

Program Title

Program Description

Beyond the Counseling Office: Expanding Mental Health Reach

This session equips counselors to expand mental health impact beyond office walls. Participants will explore Cooperative Extension systems as partners, learn practical strategies for outreach, prevention, and wellness programming, and apply evidence-informed approaches to strengthen access to mental health resources locally.

Ethical AI Use in Mental Health Counseling

This program explores the ethical integration of artificial intelligence in mental health counseling, emphasizing confidentiality, informed consent, and clinical responsibility. Participants will examine current research, ethical guidelines, and practical strategies to ensure responsible AI use while maintaining the integrity of the therapeutic relationship.

Rooted in Play: Play Therapy for Growing ADHD Minds

This interactive session explores evidence-based play therapy interventions for children with ADHD. Participants will engage in hands-on skill building and practice techniques to support attention, impulse control, and emotional regulation across school and clinical settings through developmentally appropriate, play-based strategies.

Beyond the Plate; A Clinical Overview to Supporting a Client with an Eating Disorder

While Eating Disorders may manifest on the plate in front of our clients, they carry deeper psychological and emotional meaning. In this session we will discuss the various characteristics of eating disorders including biological, psychological, and socio-cultural; understanding the spectrum of eating disorders which includes culturally normalized disordered eating, and implementing the most appropriate way to move forward by utilizing evidenced based assessments & practices, as well as discussing best practices as it pertains to collaboration with other providers, and referrals when beyond their scope.

Mindfulness with Cultural Humility and Competence in Practice and Supervision

To initiate with highlighting the empirical evidence backing the importance of being mindful about cultural humility and competence in counseling practice and supervision (10-15 minutes). The session will progress into a person centered, based non-judgmental, empathetic, and respectful open-ended discussion on experience with multicultural orientation of participants as experienced during their practice and supervision (10-15 minutes). The session will move into highlighting helpful techniques to grow multicultural competence in therapy and supervision process (10-15 minutes). The session will end with participant feedback and questions (10-15 minutes) and concluding thought.

Motivational Interviewing Advanced Skills Training

Motivational Interviewing is an evidenced-based practice shown to be especially effective for individuals not ready or unsure about change. This advanced Motivational Interviewing presentation is designed for practitioners who have basic knowledge about MI and would like to move to more advanced skillfulness.

Adding BLOBS to Your Therapy Toolbox

What are Blobs and how can I use them? Blobs use feelings and body language that can be interpreted in hundreds of different ways to enable communication, expression, and understanding. Participants will leave this session with new skills to immediately use Blobs with children.

Erickson's Trauma Spear	Erickson's Trauma Spear Presentation gives insight into Post Traumatic Stress Disorder and their different types. The presentation then provides a method for how different empirically based therapies can work together to provide a treatment for Post Traumatic Stress, especially the more severe forms.
You're the Only One I've Told: Sexual Assault Disclosures	"What do I do if a client tells me they've experienced a sexual assault"? In this session, participants will explore strategies for constructively responding to disclosures of sexual violence. Best practices for supporting survivors in the aftermath of sexual harm will be reviewed.
Trauma Informed Strategies Embedded in Culturally Responsible Treatment Strategies	Educators, administrators, and school staff will learn to increase their ability to work with students from adverse environments, victims of trauma, and increase their ability to develop relationships that are conducive for learning using culturally responsible treatment interventions. Hammond (2015) stated that trust frees the brain up for higher order thinking and learning. In this training educators, administrators will learn how to develop trust and how to respond to clients and families utilizing trauma informed practices.
A Comparative Assessment of Clinical & Mental Health Counselors and School Counselors	Panelists will answer questions regarding the similarities and differences between school counselors and clinical counselors in the school setting, as well as best practices and methods to provide services to students through collaboration. Topics will include ethical concerns, school expectations, and best practices.
The Satisfaction Cycle: A Somatic Approach to Emotional Completion	This presentation explores the satisfaction cycle through a somatic and relational lens, examining how interruptions in emotional completion contribute to anxiety, avoidance, burnout, and disconnection. Participants will learn evidence-informed interventions to support nervous system regulation, emotional processing, and therapeutic integration.
Beyond the Scoreboard: Counseling Implications for High School Athletes	Student-athletes operate under unique stressors and intense performance pressure, physical injury, identity restriction, and high-stakes time demands, resulting in nearly 44% reporting ongoing mental health symptoms like anxiety and exhaustion. This presentation moves beyond conventional counseling to address the "hidden" injuries of athletes, providing actionable strategies to foster mental resilience, reduce stigma, and improve help-seeking behavior.
Dropping Anchor and Setting Sail with Task Initiation for Individuals with ADHD	This presentation explores the Acceptance and Commitment Therapy (ACT) techniques of Dropping Anchor as a practical intervention for clients with ADHD who struggle with initiation on non-preferred tasks. Participants will learn how grounding, noticing/naming, and values-based action can reduce overwhelm and support meaningful behaviors for clients struggling to turn intention into action.
Rooted in Culture, Growing Through Adversity: A Multicultural Lens on Identity, Migration, and Global Justice	As migration reshapes communities, counselors must skillfully support clients navigating cultural transitions, faith identities, and resilience-building. This session uses lived narratives and evidence-based strategies to help practitioners strengthen multicultural competence and provide culturally responsive care to migrant clients.

