## Conference Activities At-A-Glance

### Friday, July 14

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<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8:00 AM – 4:00 PM</td>
<td>Registration Opens</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; Floor Foyer</td>
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<tr>
<td>9:00 AM – 9:15 AM</td>
<td>Opening Remarks: Marcela Kepic</td>
<td>Sutton Suite</td>
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| 9:20 AM – 10:50 AM| **Featured Session I**  
*Ethical Issues in Supervision*  
*Wellness and Resilience*  
**Featured Session II** | I: Sutton Suite  
II: East End Suite |
| 11:00 AM – 11:50 AM| Sessions I                                                               |                           |
| 11:50PM – 12:50 PM| Lunch on Your Own                                                        |                           |
| 1:00PM-1:30PM     | Poster Sessions                                                          | East End Suite            |
| 1:40 PM – 2:30 PM | Sessions II                                                              |                           |
| 2:40 PM – 3:30 PM | Sessions III                                                             |                           |
| 3:40 PM – 4:30 PM | Sessions IV                                                              |                           |
| 4:40 PM – 5:30 PM | Roundtable Sessions and  
Task Force Meetings                                                        | Roundtable: East End Suite |
| 6:00 PM – 7:00 PM | Graduate Student Gathering                                                |                           |

### Saturday, July 15

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*Generational Differences Across the Adult Lifespan*  
*Managing Difficult Adult Conversations* | I: Sutton Suite  
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| 1:00 – 1:30 PM    | Poster Sessions                                                          | East End Suite            |
| 1:40 PM – 2:30 PM | Sessions VI                                                              |                           |
| 2:40 PM – 3:30 PM | Sessions VII                                                             |                           |
| 3:40 PM – 4:30 PM | Session VII                                                              |                           |
Friday, July 14

Opening Remarks and Awards – 9:00 AM to 9:15AM
Marcela Kepic – AADA President
Sutton Suite

Featured Sessions 9:20 AM – 10:50 AM

I: Ethical Issues in Supervision
Wendy Killam, Marcela Kepic
Sutton Suite
This session will review the basic ethical codes and the supervisor’s role in ensuring supervisees abide by the codes. The presentation will address implications for supervisors in ensuring ethical codes and state regulations are followed by supervisees. Ethical codes and regulations that relate specifically to the practice of supervision will also be included in this presentation. Participants will gain insight into the challenges faced by supervisor in ensuring that the supervisee follows ethical codes and state guidelines. In cases where ethics are breached by the supervisee, the role and responsibility of the supervisor will be examined. Additionally, the role and responsibility of the supervisee will be reviewed in cases where the supervisee believes the supervisor is acting in an unethical manner. Case studies will be used to highlight examples of ethical dilemmas and participants will engage in discussions regarding the best course of action for the case studies.

II: Wellness and Resilience
Amber Randolph, Katherine Hermann-Turner, Matthew Fullen
East End Suite
An intentional focus on holistic wellness in counseling can foster resilience and personal growth in clients across the lifespan. Self-care is an important component of holistic wellness. Please join us for an experiential session where we will practice activities that can increase your clients' resilience, self-care, and holistic wellness.

Education Session I

Education Sessions 11:00 AM – 11:50 AM

Effective Approaches for Counseling Caregivers of Persons with Dementia
East End Suite
Philip Clark
There are nearly 16 million family caregivers of persons with dementia in the United States (www.alz.org). Counselors are working with an increasing number of clients who provide care for a loved one and whose role as a caregiver affects their mental health. Caregivers experience stressors with which counselors may be unfamiliar. In this presentation, attendees will learn about types of dementia, how the disease impacts caregivers, and effective counseling approaches for supporting resiliency in caregivers.
The Impact of Late Discovery of Adoption on Adult Adoptees
Lexington Suite
Elliotte Harrington, Nicole A. Christian, Amanda L. Baden, Jeffrey A. Pospis
Finding out as an adult that one was adopted as a child may result in feelings of anger and confusion and issues of trust, identity, and self-worth. This is the experience of many individuals who were adopted during the 20th century. This study provides data on how those who discovered about their adoption as adults have coped with this information and how it has impacted their well-being. The results highlight issues related to improving practice and treatment of these individuals.

