ALSCA Virtual Learning Series

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

September 22, 2023 · Virtual Workshop

ALABAMA SCHOOL COUNSELOR ASSOCIATION

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 unchartered, 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**	***Allowing Anxiety to be an Ally rather than an Enemy*** 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**	***Ownership of the Profession: Embracing Our Role as Alabama School Counselors and Our Role in Professional Advocacy*** 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**	***Depression, Suicidality, Non-Suicidal Self Injury: Updates and Practical Considerations*** 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.

NATIONAL BOARD FOR CERTIFIED COUNSELORS.

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.

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PRESENTER INDEX

Daniel Birdsong, PhD, EdD, LPC-S, ACS, NCC, NCSC, RPT

Assistant Professor of Counseling, University of Montevallo

Dr. Daniel Birdsong is an Assistant Professor of Counseling and the School Counseling Coordinator at the University of Montevallo in Alabama. He earned a Doctor of Philosophy degree in Counselor Education and Supervision from the University of Holy Cross and a Doctor of Education degree in Educational Leadership from Samford University. He is a Certified School Counselor in Alabama, Licensed Professional Counselor - Supervisor in Alabama, Approved Clinical Supervisor, National Certified Counselor, National Certified School Counselor, and Registered Play Therapist. He has nine years of educational experience, previously serving as a high school choir teacher and elementary school counselor. He works part-time in private practice in his community and provides clinical supervision for licensure in Shelby County and the Birmingham-metro area.

Paul L. Johnson, MEd, LPC, LMFT

Marriage and Family Therapist, LifePractical Counseling

Since 2007, Paul Johnson has worked as a professionally licensed counselor and marriage and family therapist. Previously, Paul worked for 17 years as a professional minister through drama, performing in churches and conferences around the country. He has co-written a book; co-produced five videos; and co-published six collections of dramatic scripts. He now gets to help others “write” the stories they’ll live. He is a brother to three, husband to one, and father to four, and lives in the western area of Shelby County, AL.

Dale Wisely, PhD

Director of Family Life and Adult Education, Prince of Peace Church; Adjunct Faculty: Spring Hill College, Samford University

Dale Wisely Ph.D. is Director of Family Life at Prince of Peace Catholic Church & School in Hoover, Alabama. Prior to joining Prince of Peace, he was Director of Student Services and Community Education at Mountain Brook Schools for 12 years. In 2023, he retired from his position as Executive Director of All In Mountain Brook, a community non-profit devoted to protecting the lives and well-being of youth. He has been a child and adolescent clinical psychologist for 40 years. He presently serves as a member of the Alabama Board of Examiners in Psychology and is past-President of the Alabama Psychological Association. Wisely’s MS and PhD degrees in clinical psychology are from the University of Memphis. He served his clinical internship at West Virginia University School of Medicine, Department of Behavioral Medicine. He also earned a master’s in Theological Studies from Spring Hill College. He is on the adjunct faculties of Spring Hill College and Samford University. Dr. Wisely is a popular adult educator and speaker on family matters, parenting, and provides workshops and other professional development to a range of professional and public audiences.