



**Re-creation:
Skills at
Creating Again**

**Organization of Counseling
Centers Directors in Higher
Education (OCCDHE)**

The Cliffs Resort-Shell Beach, CA

October 5-7th, 2016

Welcome to OCCDHE!

We hope the conference is a meaningful time of learning and connecting. We encourage you to take advantage of this unique opportunity for dialogue and a time to re-create (skills at creating again) and recreate (play!). A few tips to keep in mind as you enjoy your time here:

Your name tag should be worn at all times. Behind your name tag you will find some important tickets that you will need to access the breakfast buffets on Thursday and Friday mornings, and for a drink at the social hour before the Wednesday night banquet.

If you are a director attending OCCDHE for the first time, we invite you to be a part of the red dot club. A small red dot will be placed on your name tag to let other Directors know you are here for the first time so they can welcome you. Interns and trainees will be acknowledged with a green dot. Please take a moment to greet our newest guests!

Thursday evening provides an opportunity to have dinner with your colleagues. A list of local restaurants is provided for your convenience. If you do not have a group to dine with, let us know and we will make sure you are included in one.

Paperwork for CE units will be found in the foyer, next to check in. Please sign in and out for each workshop you attend, turn in your evaluations, and take your certificate before leaving the conference. If you have any questions or concerns, please see Jeff Prince from University of California, Berkeley.

Please let us know how we can make your conference experience enjoyable, enriching, and rejuvenating.

Your 2016 Fall Conference Planning Committee,

Barbara Thomas

Bill Fiala

Jeff Prince

Geneva Reynaga-Abiko

Dai To

Michele Willingham



Schedule

WEDNESDAY, October 5th

| | | |
|---------------|--------------------------------|---------------------|
| 12:00-3:00 PM | Registration and Check in | Lower Lobby |
| 12:00-2:30 PM | Steering Committee Meeting | Pacific View |
| 3:00-5:00 PM | Directors' Caucus Meeting | |
| 4:30-6:00 PM | Training Directors' Roundtable | Zinfandel |
| 5:00-6:30 PM | Intern Mixer | Marisol North Patio |
| 6:30-7:30 PM | Welcome Reception | Ballroom Foyer |
| 7:30 PM | Banquet and Networking | Ballroom |

THURSDAY, October 6th

| | | |
|-------------------|---|-----------------------|
| 7:00-8:30 AM | Breakfast | Marisol at The Cliffs |
| 8:30-10:15 AM | Conference Session I Keynote: David Wallace | Ballroom |
| 10:15-10:45 AM | Break | |
| 10:45 AM-12:15 PM | Conference Session II | |
| 12:15-1:15 PM | Lunch (Multicultural Action Committee Meeting) | Waterfall Terrace |
| 1:15-2:45 PM | Conference Session III | |
| 2:45-3:00 PM | Break | |
| 3:00-4:30 PM | Conference Session IV Dinner on Your Own | |

FRIDAY, October 7th

| | | |
|----------------|---|-----------------------|
| 7:00-8:30 AM | Breakfast | Marisol at The Cliffs |
| 8:30-10:00 AM | Conference Session V Keynote: Casey Tallent | Ballroom |
| 10:00-10:30 AM | Break | |
| 10:30-12:00 PM | Conference Session VI and Directors' Meeting | |



Program Descriptions

Continuing education credit for this conference is being sponsored by Counseling and Psychological Services at the University of California at Berkeley, which is approved by the American Psychological Association to sponsor continuing education for psychologists. Counseling and Psychological Services at the University of California at Berkeley maintains responsibility for the program and its content. The continuing education credit for this conference meets the qualifications of continuing education credit for LMFT/MFC and /or LCSW as required by the California Board of Behavioral Sciences (PCE 1185). For more information please contact jprince@berkeley.edu.

WEDNESDAY, October 5th

Directors' Roundtable: Shared Learning and Best Practices for Counseling Center Administration (2 CE)

3:00-5:00 PM

Facilitated dialogue in which colleagues from like institutions will share from their knowledge and experiences in order to promote discussion of best practices as a caucus.

California State Directors' Caucus
Independent Directors' Caucus
University of California Directors' Caucus

Cabernet
Beaujolais
Pacific View

Training Director's Roundtable (1.5 CE)

4:30-6:00 PM

Zinfandel

Facilitated dialogue in which colleagues from like institutions will share from their own knowledge and experiences in order to promote discussion of best practices in university training sites.

Intern Mixer

5:00-6:30 PM

Marisol North Patio

Welcome Reception

6:30-7:30 PM

Ballroom Foyer



Banquet
7:30 PM
Excellence in Leadership Award
Ballroom

THURSDAY, October 6th

CONFERENCE SESSION I (2 CE)

8:30-10:15 AM

Keynote: David Wallace (University of Missouri)

Missouri: The 2015 Protests, the Aftermath, and the Ongoing Story Ballroom

The background of the 2015 protests at the University of Missouri, including prior history as well as the protests themselves and the aftermath will be shared. The Counseling Center's role will be relayed, and the longer term effects will also be considered, along with lessons learned

Break 10:15-10:45 AM

CONFERENCE SESSION II (1.5 CE)

10:45 AM-12:15 PM

Step Up Against Microaggression Zinfandel

Kanwarjit Pahwa (UCI) and Saimir Thanop (CSUN)

This training focuses on how microaggressions may look on campus, ways for bystanders to intervene, and an insight into what may interfere with helping behavior.

