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PROMOTING WELL-BEING AND RESILIENCE
IN INDIVIDUALS AND COMMUNITIES





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ORGANISING COMMITTEE

Fabio Allegrini

William A. Borgen

Alessandra Benedetta Caporale

Ruth Falzon

Lisa Isenman

Naoise Kelly

Dione Mifsud

William G. Nicoll

Nathan C. D. Perron

Tommaso Valleri

IAC SCIENTIFIC COMMITTEE

Nathan C. D. Perron, *Chair*

Lisa Isenman, *Assistant Chair*

Kristin Dickens

Ruth Falzon

Matthew Lyons

Dione Mifsud

ASSOCOUNSELING SCIENTIFIC COMMITTEE

Alessandra Benedetta Caporale, *Chair*

Tommaso Valleri, *Assistant Chair*

Valeria Balistreri

Noella Iris Barison

Pietro E. Pontremoli

Chiara Veneri

Stefano Zoletto

MASTERS OF CEREMONIES

Daria Dall'Igna has been a Professional Counselor since 2009 with a major interest in school and career guidance and multicultural integration.

After getting a BA in European Studies at Royal Holloway University of London (UK), she specialized in Expressive Art Counseling in Italy and later in Guidance Coaching and Narrative Practices in France.

Her work focuses on helping individuals and groups of different ages and cultural backgrounds in their path towards restoring their wellbeing, finding a meaningful life/school/professional project and foster cultural integration.

Susan M. Gagliano has been a Professional Counselor since 2009. Originally from the United States, Susan practices in Florence, Italy working with individuals and groups from over 35 different countries. She also combines counseling with professional development in education, where she is Head Teacher Trainer at Europass Teacher Academy in Florence, where she has designed and delivered courses to teachers and students from EU schools on topics like Emotional Intelligence, burnout prevention, and conflict management.

ABOUT IAC

The **International Association for Counselling** (IAC) is the world body for the counselling profession. Established in 1966, IAC is an International Non-Governmental Organization (INGO) with United Nations consultative status. IAC advances the development of counselling in order to improve people's lives and well-being. Our association and members strive for human rights and the inclusive, sustainable development of our profession through the promotion of counselling, best practice and international cooperation.

ABOUT ASSOCOUNSELING

AssoCounseling is an Italian professional association which welcomes any counsellor professional that meets the criteria established by Statute and the ethical principles of association. **AssoCounseling** is constituted as a professional association as provided in Law 14 January 2013 n. 4 (Provisions on non-organized professions), with specific promotion and qualification of professional functions represented. **AssoCounseling** was founded July 8, 2009 in Florence (Italy) and represents about 3,000 counsellors.

WELCOME MESSAGES

Dear Esteemed Guests, Distinguished Speakers, and Fellow Delegates,

It is with great pleasure that we extend a warm welcome to each and every one of you to the 2024 IAC-AssoCounseling International Counselling Conference in beautiful Naples, Italy.

It is an honour for us to work together and to preside over an event that serves as a catalyst for counselling collaboration, learning, and growth. The 2024 programme contains action-packed days of Keynote speeches, Roundtables (Discussion Groups), Workshops, Poster Presentations and Networking. The conference theme: "*Counselling Around the World: Promoting Well-being and Resilience in Individuals and Communities*" was carefully chosen in response to the unprecedented strain that people are facing worldwide in 2024.

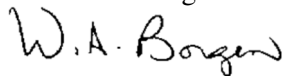
As a global community of counsellors, counsellor educators, students and researchers, we will all play our part in developing the profession through this event. Every continent and world region will be represented. IAC conferences are very enjoyable occasions as we are sure to include plenty of opportunities for networking and fun. The connections we forge will transcend geographical boundaries.

We encourage each of you to actively engage with your peers, to challenge assumptions, and to embrace new ideas with an open mind. We hope you will find opportunities to collaborate, inspire one another, and foster meaningful dialogue, as we navigate the challenges and opportunities that lie ahead.

Once again, welcome to Naples and to the 2024 Conference. May your participation in this gathering be both rewarding and transformative.

