

Virtual Conference on Counseling

September 16-18, 2009

Counselor Education in Second life

An abstract graphic in the bottom right corner of the page. It consists of numerous thin, overlapping lines that curve and flow from the bottom left towards the top right. The lines are colored in a gradient, starting with shades of red and pink on the left, transitioning through orange and yellow, and ending in light blue and green on the right. The overall effect is a sense of movement and energy.

Welcome to the 1st Virtual Conference on Counseling

Counselor Educators in Second Life (CESL) is pleased to welcome you to this the first Virtual Conference on Counseling held on September 16-18, 2009. This event is held at the CESL Conference center and the Scholars in Residence island in Second Life® (SecondLife.com), a persistent, synchronous online environment in which people to interact through avatars, or graphical representations.

You can find this full conference schedule online at <http://SL.counseloreducation.org>

The virtual environment for this conference provides the opportunity to extend the reach of the delivered content. Those who cannot afford the time to travel to a "traditional" conference can easily attend this virtual event. For those not inworld, my thanks to John Wilson at <http://www.Onlineevents.co.uk> who has agreed to stream the conference live to anyone with an available web browser.

Presenters are provided with all the traditional presentation tools including the ability to use PowerPoint or slides, show videos, have large and small group discussions, and provide handouts. In addition, session minutes and conversation transcripts can quickly be provided to all participants.

I am excited that you have chosen to be part of this first virtual experiment for the CESL. It is through the efforts of organizers, presenters, attendees and the many supportive people I have run across in Second Life that this conference has become possible. I want to publicly recognize Debra London (SL Debra Hilra), who built the CESL center, offered great advice on how to make things happen inworld, and has been an unending source of new ideas. Be sure and take a moment to thank the presenters, many who have taken the first step with a leap of faith, for their work and involvement.

Thank you for your help and well-wishes. Enjoy the conference. Bear with us as we all possibly struggle with this new adventure.

Whatever the outcome we will all learn from our experience and we look forward to the next Virtual Conference on Counseling.

Marty Jencius, PhD

CESL

Associate Professor

Counseling and Human Development Services

Kent State University

WEDNESDAY - SEPTEMBER 16

CESL Center 11 am EST --- 8 am SLT

Last Minute Conference Help

CESL Center 12 noon EST --- 9 am SLT

Welcome and Orientation

Marty Jencius

CESL Center 1 pm EST -- 10am SLT

Integrating Technology into Counselor Education: Bridging the Digital Divide

Kimberly J. Desmond, Clarrice Rapisarda, Jill Nelson

The Association for Counselor Education and Supervision (ACES) asserts that the use of technology is important in counselor training and has set forth Guidelines for Online Instruction in Counselor Education and Technology Competencies for Students. The presenters have successfully integrated technology into their classrooms in order to increase student learning opportunities. Students have various levels of technological expertise. For many students, the incorporation of technology can lead to increased anxiety that hinders student learning. The presenters will provide pedagogical strategies for helping students bridge the digital divide and thrive with the incorporation of technology in the classroom.

Scholars Island 1:30 EST --- 10:30 SLT

Joining Hands: Culturally Inclusive Family-School-Community Partnerships

Kylie Dotson-Blake

Race and culture continue to be conceptualized within a polarized, black-white dichotomy in US education, rendering the Latino population a silenced minority. Family-school-community partnerships, when developed with intentionality and critical consciousness, can provide a vehicle for inviting the participation of all families. This presentation offers school counselors a template for developing culturally inclusive partnerships to promote the involvement of Mexican immigrant families. Suggestions for future research are shared in hopes of further illuminating the complexities and benefits of effectively engaging immigrant families.

CESL Center 2:30 pm EST --- 11:30 am SLT

Suicide in SL: Issues of Assessment, Prevention, and Treatment

Jason McGlothlin

The potential for conducting counseling sessions in Second Life (SL) is here and the possibilities for such therapeutic interventions are endless. Suicide in SL is also a necessary consideration for counselors working in a SL setting. This presentation will discuss the current and future state of suicidology in SL and the possible considerations for working with suicidal clients in SL.

Scholars Island 3:00 pm EST --- 12 noon SLT

Integration of self-care into supervision: Prevention of counselor impairment and fulfillment of CACREP 2009 standards

Lynne Guillot-Miller and Nicole Bradley

Presenters will provide a rationale for the incorporation of self-care education into the supervisory relationship including preventing counselor impairment and fulfilling the Council for the Accreditation of Counseling and Related Educational Programs (CACREP) 2009 Standards requirement of the integration of self-care strategies. Participants will gain techniques to incorporate self-care education into the supervisory relationship as well as specific self-care strategies to be implemented, with special emphasis on the Integrative Developmental Model and Narrative Supervision Model. Participants will be actively involved in the presentation through small group activities and discussion.

