

HEALING, RESISTING, & RESTORING IN CHALLENGING TIMES

2020 Big Ten Counseling Centers Conference

February 19-21, 2020 | Hilton Orrington/Evanston

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SCHEDULE-AT-A-GLANCE

WEDNESDAY, FEBRUARY 19TH

1:00PM - 5:00PM **REGISTRATION**
2nd Floor Foyer

3:00PM - 4:30PM **ROLE MEETINGS**
Directors, *Lunt Boardroom, 2nd Floor*
Clinical Directors, *Cummings Room, 9th Floor*
Training Directors, *Holgate Room, 9th Floor*
Outreach Directors, *Haven Room, 9th Floor*
Trainees, *Rogers Room, 9th Floor*
Attendees of Color, *Bonbright Room, 9th Floor*
Embedded Positions, *James Room, 9th Floor*
LGBTQ Attendees, *Northshore Room, 2nd Floor*
Social Work, *Evans Room, 2nd Floor*

The role meetings are intended to provide a casual space for staff and trainees to meet and connect with others who have similar job responsibilities/roles. Designated hosts from NU CAPS will be there to facilitate discussions.

5:00PM - 7:00PM **WELCOME RECEPTION WITH CASH BAR**
Heritage Ballroom, 2nd Floor
Credit cards not accepted.

7:00PM **DINNER**
On your own. Visit downtownevanston.org for food and entertainment options.

THURSDAY, FEBRUARY 20TH

7:00AM - 8:00AM **MORNING YOGA**
E-Town Den, 1st Floor

7:30AM - 9:00AM **CONTINENTAL BREAKFAST**
Northshore Rm, 2nd Floor

7:30AM - 9:00AM **REGISTRATION**
2nd Floor Foyer

7:45AM - 8:45AM **POSTER DISPLAY AND PRESENTER Q & A**
2nd Floor Foyer

10:00AM - 4:00PM **POSTER DISPLAY**
9th Floor Foyer

8:45AM - 9:00AM **WELCOME**
Grand Ballroom, 2nd Floor

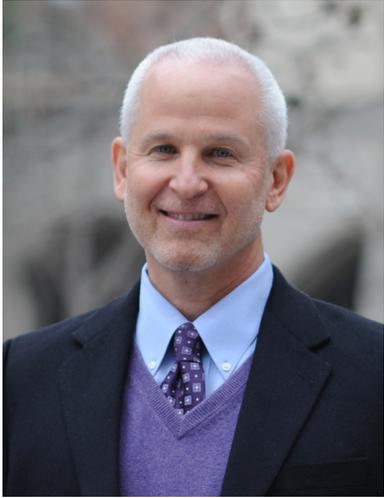
9:00AM - 10:15AM **OPENING KEYNOTE**
Grand Ballroom, 2nd Floor

- 10:15AM – 10:30AM** **BREAK**
- 10:30AM – 11:45AM** **BREAKOUT SESSION 1**
See page 10 for descriptions and locations
- 11:45AM – 1:00PM** **LUNCH**
On your own. Visit downtownevanston.org for food and entertainment options.
- 11:45AM – 2:15PM** **BIG TEN DIRECTORS' LUNCHEON**
Evans Room, 2nd Floor
- 1:00PM – 2:15PM** **BREAKOUT SESSION 2**
See page 11 for descriptions and locations
- 2:15PM – 2:30PM** **BREAK**
9th Floor
Coffee and tea available.
- 2:30PM – 3:45PM** **BREAKOUT SESSION 3**
See page 12 for descriptions and locations
- 4:00PM – 5:30PM** **NORTHWESTERN CAPS TOUR**
Gather at Hotel Lobby
- 6:00PM – 7:00PM** **EVENING RECEPTION WITH CASH BAR**
Heritage Ballroom, 2nd Floor
Credit cards not accepted.
- 7:00PM – 11:00PM** **BANQUET & ENTERTAINMENT**

FRIDAY, FEBRUARY 21ST

- 7:00AM – 8:00AM** **MORNING YOGA**
E-Town Den, 1st Floor
- 7:30AM – 9:00AM** **CONTINENTAL BREAKFAST**
2nd Floor Foyer
- 8:00AM – 9:00AM** **BIG TEN SUICIDE REGISTRY MEETING**
Cummings Room, 9th Floor
- 9:00AM – 10:15AM** **BREAKOUT SESSION 4**
See page 13 for descriptions and locations
- 10:15AM–10:30AM** **BREAK**
9th Floor Foyer
- 10:30AM–11:45AM** **CLOSING KEYNOTE**
Grand Ballroom, 2nd Floor
- 12:00PM–12:15PM** **CLOSING REMARKS AND 2021 HOST, UNIVERSITY OF MICHIGAN**
Grand Ballroom, 2nd Floor

WELCOME LETTERS



Dear Colleagues:

Welcome to Northwestern University! We're delighted to host you at this year's Big Ten Counseling Center Conference, which focuses on some of the most crucial work being done in our times: the equipping of this generation of students to thrive in their academic careers, grow as individuals, find their voices and go forth to help heal a broken world.

Increasingly, society is recognizing that this generation of students faces distinct pressures that have given rise to a national college mental health crisis. While our institutions have managed to increase the enrollment of students from underrepresented, first-generation and lower-income backgrounds, we have so much more to do to create inclusive environments that set them up to succeed, to persevere, and to belong. The task is complicated by the increased stratification and uncivility of our world, which show no signs of abating.

