

Providers as Partners: EMPOWERING WISCONSIN FAMILIES



ISCONSIN
Family Based Services Association

34th Annual Conference
www.wfbsa.com

May 4th-6th, 2022

Wilderness Resort and Conference Center, Wisconsin Dells, Wisconsin

Keynote Speakers:

Montee Ball

Resiliency and Recovery

Paul Florsheim, PhD

Young Families Across the Transition to Parenthood

Colleen Fairbanks, PhD

Motivational Interviewing

Conference Overview

This conference is designed for practitioners in child and family services, mental health clinics and juvenile justice programs; educators; child protective services workers, case managers, child and family advocates, supervisors and other human services staff. This conference offers CEH's, attendance certificates, meals, networking opportunities and the best deals in professional development that you will find anywhere.

SCHEDULE:

Wednesday, May 4, 2022

- 9:00 Registration – Coffee
9:45 Welcome and Opening Remarks
10:00–12:00 **KEYNOTE – Montee Ball**
Resiliency and Recovery
- 12:00–1:00 Lunch
1:00–5:00 **WORKSHOP Ethics and Boundaries**
Melissa Westendorf, JD, PhD
NO WAIT! I DIDN'T MEAN TO TEXT YOU THAT! How to Maintain Ethical and Legal Boundaries While using Technology in Your Mental Health Practice
- 1:00–3:00 **WORKSHOPS**
Lisa Hare, MS
Mindfulness
Pat Ann St. Germain, MA, LPC and Jan Beamer
Calm Cool & Collected: How Dogs Can Support Mental Health
- 3:00–5:00 **WORKSHOPS**
Rebecca Thompson, PhD
Identification to Integration
Steve Sawyer, LCSW, CSAC
Addiction through an Attachment and Trauma Lens
- 6:00–9:00 **Hospitality Party** – The complimentary hospitality party will be at Bobbers Island Grill. Complimentary Shuttle service available.

Thursday, May 5, 2022

- 8:00 Registration – Breakfast
8:45 Welcome and Announcements
9:00–12:00 **KEYNOTE – Paul Florshelm, PhD**
Young Families Across the Transition to Parenthood
Lunch and Business Meeting
1:00–3:00 **WORKSHOPS**
Nick Farrell, PhD
The Nature and Treatment of Eating Disorders
Sandra Zapata, MA
Navigating the Inclusion of LGBTQ+ Individuals in Healthcare
Bryan Wright, BS
Social Media Sexting Program
- 3:00–5:00 **WORKSHOPS**
Angie Raymond, MS, LPC and Cory Kitt, MS, LPC
Child Trauma Toolkit for Educators
Amy Plum, MS, LPC
Play Therapy

Friday, May 6, 2022

- 8:00 Registration – Breakfast
8:45 Announcements and Introduction
9:00–12:00 **KEYNOTE – Colleen Fairbanks, PhD**
Motivational Interviewing

*Breaks provided during keynote presentations and workshops. Please visit our sponsor and raffle booths.

About Wisconsin Family Based Services

Mission Statement

The Wisconsin Family Based Services Association is committed to providing education and support for individuals and agencies, and to advocating for policies and practices which respect the diversity and dignity of families.



May 4, 2022

WEDNESDAY KEYNOTE

■ Montee Ball

Resiliency and Recovery | 10AM-12PM I will be speaking on the importance of resiliency, recovery, empathy, and leadership. My message will follow my story of how I was able to apply all four of these characteristics in my fight towards recovery. I reminded myself that I can apply the same focus and determination that I used on the football field to something much greater than running a football, that being sobriety. Some, if not all, of the greatest leaders I know possess all four of these characteristics. Each are equally important, but the two that I will touch on the most are empathy and leadership.

To truly possess the power to understand what someone is going through or realizing that you don't always know what someone is going through, are attributes I believe everyone can continue to work on, myself included. I will share my time as a Badger and as a Denver Bronco, playing side by side with JJ Watt, Russell Wilson, and Peyton Manning, all players and men who exemplified these qualities to such great levels. I will also share how my grandmother and mother, two strong women, also possess the power of leadership and empathy. I believe that every social worker out there has a duty to provide those in recovery with the power and knowledge of what it means to be a leader.