Resiliency from the Relationship: Examination of Relating Gender, Age, and Self-Care on One’s Self-Efficacy
Riverside Suite
Lucy Parker
This presentation will focus on an education study that explored the constructs of gender, age, and self-care on one’s perceived self-efficacy. Gender, age, and self-care were considered the independent variables in this study (i.e. and are operationally defined from literature presented in this session). The dependent variable (construct) of self-efficacy was considered as the dependent variable. Statistical analyses, results, and implications from this study will be presented in this session.

An ACT Model to Promote Resiliency in Older Gay Men
Sutton Suite
Jonathan Procter, Mona Robinson
Acceptance and Commitment Therapy (ACT) is growing in popularity and is a psychotherapeutic approach shown to be effective with LGBT clients (Yadavaia & Hayes, 2012). ACT offers an innovative paradigm of delivering culturally responsive interventions with LGBT clients and conceptualizes stigma and prejudice in the same manner as negative thoughts: as a result of basic learned process (Lillis & Hayes, 2007). ACT embraces the use of experiential activities as mechanisms of positive change.

Older Adults and Alcohol Abuse: It's Never Too Late to Recover
Americas Suite
Sara Andrews
Research indicates that older adults respond at least as well as younger individuals to alcohol abuse treatment, creating a need for increased substance abuse awareness and training among counselors working with this population. This presentation will: (1) identify risk factors and warning signs of alcohol abuse among older adults; (2) explore strategies for broaching the topic of alcohol abuse and ways to communicate screening results and treatment options; and (3) suggest counseling interventions for older adults seeking recovery.

Lunch 11:50-12:50
Poster Sessions I

Poster Sessions I: 1:00 PM – 1:30 PM
East End Suite

Revamping Resilience: Through the Collaboration of CACREP and CORE Counselors
Lucy Parker, Frida Uribe, Hantac Chang
Though much increased emphasis has been placed on the consideration of the merger between the Council on Rehabilitation Education (CORE) and the Council for Accreditation of Counseling and Related Educational Programs (CACREP) on an institutional level, less phenomenological inquiry has been completed regarding the immersion of individuals in such programs. This presentation session will foster narratives from a counselor education student and rehabilitation students experiencing such mergers.

Aging as LGBTQ Individuals: Considering Intersectionality and Discrimination in Elder Adults
John Nance
Describing discrimination within the LGBT community presents unique complexities based upon minority status as well as multiple intersectionalities. The group experiences inimitable discrimination based upon imposed societal norming and pressures. As the LGBT community ages into older adulthood, life course events and compounded discrimination along with losses, create unique considerations for treatment.

Using the 8 Dimensions of Wellness to Develop Groups for Older Persons with Psychiatric Conditions
Michelle Zechner
Older people with psychiatric conditions experience significant co-morbid health problems and are a diverse population. SAMHS’s 8 dimensions of wellness (physical, emotional, social, spiritual, intellectual, occupational, environmental, financial) can be used as a format for developing strengths-based group interventions. This session will present the wellness dimensions, provide a group case example, discuss wellness group examples from the literature, and offer an interactive discussion.

The Impact of Advertising on Self-Perception
Ann Diona Emmanuel, Chelsea Manchester, Kshipra Jain
The environment plays a significant role in shaping self-perception. Advertising reinforces damaging gender stereotypes and promotes a negative self-image. Negative physical and mental health outcomes may include anxiety, depression, low self-esteem, eating disorders, and intimate partner violence. Counseling implications for these clients include serving as advocates, and working with clients to re-frame perceptions of themselves and utilize healthy coping styles.