You have stepped forward to play pivotal roles in the process of building caring communities. At Northwestern, we are grateful for you, and we pledge to work alongside you as you seek creative solutions to the particular challenges of our times.

Sincerely,

Morton Schapiro

President and Professor

WELCOME LETTERS



Dear Colleagues,

On behalf of the Division of Student Affairs, welcome to Evanston and to Northwestern University! Our entire team is excited to have you here, and are hoping you have a positive and engaging conference experience during your time with us.

As colleagues who work with students, we have a responsibility to help create conditions in which students can thrive while they learn. Thriving is more than resilience, it captures how we want our students to experience their time on our campuses. For our students to thrive, we have to focus on multiple elements, including student learning, academic efficacy, positive perspective, equity and inclusion, and social connections in order for students to gain the most from their collegiate experiences. The work that you do underscores each of these five areas in fundamental ways. In short, your work and dedication help our students to thrive.

Additionally, to do this work well we also have a responsibility to look differently at our own approaches to mental health and wellbeing, challenge ourselves to evolve with our students, and to take care of ourselves and each other along the way. I know that this conference will give each of you the opportunity to do each of these things, and that our students will benefit greatly due to your participation and your efforts.

Thank you for continuing to work in this space; your work is valued more than you realize and you make a difference every day.

With gratitude,
Julie

Julie Payne-Kirchmeier, PhD, CASP
Interim Vice President for Student Affairs

WELCOME LETTERS



Greetings Colleagues,

On behalf of the staff from the Counseling and Psychological Services (CAPS) at Northwestern University (NU), I would like to welcome you to the 2020 Big Ten Counseling Center Conference. The conference co-chairs, Drs. Steve Andrews and Qianhui Zhang and the rest of conference planning committee have been working very hard to ensure that attendees have an enjoyable and enriching experience. The last time NU hosted this conference was in 2007, and for those of you who have visited our Evanston campus before, you will see that the university has invested in a lot of new buildings and renovations. Similarly, Evanston has had major growth with a vibrant downtown area, including great dining options, new local small businesses, and a movie theater complex. Weather and time permitting, I would encourage you to explore our beautiful lakefront campus and downtown Evanston.

The conference theme this year is *Healing, Resisting, and Restoring in Challenging Times*. The conference planning committee reflected on how our student communities are becoming more diverse during a period of national and international sociopolitical unrest. Addressing students' experiences of oppression and identity-based trauma is essential to the work that we do. Additionally, staff well-being has become a critical issue as they support students through some very challenging times. Our theme encourages us to share successes and creative solutions to the very real challenges facing our students, our staff and our campuses today. We have a great lineup of conference programs that touch on various aspects of the theme.

We are very glad you are here and we look forward to learning from each other. Finally, and, most importantly, take time during the conference to practice self-care, you have earned it! Have a great conference!

John H. Dunkle, Ph.D.
Executive Director

OPENING KEYNOTE

Liberatory Counseling in Challenging Times: How Can Counseling Centers Show Institutional Courage

Dr. Laura S. Brown, Ph.D. ABPP

This keynote will discuss how counseling center therapists and the systems that support their work can function in liberatory ways. The questions of divided loyalties – to the university, to the counseling center’s own systems of hierarchy, to staff, to trainees, and to clients – will be considered. Dr. Brown will use case studies to discuss ways in which university counseling centers can resist betraying the vulnerable people they serve when under pressure from university administrations. Finally, Dr. Brown will discuss how counseling centers can demonstrate Institutional Courage as a liberatory paradigm for their work.

About the Speaker

Dr. Laura S. Brown grew up in Cleveland Heights, Ohio where she first became active in movements for social justice that have shaped the direction of her life’s work. Choosing a career in psychology over one as a vocalist, she received a B.A cum laude in 1972 from Case Western Reserve University, and a Ph.D. in Clinical Psychology from Southern Illinois University at Carbondale in 1977. She completed a predoctoral internship in Clinical Psychology at the Seattle Veteran’s Administration Medical Center.

Dr. Brown has served on the faculties of Southern Illinois University, the University of Washington, and the Washington School of Professional Psychology, and has taught and lectured through the U.S., Canada, Europe, Australia, Taiwan and Israel. In the early 1980s, Dr. Brown hosted one of the first radio call-in shows by a psychologist.



The bulk of Dr. Brown’s scholarly work has been in the fields of feminist therapy theory, trauma treatment, lesbian and gay issues, assessment and diagnosis, ethics and standards of care in psychotherapy, and cultural competence. She has authored or edited fourteen professional books including the award-winning *Subversive Dialogues: Theory in Feminist Therapy* as well as more than 150 other professional publications and has been featured in six psychotherapy training videos.

CLOSING KEYNOTE

Not Just Surviving, but Thriving: Supporting University Counseling Center Mental Health Professionals in Challenging Times and a Changing Workplace

Dr. Janna A. Henning, J.D., Psy.D., F.T.

Dr. Monika Gutkowska, Psy.D., CGP

The stressors and challenges associated with clinical work can result in negative responses in therapists in all types of work settings, including university counseling centers. Burnout, compassion fatigue, and vicarious traumatization are associated with reduced empathy for clients, lower quality of care, impaired physical health, decreased morale and job satisfaction, and higher work absenteeism and turnover. This presentation will address the unique issues and concerns of university counseling center staff and describe individual and systemic strategies to increase staff members' sense of competence and accomplishment, excitement about new learning, and skills in developing supportive relationships across different professional networks to prevent burnout and increase thriving.

