SJCCC 2022 Session Schedule

*All sessions will be recorded unless otherwise noted – watching recorded sessions after the conference will NOT result in additional CEU's

Thursday, May 19th

8:15 AM Main Meeting Room Open

8:30 – 8:50 AM

SJCCC Conference Overview

9:00 – 10:30 AM

Presentation: Ethically Navigating Spirituality Within the Therapeutic Alliance (1.5 ETHICS CEUs)

- Esther Hooley, Ph.D. - Baylor University Counseling Center
- Kallie Kobold, Psy.D. - Baylor University Counseling Center

Abstract: Religion and spirituality are often overlooked identities in the therapy space. Lack of clinical training, fear of boundary crossing, and at times own personal bias can create silence around religion and spirituality. Not only will this training provide a review of ethical considerations when spirituality is a focus on therapy, but participants will be able to gain confidence in working with spirituality by learning about their own spiritual narrative and values using a spiritual genogram. Lastly, participants will be provided with clinician skills to attend to diverse spiritual and religious orientations in therapy.

10:30 - 10:45 BREAK & Complete Session Evaluation

10:45 – 12:15 PM

Presentation: The Impact of Spirituality on Mental Health (1.5 CEUs)

- Ahmed Ghuman, Psy.D., MBA, LPC - University of Pittsburgh University Counseling Center

Abstract: Spirituality can have a significant impact on the mental health of clients. This presentation will examine the impact of spirituality on mental health including the benefits and negative impact of spirituality on mental health. Specifically, this presentation will examine the role of spirituality on depression, anxiety, trauma, and suffering. Additionally, factors that mediate the relationship between spirituality and mental health will be discussed including coping styles, locus of control & attributions,
social support, and physiological impact. Lastly, spiritual skills and practices will be discussed that can contribute to improved wellbeing.

12:15 – 1:15 PM LUNCH BREAK & Complete Session Evaluation

12:30 – 1:00 PM – Main Meeting Room Open for Connecting/Networking

1:15 – 2:45 PM Two Concurrent Sessions

**Presentation:** How to Work Effectively With Muslim Clients (1.5 CEUs)

- Jasmine Hussain, Ph.D., LPC-S, NCC - Texas A&M University Counseling & Psychological Services

**Abstract:** Research suggests that Muslims are one of the largest religions in the world and one of the fastest growing religions in the United States (Lipka, 2017). However, despite, the growing population in the United States and the growing number of Muslim clients, there remains a limited understanding of how to approach and provide an appropriate therapeutic intervention to Muslim clients (Khan, 2014). Thus, there is a greater need for mental health professionals to understand Muslims, their religion and how to apply effective interventions when providing mental health services to Muslim clients. This presentation, therefore, hopes to provide information on Muslim religion and information on effective therapeutic interventions and practical tips for when working with Muslim clients. This can lead to improve cultural competence among mental health clinicians when working with Muslim clients.

**Panel:** While Praying, Go to Therapy: Supplementing the Field’s Training Deficit on the Utilization of Religion and Spirituality in Counseling (1.5 CEUs)

- Kanesha Moore, Ph.D., NCC - Texas A&M University Counseling & Psychological Services
- Maame Esi Coleman, Ph.D. - Texas A&M University Counseling & Psychological Services
- Esther Wright, Ph.D., ABPP - Texas A&M University Counseling & Psychological Services

**Abstract:** Clients’ spiritual and religious beliefs have significant implications for their well-being and the alleviation of their symptoms. Those beliefs may also intersect with other areas of their identity. Despite this knowledge, there is a deficit in training for incorporating spirituality and religion in work done with religious student clients. This panel will aim to supplement the educational deficit on the utilization of spirituality or religion in counseling with college students through dialogue given by various mental health providers on how they incorporate clients’ religion or spirituality into counseling without practicing from faith-based perspectives, on how they manage their religious-based biases when working with clients from differing religions or who are non-religious, and on differing treatment outcomes for many religious clients. Various tools, resources and interventions that are helpful in providing support for religious students will also be provided.