Education Session II
**Education Sessions 1:40 PM – 2:30 PM**

**A Multivariate Analysis of Wellness, Resilience, and Internalized Ageism in Older Adulthood**  
*East End Suite*  
Matthew Fullen  
*The number of older Americans is growing rapidly. In this session, participants will learn about the results of a recent empirical study that analyzed the relationship between ageism and strengths-oriented constructs like wellness and resilience. The presenter will demonstrate that the results of the study have significant implications for counselor education, including the need for greater attention to gerontology in counselor education, clinical training, and professional leadership.*

**Eating Disorders throughout the Years**  
*Lexington Suite*  
Andrea Kirk-Jenkins  
*This presentation will discuss key findings from a qualitative study which examined disordered eating experiences among sorority members, will outline literature on eating disorders across the lifespan, as well as examine current eating behavior trends as being reported by clinicians.*

**Developing Resilience as an Adult Learner**  
*Riverside Suite*  
Amber Randolph, Timothy Hotchkiss, Michael Oldenburg, Amanda Rezin  
*Adult learners face unique obstacles, making it difficult to remain resilient during their education. The challenges adult learners face can detract from self-care activities that foster resiliency. The demands facing adult learners are significant. It is imperative to foster resiliency in this population, so adult students can successfully matriculate. Practical tips for faculty and students regarding fostering resiliency in the adult learner population will be shared in this presentation.*

**Rise in Incarceration of Women and its Impact on Health and Family: The Needs to achieve Resiliency**  
*Sutton Suite*  
Robert Dobmeier  
*The background of increased incidence of incarceration of women living in poverty will be addressed. Participants will learn to recognize the need for social justice advocacy for incarcerated women, contact government leaders to advocate for public policy reform in the criminal justice, mental health, and social service systems, and advocate for social change in housing, health care, employment, and communities which will create opportunities for greater resilience in incarcerated women.*

**Understanding the Lives of Midlife & Older LGBT Populations: Counseling Implications and Strategies**  
*Americas Suite*
Midlife and Older LGBT individuals face unique psychosocial issues as the Baby Boomer generation ages and requires counseling and other services. While we have competencies for LGBT populations, they tend to focus on younger LGBT populations. This interactive presentation will explore the psychosocial issues facing midlife and older LGBT populations. Counseling implications and strategies for exploring relationships, dating, sex, spirituality, coming out, family, and health care will be provided.

Education Session III

**Education Sessions 2:40 PM – 3:30 PM**

**Trauma Informed Group Processing with Aging Clients: Compounded Losses and Utilizing Resilience**  
*East End Suite*  
John Nance

The effects of grief and loss across the life-span are confounded by the number and frequency of losses. Aging and older individuals experience loss in numerous ways. Loss of relationships, loss of health, loss of mobility, and loss of social convoy are a few examples that affect aging adults. Group processing can facilitate grieving in different ways. Trauma informed leadership is critical when working with grieving clients as they open up to their multiple losses.

**The Freshman 15: Gaining a Sense of Identity in the First Year of College**  
*Lexington Suite*  
Ariann Robino, Bethany Lackey

Identity development is an important consideration when counseling the college student population. Statistically significant differences were found through research on the resolution of the Identity versus Role Confusion Eriksonian stage in undergraduate college students. Through a perspective shift from the cultural idea of the Freshman 15 as weight gain to a gaining of self-identity in the first-year college, this presentation will highlight the sensitivity of this critical period in young adulthood.

**The Experienced Chess Player: A Lifetime of Resiliency as an LGBT Older Adult**  
*Riverside Suite*  
Whitney George, Jason Orrock

Throughout their lifespan LGBT individuals experience a number of obstacles which require them to navigate relationship challenges, changing societal views, and political and policy shifts. Older adults also have engaged in various developmental and cultural changes and experiences over time. This program will explore resiliency in this unique group as well as some of the challenges that they have overcome, yet still face.