Warm regards,

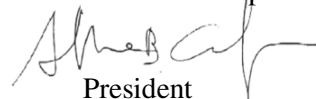
William A. Borgen



President

International Association for Counselling

Alessandra Benedetta Caporale



President

AssoCounseling

PROGRAMME

Day 1 - Friday 28th June, 2024

FRIDAY 28TH PLENARY SESSION MAIN STAGE, CONGRESS HALL

- 08:30 - 10:30 Registration
- 10:30 - 11:00 Official Opening of the Conference
Dr Alessandra Benedetta Caporale, President of AssoCounseling and Dr William A. Borgen, President, International Association for Counselling (IAC)
- 11:00 - 11:15 IAC Keynote Address (Pre-recorded Video)
Roberta Metsola, President of European Parliament
- 11:15 - 12:00 Keynote Speech “Look Within and Find Your HERO!”
Dr Christine Suniti Bhat, President Elect, American Counseling Association (ACA)
- 12:00 - 13:00 Keynote Speech “Building Climate Resilience and Personal Well-being”
Prof Anna Castiglione, University of California
- 13:00 - 14:30 Lunch Break
- 14:30 - 15:00 Speech “Innovation”
Dr Andrea Gogliani, President, Società Italiana di Counseling (SICo)
- 15:00 - 15:30 Speech “Changing Landscapes: A Transformative Journey in Australian Counselling”
Ms Jodie McKenzie, CEO, Australian Counselling Association
- 15:30 - 16:00 Speech “Pride and prejudice: per una dimensione europea del counseling LGBTQIA+”
Dr Stefano Zoletto
- 16:00 - 16:30 Speech “WHO/UNICEF EQUIP Project”
Dr James Underhill, World Health Organization (WHO)
- 16:30 - 17:00 Coffee Break
- 17:00 - 17:30 Speech “Anime migranti”
Dr Fernando Battista, Ms Doriana Crema
- 17:30 - 18:00 Speech “Riflessioni su identità e agire professionale del counselor in Italia”
Prof Davide Mariotti, University of New Haven
- 18:00 - 18:30 Speech “Counselling in Africa”
Dominic Nsona, Chairperson, Malawi Association of Counselling (MAC)

FRIDAY 28TH PARALLEL SESSION OCEANIA ROOM, CONGRESS HALL

- 09:30 - 10:00 Workshop “Widening the Counselors Lens: Working with Children & Adolescent Concerns: Resilience Based Schools & Families”
William G. Nicoll

- 10:00 - 10:30 Workshop “Reframing Resilience for Disadvantaged Children and Youth through Positive Storybook Reading Practices”
Yan Yan and Mehmet N. Akkurt
- 13:00 - 14:30 IAC General Assembly (for IAC members only)**
- 14:30 - 16:30 Workshop “Counseling: fondamenti professionali e giuridici”
Tommaso Valleri
- 17:00 - 17:30 Workshop “Counselling and Mental Health: A Peer Support Group in a Child and Adolescent Psychiatry and Psychology Day Hospital Context”
Anna Ballesteros-Urpí, Francesc Gomez-Morales and Francisco José Eiroa-Orosa
- 17:30 - 18:00 Workshop “Neuro-informed Education with Counseling with Children and Adolescents”
Michelle R. Ghoston and Jasmine Graham
- 18:00 - 18:30 Workshop “Stepped Care Models of Integrated Maternal Mental Health Care: How Counselors Can Help”
Jasmine Graham and Michelle R. Ghoston
- 18:30 - 19:00 Workshop “How Do Youths Experience Creative Counselling? Stories of Youth Making Meaning of Creative Counselling and Identity Formation”
Jeanine Balzan Engerer

FRIDAY 28TH PARALLEL SESSION LONDRA ROOM, BUSINESS CENTRE

- 09:30 - 10:00 Workshop “Cross-Atlantic Counseling Collaboration. A Decade of Knowledge Sharing between Dutch and US-based Counselor Training Organizations”
Don Redmond and Madelene Uytendewilligen
- 10:00 - 10:30 Workshop “University of Arkansas Partnership with Belize School Counselors”
Kristi Perryman, Denise Lenares and Paul Blisard
- 14:30 - 15:00 Workshop “The Counselling Profession - A Victim of Professional Appropriation?”
Dione Mifsud
- 15:00 - 15:30 Workshop “Building Community Resilience in Developing Countries through Sustainable Mental Health Initiatives”
Mehmet N. Akkurt and Manal Saleh
- 15:30 - 16:00 Workshop “Bridging the Gap Between International Counseling Needs and Shortages of Global Mental Health Professionals Through Lay Counselors”
David Walther
- 16:00 - 16:30 Workshop “Transcultural Counselling and Transcultural Cooperation: Effective Communications and Diplomacy for True Resilience and Lasting Well-being”
Stefania Falcinelli
- 17:00 - 17:30 Workshop “From Generational Trauma to Generational Healing: Assessment and Counseling through a Cultural Framework”
Shandra Harris and Shannon McFarlin

- 17:30 - 18:00 Workshop “Athlete Wellbeing: Considerations for Mental Health Professionals working with Sport Communities and Competitive Athletes”
Brandonn S. Harris and Megan Byrd
- 18:00 - 20:00 IAC-Europe Meeting
Chair: Anna Ballesteros-Urpí, Interim Leadership Committee