Walking the line of recovery is no easy feat, and at times it may feel as if you are alone, especially in the state of Wisconsin where alcohol and partying are glorified the way they are. I strongly believe that the journey doesn't end with recovery – it ends with becoming a leader in your community and helping others who are struggling with some of the things you were struggling with. Throughout the beginning stages of my therapy, I was told that my abilities on the football field were given to me so that I can create a stage, to then speak on something way greater than myself. I took the torch, and will continue to be a leader in the recovery realm.

I am looking forward to sharing my story, my struggles and triumphs, and the team of individuals I placed around me to help me along the way. These very people, along with my family and others, knew exactly what I was struggling with and allowed for me to lean on them during my hard times.

Montee Ball Bio: Montee Ball is a former running back in the NFL for the Denver Broncos. He played college football for the Wisconsin Badgers and was drafted by the Broncos in the 2nd round of the 2013 NFL Draft. His NFL career sputtered out in just three seasons due to issues stemming from his alcoholism and depression. He now shares his story hoping to provide others with the tools and courage to attack their inner demons head on and ways on how to become an active sobriety leader within their community. "My goal is to express how important it is to reach out for help, but to also remind those in recovery that the journey doesn't end there. Those in recovery have a duty to reach out and help others."

WEDNESDAY WORKSHOPS

■ Melissa Westendorf, JD, PhD

*****Ethics and Boundaries*** NO WAIT! I DIDN'T MEAN TO TEXT YOU THAT! How to Maintain Ethical and Legal Boundaries While using Technology in Your Mental Health Practice | 1PM-5PM**

Seminar Outline:

- The Changing Landscape of Mental Health Today
- Ethical and Legal Compliance related to Technology in Mental Health Practice
- Maintaining Boundaries: Through Social Media, Through Email, Through Texting
- Ethical Scenarios : The Slippery Slope

Narrative: The challenges you face are clear...If you are going to be successful in your practice, you need to adapt to your clients' growing expectations of your technological competence. The problem is, technology is the most likely way you'll get caught up in a legal and ethical nightmare!

Learning Objectives:

- Establish and maintain ethical standards and compliance while utilizing social media technology, email, and texting.
- Consider the legal and ethical challenges posed by communicating with patients via email and text for mental health professionals.
- Explore the ethical boundary challenges that arise when using technology.

Melissa Westendorf, JD, PhD Bio: Melissa Westendorf, JD, PhD is a clinical and forensic psychologist and founder of the Technology Wellness Center. She is a proactive psychologist and educator dedicated to assisting parents, children, adolescents, and adults in navigating and understanding the complexities of technology use and the impact of technology



WEDNESDAY WORKSHOPS (CONTINUED)

use on our brains, emotions, and interpersonal relationships. Dr. Westendorf is a frequent speaker at schools, parent organizations, professional organizations, and business and community groups, offering preventative tools and resources that teach others how to manage their technology use in a healthy manner. Dr. Westendorf routinely presents on the ethical use of technology in mental health care. She draws on her own experiences in practicing telepsychology while teaching social workers, licensed professional counselors, psychologists, and other mental health professionals about the ethical and legal ramifications of a telemental health practice.

Dr. Westendorf also provides forensic psychological services to courts, lawyers, and families. She has expertise in answering various psycho-legal questions that arise in adult, juvenile, criminal and civil courts, including risk assessments, competence in a variety of contexts, sentencing evaluations, and mental health commitments. Dr. Westendorf has been appointed as an expert in legal criminal cases that feature the psychological ramifications of technology use. Her expertise has been relied upon by a wide variety of articles, podcasts, radio segments, and television programming. She has been featured on NPR, ABC's 20/20, and several documentaries. She is a regular contributor to The Morning Blend.

