



**Oklahoma University  
Counseling Conference:  
Oklahoma State University  
Counseling Services**

*February 24<sup>th</sup>, 2023  
Building Community and a  
Culture of Care*

# *Welcome Letter*

*Dear Colleagues:*



*Welcome to Oklahoma State University! We are excited to host you for the inaugural annual Oklahoma University Counseling Conference. Our focus on building community amongst university and college mental health providers is a vital endeavor as we seek to support one another through the joys and challenges associated with such an important profession.*

*The conference theme this year is building community and a culture of care. Just as much as our student communities need support and care, so too are counselors in need of community and care.*

*We are very glad you are attending the conference and we look forward to learning from one another.*

*Jonathan Ishoy, M.S., LPC  
Conference Chair*

# Schedule-at-A-Glance

Friday, February 24<sup>th</sup>

7:30 AM -8:45 AM

Continental Breakfast

Student Union, 2<sup>nd</sup> Floor Ballroom Hall

7:30 AM -8:45 AM

Registration

Student Union, 2<sup>nd</sup> Floor Ballroom Hall

7:30 AM -8:30 AM

Poster Display and Presenter Q&A

Student Union, 2<sup>nd</sup> Floor Ballroom Hall

8:45 AM -9:00 AM

Welcome

Student Union, 2<sup>nd</sup> Floor Ballroom Rm 265

9:00 AM -10:15 AM

Opening Keynote

Student Union, 2<sup>nd</sup> Floor Ballroom Rm 265

10:00 AM -10:15 AM

Break

10:30 AM -11:45 AM

Breakout Session 1

See page #5 for description and locations

12:00 PM -1:00 PM

Lunch

Student Union, 2<sup>nd</sup> Floor Ballroom Hall

1:15 PM -2:30 PM

Breakout Session 2

See page #5 for description and locations

2:30 PM -2:45 PM

Break

2:45 PM -4:00 PM

Breakout Session 3

See page #6 for description and locations

4:00 PM -4:30 PM

Closing remarks and Introduction to 2024 Conference

Student Union, 2<sup>nd</sup> Floor Ballroom Rm 265

# Oklahoma University Counseling Conference: at OSU



# *Opening Keynote: Al Carlozzi, EdD, LMFT Licensed Health Service Psychologist Professor Emeritus, Oklahoma State University*

*The University Counseling Center: Mission and Leadership in Context.*

*9:00-10:15 am, Student Union Ballroom Rm 265*



*served as Professor and Director of the OSU-Tulsa Counseling Center, which was renamed the Al Carlozzi Center for Counseling at OSU-Tulsa in 2020. Awards he received include the OSU Regents Distinguished Teaching Award, OSU-Tulsa Outstanding Teaching Award, Distinguished Researcher Award, and Leadership and Service Excellence Award.*

*For more than a decade, Dr. Carlozzi served on committees for Mental Health Association Oklahoma and as co-leader of a support group for parents of transgender youth at the Dennis R. Neill Equality Center. He maintained a part-time private psychology practice for 34 years. Dr. Carlozzi has conducted numerous presentations on ethical issues in mental health practice and on gender affirming treatment for transgender and gender expansive persons. He is co-editor of the book, *Transgender and Gender Diverse Persons: A Handbook for Service Providers, Educators, and Families*, published by Routledge in 2019. At the request of the interim dean of student services at the University of Tulsa, he served as interim director of Counseling and Psychological Services (CAPS) and participated in the search for a permanent director throughout the fall semester of 2021. While he retired as an OSU professor in 2019 and as a private practitioner in 2022, he continues to serve on various committees, such as the Zarrow Mental Health Symposium Planning Committee and the Compassionate Tulsa Committee, and to conduct presentations for community and professional groups.*

## *About the Speaker*

*Dr. Al Carlozzi is a licensed health service psychologist, licensed marital and family therapist, and professor emeritus at Oklahoma State University (OSU). He retired from OSU in 2019, after serving 40 years on the OSU faculty. He has held several administrative positions at OSU in Stillwater, including Head of the School of Applied Health and Educational Psychology and Associate Dean/Interim Dean of the Graduate College, and for his last 13 years with OSU, he*

## Breakout Session 1

10:30 AM-11:45 AM

*Option 1- Trauma Informed Care with College Students (may schedule till full).*  
*Kara Niccum, M.S., LMFT, LADC, Oklahoma State University*  
*Student Union French Lounge 270*

*This presentation will address how trauma plays out in the lives of college students behaviorally, emotionally, and academically. The impact of trauma on the developing brain, what it means to be a trauma informed clinician, and what trauma informed care looks like in clinical practice will be addressed. The presenter is a certified EMDR therapist, approved consultant, and trainer, therefore trauma informed care as a foundation for EMDR therapy will be woven throughout.*

*Option 2- Bridging the Gap for Survivors through Yoga (may schedule till full).*  
*Mary Ellen Solon, M.S.W., LCSW, RYT-200, University of Tulsa*  
*Student Union Sequoyah Room 280*