FRIDAY 28TH PARALLEL SESSION PARIGI ROOM, BUSINESS CENTRE

- 09:30 - 10:00 Workshop “Resilient Engagement: Aligning Challenge and Capacity for a Sustainable Life”
Roberta Borgen
- 10:00 - 10:30 Workshop “A Holistic Approach to Wellbeing and Resilience for Aspiring Counseling Leaders”
Sue Pressman and Simone Lambert
- 14:30 - 15:00 Workshop “Ethical Integration of Spirituality for Wellness and Resilience”
Anita A. Neuer Colburn and David Walther
- 15:00 - 15:30 Workshop “Promoting Wellness amidst Chronic Illness: Incorporating Social Justice and Spirituality to Build Resiliency”
Simone Lambert, Michele Kielty, Tenisha Phillips, and Valentina Riso
- 15:30 - 16:00 Workshop “An Empirical Exploration of Working with Spirituality and Faith in the Counselling Room”
Damien Ridge and Nikolaos Souvlakis
- 16:00 - 16:30 Workshop “Broaching Religious Considerations in Counseling in an Increasingly Polarized World”
Mary K. Whiting
- 17:00 - 17:30 Workshop “Experiences of Threatened Afghan Scholars and Students on their Journey to Resettlement in European Universities: Lessons Learned in Counselor Advocacy”
Jane M. Webber, Julia K. Runte, and Caitlin Braine
- 17:30 - 18:00 Workshop “International Counselor Educators’ Experience Navigating through the Job Search and Immigration Process in the United States”
Terence Yee
- 18:00 - 18:30 Workshop “Embracing Dual Heritage, Confronting Mental Health: The Struggles of Children of Immigrants”
Emily Hardman
- 18:30 - 19:00 Workshop “Help-Seeking Experiences of Immigrants with Cultural Syndromes: Female Korean Immigrants with a Korean Cultural Syndrome (Hwa-byung) in Canada”
Eugene Chi and Ishu Ishiyama

FRIDAY 28TH PARALLEL SESSION
VIENNA&BERLINO ROOM, BUSINESS CENTRE

- 09:30 - 10:00 Workshop “A Culturally Responsive Counselor’s Guide to Working with Grief and Loss”
Edward Ewe
- 10:00 - 10:30 Workshop “At Least She Didn’t Suffer: Cultural Responses to Grief and Implications for Counseling”
Shannon Holliday, Shandra Harris and Shannon McFarlin
- 14:30 - 15:00 Workshop “The Ethical Landscape of Artificial Intelligence and Counseling: Reflections and Suggestions”
Russell Fulmer
- 15:00 - 15:30 Workshop “Exploring Personal Values through the Use of a Photovoice Inspired Creative Exercise: I See Me (ICMe)”
Patricia Kimball and Lotes Nelson
- 15:30 - 16:00 Workshop “Successful Career Decision-Making in a Digital Economy: Qualitative Study of Young People in Canada”
Deepak Mathew
- 16:00 - 16:30 Workshop “Wellness Assessment Tools for Professional Counselors”
Anumbano (Anum) Ali, Juan Puente and Rochelle Cade
- 17:00 - 17:30 Workshop “Centering Support for Clinical Supervisors: A Framework for Supporting, Training, and Monitoring Graduate Program Supervisors”
Gideon Litherland and Anita Neuer Colburn
- 17:30 - 18:00 Workshop “Fostering Collaboration and Sponsorship in Mentoring”
Gideon Litherland, Edward Ewe, and Gretchen Schulthes
- 18:00 - 18:30 Workshop “Supervising for Cultural Humility and Competence with International Counseling Students or Interns”
Laurie A. Persh
- 18:30 - 19:00 Workshop “The Importance of Understanding Family Systems Therapy Practice and Opportunity for General Practice Counselors in Training Under Supervision”
Laurie A. Persh

Day 2 - Saturday 29th June, 2024

SATURDAY 29TH PLENARY SESSION MAIN STAGE, CONGRESS HALL

- 08:00 - 10:00 Registration
- 10:00 - 10:30 Speech “Essere counselor in Italia: una storia di resilienza e creatività”
Dr Alessandra Benedetta Caporale, President of AssoCounseling
- 10:30 - 11:00 Speech “Building Community Resilience: A Practical Guide”
Dr Wendi Schweiger-Moore, Director of National Board for Certified Counselors (NBCC) and Dr Mehmet N. Akkurt, Assistant Professor and Program Coordinator, Counseling Department, Lamar University
- 11:00 - 11:30 Coffee Break
- 11:30 - 12:30 Keynote Speech “Supporting Communities Affected by Adversity: The Work of WHO in Developing and Implementing Scalable Psychological Interventions around the World”
Dr Kenneth Carswell, World Health Organization (WHO)
- 12:30 - 13:30 Keynote Speech “Luoghi, Comunità, Narrazioni. Counseling e costruzione di comunità consapevoli. Il progetto Kinesis network e la nascita di una partnership”
Prof Johanna Monti, University of Naples “L’Orientale”, Dr Chiara Veneri and Dr Noella I. Barison
- 13:30 - 15:00 Lunch Break
- 15:00 - 16:00 Speech “The Long Shadow of War: Counselling Clients Experiencing Intergenerational Trauma”
Dr Marvin Westwood, Dr Richard LaFleur, Dr Ingeborg Müller-Hohagen, and Dr Jürgen Müller-Hohagen
- 16:00 - 16:30 Speech “I sentimenti morali nel counseling”
Prof Pietro Pontremoli
- 16:30 - 17:00 Speech “Practicing Forgiveness”
Dr Richard S. Balkin
- 17:00 - 17:30 Coffee Break
- 17:30 - 18:30 Dialogue on “The Perspectives of the Person-Centered Approach”, with Dominic Cirincione, Pat Howley, Antonio Monteiro dos Santos, and Anthony Rose
Moderator: Valeria Balistreri
- 18:30 - 20:30 Theatre performance “Pezzi unici”
Drama Company “Counselor in scena”
- 20:30 - 21:30 Aperitif (reservation required)