■ Lisa Hare, MS

Mindfulness | 1PM-3PM

Learning Objectives:

- Participants will be able to describe the process of "notice, shift, rewire" and the concept of the freedom to choose your response
- Participants will be able to learn several benefits of mindfulness practice and the power of being present
- Participants will experience simple mindfulness and resiliency practices to use at home and work

Maybe you've heard the word 'mindfulness', but do you know about what it 'really' is and how it can benefit your overall health? Being 'present' takes practice and practice leads to a healthier and happier life.

This presentation will provide attendees the opportunity to experience a high level overview of mindfulness. It is geared for all levels, whether this is your first time or you have practiced mindfulness previously. We begin with a brief "arrival" practice so attendees can transition from their last session and allow themselves to experience being fully present. An overview of mindfulness is shared, including a definition which is explored through discussion. Additional exploration happens through discussion around stressful moments, how we may typically react and the power to create healthier outcomes for self and others through mindfulness practices. Two brief comical, yet impactful short videos from the website Happifyare shown throughout the presentation which highlight mindfulness as a superpower and the foundations of meditation. The benefits of mindfulness are discussed, including the ability for brain enhancement through neuroplasticity - very exciting! We also explore what it means to be present and how this connects with intentional communication, emotional intelligence and gratitude.

The final section of the presentation is dedicated to sharing and experiencing some easy mindfulness best practices that attendees can start using right away; no further classes needed! Several online resources will be provided and the session will close with a "refocus" guided meditation.

As a presenter, I am highly interactive, engaging and passionate about the impact of mindfulness on creating our best self, which in turn benefits our patients, customers and all those we serve.

Lisa Hare, MS Bio: Lisa's background in mindfulness began in Reiki and yoga years ago. She has a bachelor's degree in Public Communication which has allowed her to build on her passion of connecting with others. Through a partnership between LifeXT, a science based program designed to help improve wellbeing, eliminate burnout and increase resiliency to stress, and a health care system she became trained as a LifeXT coach, in addition to honing her skills as a service coach in healthcare. She feels blessed to have facilitated everything from keynote speeches to workshops to department in-services to one-on-one coaching. Additionally, she has recorded numerous guided meditations to support resiliency in health care. In 2018, Lisa completed her master's degree in Organizational Leadership and Administration, with a focus on mindfulness in leadership. Lisa is currently an independent contractor coach with LifeXT by Mindful. She believes this is a calling and loves to help people be their best selves with the power of mindfulness.

■ Pat Ann St. Germain, MA, LPC and Jan Beamer

Calm Cool & Collected: How Dogs Can Support Mental Health | 1PM-3PM Is it possible to pet away stress?

Families and treatment providers alike realize the potential in improving mental health symptoms with the use of dogs. Many are unaware of how to integrate dogs into their school, work, and homes. We will discuss the differences between



WEDNESDAY WORKSHOPS (continued)

a therapy dog and an emotional support dog. In addition, we will present the benefits of dog assisted therapy on mental health, legalities, testing standards/guidelines, your local therapy dog organizations and how to ethically include animal assisted therapy in your clinic/job setting.

Learning Objectives:

- What is the difference between a therapy dog and an emotional support dog?
- How can dogs benefit mental health? Research studies on the body's response to animal assisted therapy.
- What training is recommended, needed, or required? (AKC guidelines/Therapy Dog Alliance Standards)
- Introduction to the GO Team and other local organizations.
- What are the ethics, legalities, and liabilities in having a therapy/emotional support dog?
- How do I join the cause/get a dog into my clinic or facility?

Pat Ann St. Germain, MA, LPC Blo: Pat Ann is the owner and Clinical Director of Healing Hearts Family Counseling Center, LLC. Healing Hearts is a mental health clinic that focuses on the root of problems instead of the symptoms. Pat Ann has specialized training in multiple counseling approaches as well as sensory processing and regulation, Neurofeedback, Heart Math® Interactive Metronome, the Integrated Listening System, and she has certification in Animal Assisted Therapy. She is passionate about the benefits of animal assisted therapy and added the use of therapy dogs in the clinical setting four years ago. She has a strong foundation in policies, procedures, and ethics to support the use of animals for emotions and mental health. Pat Ann is also a therapy dog certified handler for Max, the therapy dog. Her motto: "Life doesn't have to be this hard".