Implementing RIO on Campus: What We've Learned and What We Suggest Pinot

Geneva Reynaga-Abiko (Cal Poly SLO), Bill Fiala (Azusa Pacific), and Julie Pearce (CSUN)

This presentation focuses on using a 3-session group as a means of increasing services and reducing waitlists at three different university counseling centers. We will share our experience based on student and staff feedback as well as what we have learned along the way. Audience participation encouraged.

Deconstructing Safety Cabernet

Michele Willingham (Biola)

Safety is a frequently sought yet elusive concept within counseling center training environments. Trainees and staff desire "safe spaces" in which to engage in self-reflection, as well as the self-examination needed for ongoing multicultural competence. This program seeks to deconstruct safety and the process of conflating safety with comfort. Participants will explore the meaning and implications of safety, including ways it can interfere with diversity and social justice efforts. Participants will examine the components of safety that facilitate training and supervision, and share strategies for setting expectations around safety and how to navigate the discomfort necessary for effective training and supervision.

Yoga as Healing

Melissa Cordero (UCSB)

Yoga as Healing is a program developed by Zabie Yamaksaki specifically for survivors of sexual assault. This presentation will offer participants an overview of the program, data supporting its use on college campuses, as well as, a presentation of the yoga program itself.

Beaujolais

LUNCH

(Multicultural Action Committee Meeting)

12:15-1:15PM

Waterfall Terrace



CONFERENCE SESSION III (1.5 CE)

1:15-2:45 PM

Multicultural Supervision: Attending to the Supervisee-Supervisor Relationship

Pinot

Jeanne Manese (UCI)

Research literature has noted the importance of understanding the impact of multiculturalism and diversity in clinical supervision (Falender, Shafranske, and Falicov, 2014). This workshop focuses on the supervisory relationship using the framework of multicultural supervision. Ways to strengthen the relationship, as well as prevent and address conflicts and ruptures will be discussed. The facilitator will provide a case that will allow attendees to discuss ways to increase their multicultural competency as supervisors.



Dating in the Digital Age: Social and Racial Implications

Zinfandel

Polina Shamariyeva (USF) and Renee Harrison (USF)

This presentation focuses on the current and evolving landscape of romantic dating among traditional college-aged individuals. We will review mobile dating apps, dating trends, and social and racial factors that affect individuals' experience of courtship, as well as, how mobile phones have dramatically changed young adults' communication.

Re-Engaging with the Ongoing Work: A Panel about Race and Clinical Issues in College Campuses

Cabernet

Matthew Calkins (Occidental), Deb Schneider (SFAI), and Stevon Lewis (Woodbury)

Using three guided questions, the multicultural, multi-gendered, multi-degree-ed panelists will engage with each other and the audience to examine how to engage in dialogue about how race shows up in our therapy rooms and supervision conversations. Who are we as individual clinicians and what is (or creates) our social context? How do/did we come to this work around race and clinical issues and what do we use to guide and sustain us? What personal stories can you share with that illustrates your learning growth and journey.

Supporting International Students' Mental Health Needs

Beaujolais

Yu Bi (UCB), Paula Jung (UCB), Jung Yi (UCB), and Christine Zhou (UCB)

Presenters will share experiences and ideas that can be incorporated into your work with international students, including working with high risk international students. Case studies will highlight some challenges encountered and strategies to address them will be presented.

Break 2:45-3:00 PM

CONFERENCE SESSION IV (1.5 CE)

3:00-4:30 PM

Parenthood in College: The Experiences of Parenthood in College, Correlations with Staff/faculty Work-life balance, and What We Can Do to Support Our Students and Ourselves

Zinfandel

Abby Bradecich (CSULB)

There is a limited understanding regarding the needs of student-parents in college. This presentation will focus on experiences and expectations of college student-parents. I will share how qualitative findings resonated with the research team's experiences as working parents and discuss possible strategies to support students and ourselves.

Meeting Increased Clinical Demand with #anxietyTOOLBOX (a 3-week CBT-based seminar)

Pinot

Geneva Reynaga-Abiko (Cal Poly SLO) and Elizabeth Poloskov (Cal Poly SLO)

This presentation focuses on a 3-session seminar used as a means of providing psychoeducation to a large number of students presenting for anxiety-related services at university counseling centers (as part of the THRIVE family of seminars offered by the Counseling Center at Cal State University, San Luis Obispo). Rationale and preliminary results of using the seminar will be provided from a public university of 20,000 students.