SATURDAY 29TH PARALLEL SESSION OCEANIA ROOM, CONGRESS HALL

- 09:00 - 09:30 Workshop “Identity, Culture, and Infertility”
Lisa Isenman
- 09:30 - 10:00 Workshop “Life is Hard, Make Friends: Counseling and the Power of Ordinary Relationships Across Cultures”
Vanessa Lim
- 10:00 - 10:30 Workshop “International Counseling Development: Impacting Global Mental Health Locally”
Nathan C. D. Perron, Vanessa Lim and Lisa Isenman
- 10:30 - 11:00 Workshop “Using the Tree of Life to Increase Resiliency in Troubled Times”
Martha Mason
- 15:00 - 15:30 Workshop “Embracing Intersectionality & Fostering Resilience: The Power of Creating an Intersectionality Collage”
Sandra Gavin and Courtney E. Allen
- 15:30 - 16:00 Workshop “Fostering Empowerment and Building Community: Creative Strategies to Deepen Conversations on Diversity and Identity”
Courtney E. Allen and Sandra Gavin
- 16:00 - 18:30 IAC Associations’ Roundtable
Chair: Dr. William A. Borgen, IAC President

SATURDAY 29TH PARALLEL SESSION PARIGI ROOM, BUSINESS CENTRE

- 09:00 - 09:30 Workshop “Mindfulness-Based Stress Reduction: Power of the Practice”
Ali Turfe
- 09:30 - 10:00 Workshop “Core Emotional Needs as an Alternative to Psychopathology as an Organizing Principle for Conceptualization in Psychotherapy”
Elon Slutsky and Katherine Rodgers
- 10:00 - 10:30 Workshop “Rebuilding Self-Esteem and Reintegration: Brian’s Story: a Sexual Offender against Shildren, Discharged from Prison Living in the Community”
John Prysor-Jones
- 10:30 - 11:00 Workshop “Domestic Violence and Sexual Assault Counselling”
Davide Mariotti and Christine Powers
- 15:00 - 15:30 Workshop “Supporting Affectional Diverse Individuals with a Serious Mental Health Condition”
Anthony Zazzarino
- 15:30 - 16:00 Workshop “Innovative Methodologies to Working with Lesbian, Gay, Bisexual, Transgender, and Questioning Youth in Schools”
Dennis Frank
- 16:00 - 16:30 Workshop “Therapeutic Approaches for Counseling Same-Sex Couples”
Dennis Frank

- 16:30 - 17:00 Workshop “Post-Traumatic Growth and Resilience of LGBTQ+ Asylum Seekers in the United States”
Bagmi Das and Mina Attia
- 17:30 - 18:30 IAC Counselling Practitioners’ Roundtable
Chair: Dr. Nathan C. D. Perron, IAC Executive Council

SATURDAY 29TH PARALLEL SESSION VIENNA&BERLINO ROOM, BUSINESS CENTRE

- 09:00 - 09:30 Workshop “Climate-Based Stress and Psychological Hardiness: Implications for Counselors and Educators”
Emily Chew, Kirsis Dipre, Diana Gallardo, Gideon Litherland and Gretchen Schulthes
- 09:30 - 10:00 Workshop “Multicultural Constructivist Counseling and Adult Learners: Preparing Emergent Counselors”
Neffisatu Celestine Dambo and Patrice Leverett
- 10:00 - 10:30 Workshop “Boundaries and Protocols in Counsellor-Training - a Collaborative Auto-Ethnographic Writing (CAEW)”
Roberta Attard, Marlene Cauchi, Melanie DeMarco and Ruth Falzon
- 10:30 - 11:00 Workshop “Navigating Identity and Mental Health on Instagram: Edu-fluencers in the AAPI Community”
Bagmi Das and Mina Attia
- 15:00 - 15:30 Workshop “Introduction to Resilience-Focused Counselling & Psychotherapy”
William G. Nicoll
- 15:30 - 16:00 Workshop “Integrating Techniques in Trauma Counseling That Help Clients Become ‘Unstuck’ in Their Journey to Trauma Recovery”
Jane M. Webber
- 16:00 - 16:30 Workshop “Healing Hearts: Fostering Happiness in Rescued African Girls through Resilience and Recovery”
Bright Nkebasa Byengoma
- 16:00 - 16:30 Workshop “Responding to the Signals of the Body and the Mind. Exploring Narratives of Spiritual Abuse (SA) in Christian Spiritual Accompaniment”
Jesmond Apap

SATURDAY 29TH POSTER SESSION GAZEBO AREA

- 13:30 - 15:00 Poster presentations

Day 3 - Sunday 30th June, 2024

SUNDAY 30TH PLENARY SESSION MAIN STAGE, CONGRESS HALL

- 09:00 - 09:30 Registration
- 09:30 - 10:20 Speech “The Future of Counselling in Europe”
Dr Dione Mifsud, International Association for Counselling (IAC)
- 10:20 - 11:00 “IAC-Europe presentation”
IAC-Europe Interim Leadership Committee
- 11:00 - 11:30 Coffee Break
- 11:30 - 12:30 Keynote Speech “Restituire potere: il counseling come pratica di empowerment individuale e sociale delle persone con disabilità”
Dr Samuele Pighi
- 12:30 - 13:30 Keynote Speech “Using Indian Knowledge Systems for Effective Counselling Practice”
Dr Lina Kashyap and Dr Swapnalekha Basak
- 13:30 - 14:00 Official Closing of the Conference
Dr Alessandra Benedetta Caporale, President of AssoCounseling and Dr William A. Borgen, President of International Association for Counselling (IAC)