CESL Center 5:00 pm EST --- 2:00 pm SLT

Keynote

Therapy in SL and the Online Therapy Institute

DeeAnne Nagel and Kate Anthony

The Online Therapy Institute (<http://www.onlinetherapyinstitute.com>) is designed for clinicians and organizations who wish to enrich their knowledge about online counseling, clinical supervision and the impact of technology on mental health. Topics and issues of interest extend to internet and cybersex addictions, gaming, virtual worlds, social networking, SMS texting and online peer support.

The Institute, founded by Kate Anthony and DeeAnna Merz Nagel is a think tank for all issues mental health, cyberpsychology, technology and the internet. Our mission is to provide a platform that allows people to learn collaboratively from one another. As an Institute, we strive to disseminate information about research, education and training.

Scholars Island 6:00 pm EST --- 3:00 pm SLT

Early Recollections and Wellness Assessment

Richard G. Deaner

Despite the emphasis on wellness and optimal human growth development within the counseling profession, there are relatively few studies which examine the wellness of counseling education students. Meanwhile, assessments such as the use of early recollections have been researched and utilized widely as a source of information related to an individual's current outlook on life. This program will discuss the author's research regarding wellness of counselor education students and the use of early recollections as a predictor of wellness. First, the presentation will include a brief discussion related to wellness and early recollection research. Next, a discussion of the study regarding rationale, methods, and results will be addressed. Afterwards, specific variables within early recollections as possible predictors of wellness for counselor education students will be outlined. Attendees will be given the opportunity to analyze sample early recollections and apply learned material. Implications, limitations, and cautions related to the research will be processed by attendees.

CESL Center 6:30 pm EST --- 3:30 pm SLT

Second Life as a tool in Rational Emotive Behavior Therapy (REBT)

Jeffrey Warren

This presentation will explore ways the 3D virtual world, Second Life, can be used as an intervention while treating clients through a Rational Emotive Behavior Therapy (REBT) framework. Second Life provides a virtual environment for socializing, learning, and connecting with others. It also has the potential to be used complementary to psychotherapy. REBT encourages clients to address their emotions and challenge their beliefs outside of the counseling relationship. Second Life, serving as a desensitization agent, appears to offer clients a safe medium for attempting homework assignments during the initial stages of treatment. Used in conjunction with psychotherapy, Second Life has the potential to help clients move towards acceptance, while addressing irrational thoughts and evaluations that lead to emotional disturbances. Clients can also use Second Life as an application for self-exploration. Attendees will learn specific ways to incorporate Second Life as part of the REBT process.

Scholars Island 7 pm EST --- 4:00 pm SLT

Looking Through The Eyes of Children: Toys Are Their Words Play Is Their Language

Julie Robinson, Jill Packman, Ireon LeBeauf

This workshop is designed to (1) assist those who work with children in obtaining an understanding of the child-centered theory of play therapy, (2) help the participant develop an awareness of the child's world as viewed by the child, (3) help the participant communicate more effectively with children at a "feeling level", (4) increase the participant's understanding of children and their behavior and, (5) help the participant implement practical skills to facilitate children's emotional growth in play therapy.

CESL Center 8:00 pm EST --- 5:00 pm SLT

JTLYK bullying has entered the 21st century, BFD you say?

Amanda Brace, Rachel Vitale, Nicole LaSelle

JTLYK bullying has entered the 21st century, BFD you say? It is, your students are online and they know what that means. Now bullies do not even have to leave their homes to bully, conversely students do not have leave their homes to be bullied. The Internet, cell phones, instant messaging, and online communities provide students with a means to bully 24-7. This presentation will provide you with a way to teach your students about cyberbullying and relational aggression and how they can implement programs of their own into school systems.

Scholars Island 8:30 pm EST -- 5:30 pm SLT

Carl Rogers meets virtual presence

Marty Jencius

This presentation considers the necessary and sufficient conditions as espoused by Carl Rogers and looks for parallels in virtual environments. Qualities of transparency, genuineness and unconditional positive regard are explored as to how they may be present in relationships created in virtual environments. Looking at limited writings on virtual presence, the presenter engages attendees in a discussion of the possibility that virtual environments provide for forming therapeutic relationships.