Leveling Up Counseling: Creative Strategies and Inclusive Spaces for Neurodivergent Clients	When counseling meets neurodivergent clients where they truly are, growth becomes possible. This session introduces creative, neurodiversity affirming strategies (mindfulness, therapeutic video games, and inclusive environments) to strengthen engagement, regulation, and strength-based development through demonstrations, discussion, and case examples.
Community, Collaboration ,and Armed Ethics in a Urban School District	Education around legal obligations/ethics and personal responsibility to counsel clients when individual morals and values may not align in accordance with the foundations for ethical behavior and decision making. Education on ACA code of Ethics 2014 ACA Code Ethics Section A-The Counseling Relationship B.5.b responsibility to parents and legal guardians Section C-Professional Responsibility Section H-Research and Publication H.1.a-Knowledge and legal Considerations Terms to be Referenced etc. (Abandonment, multiculturalism, social justice competence)
Clinical Supervision with New Graduates	Recent graduates often face unique difficulties in transitioning to being full-time clinicians. This workshop will help attendees learn strategies and gain insights to address these difficulties.
Therapeutic Powers of Play in the Sand Tray	This experiential session is geared toward office- and school-based counselors and offers an exploration of the clinical depth, adaptability, and therapeutic powers of play available in sand tray therapy across multiple settings. Participants will engage through hands-on learning and reflective application.
Turning "Off" the Chronically "On" Nervous System	High-performing individuals often struggle to “turn off” despite appearing highly capable. This advanced workshop explores high-functioning nervous system dysregulation through a polyvagal-informed lens and teaches evidence-informed strategies, practical interventions, and restorative conditions that support nervous system reset, regulation, and sustainable restoration in chronically activated individuals.
An Integrative Meta-Model of Healthy Relationship Bonding	Informed by attachment, systems, and developmental theories of relationships, the Integrative Meta-Model of Healthy Relationship Bonding provides a cross-context view of healthy relationship development, maintenance, repair, and interconnection. The model includes a depth structure based on relationship type, relationship calibration that fits the relationship’s purpose, role expectations, and boundaries. It further utilizes a developmental lens while not being stage-bound to intimacy.
Treatment of Religious Trauma: Presentation, Person & Practice	This session will focus on the identification of religious-based trauma, discussion of the complex interconnected systems impacting a client who has experienced religious trauma, and a work-flow and decision-making model for clinical intervention with strategies corresponding to different phases of treatment. Critical client skills related to forwarding treatment, assessment of safety and readiness, and techniques for remediation will be presented.
Who I Am & What I Do: Counselor Identity.	Rooted in reflection and growing through connection, this interactive presentation explores counselor identity through the Virtue-Based Model of Professional Identity Formation (Lee, 2023). Participants will engage in meaningful self-reflection, explore authentic presence, and reconnect with the values, experiences, and purpose shaping who they are as counselors.