**Joy in Later Life: Experiencing Joy in Exercise Groups**  
*Sutton Suite*  
William Haynes, Jr., Christine Arnzen
This presentation shares qualitative research findings from a study exploring the relationship between physical fitness group participation through the Silver Sneakers program (a Medicare benefit) and the experience of joy. This was a multisite, multi-case study involving eight participants between the ages of 70 and 80. Participants were asked to share their understanding of joy as it related to physical fitness, group membership, and healthful activities.

**Education Session IV**

**Education Sessions 3:40 PM – 4:30- PM**

**Dementia: Creating the Best Scenario**  
*East End Suite*  
Marsha Kite  
The workshop explores ways to create the best quality of life for those individuals who are dealing with a dementia diagnosis and for those individuals who care for them. The focus is on ways to mitigate the symptoms that affect the family’s quality of life, as well. We highlight a new model [Green House homes], which has shown improved outcomes with dementia patients. It's a new standard in long-term and post-acute care, with measurable high-quality outcomes, consumer demand, and caregiver satisfaction.

"More Life Not Less": Using Narrative Therapy with Older Clients with Bipolar Disorder  
*Lexington Suite*  
Emma Burgin  
Counselors who work with older adults with bipolar disorder are in a unique position to help them navigate their challenges. Older adults with bipolar disorder have lived decades with mental illness and also face the normative aging process. Narrative therapy provides counselors with a framework to deal with these issues.

**Counseling Gay Men Through the Lifespan**  
*Riverside Suite*  
Nicholas Summa  
Multiculturally competent counseling skills have become crucial for counselors today. As different counseling competencies emerge, counselors must utilize best practices and advocate for their diverse clients. This presentation will explore counseling with gay males through the lifespan and touch upon different needs and experiences that might arise in the counseling relationship. As with any other diverse population, not all gay men are alike.

**Counseling Techniques and Best Practices for Substance Abuse in Aging Adults**  
*Sutton Suite*  
Michael Williams, Sr., Brittany Ponton
Many scholars have noted that the presence of substance abuse in aging adults has become increasingly prevalent in recent years. In the counseling profession, it is important for clinicians to be aware of the prevalence of substance abuse in older adults and the most effective intervention techniques. This presentation will discuss the prevalence of substance abuse in aging adults and examine best practices for this population.

**Emotional Intimacy among Couples: Healing Attachment Ruptures from Internet Pornography Addiction**

*Americas Suite*

Katherine Hermann-Turner, Maria Istre

Many counselors do not feel competent to work with couples negatively impacted by internet pornography addiction. Emotionally Focused Therapy (EFT), an empirically supported treatment focused on healing the ruptures within a couples’ subsystem, provides a manualized framework for treating distressed couples based on attachment and systems theory. In this dynamic presentation, attendees will be exposed to current research trends in pornography addiction treatment.

**Education Session, Roundtable Sessions and Task Force Meetings 4:40 PM – 5:30 PM**

**Education Session 4:40 PM – 5:30 PM**

**Using Humanization to Build Resilience in a Dehumanizing World**

*Riverside Suite*

Kshipra Jain, Diona Emmanuel, & Yoonsuh Moh

There has been a recent rise in xenophobia in the US, as evidenced by an increase in hate crimes and discriminatory rhetoric. This presentation will focus on the concept of dehumanization in today’s world as experienced by marginalized populations, such as immigrants and LGBTQ+ groups. Recent literature on strategies to increase humanization, including increasing empathy for others, will be explored as well as methods to build resiliency in minority populations.

**Roundtable Sessions 4:40 PM – 5:30 PM**

*East End Suite*

**Working with Survivors of Elder Abuse, Violence, and Trauma**

Octavia Tyson

This roundtable discussion will explore clinical services with aging adults who are survivors of violence, trauma, and elder abuse. Most suffer from a combination of posttraumatic stress, profound grief associated with the loss of family, and adjustment difficulties related to challenges in coping, traumatization, and, in some cases, survival in oppressive environments. Exploration will include discussion of several common emotional responses of the clinician to people in desperate need and pain.