2:45 – 3:00 PM BREAK & Complete Session Evaluations

3:00 – 4:30 PM Two Concurrent Sessions

**Roundtable:** Not Just Angry: Conversations About Atheism and Secular Spirituality in College Students (1.5 CEUs)
• Chris Dabbs, M.A., LMHCA, NCC - Indiana University–Purdue University Indianapolis - Counseling & Psychological Services

Abstract: Atheists and non-believers (ANBs) are often characterized as angry, untrustworthy, and spiritually disconnected. These stereotypes contribute to people with ANB identities being stigmatized, stereotyped, and often reduced in the clinical space. In reality, the spiritual lives of many people with ANB identities is complex and intersectional. This critical conversation hopes to bring nuance to the conversation of ANB spirituality, including: a) developing an understanding of the spectrum of ANB spirituality, b) exploring recent research into the importance of meaning-making for ANB college students, and c) reflecting on clinician assumptions of ANB spirituality.

Dissertation: To believe or not to believe: Religious, spiritual, and secular identity group differences in quality of life and psychological distress in college students. Successfully defended. [Adviser: Dr. Carrie Winterowd, Ph.D., HSP]

Presentation: The Shadow Under the Rainbow: the Friction Between Queer Identity and Religious Ideology on the College Campus and What We Can Do About It (1.5 CEUs)

• Emily Wilcox, Psy.D. - College of the Holy Cross Counseling Center

Abstract: In this presentation you will learn about the experiences of queer identifying students at a religious college. How can a Counseling Center be an affirming and celebrating space for LGBTQ+ students while also being part of the system that is frequently doing harm? This presentation will explore some of the issues that frequently arise as college students seek to integrate their gender, sexual, and religious identities both on campus and within counseling. This presentation will also discuss how the Counseling Center itself can work to challenge and change the system to grow and become more inclusive to LGBTQ+ students.

4:35 PM Complete Session Evaluations & Brief End of Day Wrap-Up (Main Meeting Room)

Friday, May 20th

8:30 – 10:00 AM

Presentation: “Maybe I'm Still Muslim”: Engaging Muslim Students around religious/spiritual Concerns as Illustrated via Three Case Examples (1.5 ETHICS CEUs)

• Thom Nailor, M.S.S., LCSW - University of the Sciences Student Health and Counseling

Abstract: This presentation will use three case examples to explore the diverse experiences of Muslim-identified students on a small, secular University campus and will touch on multiple topics, including but not limited to: religious/spiritual practice as protective factor; family-of-origin conflicts grounded in religious identity and practice; exploration of sexuality and Muslim identity; immigrant identity as linked with Muslim identity; impact of Counselor’s religious identity on therapy alliance; and connecting students with local resources. In exploring these, this program hopes to generate ideas and conversation around supporting Muslim students engaged with college counseling services and to increase counselor's curiosity, confidence, and competence in working with these students.
10:00 – 10:15 AM BREAK & Complete Session Evaluation

10:15 – 11:45 AM

**Workshop:** Know Thyself: Becoming a Spiritually Competent Clinician through Spiritual Self-Awareness (1.5 CEUs)

- Russ Jackson, Ph.D. - University of Missouri Counseling Center

**Abstract:** It is clear from the literature that clinicians ought to be competent in working with clients from different religious/spiritual backgrounds. A key component of becoming spiritually competent is self-awareness of one’s own religious/spiritual beliefs, values, and worldview. Clinicians’ belief systems can impact the therapeutic alliance, theoretical orientation, techniques used, reactions to clients, and how clinicians engage with clients overall. Without developing spiritual self-awareness, clinicians may inadvertently minimize a client’s worldview, remain unaware of religious/spiritual privilege, impose their own worldview onto a client, or cause premature termination. This workshop aims to help clinicians engage mindfully and experientially with their own beliefs and values and, in doing so, increase their spiritual competence when working with religious/spiritual or nonreligious/nonspiritual clients.

