as effective treatment modalities while synthesizing the results to present a more comprehensive understanding of the subject area, allowing me to extrapolate potential gaps in prior research and systematically identify future research opportunities.



**Saturday, January 28<sup>th</sup>, 2023**

## **Session Highlights**

60 - Minute Content Sessions

**1:00 - 2:00 PM | Room 01 | Education Session | CE 1.00**

### **Transformative Learning via a Study Abroad Program**

Samir Patel, PhD, LMHC (FL), LPCC-S (KY) Murray State University  
and Ben Littlepage, PhD, Murray State University

Many benefits are experienced by students who travel abroad for postsecondary education. Students elect to participate in a study abroad program for a variety of reasons (e.g., to gain cultural competencies, to understand disciplinary principles through a different cultural lens, to participate in experiential learning, etc.). Directors of a study abroad program have a unique opportunity to help students find meaning through this transformative experience. This session will explore Mezirowas (1997) Transformative Learning Theory (TLT), and specifically address how the three primary assertions of TLT were applied to a 10-day study abroad program in South Korea for graduate students.

**2:10 - 3:10 PM | Room 01 | Education Session | CE 1.00**

### **Helping Helpers During War Time: Providing Remote Trauma Groups for Ukrainian Mental Health Professionals**

Gulnora Hundley, PhD, LMHC, LMFT, QCS(FL), University of Central Florida and Sabrina Butler, LMHC (NY), CASAC, University of Central Florida

As the Ukraine war continues and the global mental health crisis grows, helping professionals are being asked to bear burdens they can no longer carry. This presentation and research inquiry recognizes the outstanding need to implement and utilize interventions that can address the mass amounts of trauma endured globally every day with a specific focus on Ukrainian mental health providers. Therefore, the goal of this presentation is to increase knowledge and exposure to an effective group trauma intervention that could assist with meeting the gaps in access to care for those in war zones and other underserved populations.

# Certificate Instructions

1. To receive the **CE Certificate** (for practitioners) or **Certificate of Attendance** (for anyone desiring one), attendees will **check-in at the beginning of each session** and **check-out at the conclusion of each session**, all via a unique link submitted into the chat.
2. These links will be provided by the moderator at the beginning of each session (and up to 10 minutes into the session) and will be provided at the end of each session (beginning with 10 minutes to go until the end).
3. Participants must have both checked in at the beginning, and checked out at the end, of each attended session to receive credit for the hour. The check-out link will also include an evaluation of the session (which must be completed).
4. Participants are not allowed to share the sign-in/sign-out links (i.e. don't copy and paste them into the chat).
5. The poster presentations will not have a check-in/check-out but rather will have a general link posted at the end of the hour to collect feedback and attendance.
6. For attendance/verification purposes, each evaluation will ask for your first and last name. *This information will not be included in the session evaluation feedback that each presenter receives.*
7. Pending completion of your session evaluations, each attendee will receive their CE Certificate or their Certificate of Attendance (via the email they provided in their registration) from [UCFCounselingConference@gmail.com](mailto:UCFCounselingConference@gmail.com) within two weeks (an aspirational goal).
8. The total hours that will be noted on your certificate will equal the total number of presentations that you attended (i.e. completed the check-in and check-out surveys). For this year's conference, the total possible hours equal:
  - a. **11 CE Hours** for professional attendees (which can be used for licensure purposes).
  - b. **13 Attendance Hours** for those who don't need CE hours for licensure
    - i. UCF Counseling students must attend at least 10 hours to receive full credit for this conference for graduation purposes.
    - ii. The difference between the two (11 and 13) are the two hours for the Poster Presentations (which cannot be used for CE purposes).
9. For questions or concerns: [UCFCounselingConference@gmail.com](mailto:UCFCounselingConference@gmail.com).
10. For large sums of money (sending, not receiving): [Bryce.Hagedorn@ucf.edu](mailto:Bryce.Hagedorn@ucf.edu) (yes, that was an end-of-the-Program joke).



# SPECIAL THANKS

## **University of Central Florida College**

### **Community Innovation and Education (CCIE)**

### **Department of Counselor Education & School Psychology**

#### **Our Keynote**

Dr. Gulnora Hundley, LMHC, LMFT, QCS (FL)

#### **14th Annual UCF Counseling Conference Planning Committee**

Dr. W. Bryce Hagedorn, Conference Faculty Advisor

The 2nd-year UCF Counselor Education Doctoral Cohort, Six Degrees of Cohesion:

Sabrina Butler, Timothy Eng, Alexandra Frank, James Rujimora,

Heather Summers, and Jessie Yanson

#### **CCIE Facilities and Logistics**

#### **CCIE Communications**

#### **Counselor Education Doctoral Student Organization (CEDSO)**

*Thank you to all who attended, presented, and participated in the 15th Annual University of Central Florida Counseling Conference. We give special thanks to the **volunteers** and **UCF staff** who worked tirelessly to ensure the success of this conference.*

*With gratitude,*  
**Six Degrees of Cohesion**



[ccie.ucf.edu/counselored/](http://ccie.ucf.edu/counselored/)



University of Central Florida, Orlando Campus



**College of Community  
Innovation and Education**

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