**Exploration of Classism in Relation to Career Choice: Implications for Counselors**
Lucy Parker

Despite traditional assertions that social class has not been honored, current researchers intend to fill the knowledge gap about individuals’ social class and influencing variables. This specific session recognizes social class as it relates to a person’s career aspirations. This session will also include aspects supporting these topics from Social Justice Theory (ACA, 2014; CACREP, 2016), Psychology of Working Theories (Blustein, et. al., 2006; Thompson, 2008), and others.

Health Behavior Change and Adult Developmental: Considerations for Clinical Practice
Justin Jacques

A Ph.D. student, at The George Washington University, with 12 years of clinical experience working with adults and with an expertise in health promotions, learning, and change will provide information about the emerging subspecialty of health behavior change and adult development in clinical counseling practice. This innovative presentation will give counselors a new paradigm, perspective, and tools to engage adults in relation to their often-static poor health behaviors.

Task Force Meetings
Sutton Suite

AADA has three task force groups each of which focus on issues related to development within a specific age bracket: 1) Emerging Adults; 2) Middle Adults; and 3) Older Adults. The task force meetings are for task force group members as well as those seeking information about the task force groups or those who have an interest in a particular age group.

Graduate Students Gathering 6:00 – 7:00 PM
Saturday July 15

Opening Remarks & Raffle 9:00 AM to 9:15 AM
Marcela Kepic – AADA President
Sutton Suite

Featured Sessions 9:20 AM – 10:50 AM

Generational Differences across the Adult Lifespan
Marcela Kepic, Wendy Killam, Christina Chan
Sutton Suite
This session will focus on the issues faced in workplaces, social circles, and families in terms of communication style and needs based on generational differences. Each generation has been influenced by events that have occurred such as the development of color televisions, computers, cell phones and other technological advances. Additionally, historical events have shaped the views of each generation. This can create differences in needs, wants, and expectations when it comes to relationships. World views are greatly impacted by one’s generation. This presentation will explore these differences and provide implications for counselors working with each generation. Counselors will also gain insight into ways of helping members of different generations work together more effectively.

Managing Difficult Adult Conversations/ Interactions, Negotiation and Mediation IS Counseling
Dan Joynt, Robert Dobmeier, Jerry Touslee, Amber Randolph
East End Suite
The older adult population is one of the fastest growing cohorts and presents an exciting challenge and opportunity for professional counseling practice. This interactive presentation will explore an awareness of difficult and challenging adult and older adult conversations/interactions and emerging procedures. It will also explore advocating for extending the boundaries of counselor competence providing practical and research-based information for older people managing personal, couple, adult children, and social interactions.

Education Session V

Education Sessions 11:00 AM – 11:50 AM

Counseling Older LGBT Adults
East End Suite
Dennis Frank, II
This program will offer an understanding of the complexities that older lesbian, gay, bisexual and transgender (LGBT) adults cope with in society. The importance of racial and ethnic group membership and age cohort among LGBT adults is discussed. Additionally, creative approaches for mental health counselors and others working with LGBT older adults will be included. Case
examples, resources, and recommendations for practice, advocacy, and research related to LGBT aging will also be provided.

**Adult Development in Light of Robert Kegan's Theory of Meaning-Making**  
*Lexington Suite*  
Laura Heid  
Robert Kegan's constructivist developmental theory of meaning-making covers early childhood through older adulthood, and I have found it particularly useful when examining the development of consciousness through the full range of adulthood. This presentation will provide an overview of this theory, as well as the ways in which I have integrated it into my courses and utilized it to promote transformational learning for my students in a master’s level counseling department.