Identity, Campus Climate, Religion, and Mental Health in Graduate Students	This session examines how the stressors of graduate study, campus climate, and religion are associated with the mental health of sexual/gender minority graduate students and their cisgender heterosexual peers. Implications for clinical practice and institutional policy will be discussed.
Expanding Access: Preparing Counselors to Support Adult Individuals with IDD	This training equips counselors with essential IDD system knowledge, collaborative practice skills, and disability-affirming cultural competence. By reducing uncertainty and increasing clinical confidence, the program expands therapist readiness and willingness to provide effective, person-centered counseling for individuals with intellectual and developmental disabilities.
Diagnosing Between Fact and Fiction	Review common DSM diagnostic criteria in the context of functional adaptations. Develop scripts for communicating diagnostic assessments as functional descriptions instead of identity markers. Link diagnostic labels to underlying functional antecedents to help clients mobilize their agency to develop a better relationship to the sources of suffering.
Rooted in Belonging: Examining the Loneliness Epidemic among marginalized populations	This presentation re-examines loneliness through a social justice lens, defining its variations and analyzing how structural inequalities impact marginalized groups. Participants will be able to apply evidence-based strategies to tackle systemic exclusion and foster authentic belonging through community-level, structural change.
Fog and Footprint: Agency Under Constraint	Anxiety and guilt are natural and not essentially pathological. We develop complex defensive strategies against the uncertainty and consequence they reveal. This workshop explores the existential nature of anxiety and guilt, then offers strategies for counselors to help clients participate more authentically in life.
Why Boundaries Fail and What Creates Connection	Many clients believe stronger boundaries will improve their relationships, yet rigid boundaries often increase distance and disconnection. This presentation explores evidence-based strategies that help clients maintain both connection and autonomy, navigate conflict effectively, and build healthier relationships without self-abandonment.
Ethical Self-Care: Navigating Counselor Wellbeing in Practice	This workshop focuses on wellness and self-care as an ethical imperative for counselors and other mental health professionals. Ethical principles and standards related to wellbeing will be reviewed and examined and frameworks of wellness from Positive Psychology, Feminist Theory, and Spiritual Psychology that encompass a bio-psycho-social-spiritual model of well-being will be presented and explored. Information will be provided that will allow participants will self-assess their areas for growth in self-care and wellbeing so they may develop a personal self-care and wellness plan.
Residential Transformation Under FFPSA	This presentation explores how FFPSA transformed residential treatment environments and examines emerging trauma-informed organizational strategies designed to support youth stabilization, workforce sustainability, and interdisciplinary collaboration. Participants will explore how organizational structures, admissions practices, and workforce regulation influence treatment effectiveness within high-acuity residential settings.

From Curiosity to College: Engaging Students Early Through Innovative Classroom Activities

College and career conversations often begin too late or feel too abstract to resonate with students. This interactive session explores how educators and outreach professionals can introduce postsecondary awareness as early as elementary school using creative, age-appropriate activities that spark curiosity and build confidence over time. Led by KHEAA outreach experts, participants will experience a series of engaging, classroom-ready activities designed for elementary, middle, and high school students. These include hands-on career exploration exercises, college identity-building strategies, and financial literacy games that make complex concepts accessible and fun. The session emphasizes scaffolding these conversations so they evolve naturally as students progress through grade levels. Participants will leave with adaptable tools, ready-to-use activity ideas, and a framework for embedding college-going conversations into everyday classroom experiences without adding burden to instructional time.

Childhood Trauma Symptoms, Interventions, Strategies, and Implementation.

According to KRS 158.4416(2)(d), all school personnel are required to participate in training focused on recognizing the signs and symptoms of trauma in students. This training includes evidence-based interventions, strategies, and instructional practices designed to support students affected by trauma, along with guidance for developing and implementing a comprehensive trauma-informed approach within the school environment. The session is intended to equip school counselors with the knowledge and resources to provide training and support to staff within their own schools.

Recognizing Working with Emotionally Exhausted Parents to Facilitate Growth

Emotional exhaustion can become a destructive variable that hinders parenting, relationship building, and guiding children. During this session we will explore emotional exhaustion that can inflict anyone, examine the effects, and equip the attendee with strategies to help parents replenish and become more effective parents.

Bridging the GAP: Re-Engaging High Risk Students

Jefferson County Public Schools Associates of Re-engagement and Transition (AR&T) are responsible for helping students transition out of alternative school placement back to a comprehensive school setting. AR&T's are mental health professionals hired by JCPS to assist students in an alternative school setting to transition back to a comprehensive school setting. Through the utilization of evidenced based strategies and techniques AR&T's work collaboratively with the alternative school staff, the students comprehensive school staff, families, and community partners to develop a re-engagement plan that influences student's success in the area of academics, attendance, behavior, social skills, and life goals.