Jan Beamer is a wife, mom, military retiree and the owner/handler of Ace the therapy dog. Through continuous training, hard work, and many therapy visits, Ace is a registered American Kennel Club (AKC) Therapy Dog Novice (THDN). He also earned the AKC credentials of Canine Good Citizen (CGC), Canine Good Citizen Advanced (CGCA) and Canine Good Citizen Urban (CGCU). Jan and Ace are Sit Means Sit clients and members of the GO Team Therapy, Crisis and Airport Dogs They volunteer at various locations including Healing Hearts Family Counseling Center, Assisted Living Facilities, schools, expos and crisis situations. Committed to providing the best therapy experience for everyone, Jan and Ace continually train and explore new venues to sharpen and hone their skills. When not providing comfort for others to enjoy, Jan and Ace enjoy relaxing with family.

■ Rebecca Thompson, PhD

Identification to Integration | 3PM-5PM This presentation will inform the audience of the signs of autism and the diagnostic process; early treatment options with an emphasis on behavioral treatment; skill acquisition and behavior reduction procedures; domains of learning with an emphasis on social communication (verbal/non-verbal); peer interaction and community integration.

Rebecca Thompson, PhD Blo: Dr. Thompson is the Director of Clinical Services for Wisconsin Early Autism Project (WEAP). She is a licensed Clinical Psychologist and Board Certified Behavior Analyst, Doctoral level (BCBA-D) with over 15 years of experience working with individuals with autism. In her Clinical Leadership role at WEAP, Dr. Thompson conducts diagnostic evaluations, supervises behavioral treatment programs, and mentors students seeking a Master's Degree in Behavior Analysis. Dr. Thompson serves as an appointed member of the Governor's Autism Council, and she is the current President of the Wisconsin Autism Providers Association (WAPA).

■ Steve Sawyer, LCSW, CSAC

Addiction through an Attachment and Trauma Lens | 3PM-5PM

Addiction touches the lives of everyone. From the homeless to successful professionals. This seminar will explore compelling case studies and research from Gabor Maté's book *In the Realm of Hungry Ghosts: Close Encounters with Addiction*.

The seminar will review:

Sleepy Hollow - Attachment cycles case study

- Result of escaping and meeting needs
- Understanding the levels of arousal
- Understanding Anxiety, the "Allergy of the Body"
- Overcoming powerlessness
- "One is too many, a thousand is never enough"

WEDNESDAY WORKSHOPS (continued)

- Internal process outside their control
- Lose Yourself - An activation arc case study
- Obsession of the mind
- Phenomenon of craving
- Roots of addiction
- Connecting with the 12 steps of addiction recovery
- Powerlessness, isolation
- Self-Will vs. Reward Center
- Going for the roots
- How addressing trauma, shame and vulnerability impact recovery
- The Fellowship
- Creating lasting Sponsorship

Please join our journey to understand addiction and recovery. The seminar's compassionate insights help to crystallize the reality of addiction. They will show how behavioral additions of high functioning or affluent addicts and homeless addicts differ only in the degree of drug habit severity. The addiction process is the same and stems from the need to self sooth deep rooted fears.

Steve Sawyer, LCSW, CSAC Blo: Steve is a dually licensed Psychotherapist and Substance Abuse professional filled knowledge surrounding the intervention and change process. His experience comes from over two decades of intervention with tough-to-reach client populations in therapy settings ranging from residential, community-based, outpatient and wilderness therapy. Steve is trained in several unique therapeutic models including the cutting-edge healing techniques of HeartMath and Brainspotting. Steve is recognized internationally as a leading Brainspotting trainer, consultant, and developer who trains outpatient therapist and treatment programs spanning the country. Steve also authored the Developmental Trauma Focused Brainspotting model and offers the seminars regularly. Steve is also highly passionate about supporting the healing of intergenerational trauma in Native Indigenous communities and is trained in indigenous specialized therapeutic models like Generation Red Road and Wellbriety. Through his experience Steve Co-founded New Vision Wilderness in 2007 which pioneered the NVW Trauma Responsive wilderness therapy program model. This model challenged the wilderness industry to examine the utilization of trauma sensitive principles in their approach. Steve continues his robust efforts to improve NVW by currently developing and providing clinical training curriculum for both NVWs field staff and clinicians, regularly providing in-house consultations, facilitating our Parents Support Forum, and representing the NVW Model Nationwide in presentations.

