



TCA Region 4 Day of Learning sponsored by NETCA 2023 Mid-Winter Conference

Friday, Jan. 13, 2023, 9:00 a.m.- 4:00 p.m.

Region 8 Education Service Center, 4845 US Highway 271 N, Pittsburg, TX 75686 ·
\$50 for members; \$60 for nonmembers; \$30 for student members; 40 for student nonmembers
PLUS pizza lunch available for \$5 more - pay at the door by 9:00 a.m.

Register online at https://mms.txca.org/members/evr/reg_event.php?orgcode=TXCA&evid=33414047



Le'Ann Solmonson, Ph.D., LPC-S, CSC
Visiting Professor, Gallaudet University
Past President, Association for Child and Adolescent Counseling
Past President, Texas Counselors for Social Justice, 2018-20
Past President, Texas Counseling Association, 2014-15
Vice Chair, Methodist Children's Home Board
lsolmonson@gmail.com

Track 1

9:00 - 4:00 (6 ceus)

Revitalize Your Supervision Sessions Utilizing Creative Approaches

Traditional supervision has mostly been an academic activity focused on improving confidence, skill development, ethical practice, and the development of a counselor professional identity. Utilizing creativity in supervision, the supervisor goes beyond self-report and classic case presentation. Creative strategies allow for flexibility and personalization based on the supervisee's needs and developmental levels. This program will demonstrate the use of creative interventions and mindfulness to increase self-awareness in supervisees, promote vulnerability, and self-reflection.

Track 2



Dr. Audra Stinson, LPC, LMFT
Adjunct Professor
astinson11@liberty.edu

Dr. Audra Stinson, 9:00 - 12:00

The Many Faces of Trauma

In this program, attendees will gain a deeper understanding of ACE's and the impact that these have over the trajectory of a child's life. Emphasis will be placed on the consequential outcomes, both psychological and physical, of the accumulation of ACE's especially in the absence of support and interventions. The COVID pandemic will be discussed as both an ACE, as well as a catalyst for other ACE's. Ethical issues in the assessment and diagnosis of trauma symptoms will also be addressed, with special attention given to the misdiagnosis and missed opportunities for appropriate treatment. Specific examples will be provided to attendees. Lastly, protective and resiliency factors will be identified, with special attention given to trauma informed care.



Dr. Natalie Fikac
Ed.D., CSC, SMART, CDTLF
Wellness First Consulting
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Dr. Natalie Fikac, 1:00 - 4:00

Stress Management and Resiliency Training (SMART)

Stress Management and Resiliency Training (SMART) offers an innovative, modern, uplifting, and highly scalable approach to enhance individual resilience. Developed by Dr. Amit Sood at Mayo Clinic, SMART is offered as a four- module structured program. SMART has been tested and found efficacious in over 30 clinical trials for decreasing symptoms of stress, anxiety, and burnout, and increasing resilience, wellbeing, mindfulness, happiness, and positive health behaviors. Participants will learn about and practice skills to manage stress including gratitude, self-kindness, mindful attention and resiliency.

All conference programs and workshops listed below are eligible for
LPC, NBCC, SBEC, LMFT, LCDC, SW, and Psychologist continuing education hours.