



2017 Spring Forum

Friday, March 31<sup>st</sup>

8:30 – 3:30

Roanoke College

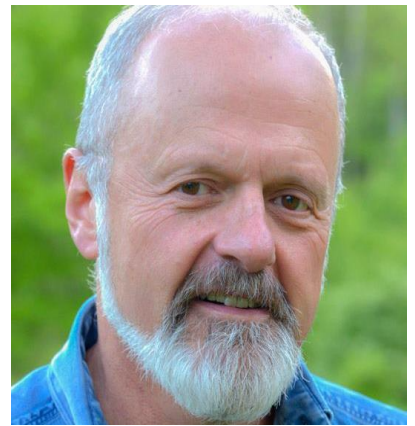
Colket Center

**Keynote: Kirke Olson, Psy.D.**

**Author of *The Invisible Classroom* and Co-owner of The Positivity Company**

*Applying the Science of Well-Being in Counseling:  
Relationships, Neuroscience, Positive Psychology  
& Mindfulness*

We are living in the middle of an explosion of research about the brain, positive psychology, and interpersonal relationships. This rapid expansion of knowledge is having and will continue to have a powerful effect on counseling and all of the health disciplines. Join us for a dive into the practical application of research at the intersection what is currently known about: human connection and love, neuroscience, mindfulness, and counseling. We will combine lecture with real life examples and experiential components. You will even get to exercise your vagus nerve as well as your right and left hemispheres!



## **Afternoon Breakout Sessions**

**Session 1A – Using Mindfulness with Individuals in School and Clinical Settings**

**Session 1B – Breaking the Silence: Social Justice Advocacy with Clients**

**Session 2A – Empowering LGBTQ+ and Gender Diverse Individuals**

**Session 2 B – Continuing Conversation in Community Collaboration: Court Appointed Special Advocates**

Register at

[www.vcacounselors.org](http://www.vcacounselors.org)

\$65 for Members

\$85 for Non-Members

\$25 for Student

*Breakfast & Lunch included*

**See below for additional details about our speaker and breakout sessions**

## **Bio Information for Kirke Olson, Psy.D.**

Kirke Olson, Psy.D. is a licensed psychologist in private practice and a nationally certified school psychologist working in a school for children with learning challenges. Since beginning his career as a preschool teacher, he has devoted nearly 40 years to helping pre-K through graduate teachers apply research on human relationships, neuroscience, positive psychology, and mindfulness to educate even the most complex students. He is author of: *The Invisible Classroom: Relationships, Neuroscience, and Mindfulness in Schools* published by W. W. Norton & Company in 2014.

He is Secretary of GAINS (Global Association for Interpersonal Neurobiological Studies) and has helped teach a teleclass titled Relationships from the Inside Out with Dan Siegel, MD. He is a graduate of the first international teleclass in Positive Psychology and Authentic Happiness (Vanguard I) taught by Martin Seligman, Ph.D. and assisted in a subsequent edition of the class. He is co-owner with his wife Sher Kamman, Psy.D. of The Positivity Company which is devoted to teaching others to apply the science of well-being.

Kirke holds a Doctor of Psychology Degree in Clinical Psychology from Antioch University New England; a Master's Degree in Industrial Psychology from University of Nebraska (Omaha) and a Bachelors Degree in Psychology from West Virginia Wesleyan College.

## **Afternoon Breakout Session Information**

**12:45 – 2:00**

### **Session 1A – Using Mindfulness with Individuals in School and Clinical Settings**

**Lynn Heramis, M.A., LPSC**

Learn simple techniques to incorporate mindfulness exercises into social emotional learning topics for students in the classroom, small groups, or individually. Intentionally give your students and clients basic tools so they will be able to benefit from experiences of easing daily stresses in the moment.

### **Session 1B – Breaking the Silence**

**Shekila Melchior, NCC, LPSC, Doctoral Candidate, Counselor Education at Virginia Tech**

The purpose of this presentation is to discuss the impact of systemic barriers on the clients/students we serve. During the presentation social justice and the ACA advocacy framework will be explored. Participants will be introduced to a relational approach to advocacy and will be given implications of how to better advocate for the clients/students they serve.

**2:15-3:30**

### **Session 2A – Empowering LGBTQ+ and Gender Diverse Individuals**

**Colleen Quigley, LPC & Wes Brusseau, LCSW**

This session will focus on helping counselors create inclusive environments for LGBTQ+ and gender diverse individuals. Learn how to engage in validating dialogue, discuss specialized challenges faced by the LGBTQ+ community, and identify local resources.

### **Session 2 B – Continuing Conversation in Community Collaboration: Court**

**Appointed Special Advocates – Holly Peters, Esq., CASA Program Supervisor**

Learn details about how the CASA program works. A panel discussion will explore ways to maximize effective collaboration. The panel will include school and clinical counselors, CASA volunteers, and representatives from social service agencies.