Steve additionally works as a core therapeutic training development staff with the stress research focused Institute of HeartMath. He was an author in the comprehensive HeartMath Interventions Establishing a New Baseline for Sustained Behavioral Change therapist training Module and the Resilient Heart: Trauma Sensitive Resilience Building, with co-authors like Dan Siegel and the Gottman Institute. Both programs models pushed modern cutting edge therapy interventions to integrate an emotional physiology approach. Through his dedication and efforts Steve earned the esteemed Humanitarian Heart Award from HeartMath in November of 2018.

Steve's trainings, seminars and lectures are recognized nationwide for cutting-edge therapeutic techniques and inspiration. Through his career Steve has worked in collaboration with the experts in the Trauma field like, Bessel Van Der Kolk, Gabor Mate, Stephan Porges, David Grand, and Joe Spinazzola. In 2019 NVW completed the largest study of its kind on physiology in youth trauma treatment with the Trauma Center of Boston.

When is not traveling, working, or spending time with his family, Steve is an avid waterman either being a Spearo (Freediving Spear Fisherman) on his boat Poseidon's Assassin or harvesting the rivers as an avid Fly Fisherman.

May 5, 2022

THURSDAY KEYNOTE

■ Paul Florsheim, PhD

Young Families Across the Transition to Parenthood | 9AM-12PM This workshop introduces participants to the Young Parenthood Program, which is an innovative approach to helping mothers and fathers work together to prepare for the challenges of parenthood. In addition to describing the program, research evidence and case material will be used to demonstrate the value of supporting the development of fathers through prenatal care. The Young Parenthood Program is a co-parenting counseling program designed to help mothers and fathers prepare for the interpersonal challenges of parenthood, regardless of whether they remain together as a couple. The program integrates the principles and practices of attachment theory, social learning theory and family systems theory into its skill-building approach. The 10-14 session program is structured and can be flexibly applied to address the particular needs of each couple and designed to be adaptable across social and cultural contexts. The presentation will provide research evidence and case material to demonstrate the value of helping young fathers develop the skills to successfully support their partners and function well as parents.

Paul Florsheim, PhD Blo: Paul Florsheim is a Professor in the Joseph Zilber School of Public Health at the University of Wisconsin-Milwaukee, where he does research and teaches at the crossroads of public health and mental health. He re-



cently published “Lost and Found: Young Fathers in the Age of Unwed Parenthood” (Oxford University Press, 2020) which chronicles the lives of several fathers as they transition to parenthood, weaving social history, developmental psychology and family therapy into their stories. Lost and Found ends with an innovative proposal for father-inclusive prenatal care to help stabilize young families. Paul continues to work with young fathers and mothers in Milwaukee, both as a researcher and a clinician. In addition to writing Lost and Found, he wrote “The Young Parenthood Program: A Guide to Helping Young Mothers and Fathers Become Effective Co-parents” (OUP, 2014)

THURSDAY WORKSHOPS

■ Nick Farrell, PhD

The Nature and Treatment of Eating Disorders | 1PM-3PM Eating disorders are serious mental disorders that involve substantial medical risk as well as significant psychosocial distress and impairment. Recent research indicates that eating disorder prevalence is on the rise, and this is likely to be exacerbated by the COVID-19 pandemic. As such, mental health clinicians can expect to see increased eating disorder pathology in their clientele and would benefit from being prepared to identify these conditions as well as understand how they are treated effectively. This workshop will provide a comprehensive overview of the nature and treatment of eating disorders. Clinicians who attend this workshop can expect to come away with an improved ability to identify eating disorders in their clients, conceptualize their clients' specific symptoms, and identify and describe effective treatment approaches to their clients and families.