The Building Blocks of CBT: Behaviorism, Cognitive Theory, REBT, and Cognitive Behavioral Modification

Cognitive Behavioral Therapy (CBT) is one of the most widely used treatment approaches today. This session explores four core theoretical foundations "Behaviorism, Cognitive Therapy, REBT, and Cognitive Behavioral Modification" and examines how their integration shapes modern CBT practice.

Combining Clinical Hypnosis and EMDR Together in Clinical Treatment

This presentation explores the integration of Clinical Hypnosis and EMDR in trauma treatment. Participants will learn evidence-based strategies such as ECEM, grounding, resource development, ego strengthening, and trauma-processing techniques designed to improve emotional regulation, reduce dissociation, and support recovery in clinical practice.

The Inspired Counselor: Firmly Rooted, Forever Growing	Learn ways to prevent potential negative consequences of a practicing counselor and promote one's well-being while being firmly rooted and forever growing.
Identifying toxic internalized messages (TIMs)	This breakout session explores how toxic internalized messages develop through family, culture, religion, and emotional learning. Participants will examine how these messages contribute to shame, anxiety, identity conflict, and trauma while reviewing counseling strategies for identifying and challenging deeply embedded beliefs.
School Counseling for Adolescent Mental Health Literacy	Many mental health concerns emerge during adolescence, and school counselors are often first to identify and respond to student needs. This session explores assessing mental health literacy, developing multi-tiered programming, and implementing strategies to increase awareness, enhance help-seeking behavior, and support adolescent well-being.
Holding What Hurts: A Humanistic Approach to Grief, Identity, and Integration	This presentation explores a humanistic, developmental, and trauma-informed approach to grief counseling that emphasizes relational presence, emotional processing, acceptance, and meaning-making. Participants will examine supportive, non-pathologizing ways to help clients navigate grief across developmental and relational contexts.
Treatment Planning with Choice Theory and Reality Therapy	This seminar will be an introductory to choice theory, reality therapy, and person-centered planning. The primary purpose of the seminar is to show how to conceptualize people seeking help from a choice theory perspective and integrate reality therapy into person-centered planning. The methods of presentation will include lecture, experiential exercises, and brief demonstrations.
Using Narrative Therapy and Storytelling in Rural Appalachia	This breakout session explores how storytelling and narrative therapy can be used to reduce mental health stigma in rural Appalachian communities. Participants will examine culturally responsive strategies that promote resilience, community connection, and help seeking through shared lived experiences.
Religion's Impact on a Suicidal Individual	Religion has been shown to be a double-edged sword, capable of healing as well as harming individuals experiencing suicidal ideation. A study conducted seeking to inform the profession regarding how suicidal ideation and attempted suicide are addressed by church leaders will be discussed. Specifically looking at Christianity as a whole.
Growing Your Own: Developing Student Success with AmeriCorps and Foster Grandparents	Explore strategies for building internal workforce pipelines through AmeriCorps service while leveraging Foster Grandparents and intergenerational partnerships to support student success, strengthen recruitment and retention, and develop mission-aligned staff prepared to meet organizational and community needs.
Subpoenas, Court Orders, and Advocacy for the Kentucky School Counselor	
Racial Trauma: Breaking Barriers	This presentation explores racial trauma, implicit bias, and microaggressions within educational settings. Participants will examine the emotional and psychological impacts of racism on students and staff while learning practical strategies to create inclusive, supportive, and trauma-informed school environments.