Reception

Open bar and conversation on the CESL roof

10:00 pm EST --- 7:00 pm SLT



THURSDAY SEPTEMBER 17

CESL Center 10:00 am EST -- 8:00 am SLT

Structuring Quantitative Data for Analysis

Tim Poynton

This presentation will discuss basic techniques for structuring quantitative data for analysis. The data analysis program used to illustrate these concepts will be EZAnalyze (www.ezanalyze.com), but the principles apply equally well to SPSS. Three case studies from practicing school counselors will be utilized to illustrate how their survey data were coded and input into a database.

Scholars Island 10:30 am EST -- 8:30 am SLT

The Ageless Aging: Counseling Boomers before they are elderly

Nicki Nance

In February, 2008, the first of 76 million baby boomers began reaching retirement age. Working longer, raising grandchildren, and misusing illicit and prescribed drugs separate them from any former generation of 50-60 year olds. Baby boomers are high rate consumers of mental health services, and as their own cohorts retire from counseling, first-hand knowledge of their rich and troubled history will dissipate. Based on a foundation of research, this program will assist participants in identifying common dynamics of the aging population and suggest how counselor educators can better prepare the upcoming generation of counselors in assessing and planning treatment for clients from the baby boom cohort.

CESL Center 11:30 am EST --- 8:30 am SLT

Using the Reflecting Team in an Online Supervisory Environment

Jodi Sindlinger and David L. Delmonico

This presentation uniquely applies a specific approach, "The Reflecting Team Model," to online supervision. Participants will gain an understanding of the advantages and disadvantages of reflecting team technology. A comparison of live supervision and online supervision will be discussed. Ethical considerations and implications for counselor educators are reviewed. Participants will be encouraged to share their own experiences with live and online supervision.

Scholars Island 12 noon EST --- 9:00 am SLT

Identities management and core-self development via Transformative Learning in virtual and imaginal settings.

Luis De La Lama

The ability to consciously shift meaning perspectives while keeping an authentic and integrated sense of self is the foundation of counseling competencies such as empathy, authenticity, multicultural awareness, and tolerance of ambiguity. Moreover, this ability can also contribute to prevent emotional depletion, vicarious trauma, and professional burnout. The presenters will show counselor educators how to apply Transformative Learning methods in imaginal and virtual settings to train their students in points of view, roles, and identities management, all while preserving, and developing, their sense of core-self. Knowing the core-self development model, the principles of Transformative Learning, and the mythic dynamics of shamanic flight and soul retrieval, participant will be able to guide counseling students to (a) manage their real-life identities and cognitive-sets from the meta-perspective of core-self, and (b) to seek perceptions of core-self that foster integrative meaning-making, authenticity, self-authored purpose, and motivation for personal development.

CESL Center 2:30 pm EST --- 11:30 SLT

Identity renegotiation on the virtual playground

Thomas Blume

Euro-Western cultural traditions have privileged the experience of those whose life circumstances and personal styles supported the Popeye model of identity: I Yam What I Yam. For many people, though, identities have always been more complex. Different relationships call for different "selves." Counselors often observe that clients seem stuck enacting identities that don't work. But practicing a new identity is risky--a client's attempts to adopt new looks and new behavior could be rejected, and the social consequences could last for years. Second Life may offer a safe place to try out new identities, finding out what it would be like to be a different person. Clinical strategies will be discussed, with an emphasis on SL.

Scholars Island 4:00 pm EST --- 1:00 pm SLT

Serious Games for Serious Topics: The Suicide Risk Assessment Game

Carrie Wachter Morris & Scott Deatherage

As Generation Y enters graduate school and gaming becomes a way of life for adolescents and young adults, serious gaming is a pedagogical method that could transform clinical training, through simulation of situations that counselor educators could not ethically duplicate. This presentation will introduce participants to serious games as a pedagogical tool, showcase a game created by the lead presenter to aid in suicide assessment and intervention, and provide counselor educators with a model for serious games development and the opportunity to discuss games as a teaching tool.

CESL Center 5:00 pm EST --- 2:00 pm SLT

Keynote

The Theorists Project - Teaching Counseling Theories in Second Life

Edina Renfro-Michel

Students learn best through holistic, self-directed learning. However, this type of learning is often difficult to create in the traditional classroom. The Theorists Project was developed as a Second Life interactive classroom to provide a holistic, multi-learning style environment for students to learn counseling theories. In this project, students have experienced and created interactive theory projects. This presentation will discuss the logistics when developing this counselor education interactive environment, how to help non-tech students become comfortable with SL interaction and creation, and lessons learned. Student feedback will be discussed. Participants will be encouraged to present their ideas. Additionally, we will be taking a 'field trip' to the project for a hand-on experience.