SUNDAY 30TH PARALLEL SESSION OCEANIA ROOM, CONGRESS HALL

- 09:00 - 09:30 Workshop “Teaching a Culturally Sensitive Counseling Approach to Brazilian Counselors Working with Compatriots around the World”
Odalea Novais Freire and Emilene Andrada Donato
- 09:30 - 10:00 Workshop “Treatment of Client Anxiety Through an Allostatic Lens”
Paul Blisard and Kristi Perryman
- 10:00 - 10:30 Workshop “Blessed or Stressed? Culturally Competent Care for Spiritual/Religious LGBTQ+ Individuals”
John J. S. Harrichand and Mary Whiting
- 10:30 - 11:00 Workshop “Familylab. An International Counselling Experience”
Lisa Canaccini

SUNDAY 30TH PARALLEL SESSION LONDRA ROOM, BUSINESS CENTRE

- 00:00 - 09:30 Workshop “Counseling in Multicultural Settings: Best Practices of Arab/Jewish Encounters”
Yehuda Bar Shalom and Amira Bar Shalom

- 09:30 - 10:00 Workshop “Addressing Identity and Oppression through Group Work with First Generation College Goers”
Krista Malott and Stacey Havlik
- 10:00 - 10:30 Workshop “Student Counsellor Experience of Broaching Client Identities: Integrating a Critical Consciousness Lens in Counselling Practice in Aotearoa New Zealand”
Shanee Barraclough and Krista Malott
- 10:30 - 11:00 Workshop “Bilingual Counseling: Language and Cultural Considerations when Providing Services in Different Languages”
Claudia Interiano-Shiverdecker, Priscilla Prasath, Donghun Lee and Derek Robertson

**SUNDAY 30TH PARALLEL SESSION
PARIGI ROOM, BUSINESS CENTRE**

- 09:00 - 09:30 Workshop “Infusing the Social Determinants of Health throughout the Counseling Curriculum”
Cynthia A. Briggs and Linda Foster
- 09:30 - 10:00 Workshop “The Indivisible Student: Promoting Wellbeing in Counselors-in-training through the Implementation of the Indivisible Self Model of Wellness”
David D. Christian, Matthew Peck and Nicolas Bellegarde
- 10:00 - 10:30 Workshop “Adventures in Wellness: Integrating the IS-Wel Model into Adventure Therapy”
David D. Christian, Matthew Peck and Nicolas Bellegarde
- 10:30 - 11:00 Workshop “Confidence and Courage to Face Transitions: Resilience in Counseling Education”
Lena Mazurkiewicz

**SUNDAY 30TH PARALLEL SESSION
VIENNA&BERLINO ROOM, BUSINESS CENTRE**

- 09:00 - 09:30 Workshop “Becoming an Online Counsellor: Experiences of Maltese Counsellors”
Michelle Camilleri
- 09:30 - 10:00 Workshop “Mental Health on the Native American Reservations”
Courtney LaRoque
- 10:00 - 10:30 Workshop “Developing Multicultural Competence and Social Justice Advocacy Skills with Service-Learning Pedagogy: A Qualitative Inquiry on the Lived Experiences of Counselor Educators”
Karl Vonzell Mitchell
- 10:30 - 11:00 Workshop “Utilizing Creative Interventions in Counseling to Bridge Cultural Differences”
Patricia Kimball and Lotes Nelson

KEYNOTE SPEECHES

Keynote Address #1, Friday 28 June

Title

IAC Keynote Address (Pre-recorded Video)

Speaker

Dr **Roberta Metsola** was elected President of the European Parliament in January 2022. She was first elected to the European Parliament in 2013, becoming one of Malta's first female Members of the European Parliament. Metsola was re-elected in 2014 and then again in 2019. Prior to her election as a MEP, President Metsola served within the Permanent Representation of Malta to the European Union and later as the legal advisor to the High Representative of the European Union for Foreign Affairs and Security Policy.

Keynote Address #2, Friday 28 June

Title

Look Within and Find Your HERO!

Summary

Fred Luthans (2002), who pioneered the concept of Psychological Capital [PsyCap] would agree with Mariah Carey. PsyCap is a positive state that is comprised of the psychological assets of Hope (persevering toward goals and, when necessary, redirecting paths to goals in order to succeed); Efficacy (having confidence (self-efficacy) to take on and put in the necessary effort to succeed at challenging tasks; Resilience (when beset by problems and adversity, sustaining and bouncing back and even beyond to attain success; and Optimism (making a positive attribution about succeeding now and in the future); (Luthans et al., 2007, p. 3). Known by the acronym HERO, PsyCap has been validated internationally. It falls in the middle of the trait-state continuum. This makes PsyCap amenable to interventions focused on increasing it, or it can decrease when we become discouraged or beaten down by setbacks. PsyCap development is valuable for both counsellors and clients as we face the challenges in life that we inevitably encounter.