About the Speakers

Janna A. Henning, J.D., Psy.D., F.T., is a licensed clinical psychologist, educator, and researcher who specializes in traumatic stress, dissociative disorders, chronic and life-threatening illness, and death, dying, bereavement, and loss. She is a Professor in the Doctor of Clinical Psychology Program at Adler University in Chicago, and the creator and coordinator of its Traumatic Stress Psychology Emphasis. She is the President of the Society for Clinical and Experimental Hypnosis, Co-Chair of the Education and Training Committee of Division 56 (Trauma) of the American Psychological Association, and a Fellow in Thanatology (Death, Dying and Bereavement) through the Association for Death Education and Counseling. She has provided clinical services in military recruit and active duty personnel treatment centers, hospitals, prison aftercare facilities, and community-based agencies, and currently provides clinical services for individuals who have experienced severe traumatic life events, chronic or life-threatening illness, bereavement, or loss in a private practice setting. As the Director of the Professional Training and Wellness Program at Bridgepoint Psychology Center, she provides education and training, clinical consultation, and self-care coaching to prevent and manage vicarious traumatization, compassion fatigue, and burnout for professionals who work with survivors of trauma and loss.



Monika Gutkowska, PsyD, CGP is a licensed clinical psychologist and certified group psychotherapist. She has worked in variety of settings, including community mental health, hospitals, and a refugee center before she found her home in college mental health. She is currently an Associate Director for Outreach and Education at Northwestern University and brings her joy and passion to outreach efforts on campus. Her clinical interests include trauma, grief/loss, immigration issues, relational concerns, and multicultural counseling. Monika is on an ongoing quest to create ever elusive balance in life, and she finds it briefly on a yoga mat, meditation cushion, or mountain hikes.



BREAKOUT SESSION 1

THURSDAY, 10:30AM – 11:45AM

BREAKING THE RULES: KNOWING WHEN AND HOW – EVOLVING FROM STICKLER TO NONCONFORMIST

Amy Margulies, M.S., LPC, SAC

University of Wisconsin-Madison

JAMES ROOM, 9TH FLOOR

Rules bring order and comfort to those seeking consistency and stability in their lives. Our professional codes of ethics are based on principles that are guided by an intent to protect our clients and advocate for their well-being. When do rules actually perpetuate more harm than good? When they uphold the functioning of a system that oppresses those we aim to serve. Let's talk about how to break those rules.

CIRCLE OF SISTERS: REFLECTIONS ON CREATING A THERAPEUTIC AND SUPPORTIVE SPACE FOR WOMEN OF AFRICAN DESCENT

Kimberly Campbell, Ph.D. & Shealyn Blanchard, Ph.D.

University of Maryland

HOLGATE ROOM, 9TH FLOOR

This workshop will present the origin of Circle of Sisters, a therapeutic support group for women of African descent. We will discuss the recruitment strategy and justification for this service's need at predominantly white institutions. From a culturally informed perspective, unique techniques for group cohesion and exploration will be shared. Reflections of prevalent group themes including racial identity development, first generation and immigrant status, and racial trauma will be discussed.

FLEXING WITH THE NEEDS OF THE SEASON

Natalie DePalma, Ph.D. & Ben Locke, Ph.D.

Pennsylvania State University

BONBRIGHT ROOM, 9TH FLOOR

Managing a busy clinical system in a University Counseling Center today requires agility, creativity, superior communication, and a committed staff. Individual staff members do best when they are aligned with one another on overall goals and those overall goals aligned with their own individual values. This presentation will focus on lessons learned to enhance systemic flexibility, increase behaviorally focused productive communication, and prioritize wellness of staff members.

CREATIVE HEALING: THE UTILIZATION OF EXPRESSIVE ARTS INTERVENTIONS TO HEAL OURSELVES, OUR CLIENTS, AND OUR COMMUNITIES

Kelsey Wegener, MSW, LSW & Kaylee Enscoe, LPCC-S

The Ohio State University

Theresa Benson, Ph.D. & Rebecca Schlesinger, Ph.D.

University of Illinois Urbana-Champaign

CUMMINGS ROOM, 9TH FLOOR

This is an interactive workshop targeted at increasing professionals' knowledge of the expressive arts process and how it is linked to reducing stress and increasing well-being. Attendees will understand the foundations of expressive arts; what it is, how to use it, and why it is effective. Expressive arts therapy, a process oriented approach, is best learned by doing. Participants will then observe their own experience of the process to fully attend to how they can incorporate it in their own practice or place of work. Attendees are encouraged to continue reflecting on how this process can facilitate collective healing in our clients and communities.

HEALING AND RESTORING FROM EXPERIENCES OF MICROAGGRESSIONS IN HIGHER EDUCATION SETTINGS

Plamena Daskalova, M.A.; Mandi Ginsburg, Psy.D.;

Robert Diehl, M.A.; Rohaan Mehta, M.S., M.A.