Psychotherapy Obstacle Course—No Movement, Maximum Perspiration

Cabernet

Alan Goodwin (Cal Lutheran Emeritus)

Therapists usually recognize legal/ethical issues. We don't however, always know how to address the issue therapeutically, with the client. This experiential workshop asks attendees to meld into one clinician and jointly, in real time, role-play responses to several very troubling, but conceivable, scenarios. Prepare to have fun, to stretch, clinically—and to sweat.



Microaggressions in the Therapy Room: A Reflection of Systemic Bias and Discrimination toward African American/Black Men

Beaujolais

Jose Montes (CSUN) and Paulette Theresa (CSUN)

American society has witnessed countless young Black men's lives cut short as a result of encounters with law enforcement. Mental health issues experienced by Blacks are comparable to the general population, yet 60% do not receive therapy due to mistrust of white counselors and therefore, lack expectations for successful treatment (Grier & Cobbs, 1968; Hall & Sandberg 2012). University counseling centers must address the deficient personal and academic support experienced by Black male students on college campuses (Redden, 2002) and narrow the gap that threatens effective cross-cultural counseling. This workshop will promote multi-cultural competence in moving towards a healthy working alliance to mitigate the underutilization of therapeutic services (Constantine 2007; Duncan, 2005).

NON-CE Options:

Hike in the neighborhood; Color a mandala; Have a massage; Engage in retail therapy at the outlets

FRIDAY, October 7th

CONFERENCE SESSION V (1.5 CE)

8:30-10:00 AM

Keynote: Casey Tallent (Eating Recovery Center)

When "Eating Healthy" Isn't: Addressing Orthorexia in the College Population Ballroom

This presentation will explore the eating disorders trend observed in college students, Orthorexia Nervosa. Proposed diagnostic criteria, etiology, and neuropsychological aspects of the disorder will be covered. The presentation will be tailored to those working on a college campus and will equip campus providers to be able to identify, diagnose, and treat students at risk for Orthorexia and develop outreach activities targeting at risk students.

Break 10:00-10:30 AM

Directors' Business Meeting

10:30 AM-12:00 PM

Room 100/102



CONFERENCE SESSION VI (1.5 CE)
10:30 AM-12:00 PM

Crossing Boundaries Ethically and Metaphorically: A Creative Supervision Intervention

Dianne Fass (CSUSB)

Zinfandel

Presenting an experiential intervention to build supervisees self-awareness and insight through sharing their own personal stories within a group supervision setting. Focus of intervention is to increase supervisees use of self within therapeutic relationships, build cultural sensitivity and multicultural competency, and improve ability to identify and work through countertransference issues. Discussion of the use of ethical concerns related to boundary crossings within the supervisory relationship.

Incl[GBT]clusion: Valuing Role of Allies

Pinot

Amy Rosenblatt (CSUN)

This informative and interactive workshop will address the important role that Allies have in providing support and advocacy to the LGBTQ community. Research on the topic will be included and recommendations will provided for ways to be inclusive of LGBTQ Allies.

UMatter Mentors: Chico State's Model for Peer Mental Health Support

Cabernet

Devjani Banerjee Stevens (Chico State) and Robert Lester (Chico State)

U Matter Mentors was designed to help mediate the high demand for counseling services. Mentors act as "wise friends" who support students' efforts to change. This program will reflect on lessons learned in the first year of the program, and provide a roadmap for designing a similar program on your campus.

Challenging the Status Quo: Multicultural Feminist Perspectives on the Integration of Career and Family

Beaujolais

Andrea Salazar (CSULB), Alexandra Scott (CSULB), Esther Lee (CSULB), Abby Bradecich (CSULB), and Diane Hayashino (CSULB)

As psychologists we encourage our clients to live holistic lives, yet our professional work environments often do not reflect this value. This presentation is from a multicultural feminist perspective that includes examination of personal values, intentional integration of multiple selves, and how intersections of gender, race, and other identities play into our careers and families.



Our Story

In the mid-1960s, the profession of university counseling was new, and in large measure, undefined. Faced with the struggles of developing their centers, a half-dozen Southern California counseling center directors met in the mountains near Lake Arrowhead to exchange ideas. From that beginning, has grown what is now called the Organization of Counseling Center Directors in Higher Education.

Membership is open to directors from every four-year College and University in California. Currently, the organization has members representing both private and public four year colleges and universities. OCCDHE is the definitive organization for the profession in California. A two meetings per year format has evolved; in the Fall, during odd numbered years directors, counselors, and interns convene at a statewide college and university counseling center conference, and in the Fall, during even numbered years the directors have a meeting, and each Spring, directors meet to discuss issues and affiliate. At both the Fall and Spring meetings directors have the chance to meet with other directors working in their respective caucus: California State University (CSU), University of California, (UC), and Independent Colleges and Universities.

OCCDHE has developed professional guidelines, conducted hundreds of counseling-oriented presentations, represented counseling to varied constituencies, and offered site-visit reviews. Most importantly, it has provided a forum for members to interact, gain support, and discuss issues. Its membership possesses a wealth of consultative wisdom that is freely shared.