Speaker

Dr. **Christine Suniti Bhat** (Chris) is the elected 73rd President of the American Counseling Association (ACA) and she currently serves as ACA President-Elect. She is a professor and Chair of the Department of Counseling & Higher Education at Ohio University. Chris was a counselor educator from 2003-2006 at California State University, Long Beach, and in 2006, she returned to her PhD alma mater Ohio University. In her role as a professor at Ohio University, she trains master's and PhD students to become licensed professional counsellors, licensed school counsellors, certified rehabilitation counsellors, and counsellor educators and supervisors.

Keynote Address #3, Friday 28 June

Title

Building Climate Resilience and Personal Well-being

Summary

The climate crisis generates high levels of distress in the population. There is evidence that those perceiving severe threat from climate change experience relief when engaging in pro-climate behaviours.

However, most people find it difficult to engage, due to multiple psychological obstacles, including the perception that climate change is still far away, and that they cannot do anything to mitigate it. Nevertheless, Environmental Psychology identified some psychological triggers of pro-climate behaviour, that may facilitate engagement both at the individual and collective levels (e.g. via personal emission cuts and pro-climate civic engagement); examples are *emotional engagement*, *self/collective efficacy*, *self/collective environmental identity*, and *social norms*. By knowing and leveraging these triggers, counsellors can help people become aware of their climate distress and explore constructive pro-climate behavioural changes, in favour of personal and collective well-being.

Speaker

Dr **Anna Castiglione** is a PhD student at the Psychology and Cognitive Science Department of the University of Trento. She graduated in Cognitive and Behavioral Neuroscience and earned a master's degree in Experimental Psychology at the University of California, San Diego, and a master's degree in Atmospheric Physics at the University of Trento. As part of her research in Environmental Psychology, she is building a Climate Action Education program, using some psychological triggers to motivate diverse audiences to engage in pro-climate behaviour.

Keynote Address #4, Saturday 29 June

Title

Supporting Communities Affected by Adversity: The Work of WHO in Developing and Implementing Scalable Psychological Interventions Around the World

Summary

Psychological interventions play a vital role in promoting mental health, well-being and resilience in communities affected by adversity. The World Health Organization (WHO) recognises the importance of these interventions in addressing various mental health challenges globally, in particular by using task-sharing approaches. This presentation will provide an overview of the work of WHO in this area. This includes updated recommendations, the WHO Psychological Intervention Implementation Manual and various evidence based psychological interventions that are open access, available in multiple languages and are designed for use in a range of settings including humanitarian emergencies. It will provide examples of wide scale implementation and possible future directions.

Speaker

Dr **Ken Carswell** has a background in clinical psychology and is a Mental Health Specialist with the WHO Department of Mental Health and Substance Use in Geneva. He is the departmental focal point for innovation, digital mental health and scalable psychological interventions. He has been centrally involved in the development, testing, and implementation of WHO scalable psychological interventions for populations affected by adversity. These include Self-Help Plus, a multi-media stress management course and Step-by-Step, an online self-help intervention for depression, which is available as a free service across Lebanon. Most recently he has led the development of a guided self-help chatbot for adolescent and youth called STARS, which is currently being tested in a randomised controlled trial in Jordan and Lithuania.

Keynote Address #5, Saturday 29 June

Title

Luoghi, Comunità, Narrazioni. Counseling e costruzione di comunità consapevoli. Il progetto Kinesis network e la nascita di una partnership

Summary

L'intervento racconta a più voci la storia dell'incontro tra il Progetto europeo Kinesis e il Counseling professionale. Il progetto Kinesis, un network europeo tra università, mira a mettere in campo azioni concrete per fronteggiare il processo di spopolamento dei borghi interni in Europa, tramite azioni mirate ai giovani e alle comunità sociali e imprenditoriali. Il counseling professionale, portando l'attenzione su: relazioni, risorse, risignificazioni, nuove narrazioni, co-costruzioni, progettualità, rappresenta un interlocutore fondamentale per connettere e mettere a sistema i diversi attori coinvolti in questo progetto, finalizzato a immaginare e dare vita a nuovi modelli di vita sostenibile, consapevole e resiliente.

Speakers

Prof **Johanna Monti**, Professore Associato in Didattica delle Lingue moderne (L-LIN/02) presso il Dipartimento di Studi Letterari, Linguistici e Comparati dell'Università degli Studi di Napoli "L'Orientale". È membro dell'Advisory Board della John Benjamins Book Series in Natural Language Processing e membro dell'Editorial Board dell'"Italian Journal of Computational Linguistics" (IJCoL).

Dr **Chiara Veneri**, membro del Consiglio di Presidenza Nazionale di AssoCounseling, è laureata in Lettere presso l'Università degli Studi di Pisa. Formatasi al counseling a orientamento sistemico, si occupa prevalentemente di counseling organizzativo, affiancando persone e organizzazioni ad accedere al proprio potenziale.

Dr **Noella Barison**, membro del Consiglio di Presidenza Nazionale di AssoCounseling, è laureata in Scienze politiche presso l'Università degli Studi di Torino, formatasi in counseling a orientamento psicosintetico e specializzata nella conduzione di gruppi e negli interventi di orientamento scolastico e Career Guidance.