CESL Center 6:30 pm EST --- 3:30 pm SLT

Multicultural Supervision: Suggestions for Supervising Diverse Counselors

Chris Leeth, Ioana Boie, Paul Corrola, Vicki Herndon, Anna Lopez, Lizette Nale, Delight Renken, Mark Tover and Heather Trepal

This presentation will explore the critical concept of cultural awareness in supervision. Fundamentals will be demonstrated via various scenarios of supervisor-supervisee dyads.

Scholars Island 7:00 pm EST --- 4:00 pm SLT

Becoming The Therapist You Are: Towards a Positive Experiential-Constructivist Supervision Model

Brian Mistler

It is the aim of this brief presentation to explore this theme of helping supervisees to become who they are, rather than trying in various ways to teach or push them towards something they are not. This presentation will expand on a positive-psychology approach to fostering strength development in the context of the Gestalt-based "paradoxical" model of change. Next, core principles of a Positive Experiential-Constructivist Supervision Model will be identified. A brief presentation of some such principles will be offered as a starting point for group discussion.

CESL Center 8:00 pm EST --- 5:00 pm SLT

In the Shadows of the Net: Understanding, Assessing, and Treating Problematic Sexual Behavior Online

David Delmonico and Elizabeth J. Griffin

This workshop will provide participants with cutting edge information about the various technologies used to engage in online sexual behavior. Participants will be introduced to the latest theories related to problematic sexual use of the Internet, and how best to understand and work with individuals whose sexual behavior is out of control on the Internet. This presentation will provide an overview of the basic venues for Internet sexual behavior, followed by tips, techniques, and resources for understanding, evaluating, managing, and treating problematic cybersex users.

Scholars Island 8:30 pm EST --- 5:30 pm SLT

Following Your Inner Compass: Suggestions for New Counselor Educators

Clarrice Rapisarda, Jill Nelson, Kimberly Desmond

It is a significant transition from doctoral student to new counselor educator. New counselor educators face change across many areas of life including career, location, and family. These challenges cannot all be addressed during a doctoral program. The presenters will offer suggestions for how to follow the directions from your inner compass to navigate these changes. The presenters will also share ways to gain an understanding of the various roles connected to that of a new counselor educator.

**Reception – Music – Dancing
10:00 pm EST --- 7:00 pm SLT**



FRIDAY SEPTEMBER 18

CESL Center 11:00 am EST --- 8:00 am SLT

Open meeting of CESL group

Debra London

This meeting is an opportunity for CESL members to gather to reflect on the possibilities for how CESL can be best put to use. This is also a good time to meet and talk about this first conference and look toward a commitment to future work.

CESL Center 12:00 noon EST --- 9:00 am SLT

IDEAPALOZZA

Marty Jencius

Bring your ideas to this meeting. Any ideas. Ideas about teaching practice and supervision in SL and RL. This will be an open forum for your best ideas to share to improve your work setting as a counselor.

CESL Center 2:00 pm EST --- 11:00 am SLT

Conference Closure

Marty Jencius



Thanks...

Debra London (SL Debra Hilra) – Debra has been with this project and the conference since the beginning. The CESL center is her build and her advice, encouragement and involvement has been essential to this project.

Leeah Vaheer – Leeah is responsible for the interior design of the CESL conference center and has been a remarkable shopper and designer for the center.

Dr. Jason Miller – Dr. Miller is the Director of the Kent State University Counseling and Human Development Services Center, our on-campus counseling center. He has generously offered to process and keep records of the Continuing Education hours for registered attendees.

John Wilson of Onlineevents (at <http://www.onlineevents.co.uk>) - John approached us a week before the conference and offered to run the conference online through his event site. This was a gracious offer and will allow folks to come in and see the event through any web browser.

If you know professionals not familiar with Second Life, or without SL avatars, they can observe the conference on Wednesday and Thursday for free through the web page portal <http://www.onlineevents.co.uk>

Other SL friends – Some SL professionals who have inspired along the way: L1Aura Loire, Clarrissa Yumako, Redstar Maximus, Brianna Beresford and I am sure that I have forgot some

Conference information website:

SL.counseloreducation.org

Conference Twitter feed:

twitter.com/CEinSL

Live web feed:

www.onlineevents.co.uk

CESL Main SLURL:

Tikvah (32, 44, 24)

Scholars Island SLURL:

Beauty Dreams (111, 170, 21)

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