Northwestern University

ROGERS ROOM, 9TH FLOOR

This is an interactive workshop designed to help participants learn ways of healing and restoring from microaggressions committed by colleagues in settings of higher education. The workshop will include didactic information about recognizing and understanding microaggressions, navigating power differences when they occur, and confronting microaggressions in the moment. Guided exercises will prompt participants to reflect on their own experience of committing or confronting microaggressions, and learning strategies to heal together.

HEALING FROM THE HEART: CULTIVATING COLLECTIVE RESISTANCE AND LIBERATION AMONG LATINX CLIENTS

Silvia P. Salas, Ph.D. & Maria E. Guzman, M.A.

University of Illinois at Urbana-Champaign

HAVEN ROOM, 9TH FLOOR

The election of the 45th U.S. President emboldened systemic violence impacting Latinxs. Within higher education institutions, hate crimes rose by 25%. Increased ethno-racial profiling, anti-immigrant policies, and hate crimes cultivate fear and terror that can lead to ethno-racial trauma among Latinxs. This workshop will contextualize the impact of systemic violence on Latinx's mental health and highlight a framework called HEART (Healing Ethno And Racial Trauma).

BREAKOUT SESSION 2

THURSDAY, 1:00PM – 2:15PM

ENGAGING FIRST-GENERATION COLLEGE STUDENTS UTILIZING THE CULTURAL HUMILITY APPROACH AND THE CORE CFI

Tam Rovitto, LCSW, MSSW
Rutgers University

JAMES ROOM, 9TH FLOOR

In the Fall of 2019, one-third of the 20 million enrolled college students are first-generation college students (FGCSs) who underutilize college counseling centers' (CCC) services. For FGCSs, the transition to college is complicated by factors such as guilt, familial responsibility, and pressure to succeed. To address these factors, we will examine how the Cultural Humility approach engages these students, while the core Cultural Formulation Interview (CFI) will cultivate treatment retention for FGCSs.

WHAT'S YOUR COMFORT LEVEL? EXPLORING RACE BASED INTERVENTIONS FOR BLACK STUDENTS AT PREDOMINANTLY WHITE INSTITUTIONS THROUGH A MULTITIERED APPROACH

Carla Eugene, LPCC-S; Stephanie Grissett, BS; Darreon D. Greer, Sr., Ph.D.; & Louis Appiah-Kubi, Psy.M.
The Ohio State University

HOLGATE ROOM, 9TH FLOOR

In many counseling centers, there is a growing appreciation for race and cultural humility in the therapeutic context. However, there is less understanding of where, when, and how to implement such humility into their clinical practice. This presentation will offer interventions that incorporate an Afrocentric worldview, in which spirit and matter are traditionally unified, to meet the needs of Black students and the clinicians who treat them.

PROMOTING QUEER RESILIENCE AS JUSTICE IN PRACTICE AND PREVENTION

Rebecca Schlesinger, Ph.D.; Matthew T. King, Ph.D.; & Elise K. Lanker, M.S.W.

University of Illinois at Urbana-Champaign

BONBRIGHT ROOM, 9TH FLOOR

This workshop will explore how we can promote resilience within our LGBTQIA+ clients and communities. We will consider specific tools to use in individual therapy, methods to connect students/build supportive networks, and awareness of one's own role in systems. Join the Queers and Allies Team of the UIUC Counseling Center as we discuss practices in individual therapy, campus-wide outreach, and collaborations with campus stakeholders designed specifically to enhance cultural competency and enact social justice.

THE CLINICAL LOAD INDEX (CLI): A REVIEW OF THE CCMH 2019 ANNUAL REPORT FINDINGS AND IMPLICATIONS FOR POLICIES WITHIN HIGHER EDUCATION

Brett Scofield, Ph.D. & Ben D. Locke, Ph.D.
Pennsylvania State University

CUMMINGS ROOM, 9TH FLOOR

Carefully developed by CCMH with support from AUCCCD and IACS, the Clinical Load Index (CLI) is defined as the "clients per standardized clinician", which represents the annual "load" that a clinician bears on behalf of the center. In this workshop, the following content will be presented: (1) the development of the CLI; (2) findings related to center CLI scores and treatment dosage/outcome; (3) implications for center advocacy/marketing; and (4) future directions for research.

ENVISIONING JUSTICE THROUGH STORYTELLING: CREATING HEALING SPACES FOR STUDENTS OF COLOR

Nancy Truong, Ph.D.
The Ohio State University

Brian TaeHyuk Keum, M.A.
University of Maryland, College Park

ROGERS ROOM, 9TH FLOOR

This presentation will discuss how the radical healing model may be applied to clinical practice and how aspects of this model have been used at UCCs to develop collective healing spaces for students. Presenters will provide an overview of the radical healing model, discuss how aspects of the model have been used in fostering empowerment in collective spaces, and facilitate a discussion on how other UCCs have integrated aspects of radical healing.

AMPLIFYING THE POWER OF INTERVENTION THROUGH OUTREACH

Harry Warner, M.A., LPCC-S
The Ohio State University

Deidre Ann Weathersby, Ph.D.
University of Illinois at Urbana-Champaign

Christine S. Asidao, Ph.D.
University of Michigan

HAVEN ROOM, 9TH FLOOR

A comprehensive plan for outreach magnifies our impact. We can be bold, honor new (and old) ideas, and change the paradigm of help seeking on campus. Come talk with this panel of Outreach Directors and share in our excitement for what outreach can do for students. For years, we have discussed the merits of supporting students in non-traditional ways. This program provides an evolving narrative regarding the work accomplished when we reach out.