**Improving Wellness in Diverse Older Adults with Psychiatric Conditions Using Tai Chi Easy Groups**  
*Riverside Suite*  
Michelle Zechner, MaryBeth McDonald  
Older people with psychiatric and substance use conditions are at risk for falls, co-morbid health problems and difficulty managing stress. There are few programs for self-management using mind-body practices. Tai Chi Easy (TCE) is a simplified moving meditation practice that can help people who prefer movement-based interventions to manage stress. This session will provide an overview of TCE, demonstrate TCE, offer a group case example with program evaluation and recommendations for use.

**Counselors' Ethical Decision Making When Working with Client's Right-to-Die Issues**  
*Sutton Suite*  
Amanda Elise Johns, Latrina Raddler  
The purpose this presentation is to explore the relationship between the attitude towards euthanasia of counseling mental health practitioners and their ethical decision making related to a client's right-to-die. Of specific focus are the factors influencing personal biases when confronted with clients facing end-of-life concerns. Literature indicates a series of complex ethical, moral, and societal concerns surround the issues related to a client’s right-to-die. This presentation will present information related to ethical practice in this area.

**Care for Caregivers: Understanding the Need for Caregiver Support**  
*Americas Suite*  
Katherine M. Hermann-Turner, Marcela Kepic, Amber Randolph  
Most long-term care for older adults in the U.S. is not provided by formal care organizations (Stone, 2000). Therefore, a typical caretaker experiences a combination of both self and other care which can produce a unique blend of internal and external stressors with an intense range of emotions from satisfaction to loneliness. As counselors, we must consider this consistently growing population of caretakers and learn methods to encourage clinical services to address their need for support.
Counselors working in the Field of Palliative Care: The Need is Now!
David Scott, Rhonda Johnson, Malavika Pal
The need for counseling professionals informed in palliative care practices is growing in urgency, as adults age 65+ are estimated to comprise more than 13% of the current US population according to 2010 US Census data. More than ever, proper end of life planning, anticipatory grief counseling, and family dialogue regarding advanced directives are essential in ensuring individuals maintain comfort, healthcare autonomy, and integrity throughout their dying process.

Predictive Factors of Counselor Interest in Working with Older Adults
Nathaniel Wagner
Scholars have found that many counselors lack interest in working with older adults. Yet, there is an increasing need for counselors to work with this population. Therefore, this poster presents findings from a study on the relationship between practicing counselors’ gerocounseling self-efficacy, ageism, contact with older adults, and their interest in working with older adult clients. A discussion of the findings with implications for practice and future research will be presented.

Jim Crow's Retirement Home: The Effects of Racial Disparities in Retirement and Hospice Care
Janelle Johns
This presentation will examine the microaggressive or overt discrimination present in retirement homes and hospice care, and the consequential mental health effects this ongoing racism has on older adults of color. The historical context of Jim Crow laws and their modern manifestation within hospice care and retirement homes will be addressed along with future conceptualizations of advocacy and for counselor education on this marginalized population.

Counseling Approaches and Group Work Interventions for ADHD Adults
Geraldine Lopez, Jessica Herrera
The challenge of supporting the ADHD population, especially with regard to their occupational, interpersonal relationship, and educational concerns, is becoming increasingly relevant for counseling practitioners. With the purpose to spread awareness and encourage conversation, the goal of this poster session is to share literature reviews and provide psychoeducation on coping techniques designed for self-regulation and stress management for adults diagnosed with ADHD.

Cognitive Behavioral Therapy for Post-Traumatic Stress Disorder in Supported Employment
Weili Lu, Carolyn Bazan, Carol Gao
Individuals with severe mental illness exhibit unusually high rates of exposure to trauma. In addition, high rates of exposure to traumatic events are correlated with PTSD. Our research indicates that individuals with PTSD may have problems obtaining and maintaining employment
due to symptoms related to their trauma, such as flashbacks and nightmares. Our study proposes that untreated and undiagnosed PTSD is a hidden barrier to employment for persons with severe mental illness.

