

7:30-8:15	Registration - Please join us for breakfast sponsored by US Air Force.			
8:15-8:30 Grand Room	Welcome Ashley VanBemmelen, WMCA President			
Time/Room	Grand	Coldwater	Thornapple	Rogue
Breakout Session #1 8:35-9:35	<p>Taming Imposter Syndrome</p> <p>Amy Pierce-Danders, MBA, GCDF, CCSP <i>Career+Life Strategist, E3 Coaching Studio</i></p> <p>Imposter Syndrome is real! During our time together, we'll dig into what Imposter Syndrome is and we'll walk alongside each other to learn ways to remove the power of the gremlins that hinder harnessing success and self-love.</p>	<p>Taking a Look in the Mirror: Self-Awareness Strategies to Cultivate Multicultural Competence in Counselors</p> <p>Jenny Chien, Ph.D., LPC, LMHC, Kendra Jackson, Ph.D., LPC, LCPC, LMFT & West Loveland, Ph.D., LPC, LCPC, LMFT <i>Cornerstone University</i></p> <p>Conference attendees will explore the importance of cultivating cultural competence and examine the building blocks for developing cultural competency.</p>	<p>Equipping Students/Clients for Career Exploration</p> <p>Krista Harmon <i>Career Readiness Consultant, KISD</i></p> <p>During this session, we'll highlight the "Why" and "How" of career exploration and share strategies and resources to help you engage your students/clients in this critical step of career development. (1.0 Career SCECH)</p>	CANCELLED
Break 9:35-9:45	Please Visit our Sponsors United States Air Force MCAN Davenport university Great Lakes Boat Building School UFP Business School GRCC Samaritas Forest View Hospital			
Keynote 9:45-11:45 Grand Room	<p style="text-align: center;">Implicit Bias Training Jessica Jennrich, Ph.D.</p> <p>Offered by the Office of Equity & Inclusion and meets the LARA licensing renewal requirements.</p> <p>This training is dedicated to understanding implicit bias. This training is designed to help participants understand the cognitive, emotional, and behavioral roots and impacts of biases. Additionally, participants will learn tools and strategies to interrupt implicit biases and address microaggressions in ways that advance social justice and equity in one's practice and within the counseling profession broadly.</p> <p>Emphasis will be placed on interaction, group discussion, and case studies to aid in the application of identifying bias and making changes to one's behavior. The theories and topics used are specific to this community, assisting in the long-term retention of these skills, and the ability of this particular population to recognize bias and to adjust their approach to diverse patient care.</p> <p>In this presentation, participants will establish a framework for understanding concepts such as inclusion, equity, privilege, and microaggressions. Opportunities for participants to reflect on their own social identities such as race, ethnicity, gender identity, class, ability, citizenship, age, religion, etc. will be provided. Participants will explore how their identities and experiences with power, privilege, and oppression impact their decision-making and sense of agency. This foundational knowledge allows for a better robust understanding of systemic inequity, and encourages vigorous engagement with eliminating biased behavior and thinking.</p>			
11:45-12:30 Grand Room	<p>LUNCH catered and Sponsored by the US Air Force.</p> <p>Commercial Break: Sponsor Introductions and Information (*Gold Plus Sponsors*) United States Air Force MCAN Davenport University Great Lakes Boat Building School UFP Business School</p>			

Time/Room	Grand	Coldwater	Thornapple	Rogue
Breakout Session #2 12:30-1:30	<p>Three Keys to Active Pain Management: How to Let Go, Show Up, and Move On using ACT</p> <p>Evan Parks, Psy.D.</p> <p>With an estimated 50 million people in the US dealing with chronic pain, many of the patients you work with are looking for tools they can use to get back to the life they love.</p> <p>If you like straightforward explanations, illustrated teachings, and detailed case studies, then you'll enjoy this training session on how to help patients (and yourself) approach chronic pain and difficulty with flexibility.</p>	<p>The Role of Limiting Beliefs in Anxiety & Depression</p> <p>Nicole Fryling, MA, LPC <i>Restorative Counseling Center</i></p> <p>Understand the impact of thoughts (including limiting beliefs, inner critic, and more) on the perpetual cycle of anxiety and depression. Learn practical concepts and tools that can be easily adapted and used directly with a variety of clients.</p>	<p>Reimagining Emotional Regulation</p> <p>Joe Martino, LPC</p> <p>What if we reimagined how we approach emotional regulation? What if we could change not only how we approach as counselors the strong emotions that we face on a daily basis but also if we could teach our clients how to change their approach to these strong emotions? Join me as we explore emotional regulation and all of the hard things that come with life.</p>	<p>United States Air Force Career Options & Benefits</p> <p>Patrick Groff, TSgt <i>US Air Force</i></p> <p>Primary discussion will cover the many benefits and opportunities the US Air Force has to offer students. Topics include: travel, pay, education, career advancement, training, recreational activities. (1.0 Military SCECH)</p>
Breakout Session #3 1:35-2:35	<p>Adolescent SUD</p> <p>Anthony Muller, MA, LPC, CAADC, CCS <i>Vice President of Behavioral Health, Samaritas</i></p> <p>Further exploration of Substance Use Disorder in adolescents.</p>	<p>Equipping Students/Clients for Career Exploration</p> <p>Krista Harmon <i>Career Readiness Consultant, KISD</i></p> <p>During this session, we'll highlight the "Why" and "How" of career exploration and share strategies and resources to help you engage your students/clients in this critical step of career development. (1.0 Career SCECH)</p>	<p>Reimagining Emotional Regulation</p> <p>Joe Martino, LPC</p> <p>What if we reimagined how we approach emotional regulation? What if we could change not only how we approach as counselors the strong emotions that we face on a daily basis but also if we could teach our clients how to change their approach to these strong emotions? Join me as we explore emotional regulation and all of the hard things that come with life.</p>	<p>United States Air Force Career Options & Benefits</p> <p>Patrick Groff, TSgt <i>US Air Force</i></p> <p>Primary discussion will cover the many benefits and opportunities the US Air Force has to offer students. Topics include: travel, pay, education, career advancement, training, recreational activities. (1.0 Military SCECH)</p>
2:35-3:30	Wrap Up & Door Prizes..... You MUST be present to win.			

THANK YOU to the following for their support of WMCA!



**BUILDING YOUR FUTURE.
NOT YOUR DEBT.**