BREAKOUT SESSION 3

THURSDAY, 2:30PM – 3:45 PM

“MAN-UP?”: CONFRONTING TOXIC MASCULINITY AND SHAME WITH MALE CLIENTS

Nathan Titekemeier, M.S., M.Ed., LPC

The Ohio State University

JAMES ROOM, 9TH FLOOR

“Toxic masculinity” has become an important cultural consideration especially in the wake of the #metoo movement and other recent sociopolitical events. Often, avoidance of shame related to failure to conform to masculine stereotypes can become the driving force behind problematic behavior and mental health concerns like depression and anxiety. Discussion of such shame presents an important consideration with male clients, especially college-aged men.

FINDING MEANING AMIDST THE CHAOS: MOVING BEYOND SELF-CARE

Allison Asarch, Ph.D. & Chandni D. Shah, Ph.D.

University of Maryland, College Park

HOLGATE ROOM, 9TH FLOOR

Utilizing research on “meaning in life” and “meaningful work,” we will present a theoretical framework for finding meaning in our work within UCCs. Participants will learn common sources of barriers to finding meaning in UCC work using qualitative data and will explore examples unique to their role and setting. We will offer strategies to manage burnout that move beyond the typical suggestions for self-care and focus on enhancing one’s meaning as a UCC professional.

YOU BELONG HERE: FOSTERING COMMUNITY AND CONNECTION TO NOURISH WOMEN OF COLOR

**Jamye Banks, Ph.D.; LaTonya Demps, LLMSW;
Sheryl Kelly, Ph.D.; Reena Sheeth, Ph.D.;
& Danielle Zohrob, Psy.D.**

University of Michigan

BONBRIGHT ROOM, 9TH FLOOR

A challenge for counseling centers is the increase in clinical demand made more complex by the socio-political climate. Nourish, a restorative healing space for students, staff, and faculty who self-identify as women of color, strives to meet this challenge. This interactive presentation will take you on a behind-the-scenes journey on how to plan, launch, and sustain such a lunch series in collaboration with campus partners and participate in an experiential demonstration of a Nourish session.

MEETING STUDENTS WHERE THEY ARE, REVISITED: GROWTH, DATA, AND EVALUATION OF TWO EMBEDDED PROGRAMS

**Jennifer Smith, Psy.D.; Victoria Fetterman, LSW, MSW;
Shawn Levstek, Psy.D.; Peter Oduwole, M.S.Ed, LPC;
David Wirt, M.Ed., LPCC-S**

The Ohio State University

Cari Anderson, L.L.S.W. & Patrick Galligan, Ph.D.

University of Iowa

CUMMINGS ROOM, 9TH FLOOR

This presentation focuses on established embedded programs, their growth, and the program evaluation data collected. Presenters discuss the measures used for evaluation, the feedback received, and how this can inform future changes and growth of embedded programs. The evaluation centers on rapid accessibility, stigma reduction, and service of historically underserved populations factors central to the mission of the embedded model. Discussion is encouraged regarding the establishment and evaluation of embedded programs at other universities.

INTENSIVE CLINICAL SERVICES UNIT: CRISIS INTERVENTION AND TREATMENT PROGRAM

**Gail Anderson Psy.D.; Mike Alnarshi LMSW;
Dave Gates M.A., LPC; & Jorden McCord, LLBSW**
Michigan State University

ROGERS ROOM, 9TH FLOOR

The Intensive Clinical Services Unit (ICSU) is a university response to the increasingly recognized suicidal risk and severe mental health disorders present in student populations requiring a higher level of care. This program provides information about the components of a short-term ICSU treatment program grounded in Dialectical Behavior Therapy, summarizes program evaluation results and lessons learned about integrated health care, and provides crisis intervention procedural recommendations for same-day access systems.

BREAKOUT SESSION 4

FRIDAY, 9:00AM – 10:15 AM

CULTURAL DIALOGUES: HOW DO WE BEGIN A.D.D.R.E.S.S.I.N.G. THIS?

**Ankita Sahu, M.Ed.; Jessica Banes, M.A., LPCC;
Kelsey Wegener, MSW, LSW; & Mark Sampson, Ph.D.**
The Ohio State University

NORTHSHORE ROOM, 2ND FLOOR

In an increasingly hostile sociopolitical climate, university students and counseling center staff alike are requesting space to slow down, unpack personal trauma, and learn how to move forward in a challenging environment. Creating spaces for individuals to share their stories and impact of their intersecting identities cultivates an authentic and intentional multicultural counseling experience. Presenters will discuss participating in a practice called Cultural Dialogues and demonstrate strategies to bring Cultural Dialogues to other counseling centers.

SPEAK TRUTH TO POWER THROUGH WRITING OP EDs

Michelle Pitot, Ed.D., LCSW
University of Wisconsin-Madison

EVANS ROOM, 2ND FLOOR

There are many ways to resist, and not all require showing up for an action. The power of the written word to initiate change is undeniable, and opinion pieces are a viable way to increase the impact of every response to challenging circumstances. This workshop will offer the basics of the world of Opinion Editorials, how to write one effectively, and ways you can pitch your writing for publication in mainstream or alternative media.