Education Session VI

Education Sessions 1:40 PM – 2:30 PM

End-of-life Care and Meaning Reconstruction: Adult Children Providing Home-Based EOL Caregiving
East End Suite
Kim Tassinari,
This presentation is based on a thorough review of literature and results of a qualitative research study that examined the experiences of adult children providing home-based end-of-life (EOL) for a terminally ill parent. In this interactive session, the presenter will share results of her study with a focus on implications for counselor practice and counselor education. In this interactive session, participants will learn about: negative and positive impacts associated with home-based EOL care

Sexual Assault: An Evaluation of Victimization in Older Adults
Lexington Suite
Tiffany Brannon, Christian D. Chan
Older adults distinctively experience both longstanding histories of generational marginalization and ageism, which generates widespread deleterious effects for the community. Generating additional complexity are the ethical constraints around sexual assault occurring developmentally, collectively, and generationally. The presenters utilize a collaborative dialogue to implement strategies tailored to ethics, assessment, and intervention for sexual assault with older adult communities.

Multiple paths for Mindful Leisure Across Adulthood
Riverside Suite
E. Christine Moll, Jaymee Caplan
There appears to be a positive relationship between job satisfaction, leisure satisfaction, and psychological health. Several studies have reported positive correlations between participation in leisure activities and the life satisfaction of older adults. However, it also seems that there is a need to assist counselees with not only incorporating meaningful leisure activities into their daily lives, but also with negotiating their personal leisure constraints. In this poster session, we will highlight how leisure development is beneficial across the lifespan and how early leisure experiences contribute to later leisure interests and experiences. In addition, we will describe tools to assist counselors providing leisure counseling.

Older Adults Perceptions and Experiences Regarding Assisted Living Transitions
Sutton Suite
J. Scott Branson, Ashley Branson
We will present results from a narrative study exploring older adults’ experiences of aging, social support, family, and transitioning between care levels. The results of this project will be connected to future research directions, advocacy, and client care, with the hope of increasing access to counseling to support mental health and wellness for this undeserved population.

**Trans Men: Exploring Sexual and Gender Identity Issues**  
*Americas Suite*  
William B Baker  
*Separating the “T” from LGB, the focus of this presentation will be how trans men experience their relationships, their sexual orientation, gender identity, and how all this affects the transition process. Results of a qualitative research study will be presented using interviews from this population, concluding with an interactive discussion on the fluidity of sexual orientation, gender identity, and relationships among trans men.*

**Education Session VII**

**Education Sessions 2:40 PM – 3:30 PM**

**Creativity in Counseling: The Integration of Expressive Arts**  
*East End Suite*  
Ann Diona Emmanuel, Kshipra Jain, Olivia Bentley, & Quinn Koelfgen Smelser.  
*Integrating expressive arts into the counseling session helps clients build resilience, verbalize feelings, communicate difficult topics, process traumas, and identify coping skills. The presenters will provide a brief history, discuss the integration of expressive arts into counseling, and provide activities for individual and group sessions when working with adults reporting presenting problems including anxiety, grief and loss, low self-esteem, negative self-perceptions, and substance abuse.*

**Defeating the Deficit Model of Aging: Lifelong Learning Techniques for Elder Learning Programs**  
*Lexington Suite*  
Asabi Afi Dean, Glenda M. McCarty  
*As we age, society may sell us on the fact that life is coming to an end, therefore many older adults may start to live as though they are simply waiting to die. However, programs such as POLIS and Osher Lifelong Learning Institute, both stress the importance of negating these false beliefs for the aging population using lifelong learning techniques. Inherent in these techniques are lessons and activities that necessitate older adult’s use of both brain and body to increase their quality of life.*

**Crisis in Aging: Preparing Counselors to Work with Older Persons in Crisis Stabilization Settings**  
*Riverside Suite*  
Mary Chase Mize, Laura Rosemary Shannonhouse  
*As the population continues to age rapidly, professional counselors working in crisis stabilization settings will encounter a growing number of older adults with acute and chronic*
mental health conditions. Presenters will discuss several issues related to aging and inpatient crisis stabilization (i.e. suicide, schizophrenia, substance abuse) as well as interventions to foster healing and resiliency.

