

## REGISTRATION FORM

NAME \_\_\_\_\_  
POSITION/TITLE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE & ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

*Pre-Registration fees are due by March 9<sup>th</sup>, 2018*

### Registration for both days:

PARC members: \$70.00\* \_\_\_\_\_  
Nonmember: \$100.00\* \_\_\_\_\_  
Student member: \$30.00\* \_\_\_\_\_

### Registration for one day only:

March 15<sup>th</sup> \$55.00\* \_\_\_\_\_  
March 16<sup>th</sup> \$20.00 \_\_\_\_\_  
Exhibit Booth: \$100.00 \_\_\_\_\_

*\*Includes Friday Banquet Lunch*

*Registration at the door will be an additional \$5.00.*

### Make checks out to PARC and send to:

Dr. Lloyd Goodwin  
ATTN: PARC  
Health Sciences Bldg., mail stop 677  
ECU, CAHS  
Addictions & Rehabilitation Studies  
Greenville, NC 27858-4353  
252-744-6292 or E-mail: [goodwinl@ecu.edu](mailto:goodwinl@ecu.edu)

**Credits:** Ten (10) credits (4.0 ethics specific credits)  
for LPC, CRC, CSAC, LCAS – **CRCC and**  
**NCSAPPB credit pending approval**

### Conference Site:

**East Carolina Heart Institute - ECU**  
115 Heart Dr. Greenville, NC 27834

### Accommodations:

Microtel Inn & Suites – 450 Moye Blvd  
Greenville, NC 27834 : 252-752-7282  
Contract rate under 'PARC' group name

## PARC

PARC is a professional association of clinical substance abuse, mental health, and rehabilitation counselors/psychotherapists. Membership is open to professionals in a mental health discipline as well as counselors-in-training. **Professional member annual dues are \$30. Student annual dues are \$15.** For membership materials, please go online at [www.nationalparc.org](http://www.nationalparc.org) or contact Lloyd Goodwin.

PARC  
East Carolina University  
Allied Health – Addictions & Rehabilitation Studies  
Greenville, NC 27858-4353  
GOODWINL@ECU.EDU  
[www.nationalparc.org](http://www.nationalparc.org)

# Professional Association of Rehabilitation Counselors 2019 Annual Conference

## Complementary & Alternative Approaches in Addictions & Rehabilitation Counseling

March 15-16<sup>th</sup>, 2019  
East Carolina Heart  
Institute – ECU  
115 Heart Dr.  
Greenville, NC 27834



## Presenters

**Jessica Albea** is the owner of FreshVibes. She opened FreshVibes in 2016 to offer clean, nutrient-dense food options and CBD products to her hometown and to touch the lives in this community.

**W. Leigh Atherton** is an assistant professor in the department of Addictions & Rehabilitation Studies at East Carolina University. He is part of a Pet Partners registered therapy animal team.

**Tracie Atherton** is a screener/case manager at ECU's Center for Counseling and Student Development. She is part of a Pet Partners registered therapy animal team.

**James Barbour, MS, LPCS, LCAS, CCS, CHT** is the owner and Director of Aspire Counseling and Coaching, PLLC. He is Certified Clinical Hypnotherapist.

**Kellie Brown** is the owner of Advantage Therapy Solutions in Greenville, NC; serving the community with the latest technology in light and laser therapies (also known as photobiomodulation).

**Elizabeth Montgomery** is the executive director of the Pitt County Coalition on Substance Abuse (PCCSA) and coordinator of the coalition's Youth Team. She is also the education specialist for the NC Fetal Alcohol Spectrum Disorder coalition.

**PCCSA Youth Team members.** Members of the Pitt County Coalition on Substance Abuse youth team are leaders in their community for promoting prevention topics and expanding the community's view of use among youth.

**Sarah Stein-Wolf, MA, LPC** is a Licensed Professional Counselor in Greenville, NC. She has been working in the field of counseling with adults, children and families for 15 years.

## Friday, March 15<sup>th</sup>

**8:00 – 8:45am..... Conference Registration**

**8:45 – 9:00am..... Welcome & Opening Remarks**  
Kristin Cain, President PARC

**9:00 – 10:30am**

***Clinical Hypnosis within Clinical, Addictions, & Rehabilitation Counseling (Barbour)***

- *History of hypnosis*
- *Clinical applications of hypnosis*
- *Hypnosis vs. mindfulness demonstration*

**10:30 – 10:45am.... Break**

**10:45 – 12:15pm**

***CBD in Clinical, Addictions & Rehabilitation Counseling (Albea)***

- *CBD overview*
- *Client testimonials*
- *CBD related to anxiety, depression, addiction*

**12:15 – 1:45pm..... Banquet Lunch (provided)**

**1:45 – 3:15pm (concurrent sessions/choice of 1)**

***Play Therapy within Clinical, Addictions, & Rehabilitation Counseling (Stein-Wolf)***

- *Play therapy strategies and techniques*
- *Applications of play therapy within clinical, addictions, and rehabilitation counseling settings*

**- OR -**

***Photobiomodulation within Clinical, Addictions, & Rehabilitation Counseling (Brown)***

- *Overview of photobiomodulation therapies*
- *Mechanistic, efficacy, and safety issues*
- *Integration within counseling approaches*

**3:15 – 3:30pm ..... Break**

**3:30 – 5:00pm**

***Ethical Implications of Complementary & Alternative Approaches (Atherton)***

- *ACA 2014 Code of Ethics and the integration of complementary & alternative approaches in counseling*
- **NOTE: A dog WILL be present at this workshop**

**5:00pm..... Closing Remarks**

## Saturday, March 16<sup>th</sup>

**8:00 – 8:20am..... Conference Registration**

**8:20 – 8:30am..... Announcements**

**8:30 – 10:30am**

***Trends in Substance Use Among Youth (Montgomery & PCCSA Youth Team)***

- *Current trends for youth use of substances*
- *Prevention & treatment strategies for substance use*

**10:30 – 10:45am.... Break**

**10:45 – 12:45pm**

***Animal Assisted Interventions in Clinical, Addictions, & Rehabilitation Counseling (Atherton & Atherton)***

- *AAI definition and strategies within counseling*
- *Ethical considerations for integrating AAI in counseling (ACA 2014 code of ethics)*

**12:45 – 1:00pm... Closing Remarks & Evaluation**

## Conference Learning Objectives

By the end of the workshop participants will be able to:

- **Identify** five or more applications for the use of clinical hypnosis
- **Identify** the influence of CBD in treatment
- **Summarize and Differentiate** mechanism, efficacy, and safety of laser therapies
- **Identify** the strategies and influence of integrating play therapy techniques within counseling
- **Practice** common play therapy techniques within clinical, addictions, and rehabilitation counseling settings
- **Discuss** how the ethically integrate complementary and alternative approaches in counseling (based on ACA 2014 code of ethics)
- **Understand** the current trends of youth substance use and misuse
- **Identify** key prevention and treatment strategies for reducing use of substances among youth
- **Demonstrate** knowledge of animal assisted intervention approaches and techniques
- **Explore** process of ethically integrating animal assisted interventions into counseling practice based on (based on ACA 2014 code of ethics)