PSYCHED UP: HELPING STUDENTS BY CREATING PURPOSE AND ADDRESSING PERFECTIONISM THROUGH CREATIVE PSYCHO-EDUCATIONAL OUTREACH SERIES

Patricia Ricketts, Ph.D. & Joel Muller, Ph.D.
University of Illinois at Urbana-Champaign

LAKE MICHIGAN ROOM, 2ND FLOOR

College is a time when students are dealing with existential issues and questioning their own values, standards, and purposes in life. At the University of Illinois Counseling Center, we utilize psychoeducational workshop series that help students heal by developing a sense of purpose, overcoming procrastination, and managing their perfectionism. This workshop utilizes experiential activities, self-reflection, and discussion to explore the process of creating outreach programs that address students' needs at a deeper level.

SOCIAL JUSTICE AND ADVOCACY WORK AS A SUPERVISOR & SUPERVISEE

**Lauren Thompson, MSW; Yu Chak Sunny Ho, M.A, Ed.M.;
Amanda Lappin, M.S.; & David Lamantia, M.A.**
Rutgers University

MULFORD ROOM, 2ND FLOOR

This workshop will discuss potential dilemmas within supervisory relationships by using a social justice and advocacy lens. It will begin by introducing the topic and stating the significance of it. It will be divided into four sections: ethics, self-care, self-disclosure of personal and professional identities, and power dynamics between supervisors and supervisees in the context of a larger system. The workshop will conclude by offering strategies to participants to help cope with their concerns.

POSTER SESSION

THURSDAY, 7:45AM – 8:45AM

2ND FLOOR CORRIDOR

During this time, presenters will meet with conference attendees and answer questions. Poster presenters will have the option to set up their posters the day before, on Wednesday (2/19), between 5:00PM – 5:30PM. The posters will then be displayed in the 9th floor Main Hall from 10:00AM to 4:00PM, so that attendees can view them throughout the day. Please see the list of posters on display below.

EXAMINING THE RELATIONSHIP: WORKPLACE MICROAGGRESSIONS AND WORK SATISFACTION AMONG COUNSELING STAFF AT BIG TEN COLLEGE COUNSELING CENTERS

Greg Horn, M.A.; Markie Silverman, MA, TLLP;
Latoya Taylor, MA, TLLP; Sade Callwood, MA
Michigan State University

EXPANDING SUICIDE PREVENTION EFFORTS

Sarah Beatty, LCSW; Joni Lamb, LCSW
Northwestern University

EXPERIENCES OF WOMEN OF COLOR CLINICIANS AND TRAINEES AT UNIVERSITY COUNSELING CENTERS IN THE U.S.

Nancy Truong, Ph.D.; Lei Wong, Ph.D.
The Ohio State University, Chatham University

EXPLORING CHINESE HEALING THROUGH IDENTIFYING CHINESE CULTURAL BELIEFS AND VALUES

Yu Chak Sunny Ho, M.A., Ed.M.
Rutgers University

HEALING RELATIONSHIPS WITH UNDERREPRESENTED STUDENTS: A NEEDS ASSESSMENT OF CULTURAL CENTERS AT PURDUE UNIVERSITY

Kyle Kittleson, Psy.D., HSPP; Jared Gorfinkel, M.A.;
Kate Romine, M.A.; Casiana Warfield, M.S.
Purdue University

PROMOTING WELLNESS THROUGH PRIMARY PREVENTION BASED WORKSHOPS

Kallie Kobold, Psy.D.; Corinne Werner, Psy.D.;
Kathy Wierzchowski, Ph.D.; Maha Baalbaki, M.S.;
Jamie Welch, Ph.D.
University of Wisconsin-Madison

REDUCING PROVIDER BURNOUT ACROSS SYSTEMS

Emily Waldren, MSW, LSW;
Courtney Arbogast, MSSA, LSW
The Ohio State University

SOCIAL JUSTICE AND SUPERVISION: WHERE WE HAVE BEEN AND WHERE WE ARE GOING

Brittany Sievers, M.A.; Zehra M. Kaya, M.S.;
Tuyet-Mai Hoang, M.S.; Maria Guzman, M.A.
University of Illinois Urbana-Champaign

TAKING ACTION TO COMBAT FOOD INSECURITY ON COLLEGE CAMPUSES: THE ROLE OF COUNSELING CENTERS

Yu-Wei Wang, Ph.D.
University of Maryland, College Park

THE IMPACT OF WITNESSING POLICE BRUTALITY ON AFRICAN AMERICANS

Lauren Thompson, MSW
Rutgers University

THE ROLE OF STIGMA AND IDENTITY IN HELP-SEEKING ATTITUDES AND INTENTIONS OF LGB PEOPLE

Amanda Lappin, M.S.
Rutgers University

UNWANTED SEXUAL EXPERIENCES AMONG UNIVERSITY STUDENTS: SERVICE UTILIZATION, COUNSELING DROPOUT, AND CHANGE IN DISTRESS

Jessica David, M.S. Ed.; Jennifer Brady, M.S.;
Brian TaeHyuk Keum, M.A.; Kathryn Kline, M.A.;
Yu-Wei Wang, Ph.D.
University of Maryland, College Park

USING GAMES TO INCREASE STAFF MORALE AND PREVENT EMPATHY FATIGUE IN A UNIVERSITY COUNSELING CENTER SETTING

Hunter Sully, M.A.; Demian Glusberg, M.A.;
Jonathan Shay, M.Ed.
The Ohio State University