11:45 - 12:45 PM LUNCH BREAK & Complete Session Evaluation

12:00 – 12:30 PM – Main Meeting Room Open for Connecting/Networking

12:45 – 2:15 PM Two Concurrent Sessions

**Presentation:** (Title Change) Purity Culture and Sexuality: Strategies to Address Sexual Concerns with Students Influenced by Evangelical Christianity

Religion & Sexuality - What UCCs Need to Know About Purity Culture and Student Sexual Health (1.5 CEUs)

- Melody Lyn Parker, M.Ed., LPC-S - Texas Woman's University Counseling & Psychological Services
- Damon Grant Parker, M.Div

**Abstract:** Evangelical Christianity has a significant influence on thought regarding sexuality. As the most prominent religion in the U.S., it has an impact on many emerging adults as they construct their sexual ethic. Evangelicalism embodies a restrictive, heteronormative view of sexuality in which the only appropriate sexual acts are within heterosexual marriage. Thus, it stigmatizes normal sexual exploration such as masturbation, pornography, and consensual sexual acts between unmarried people. Clinicians can provide effective, culturally-competent care when they are aware of the guilt, lack of sexual knowledge, and objectification promoted by evangelical thought. Psychologists who provide services at college counseling centers will encounter students along a continuum in regards to evangelical influence in their sexual attitudes and behaviors. The proposed session equips psychologists to recognize religious sexual shame and develop culturally attuned interventions to increase sexual health.

**Presentation:** Joining the Agnostic Spiritual Seeker's Journey: Where to begin? (No CEUs, NOT RECORDED)

- Bini Sebastian, M.Ed. - University of Missouri Counseling Center
Abstract: Upon entering college, many students experience psychosocial shifts that impact their sense of self, relationships, and worldviews. With an increased sense of autonomy and a newfound freedom to question what they have learned, students may find themselves exploring their identities, striving to foster meaningful relationships, and cultivating adaptive ways to cope with distress. These contemplations may lead to questions regarding life purpose, meaning, and spirituality. For curious Agnostic students who want to explore their spirituality, this journey may be confusing, considering the lack of doctrine, holy texts, and general structure around spiritual exploration. However, with the aid of a skilled clinician, self-identifying Agnostic students may be able to utilize tools and practices that offer insight. This presentation will focus on how practitioners can assist Agnostic students in their spiritual explorations, which may help with progress towards treatment goals.

2:15 – 2:30 PM BREAK & Complete Session Evaluations

2:30 – 4:00 PM Two Concurrent Sessions

Presentation: Faith + Doubt: Supporting Students Experiencing Spiritual Doubt & Transition (1.5 CEUs)

- Susan Chamberlain, Ph.D. - University of Utah Counseling Center

Abstract: Research shows that the importance of religion among American 18-29-year-olds is lower than in any other generation. As students gain more education, their belief in a higher power, as well as their participation in private and public forms of worship, declines. Because of these generational and educational differences, we are more likely to see students present for therapy who are experiencing faith crises and/or faith transitions. Faith transitions can create significant distress as students shift away from the beliefs of their families of origin and towards questioning their identity, purpose, community, life goals, and sense of right and wrong. This presentation will explore the impact of spiritual/religious doubt on clients and will provide an example of a support and empowerment group, grounded in critical multicultural-feminist theory, in a college counseling center setting that provides opportunities for community, identity exploration, consciousness raising, and affirmation.

Roundtable: Exploring Religion and the Overall Impact on African American Male College Students who Exhibit Low Help-Seeking Behaviors (1 CEU)

- Kazanda Wills, Ed.D., LPC - University of Houston Counseling & Psychological Services
- Leah A. McCoy, M.A., LPC-S, NCC – University of Houston

Abstract: Mental health difficulties continue to rise on college campuses. However, students are not seeking help at the same rate. Of those who do seek help, Schwitzer et al. (2018) reported “… on average 10.3% of students served by counseling centers were African American and 66.7% were white” (p. 6). However, the problem is that African Americans are 20% more likely to suffer from psychological difficulties (Snyder, 2020). With that, it is important to note barriers to mental health and factors that perpetuate low help-seeking behaviors. In a recent study of African American males, family and upbringing inclusive of religious beliefs held and enforced by family emerged as a major theme. This overall theme highlighted the various views of the participants and the difficulty they faced when contemplating seeking help. Thus, if we seek to identify and help more African Americans obtain mental wellness, it is important to understand the barriers they face and paths we can take to help.

4:05 PM Complete Session Evaluations & Brief Conference Wrap-Up (Main Meeting Room)