Keynote Address #6, Sunday 30 June

Title

Restituire potere: il counseling come pratica di empowerment individuale e sociale delle persone con disabilità

Summary

Il counseling è una pratica di aiuto capace di promuovere potere e libertà nelle persone, nei gruppi e nelle organizzazioni. Per questo motivo il counseling rientra nella cornice dell'empowerment e può contribuire nel sostenere gruppi sociali, come le persone con disabilità, coinvolti in processi affermativi di emancipazione sociale. Al contempo, e per effetto del suo attivismo, il counseling può contribuire alle trasformazioni delle pratiche e dei luoghi della cura nell'orientare i sistemi di welfare in senso comunitario e partecipativo.

Speaker

Dr **Samuele Pigoni**, Segretario Generale di Fondazione Time2 (Torino), che si occupa di disabilità, diritti e vita indipendente. Di formazione filosofica, è esperto di design delle organizzazioni del Terzo Settore e progettazione sociale. Cura la rubrica "Filosofia e società" per la rivista Confronti.

Keynote Address #7, Sunday 30 June

Title

Using Indian Knowledge Systems for Effective Counselling Practice

Summary

This presentation will explore the inherent differences between Western and Indian approaches to counselling, with the aim of highlighting the potential for an eclectic blend that leverages the strengths of

both. Next it will briefly describe the basic theoretical approaches, socio-cultural context, target population, counsellor-client relationship, assessment tools, and focus of interventions. Case studies will demonstrate how Indian knowledge systems, particularly yoga and Ayurveda, can complement Western approaches to offer a more holistic counselling framework and a comprehensive approach to mental health. Interactive activities will give participants a first-hand experience of the power of this holistic approach.

Speakers

Dr ***Lina Kashyap*** is a Professor Emeritus with over 40 years of experience in social work and served as Deputy Director of TISS Mumbai until 2013. She headed the Department of Family and Child Welfare, initiated the Centre for Disability Studies and Action, and developed online master's programs in International Family Studies and Social Work in Child's Rights. Her international contributions include serving as Vice President of IAC and chairing the Global Consortium for International Family Studies.

Dr ***Swapnalekha Basak*** currently owns and runs two enterprises. Computer Shiksha is a non-profit dedicated to eradicating the digital divide in society, and plugH works with organizations to transform into healthy, happy, and harmonious workplaces, integrating Western and Indian knowledge systems. Over the last 30 years she has blended diverse disciplines from engineering and music to counselling and philosophy into her work.

POSTER PRESENTATIONS

Saturday 29 June, in the gazebo area, from 13:30 to 15:00.

Imre Emeric Csaszar:

A Partnership Between Counselling and Theater: Measuring Student Impact

John J. S. Harrichand:

Social Determinants of Health with Sex Trafficking Survivors in the United States

Natoya Haskins:

Embodying the Epistemology of Afrocentric, Womanist, and Black Liberation Theologies: an Ethnographic Narrative Inquiry for Healing Racial and Spiritual Trauma

Donghun Lee:

The Impacts of Counsellors' Self-Discrepancies on Counselling Effectiveness: A Pathway Through Burnout and Well-Being

Keeland LoDato:

A Systematic Review of Mobile Applications for Cultivating Emotional Wellness

Keeland LoDato:

Utilizing CQR-M to Explore College Student Experiences with Wellness-Related Mobile Applications

Devon Romero:

Uncovering Post Traumatic Growth Among Survivors of Sex Trafficking: What Counsellors Need to Know?

Sonya L. Ford:

Come Together: Prioritizing the Importance of Wellbeing and Resilience in Medical School

Tenisha Phillips:

Experiences of Licensed Professional Counsellors of Color with Implementing Social Justice Advocacy

Jennifer R. Curry:

Mindfulness Training for Counselling Students: Interventions and Outcomes

THEATRE PERFORMANCE

The drama company ***Counselor in scena*** (Counsellors on stage) presents ***Pezzi unici*** (Unique Pieces), a performance of seven scenes and an interlude: Twelve counsellors have been working together for one year, mixing different aspects of their profession, and have created a representation of counselling through a journey that integrates body, mind and emotions. Words, dance, percussion, movements, silence, objects and spaces describe a relationship of caring, listening, acceptance, empathy, and authenticity.

Saturday 29 June 2024 at 18:30 on the main stage (Congress Hall). **Free entrance.**