Trauma-Informed Care for ML (Multilingual Learners)	This presentation equips educators with strategies to support multilingual learners through trauma-informed and culturally responsive practices. Participants will explore the experiences, strengths, and challenges of our multilingual students while learning ways to create inclusive, empathetic, and supportive classroom environments. Counselors will explore evidence-based secondary assessment strategies to identify natural and social supports that sustain client and student progress beyond the counseling relationship. Drawing on Bronfenbrenner's ecological model, Maslow's belonging tier, and loneliness research, participants will leave with practical tools to reduce barriers and improve long-term outcomes.
Mapping the Village: Assessing Supports for Client Progress	From past to present, explore behavioral health crisis response, decode SAMHSA's 2025 guidelines, and navigate Kentucky's crisis continuum then leave with practical, real-world strategies to confidently connect clients in crisis to the right care at the right time.
HELP! My Client is in Crisis, What Do I Do?	The Many Faces of OCD explores how OCD extends beyond visible rituals into internal, often overlooked experiences such as covert compulsions and diverse obsessional themes. This session highlights clinical recognition, assessment considerations, and common misdiagnoses, emphasizing OCD as a predominantly internal disorder frequently missed in practice.
The Many Faces of OCD	Split-custody arrangements are increasingly common among the families counselors serve. In this session, participants will explore the unique challenges these clients face, examine the evidence on what custody arrangements best support child wellbeing, and learn practical interventions to enhance outcomes for children and families.
Counseling with High Conflict Divorce and Custody Arrangements	This session prepares counselors to support veterans navigating post-military identity transition, moral injury, grief, and civilian reintegration. Participants will explore culturally responsive assessment, meaning reconstruction, values clarification, and practical interventions that honor military service while supporting renewed purpose, connection, and growth.
Rooted in Service, Growing in Civilian Life: Counseling Veterans Through Transition, Meaning, and Moral Repair	Trauma often affects more than symptoms; it can fundamentally alter how individuals understand themselves. This intermediate-level session introduces the Identity Re-Establishment Framework (IREF), a trauma-informed approach that helps counselors support identity reconstruction through practical interventions, narrative exploration, meaning-making, and strengths-based identity development. Participants will leave with strategies and activities that can be incorporated into clinical practice.
Helping Clients Reclaim Identity After Trauma	Addressing burnout proactively is critical, not only for the counselor's well-being, but also for modeling self-care and resilience for future counselors and our clients. This workshop is designed to provide evidence-based strategies which support long-term wellness and professional sustainability.
Battling Burnout: Wellness Strategies for Clinicians, School Counselors and Counselor Educators	Homelessness in Appalachia is often hidden, underreported, and deeply connected to trauma and systemic inequities. This presentation explores the unique challenges faced by unhoused individuals in rural communities and provides trauma-informed, culturally responsive counseling strategies to support advocacy, engagement, and recovery.
Invisible in the Mountains: Hidden Homelessness	This program helps youth develop resilience through evidence-based strategies focused on emotional regulation, coping skills, supportive relationships, mindfulness, and brain-based understanding of stress. Participants build confidence, strengthen problem-solving abilities, and
Building Resiliency In Youth	

learn healthy ways to manage challenges, emotions, peer pressure, and everyday life stressors.

Growing Ethical Clinicians: Navigating Gray Areas in Mental Health Counseling

Counselors frequently encounter ethical situations that lack clear-cut answers. This engaging presentation examines complex ethical dilemmas commonly faced in clinical practice, including social media boundaries, telehealth concerns, documentation challenges, confidentiality issues, and dual relationships. Participants will strengthen ethical decision-making skills through discussion, case analysis, and application of professional ethical standards.

Beyond Burnout: Sustaining the Counselor While Serving Others

Mental health professionals are increasingly vulnerable to burnout, compassion fatigue, and secondary traumatic stress. This experiential workshop explores sustainable wellness practices that help counselors remain ethically grounded, emotionally healthy, and professionally effective over time. Participants will examine personal and systemic contributors to burnout while developing practical strategies for self-care, boundaries, reflective practice, and professional resilience.

Behind the Boardroom Door: The Realities of Counselor Regulation

Counselor licensure and regulation are undergoing significant change as states address portability, interstate compacts, workforce shortages, legal challenges, and emerging technologies. Presented by former counseling board members and regulatory leaders, this session explores regulatory decision-making, common misconceptions about licensure boards, and emerging challenges facing the profession.

Beyond Client Outcomes: Refocusing Clinical Responsibility

Clinicians often experience frustration, guilt, and self-doubt when clients fail to follow through with treatment recommendations or experience negative consequences. This presentation explores how Motivational Interviewing principles can help clinicians refocus responsibility, avoid rescuing behaviors, and support client autonomy and sustainable change.

Tapping Into the Therapeutic Toolkit: An Evidence Informed Introduction to Emotional Freedom Techniques

This experiential session introduces counselors to Emotional Freedom Techniques (EFT), a somatic tapping practice supported by a growing research base. Attendees will learn the core protocol and experience tapping firsthand as a tool for easing compassion fatigue and burnout. No prior experience required.

Integrating AI in Counselor Education, Supervision, and Counseling

This session explores how artificial intelligence (AI) can be integrated into counselor education, supervision, and counseling. Participants will examine practical applications, ethical considerations, and strategies for using AI applications in counselor training, supervision, and counseling while maintaining professional identity, multicultural competence, and ethical standards.