Nick Farrell, PhD Bio: Nicholas R. Farrell, PhD, is the campus clinical director at Rogers in Oconomowoc, where he provides clinical leadership and direction for psychotherapy services, including ongoing development, implementation, and refining of clinical protocols and pathways. In this role, he works closely with medical and clinical leaders across Rogers' programs with the aim of maximizing treatment effectiveness and improving patient experience. Dr. Farrell also supervises Eating Disorder Recovery care in Oconomowoc. In this role, he provides training and guidance to clinical team members in Rogers' Eating Disorder Recovery Residential Care as well as in the inpatient, partial hospitalization and intensive outpatient levels of care. He received his master's and doctoral degrees in Clinical Psychology from the University of Wyoming (Laramie, WY). He served as a graduate research assistant in the Anxiety Disorders Research Laboratory at the University of Wyoming from 2010 to 2015, and completed his predoctoral internship training as a psychology resident at St. Joseph's Healthcare Hamilton (Ontario, Canada). Dr. Farrell specializes in the use of empirically supported treatments that have been developed based on psychological science. He has co-authored many peer-reviewed articles and has given presentations on topics related to the cognitive behavioral treatment of eating disorders and anxiety disorders. Dr. Farrell embraces an integrated care model that promotes collaboration between patients and the health professionals involved in their care. He is a member of the Association for Behavioral and Cognitive Therapies, the Society for a Science of Clinical Psychology and the Academy for Eating Disorders.

■ Sandra Zapata, MA

Navigating the Inclusion of LGBTQ+ Individuals in Healthcare | 1PM-3PM It is our goal to analyze practices and challenges in our health system and promote inclusive language, as well as different approaches that can create a safer environment for LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning) individuals seeking medical services. Together we will address different concerns related to this topic in an effort to better serve LGBTQ+ individuals.

Sandra Zapata, MA Bio: Sandra Zapata (she/her/they/them) is the Counseling and Advocacy Coordinator at the Milwaukee LGBT Community Center. Sandra graduated with her Master of Arts in Psychology with an emphasis in Criminal Justice from the University of the Rockies. Sandra serves clients directly by providing emotional support, safety planning, and access to emergency resources that include food, clothing, and transportation, as well as advocacy services to individuals navigating the legal system as it relates to sexual assault and domestic violence. Sandra has delivered trainings on safety and inclusion of LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning) individuals in the workplace, health organizations, and schools since 2005.



THURSDAY WORKSHOPS (CONTINUED)

■ Bryan Wright, BS

Social Media Sexting Program | 1PM-3PM New Social Media Sexting Diversion program that is Evidenced Based and helping to provide youth with a second chance educational alternative versus a punitive punishment that has the potential of ruining a youth's future. This new and innovative program is being implemented across Wisconsin and the Nation and has been acknowledged in several articles and Scholastic Publications.

Sexting has become quite normalized and seen as no big deal amongst youth. As parents, case workers or anyone else working with youth and families dealing with issues of Sexting we know otherwise. Sexting in particular has become very overwhelming, alarming and exhausting as individuals are struggling to find healthier ways to address and deal with it. Dynamic Family Solutions has developed and designed a new and innovative program to help out.

Bryan Wright, BS Blo: Bryan graduated from the University of Wisconsin Oshkosh, where he received his Bachelor's Degree in Criminal Justice. Bryan found himself taking an alternative path from becoming a cop and has since spent over 13 years working within the fields of domestic and sexual violence.

Bryan started off as an Intern working with Restorative Practices and helping to implement Restorative programming into schools. He has worked as a Behavioral Specialist with Lutheran Social Services became a Children's Advocate for Safe Haven Domestic Abuse and a Dual Prevention Educator for Christine Ann Domestic Abuse and Reach Counseling Sexual Abuse.

