



OUCC/OSU 2024

Navigating Ethics and Loss in Counseling

Hosted by: Oklahoma State University/University Counseling Services

February 23rd, 2024

Welcome Letter



Dear Colleagues:

Welcome to Oklahoma State University! We are excited to host you for the 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 navigating ethics and loss in counseling. As mental health counselors assist clients in navigating ethical concerns and grief/loss during treatment, it is important to consider aspects of the therapeutic alliance and how that might impact processing such concerns.

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 23rd, 2024

7:45 AM -8:45 AM

Continental Breakfast

Student Union, 2nd Floor Ballroom Hall

7:45 AM -8:45 AM

Registration

Student Union, 2nd Floor

Ballroom Hall

7:45 AM -8:45 AM

Poster Display and

Presenter Q&A

Student Union, 2nd Floor

Ballroom Hall

8:45 AM -9:00 AM

Welcome

Student Union, 2nd Floor

Ballroom Rm 265

9:00 AM -10:30 AM

Opening Keynote

Student Union, 2nd Floor

Ballroom Rm 265

10:30 AM -10:45 AM

Break

10:45 AM -12:00 AM

Breakout Session 1

*See page #5 for description
and locations.*



12:00 PM -1:15 PM

Lunch

Student Union, 2nd 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 -4:15 PM

CEU Certificates

Student Union, 2nd Floor

Ballroom Hallway

OPENING KEYNOTE: DR. BILL DOHERTY, PH.D.

The Ethical Lives of Clients: Our Role as Therapists

9:00-10:30 am, Student Union Ballroom Rm 265

About the Speaker

Dr. Bill Doherty, Ph.D. is a Professor in the Department of Family Social Science at the University of Minnesota where he directs the Minnesota Couples on the Brink Project, which developed “discernment counseling” for couples on the brink of divorce. Bill co-founded the nonprofit Braver Angels in 2016 to bring couple therapy skills to address



political polarization in the country. His most recent book is *The Ethical Lives of Clients: Transcending Self-Interest in Psychotherapy*, published by APA. Among Bill’s awards is the Lifetime Achievement Award from the American Family Therapy Academy.

BREAKOUT SESSION 1

10:45 AM-12:00 AM

Option 1- The Power of Relationship Counseling: Treating People Together in an Age of Disconnection, Isolation, and Loss

Dr. Nathan Hardy Ph.D., Associate Professor and MFT Program Director, Oklahoma State University

Student Union, French Lounge Room 270

Although we may live through difficult times of relationship fragmentation and loss, we still yearn for connection, community, and civility. Relationship counseling has taught us the power of human bonds and the pathways of reconciliation. Explore the research, tools, and principles of relational healing.

Option 2- Ethics in Critical Incident Debriefing

Nikkie Dunnigan, M.S. LPC

Student Union, Sequoyah Room 280

When tragedy strikes, mental health professionals can provide necessary support to impacted individuals and institutions through critical incidence response. Explore professional counseling ethics related to this invaluable work.

BREAKOUT SESSION 2

1:15 PM-2:30 PM

Option 1- Using Expressive Arts to Help Clients Process Grief and Loss

Dr. Lisa Beijan Ph.D., Assistant Professor, Oklahoma State University

Student Union French Lounge Room 270

Using expressive arts as part of counseling allows clients to connect with their feelings and experiences more effectively than with talk therapy alone. This session will provide an overview of expressive arts in counseling and discuss specific expressive activities for addressing grief and loss.

Option 2- Ethical Considerations of Working with LGBTQ+ Clients: Navigating Current Legislation

Dr. Sarah Johnson Ph.D., Director and Dr. Rebecca Hurst Ph.D., Assistant Director, OSU-Tulsa Student Union, Sequoyah Room 280

In the current political climate in Oklahoma, legislation is frequently targeting members of the LGBTQ+ community and their health care needs. Mental health professionals often struggle to navigate adherence to ethical and legal guidelines and creating safe and affirming spaces for clients. This breakout session will address implications of recent legislation for mental health professionals and identify ways to work with clients impacted by anti-queer policies more effectively.

BREAKOUT SESSION 3

2:45 PM-4:00 PM

Option 1- Existential Therapeutic Approaches and Community Outreach for Grief and Loss

Jonathan Ishoy, M.S. LPC, and Cheyenne Fisher, Grief and Loss Intern Oklahoma State University

Student Union French Lounge Room 270

Providing grief and loss support to students, faculty, and staff on university/college campuses benefits from an integrative approach that incorporates both possible clinical referral and outreach. During times of bereavement existential approaches can assist in reorienting meaning making strategies for individuals and the campus community. In addition, establishing an outreach program can help support the campus community in coming together and providing resources.

Option 2- Bringing It Up, Breaking It Down: Ethical Considerations for Acknowledging and Discussing Nuances of Race and Identity.

Mindy Windholz LPC-S, Staff Counselor, University of Oklahoma

Student Union, Sequoyah Room 280

By incorporating the ACA code of ethics, the presentation will center around awareness of privilege and encouragement of deeper consideration of how historical trauma can impact a therapeutic relationship, especially if the provider is white and the client is BIPOC. I will touch briefly on somatic theory from the works of Resmaa Menaken and provide suggestions on how to gently approach the topic of race with clients. It will be noted that race does not equal a monolithic experience but will bring attention to how historical trauma can manifest in the body and how this may affect the therapeutic alliance. I will also provide space for discussion and a reading list for any attendee interested in continued education.

POSTER SESSION

Friday 7:45 AM - 8:45 AM

2nd Floor Ballroom Rm 265, Union Building



Are distressed couples less accessible, responsive, and engaged in their relationship compared to non-distressed couples in couple therapy?

Ryan Snyder, M.S., & Preston Morgan, Ph.D.,
LMFT

Oklahoma State University

Sexual Satisfaction Trajectories of University and Community Couples in Couple Therapy

Yunyao Zhu, M.S., & Preston Morgan, Ph.D.,
LMFT

Oklahoma State University

Perceived Stress and Relationship Satisfaction Across Couples Therapy Treatment.

Alexia Converse, M.S., & Preston Morgan,
Ph.D., LMFT

Oklahoma State University

Character Creation: Role-Playing Games and Identity Formation with Transgender and Gender Diverse Clients

Jules Holzbauer, & Gillian Jenkins
Copeland, M.S.

Oklahoma State University

Client's Higher Age is Associated with Greater Increases in Therapeutic Alliance in Individual Therapy.

Garrin L. Morlan B.S. and Preston C.
Morgan Ph.D., LMFT

Oklahoma State University

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 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 session. Please follow the instructions below:

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

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

Step 3- At 4:00 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.

**Oklahoma State
University
Counseling Service**

Thank You for Attending