**The Sincera Project**  
*Sutton Suite*  
Jim Fuller, Emily Hathway  
*Every day, 10,000 baby boomers turn 65, and many of them are faced with the end of their career. But what if entering this phase, also called the "third-third" of life, did not have to be about feeling lost or "put out to pasture?" What if entering one's "encore phase" could be a time of discovering meaning and purpose in ways that build a sense of resonant integrity? The Sincera Project is a pathway to stepping into a fulfilling third-third.*

**Resilience: The Cross Road of Intersectionality in Adult Queer People of Color**  
*Americas Suite*  
Rufus Spann, David Ford, Don Trahan Jr.  
*This presentation will inform participants concerning the multiple identities which intersect within one's self and within a person's ethnic group. Within intersectionality, there is a "cross road" which brings multiple identities and experiences. For adult queer people of color, faith, collectivism and cultural relevance intersect in a meaningful way which fosters resiliency. This presentation will discuss how to assist a client to balance one’s identity, hardships, and Queer identity.*

**Education Session VIII**

**Education Sessions 3:40 PM – 4:30 PM**

**Fostering Interest in Mental Health and Medical Careers Serving Older Adults**  
*East End Suite*  
Philip Clarke  
*A significant problem in the medical and mental health care of older adults is the rise in the aging population combined with the lack of helping professionals who work with older adults. Counselors and counselor educators are in a position to address this issue through implementing curricular and non-curricular programs that increase interest in serving older adults. A review of these approaches and future recommendations will be discussed.*

**Approaches for Counselor Educators to Increase Trainees' Interest in Working with Older Adults**  
*Lexington Suite*  
Nathaniel Wagner  
*Older adults comprise one of the fastest growing populations in the United States. Moreover, there is a lack of interest among counselor trainees to work with older adults. The purpose of*
this session is to discuss factors that contribute to a lack of student interest and review current literature on gerontological counseling. We will also discuss and demonstrate teaching strategies that can be employed in a variety of courses to enhance trainees’s confidence and interest in working with older adults.

**Mental Health Implications for elder LGBT Caregivers of Individuals with Neurocognitive Disorders**
*Riverside Suite*
Philip Daniels, Christian Chan

*As the aging population continues to rise, a sub-vulnerable population remains within the shadows. Individuals within the LGBT community who care for someone with a neurocognitive disorder have unique social and mental health implications resulting from the inequality, discrimination, and stigmatization. This presentation will explore and inform clinicians of the mental health implications that LGBT caregivers experience through a wide range of caregiving lengths and responsibilities.*

**Zero Tolerance: Confronting Ageism in Counseling and Counselor Education**
*Sutton Suite*
Sara W. Bailey

*Ageism may be one of society's least contested "isms," and it may also be one of the most invasive, bridging across all cultural considerations throughout the lifespan. Join Sara as she leads an honest discussion about the importance of checking our own internalized ageist beliefs not only to help our clients and students, but to protect our own health and well-being. Be prepared to face your ageist fears in this challenging (and often humorous!) presentation.*

**Transition from Homelessness to Housing: An Integrative Therapeutic Model**
*Americas Suite*
Christopher Hipp

*Comorbid mental illness and homelessness affect numerous individuals and families throughout the United States. Several studies have been utilized to address best practices with severe mental illness, yet few have explored the complexity involved when including homelessness in the equation. This case example provides a conceptualized mental health treatment model while treating individuals as they transition from homelessness to housing.*