Bryan's experience over these years working with families and youth running and creating curricula and groups has allowed him the opportunity to establish and create Dynamic Family Solutions LLC. A company devoted to providing the best most evidenced based curriculum there is to continue to help address and alleviate issues families and youth are enduring. You can check out Dynamic's latest programs and curriculums at: dynamicfamilysolutions.net

■ Angle Raymond, MS, LPC and Cory Kitt, MS, LPC

Child Trauma Toolkit for Educators | 3PM-5PM Join us for a brief stroll through the basics of child related trauma, where we will discuss signs, symptoms and most importantly STRATEGIES. Learning to manage behaviors associated with ADHD, Anxiety, Depression, and Trauma-related stress can be very challenging. Come prepared to play with us, as we will be providing hands on activities and/or "tools" that educators can use to assist with the emotional and behavioral needs of our youth.

Angle Raymond, MS, LPC Blo: Angela is an instructional aide in the Bloomer School District. She grew up in Maplewood, MN and received her undergraduate degree from UW-River Falls in Sociology. She went on to receive her Master's degree from UW-Stout in Clinical Mental Health Counseling. For the past 10+ years she has been working with children and adolescents in a variety of settings including non-profit agencies, her own private practice, intensive supervision programs, day treatments, clinical case manager for treatment foster care, and as a school-based mental health professional. She currently lives in Chippewa with her husband and their 3 children. Angie enjoys camping with her family, being a leader in her local 4H club and playing volleyball, bowling, and hockey.

Cory Kitt, MS, LPC Blo: Cory is a clinical supervisor in St. Croix County's Comprehensive Community Support (CCS) Program. She grew up near Green Bay and the Upper Peninsula and received her undergraduate degree in Psychology from UW-Eau Claire. Cory went on to receive master's degrees in both Guidance and Counseling (K-12) and Clinical Mental

Health Counseling specializing in Children and Adolescents from UW-Stout. In her time since graduate school, she has utilized her skills as a clinical case manager in the adult community mental health system, clinical case manager in the treatment foster care system, psychotherapist working with specialized and underserved populations of youth, outpatient therapist in private practice, and clinical supervisor in a community-based mental health and substance use recovery program. Cory currently lives near the Wisconsin-Minnesota border and enjoys reading, attending cultural activities, and time with friends and family.



THURSDAY WORKSHOPS (CONTINUED)

■ Amy Plum, MS, LPC

Play Therapy | 3PM-5PM This is a workshop for Sand Tray Therapy. Sand tray is a tool for children, adolescents, and adults. Recently there has been a rise in the use of sand tray not only in therapeutic settings, but in schools as well. During this workshop we will cover the history of sand tray, the differences in theory between sand tray and sand play, and the use of sand tray for processing trauma, attachment work, grief work, the building of social skills, the construction of inner resources for socio-emotional regulation, conflict resolution, enhancing creativity, and self-growth. Participants will have the opportunity to practice in small groups with miniature sand trays and objects provided by the presenter. Also included in this workshop will be ways to enhance sand tray work with other therapy tools such as EMDR, archetype work, Internal Family Systems, and emotion cards.

Amy Plum, MS, LPC Bio: My name is Amy Plum. I am currently working for the Kettle Moraine School District as a Mental Health Navigator. This is a new position for the district based on a mental health school grant from the state of Wisconsin. My job involves developing and presenting trauma sensitive school training to district teachers and administrators, as well as providing mental health advocacy and community based referrals for parents and students. I also maintain a small private practice as a licensed professional counselor. I have been working as a mental health therapist since 1996. I completed my internship at Lincoln Hills School, a maximum security juvenile correctional facility, in Irma, Wisconsin, in 1997. Since this time I have had a passion for working with children. I have worked in diverse settings such as Red Lake Indian Reservation, in Red Lake, MN, as a middle school behavioral and emotional trauma specialist. I have worked as an in-home therapist with families at risk for having a child placed outside the home both in Northern Minnesota and through St. Charles in Waukesha, WI. I worked for four years at Waukesha County Health and Human Services as a trauma specialist for children and juveniles under supervision of the courts for either law violations or in need of protection. I have also worked in private practice with Lighthouse Counseling in Pewaukee, WI. In my practice as a therapist, I use techniques that in my experience allow for people to become witness to their ability to heal past wounds and current self-imposed limitations through access to their self as healer and self-empowerer. I have completed training in Eye Movement Desensitization and Reprocessing (EMDR), Levels I and II, Holographic Memory Resolution (HMR), Levels I and II, Internal Family Systems (IFS), Narrative Attachment Therapy, Sandplay Therapy, Trauma Sensitive Yoga (TSY), and HeartMath. I have sought training on trauma processing techniques that I believe create the safest and most effective way of processing past and ongoing trauma material. Some of my specialized techniques with children and teens also include: diorama healing stories, child directed plays, clay work, song/poetry writing, and yoga.