So You Want to Work in Addiction: Now What?

This presentation explores the realities new therapists encounter in addiction treatment, including ethical challenges, clinical complexities, and professional growth. Through case examples and practical strategies, participants will build confidence, strengthen decision-making skills, and develop resilience for a successful transition into the addiction counseling workforce.

OCD or OCPD, whats the difference and how are they treated?

Attendees will leave this presentation with a firm understanding of the diagnostic criteria, underlying motivations of each disorder, prevalence, demographics, and gold standard treatment modalities for both OCD and OCPD.

The Culture of Secrecy and Compartmentalization:
Helping Veterans Reintegrate

The military culture highly values emotional containment through secrecy and compartmentalization. These techniques are necessary for mission readiness but oftentimes interfere with relationship and personal health. This presentation looks at some of the negative consequences of habitual non-disclosure and compartmentalization affecting veterans and their families. When veterans are unable to talk about deployment, trauma, and daily experiences, connection and communication with family is limited, emotionally distant, and erodes trust. This reality needs to be discussed and researched further to provide the support that veterans need.

Equine-Assisted Psychotherapy for Complex PTSD -
An Attachment Approach

Explore attachment disruption and developmental trauma through a neurobiological lens while critically examining Equine-Assisted Psychotherapy (EAP) as a trauma-informed modality. Participants will evaluate emerging evidence supporting co-regulation, embodied attunement, somatic engagement, and corrective relational experiences in treating Complex PTSD.

Beyond Awareness: Practical Resilience and Work-
Life Balance Strategies

Awareness of mental health and work-life balance isn't enough, you have to practice it. Drawing from both professional expertise and personal experience as an NFL mom who learned this lesson the hard way, Dr. Rita Meredith presents evidence-based, practical strategies for building sustainable resilience. This session moves beyond theoretical knowledge to actionable implementation, offering concrete tools that counselors can immediately apply with clients who struggle to prioritize their own wellbeing.

Increasing Men's Engagement In Mental Health
Treatment

Increasing men's engagement in mental health treatment will be discussed through the lens of masculine ideologies, multiple theoretical perspectives with an integration of values work and the potential role of moral injury. Practical engagement tips and interventions along with resources will be given.

Therapeutic Roots and Worldview Navigation for
Advanced Practice

Identify components of your worldview that shape clinical decisions, practice managing differing worldviews through Motivational Interviewing processes, Reality Therapy paradoxical techniques, and Adlerian lifestyle assessment, and troubleshoot worldview conflicts to preserve the therapeutic alliance and advance measurable client progress.

The Grace Blooms Framework: Trauma-Informed
Case Conceptualization Across Counseling Settings

This session introduces the Grace Blooms Framework, a trauma-informed, strengths-based case conceptualization and career-life planning model. Participants will learn evidence-informed strategies to connect client/student concerns with survival patterns, strengths, values, interventions, measurable goals, and meaningful growth outcomes.

Forever Growing: Mentoring for Growth, Wellness,
and Leadership

Mentoring plays a significant role in counselor professional identity development, counselor self-efficacy, and supports leadership growth in the profession. Mentoring relationships can also buffer isolation and help counselors navigate burnout and career transitions. Attendees will gain strategies and techniques to build and maintain mentoring relationships.

Heart Rate Variability in Counseling Practice

This experiential presentation explores the integration of Heart Rate Variability (HRV) biofeedback within a university-based counseling training clinic. Participants will learn practical, evidence-based nervous system regulation interventions, engage in experiential activities, and explore clinical applications of HRV-informed counseling approaches for emotional regulation and trauma-informed practice.

Beyond Monogamy and Neurotypicality:
Understanding Diverse Relationship Systems

This training explores culturally responsive and affirming clinical practice with LGBTQ+, ethical non-monogamous, kink/BDSM, and neurodivergent populations. Participants will develop greater competency in relationship diversity, minority stress, ethical considerations, terminology, assessment, and evidence-based interventions that support inclusive, client-centered care.

Integrating Nutrition and Exercise into Clinical
Counseling

An educational and eye-opening presentation on how gut-health and physical exercise affects the brain and well-being. Attendees will learn what happens to the mind-body connection when certain foods and supplements are consumed and different exercise routines are instilled. Includes a focus on neurobiological processes.