CONTRIBUTORS

Mehmet N. Akkurt

Anumbano Ali

Courtney E. Allen

Maria Cristina Altieri

Emilene Andrada Donato

Roberta Attard

Mina Attia

Richard S. Balkin

Anna Ballesteros-Urpí

Jeanin Balzan Engerer

Valeria Balistreri

Amira Bar Shalom

Yehuda Bar Shalom

Noella I. Barison

Shanee Barraclough

Swapnalekha Basak

Christine Suniti Bhat

Fernando Battista

Nicolas Bellegarde

Paul Blisard

Roberta Borgen

William A. Borgen

Caitlin Braine

Cynthia A. Briggs

Bright N. Byengoma

Megan Byrd

Alessandra Callegari

Michelle Camilleri

Lisa Canaccini

Alessandra Benedetta Caporale

Alessia Carli

Kenneth Carswell

Anna Castiglione

Marlene Cauchi

Grant Charles

Emily Chew

Eugene Chi

David D. Christian

Roberta Cigalino

Dominic Cirincione

Doriana Crema

Neffisatu Celestine Dambo

Bagmi Das

Melanie DeMarco

Kirsis Dipre

Francisco José Eiroa-Orosa

Edward Ewe

Ruth Falzon

Lucilla Felicioni

Linda Foster

Dennis Frank

Russell Fulmer

Diana Gallardo

Sandra Gavin

Michelle R. Ghoston

Andrea Gogliani

Francesc Gomez-Morales

Jasmine Graham

Emily Hardman

John J. S. Harrichand

Brandon S. Harris

Shandra Harris

Stacey Havlik

Shannon Holliday

Pat Howley

Angela Infante

Claudia Interiano-Shiverdecker

Lisa Isenman

Ishu Ishiyama
Lina Kashyap
Patricia Kimball
Richard LaFleur
Costantino Lala
Simone Lambert
Courtney LaRoque
Donghun Lee
Patrice Leverett
Vanessa Lim
Gideon Litherland
Francesca Malatesta
Krista Malott
Marina Marini
Davide Mariotti
Martha Mason
Deepak Mathew
Lena Mazurkiewicz
Shannon McFarlin
Jodie McKenzie
Roberta Metsola
Dione Mifsud
Karl V. Mitchell
Antonio Monteiro dos Santos
Johanna Monti
Ingeborg Müller-Hohagen
Jürgen Müller-Hohagen
Lotes Nelson
Anita A. Neuer Colburn
William G. Nicoll
Dominic Nsona
Odalea Novais Freire
Fabrizio Paoletti
Matthew Peck
Nathan C. D. Perron
Kristi Perryman

Laurie A. Persh
Samuele Pigi
Pietro E. Pontremoli
Christine Powers
Priscilla Prasath
Sue Pressman
John Prysor-Jones
Don Redmond
Damien Ridge
Derek Robertson
Katherine Rodgers
Anthony Rose
Julia K. Runte
Manal Saleh
David Savill
Gretchen Schulthes
Wendi Schweiger-Moore
Patrizia Servadio
Elon Slutsky
Nikolaos Souvlakis
Ali Turfe
James Underhill
Madelene Uytdewilligen
Tommaso Valleri
Chiara Veneri
Giuseppe Villarusso
David Walther
Jane M. Webber
Marvin Westwood
Mary Whiting
Yan Yan
Terence Yee
Anthony Zazzarino
Stefano Zoletto

PRACTICAL INFORMATION

Registration Desk

The Registration Desk is located in **Gazebo Area** (before entering the main stage foyer). Registration is open at the following times: Friday 28 from 8:30 to 10:30 a.m., Saturday 29 from 8:00 to 10:00 a.m., Sunday 30 from 8:00 to 9:30 a.m.

Help and Support

You can get information or assistance during the conference at Registration Desk. The staff are available for the duration of the conference. You can also get support by writing a WhatsApp message to the number +39055240799.

Attendance certificates

Attendance certificates will be sent after the conference by email, to the address provided during registration.

Programme QR Code

ENG



ITA



WI-FI Details

Network ID: Ramada. **Password:** Welcome.ramada.na

Social Media Links

If you want to share content on social media, please use the following hashtags: **#IAC2024**
#iacconference #Naples

Please share your experiences on our social pages (Facebook and Instagram): **@IACIRTAC** and **@AssoCounseling**

Restaurant

Le Petit is a cosy and welcoming restaurant where you can find the best recipes from Mediterranean cooking and the Neapolitan tradition, always interpreted with creativity and inspiration.

Conference participants receive a **10% discount** for restaurant services during the lunch break.

The European Board for Certified Counselors (EBCC)



EBCC is a nonprofit organization that serves to advance the profession of counseling in Europe and serves as the regional hub for the National Board for Certified Counselors (NBCC), which is the premier credentialing body for counselors in the United States. It ensures that counselors who become board certified have achieved the highest standard of practice through education, examination, supervision, experience, and ethical guidelines. Benefiting from NBCC's expertise in counseling professionalization, EBCC was created to aid and promote the efforts of European countries to build counseling professionalization.

EBCC's Work

EBCC has been advocating for the counseling profession in Europe by promoting common professional and ethical standards of practice as the foundational step in creating a profession. EBCC has been collaborating with its partners to establish training and credentialing programs that are:

- reflective of counseling.
- meaningful and relevant to the realities where implemented.
- a vehicle for the institution of common standards of practice.

To promote the development of counseling as a distinct profession in Europe, EBCC has been advocating for certification as a quality assurance mechanism that safeguards professionals and the public by:

- recognizing qualified practitioners.
- promoting professional identity.
- establishing common professional and ethical standards.

EBCC's commitment to set and promote common standards of practice aims to elevate practitioners from different backgrounds toward a same denominator and professional profile, thus promoting quality assurance within the services credential holders provide to the public. In this endeavour, EBCC has been collaborating with several institutions in European countries, mainly through the development and implementation of credentialing and training programs.

To learn about EBCC programs being developed in Europe, visit here:



“Credentialing programs are the foundational base for a profession, illuminating the professional standards required and serving as a reference for the public to identify qualified services and providers.”





International
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