*Survivors of sexual assault often want individual counseling and peer support groups but may feel too overwhelmed to engage with these services. Trauma-Informed Yoga offers an accessible and embodied alternative that also serves to create a community of healing.*

## Breakout Session 2

1:15 PM-2:30 PM

*Option 1- Existential Dialectics of Care: A Model for Being Grounded in Value (may schedule till full).*  
*Jonathan Ishoy, M.S., LPC, Oklahoma State University*  
*Student Union French Lounge Rm. 270*

*Understanding how values, such as care and empathy, impact the therapeutic process are important considerations for the clinician. This presentation will review theoretical and philosophical perspectives within Existential Psychotherapy and the phenomenology of empathy by Edith Stein. Thus applying a more accurate perspective and therapeutic approach to empathy.*

*Option 2- Physical and Mental Health in a University Counseling Center (may schedule till full).*  
*Amy Anderson, M.Ed., LPC, LADC and Burke Hahn, Clinical Intern, Oklahoma State University*  
*Student Union Sequoyah Room 280*

*This presentation will cover the interaction between physical activity/exercise, mental health, and the brain. The presentation will discuss the available literature, clinical support, practical applications, and use for counselors.*



## *Breakout Session 3*

*2:45 PM-4:00 PM*

*Option 1- Navigating Support with Community Partners: Addressing Mental Health Concerns and Crises (may schedule till full).*

*Joseph Dunnigan, PhD., Counseling Psychologist, Oklahoma State University  
Student Union French Lounge 270*

*It is common for non-mental health professionals to be the first point of contact for a student crisis. Often these professionals are limited in their ability to navigate these challenges while safeguarding their own well-being. This talk will focus on how to provide support for non-mental health partners on setting boundaries, providing referrals, and increasing their capacity to meeting these challenges.*

*Option 2- College Mental Health Education and Suicide Prevention Outside the Clinical Perspective (may schedule till full).*

*Hannah Brownlee, M.P.H., and Jo Fullmer M.S., LCSW, Oklahoma State University  
Student Union Sequoyah Room 280*

*This presentation would provide insight into the current prevention education for students regarding mental health and suicide within the college student population. The presenter highlights what Oklahoma State University and Department of Wellness are doing in terms of mental health from a health education and promotion standpoint. The presentation will demonstrate the ongoing effort to emphasize the correlation of physical and mental health through nonclinical means.*

# Poster Session

Friday 7:30 AM – 8:30 AM  
2<sup>nd</sup> Floor Ballroom Hall, Union Building



*What are the types of university students with suicidal ideation that did not seek mental health treatment in the past year?*  
*Courtney Doman, M.S., Doctoral Student in Human Development and Family Sciences & Preston Morgan, PhD, LMFT(MD).*  
Oklahoma State University

*Hiring Permanently Remote Clinical Staff at University Counseling Centers: A Multi-Method Exploration of Barriers and Recommendations*

*Chris Dabbs, Ph.D.*  
Knox College

*Future Counselors' Attitudes Toward LGBTQ+ Folks*

*Tori Moore, B.A., Doctoral Student in Counseling Psychology & Douglas Knutson, Ph.D.*  
Oklahoma State University

*From Absent Presence to Present Absence: Physical Neglect is linked to Posttraumatic Stress Symptoms through Relationship Mindfulness*

*Viktoria Papp, Doctoral Student in Human Development and Family Science & Michael Fitzgerald, Ph.D.*  
Oklahoma State University

*Exploring the Relationship Between Eating Disorder Symptom Severity and Episodes of Driven or Compulsive Exercise in a Large National Sample of University Students*

*Kimberly Osborn, M.S.W, Laina Nelson M.A., Rebekah Urban, M.A. Doctoral Students in Counseling Psychology.*  
Oklahoma State University

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## Presenters

*During this time, presenters will meet with conference attendees and answer questions. Poster Presenters will have the option to set up their posters the morning of the conference in the designated area in the OSU Student Union Ballroom Rm 265, on Friday (2/24), between 7:00 AM-7:30 AM.*

## *Continuing Education Information*

*The Oklahoma University Counseling Conference (OUCC) has been preapproved to offer CEU credits through the Oklahoma State Board of Behavioral Health for LPC, LBC, and LMFT, the Oklahoma State Board of Examiners of Psychologists, and is in the process of obtaining approval through the Oklahoma State Board of Licensed Social Workers.*

*To receive CE credit for attending this conference, you must be a registered attendee and complete program evaluations for each keynote and breakout sessions. Please follow the instructions below:*

*Step 1- Sign attendance sheet before keynote and each breakout session that you attend.*

*Step 2- Fill out evaluation form and turn them in to the presenter after each session that you attend.*

*Step 3- At 4:30 pm. certificates of completion will be available at the registration desk.*

*Thank you!*

*If you have any questions regarding CEU credits for this conference, please contact Jonathan Ishoy at [oucc@okstate.edu](mailto:oucc@okstate.edu).*



# **Oklahoma State University Counseling Services**