CONTINUING EDUCATION INFORMATION

TO RECEIVE CE CREDIT FOR ATTENDING THIS COURSE, YOU MUST COMPLETE THE PROGRAM EVALUATION. PLEASE FOLLOW THE INSTRUCTIONS BELOW:

1. After receiving an email from Rutgers University RBHS, please visit rutgers.cloud-cme.com. Sign in using the e-mail submitted on your sign-in sheet.
2. Click “**My CE**” to complete your profile — Make sure to select “**General Attendance**” along with any other credit types that pertain to your degree/licensure.
3. In the “**My CE**” portal, you will then be able to click “**Evaluations and Certificates**” and complete your evaluation for the event.
4. Fill out every mandatory field (**noted in red**) to submit the evaluation. If you click “**submit**” and nothing happens, please scroll back up to see which field was not completed.
5. After submitting the evaluation, download or email a PDF of your CE Certificate.
6. After completing the course evaluation in the rutgers.cloud-cme system, your CE Certificate will be emailed to you. Your CE Certificate will also be available for download in the system for 3 months following the program.
7. If you get stuck, call us at (732) 235-9282 or email CCE@ubhc.rutgers.edu.

Here’s a video if you need help: youtu.be/bK308vJeCel



Thank you!
CCE Team

HILTON ORRINGTON/EVANSTON WI-FI & FLOOR PLAN

WI-FI ACCESS INFORMATION

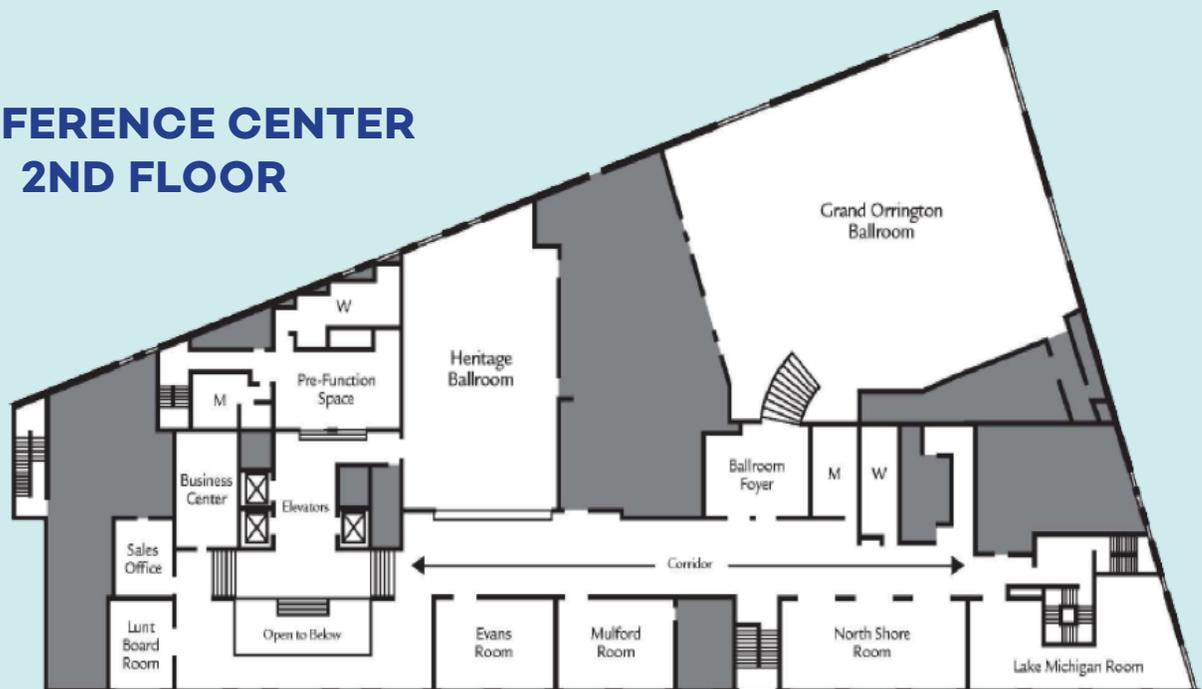
Network: **Hilton Meeting**

User ID: **bigten**

Password: **hilton1**



CONFERENCE CENTER 2ND FLOOR



STUDENT PERFORMERS

DJ



LUMINOSITY (CAROLINE HUGHES) is a Chicago based producer and DJ. Originally from Houston, Texas, Luminosity began her music career by learning to play guitar at age six. After only a year of lessons, she took her music instruction into her own hands, continuing learning on her own. Obsessed with everything music, Luminosity began learning music production in middle school. In high school, she started learning everything she possibly could, including the art of DJing. During her time in her high school's worship band, Luminosity began learning to play piano and began collaborating with other musicians to produce original music. As a freshman in college, Luminosity released her first single titled "Get Running" from her dorm room. From that moment on, she began to rapidly pick up her music production and DJing career. This past year Luminosity released two more singles: "Arpeggiate" and "I'm Okay". Luminosity is looking to graduate Northwestern University with a major in Communication Studies and a minor in Music Technology. She hopes to be able to continue her music career after college, DJing and producing music professionally.