May 6, 2022

FRIDAY KEYNOTE

■ Colleen Fairbanks, PhD

Motivational Interviewing | 9AM-12PM Motivational interviewing is a behavioral therapy technique involving listening, interpersonal skills, and support that helps to reduce a patient's ambivalence and empowers them to take steps toward positive lifestyle change. Motivational interviewing is an evidenced based practice technique for helping to overcome the common barrier of patient adherence. During this hands-on motivational interviewing workshop, you will have the opportunity to develop your skills to have productive and impactful conversations with your patients. Guided by Dr. Colleen Fairbanks, you'll have the opportunity to practice motivational interviewing techniques with your colleagues and address real-life cases. Learn how to implement best practices, engage patients, resolve frustrations, and encourage adherence to a treatment plan.

Colleen Fairbanks, PhD Bio: Dr. Colleen Fairbanks is a licensed clinical psychologist with a specialization in Health Psychology. She has extensive experience, both as a practitioner and instructor, in motivational interviewing and understanding the interplay between physical and emotional health issues. As motivational interviewing content expert, she has helped thousands of health care providers improve patient outcomes while finding renewed passion for their life's work. She is an expert on human behavior, communication, and the mind-body connection for emotional, physical, and social health. Her compelling behavior change and health optimization work spans the government and private sectors. She was invited to share her expertise at the Department of Veteran Affairs, American Heart

Association, Kennedy Foundation, Obesity Medicine Association, Park District Risk Management Agency, and the European Congress on Obesity and Eating Disorders, among others. Dr. Fairbanks has appeared on Good Day Chicago and has been cited in USA Today, Employee Benefit Advisor, SparkPeople, and CRAVE Magazine.



REGISTRATION INFORMATION:

To pre-register complete the form and return by **April 15, 2022**

Cost \$165 For 3 or more registrants who submit their registrations together by **April 15, 2022**

Cost \$175 For early registration, mail by **April 15, 2022**
This includes all of the following:
The entire conference, two continental breakfasts, two lunches, breaks, and Wednesday night hospitality.

Cost \$195 For registration after **April 15, 2022**

Cancellation Fee: \$35.00

For more information regarding the conference and/or registration please see our website www.WFBSA.com or contact:

Fred Garcia

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Please visit our website at **www.WFBSA.com** to learn more about our guest speakers, our membership opportunities, sponsors and our WFBSA board. We are also on **LinkedIn and Facebook** so please join us if you want routine information about speakers, dates, or have routine questions and/or comments that you would like to share.

Wilderness Resort and Conference Center

511 E. Adams Street, Wisconsin Dells, Wisconsin 53965

www.wildernessterritory.com

The 2022 room rates are \$82 for a single rate and \$109 for a double, triple or quad. Rates for the weekend are \$120 for Friday and Saturday night. Group rate for the 2-bedroom suite is \$140 Monday–Thursday and \$170 on Saturday. Please call 1-800-867-9453 to reserve your room(s) and state that you are with the WFBSA Spring Conference and mention Group Code **#771717** when registering for our conference to get this rate. The block of rooms is reserved until **April 2, 2022** and will be released following that time and the group/State rates cannot be guaranteed beyond that. State rates will also be honored with proper identification or tax-exempt hard copy documentation. State rates are \$82 single, \$109 double, triple and quad.

Providers as Partners:
EMPOWERING
WISCONSIN FAMILIES

