

ALSCA Virtual Learning Series

Featuring Paul Johnson, Dr. Daniel Birdsong, and Dr. Dale Wisely

September 22, 2023 · Virtual Workshop



DESCRIPTION: Schools are dealing with increasingly complex matters pertaining to students' mental health and social/emotional well-being. Through the delivery of a comprehensive school counseling program, with equitable access for all students, school counselors can be influential in promoting student success and positive mental health outcomes. Given school counselors' instrumental role in mental health crisis prevention and intervention, it is essential they possess the knowledge and tools necessary to identify and respond to the many issues students are facing in these uncharted, modern times. It is also essential they understand the legal implications and ethical considerations within the specific context of school counseling. **School counselors, counseling coordinators, school and system administrators, school based therapists and social workers, school nurses, teachers, counselor educators, counseling students, and other stakeholders are encouraged to attend, as collaboration with all stakeholders is an essential building block of a comprehensive school counseling program.**

SCHEDULE

TIME	ACTIVITY	HOST	Details
7:00-8:00am	Check In	ALSCA Board	Be sure to log in before 8:00am, to view announcements for the day as well as address any issues so that your learning can begin promptly at 8:00am.
8:00-10:00am	Session 1 Credit: 2 hrs	Paul Johnson	<i>Allowing Anxiety to be an Ally rather than an Enemy</i> Consider this as a possible reality: Anxiety as a good friend. I know, crazy. The negative anticipatory emotions seem to lead to all kinds of behavior problems. But you already know this: behavior is language. So is emotion. We are raised to manage or medicate anxiety; it is meant to be heard. This session will address how to help students process their anticipatory feelings (anxiety, worry, nervousness, fear) and effectively consider all of their emotions, by treating the emotional system as a language, not as a motivator; as a cue for sound decisions, and not a prompt for immediate action.
10:00-10:10am	Break		
10:10am-12:10pm	Session 2 Credit: 2 hrs	Dr. Daniel Birdsong	<i>Ownership of the Profession: Embracing Our Role as Alabama School Counselors and Our Role in Professional Advocacy</i> This session will explore Alabama school counselors' professional role identity aligned with the ASCA National Model and Alabama State Plan. Professional advocacy strategies will be discussed, including how to promote your role at the local, district, and state levels. Additionally, current issues in Alabama school counseling will be addressed.
12:10-12:45pm	Lunch		
12:45-2:45pm	Session 3 Credit: 2 hrs	Dr. Dale Wisely	<i>Depression, Suicidality, Non-Suicidal Self Injury: Updates and Practical Considerations</i> Part of the present mental health crisis among youth is precipitous increase in depression, suicidal ideation, suicide attempts, and completed suicide in the last 15 years. In addition, Nonsuicidal Self-Injury remains a serious concern. All school counselors encounter depressed, suicidal, and self-injurious students and, in fact, are often among the first professionals to be aware of these issues in students. In this presentation, participants will be updated on depressive disorders among youth, and have an opportunity to refresh their knowledge and practical skills in assisting these students. In addition, the presenter will suggest ways counselors can encourage more awareness of these critical topics in their schools.

This workshop has been approved for **6 NBCC hours (6 hours of professional development)**.

See *NBCC Hours Application Form* on ASCA Conferences app or ALSCA website for more information.



The Alabama Counseling Association, ACEP #2001, is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. ALCA is solely responsible for all aspects of the program.