LIVE MUSIC PERFORMERS



Violinist **BAILEY WANTUCH**, a graduate of the Bienen School of Music at Northwestern University, is an active orchestral and chamber musician around the world. In 2019 she performed and taught in Chile, Mexico, Kenya, Germany, and Switzerland. She holds a Master of Music degree from McGill University in Montreal, Canada.



JACK PETERSON began studying the cello at age 13 under the tutelage of Paul York at the University of Louisville School of Music. Peterson went on to study at the Eastman School of Music, receiving his Bachelor's of Music degree in Cello Performance.



A native of upstate New York, **BEN POCHILY** holds music degrees from the Eastman School of Music and the University of Michigan. He is a member of the Wisconsin Philharmonic and Southwest Michigan Symphony, and performs regularly with the symphonies of Illinois, Flint, Traverse City, and West Michigan. In addition to his musical career, he works as a software engineer for fraud prevention startup NS8.

BANQUET PERFORMANCE GROUPS



X-FACTORS A CAPELLA is one of 14 A Capella groups on campus. We are a co-ed group made up of undergraduates of all years and academic disciplines. We take a fully collaborative approach to making music with a focus on classic throwback hits and crowd pleasers. We hope you enjoy!



BOOMSHAKA is Northwestern University's premier drum, dance, and rhythm ensemble. Entirely student written, directed, and produced, Boomshaka has established a reputation for consistently delivering energetic and inspiring performances. We combine dance styles such as jazz, modern, and hip-hop with various forms of percussion, using everything from sticks, poles, and buckets to our hands and feet.

ACKNOWLEDGEMENTS

Gratitude to those who helped make this conference possible:

PLANNING CO-CHAIRS:

Steve Andrews and Qianhui Zhang

STEERING COMMITTEE:

John Dunkle and Christine Cox

LEARNING COMMITTEE:

Jod Taywaditep (coordinator), Monika Gutkowska, Pam Hazard, Eileen Biagi, David Shor, Courtney Albinson

FUN COMMITTEE:

Monika Gutkowska (coordinator), Bob Diehl, Keaton Muzika, Plamena Daskalova, Rohaan Mehta, Bettina Frankel, Sarah Beatty

WELCOME COMMITTEE:

Joni Lamb (coordinator), Henry Perkins, Sean Serluco, Mandi Ginsburg, Adam Hibma, Kanika Wadhwa, Magda Fong

NORTHWESTERN UNIVERSITY CAPS STAFF:

Thank you for your contributions, encouragement, and support.

CONTINUING EDUCATION:

Laura Burns
Rutgers University Behavioral Health Care

STAFF OF THE HOTEL ORRINGTON EVANSTON

RUTGERS UNIVERSITY CAPS:

Beverly Mason

**NORTHWESTERN STUDENT AFFAIRS
MARKETING:**

Jessica Toro-Pacheco, Jill Norton, Jocelyn Liao

NORTHWESTERN LAND ACKNOWLEDGEMENT:

Northwestern is a community of learners situated within a network of historical and contemporary relationships with Native American tribes, communities, parents, students, and alumni. It is also in close proximity to an urban Native American community in Chicago and near several tribes in the Midwest. It is within Northwestern's responsibility as an academic institution to disseminate knowledge about Native peoples and the institution's history with them. Consistent with the University's commitment to diversity and inclusion, Northwestern works towards building relationships with Native American communities through academic pursuits, partnerships, historical recognitions, community service and enrollment efforts. The Northwestern campus sits on the traditional homelands of the people of the Council of Three Fires, the Ojibwe, Potawatomi, and Odawa as well as the Menominee, Miami and Ho-Chunk nations.

SAVE THE DATES!

2021 BIG TEN COUNSELING CENTERS CONFERENCE

**University of Michigan
Michigan Union
February 24–26, 2021**



The University of Michigan Counseling & Psychological Services (U-M CAPS) is excited to host the Big 10 Counseling Center Conference in our newly renovated Michigan Union from February 24-26, 2021. Lodging will be available at The Graduate Ann Arbor at a discounted group rate.

The theme of the 2021 conference is “**Pump up the Joy**” with an intentional focus on **reflection** (what drew us into counseling center work in the first place), **reconnection** (reuniting and supporting each other as colleagues) and **reenergizing** (reigniting our student-centered passion for clinical, training and outreach). An additional hope is that, together, we can make this as eco-friendly and sustainable a conference as possible. See you in 2021!

BIG TEN PAST & FUTURE HOSTS

PAST CONFERENCE HOSTS

1983: Illinois
1984: Michigan
1985: Northwestern
1986: Michigan State
1987: Wisconsin
1988: Minnesota
1989: Indiana
1990: Iowa
1991: Ohio State
1992: Purdue
1993: Illinois
1994: University of Chicago
1995: Michigan
1996: Penn State
1997: Wisconsin
1998: Michigan State
1999: Northwestern
2000: Minnesota
2001: Indiana
2002: Iowa
2003: Ohio State
2004: Purdue
2005: Illinois
2006: Michigan
2007: Northwestern
2008: Wisconsin
2009: Penn State
2010: Michigan State
2011: Minnesota

2012: Indiana
2013: Iowa
2014: Ohio State
2015: Nebraska
2016: Purdue
2017: Illinois
2018: Maryland
2019: Rutgers
2020: Northwestern

FUTURE CONFERENCE HOSTS

2021: Michigan
2022: Wisconsin

Northwestern | COUNSELING AND PSYCHOLOGICAL SERVICES