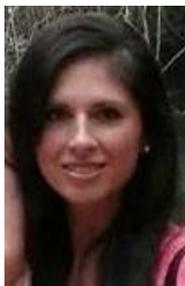


Northern Metro Counseling Association

Summer Conference 2016
Guest Speakers



Krystal Humphreys, M.Ed., LPC-I, Doctoral Candidate

“Non-Suicidal Self Injury: Cutting Through The Pain”

Session 1 - 8:30-10:00 AM

Krystal is Ph.D. candidate in Counselor Education and Supervision at Texas Tech University where she has been a federal grant research assistant focusing on mathematics classroom interventions at Seagoville High School. She has earned two Bachelor of Arts degrees in Dance and Psychology as well as a Master of Education and School Counseling from Texas Tech University. Krystal is a Licensed Professional Counselor-Intern and specializes in child and adolescent issues that affect lifespan development. She is currently writing her dissertation on the topic of the sex trafficking among American youth from the perspective of a school counselor. Her other research interests include innovative treatments for non-suicidal self-injury in adolescents, teen dating violence and domestic violence related to military families, and teens in military families and adjustment/resiliency.

Krystal is originally from Lubbock and currently lives in Lewisville and works with children ages 5-11 at the Excel Center in Lewisville. She is certified to teach English 8-12 and Dance 8-12 and previously worked as a teacher and coach at Lubbock High School. In Lubbock ISD, Krystal gained experience counseling in a middle school and high school. Additionally, she has extensive experience working with victims of human trafficking in Dallas; and children and adolescents in a treatment facility. Currently, Krystal has several publications related to Non-suicidal self-injury and utilizing play therapy with teens in military homes.

Overall, Krystal's pride and joy is her husband of 10 years and their 5 year old daughter. Krystal's husband has been an active duty Marine for 15 years and they are a proud military family. Their dachshund, Raider, is named after the Texas Tech Red Raiders and has been with them for 10 years.

Session Overview:

The adolescent period of development is stressful and emotional. Non-suicidal self-injury has been used as a coping mechanism for teens and is increasingly more common. Teens are participating in groups that self-harm and are taking their risky behavior to new heights. Counselors must be aware of the new trends in non-suicidal self-injury, so that they may intervene with their clients. Counselors need clear strategies to consult with parents and to create a safe environment for their clients to heal.

Non-suicidal self-injury is becoming increasingly more common among the adolescent population. Teens are continuously finding new ways to participate in this risk taking behavior. The program will provide counselors with information regarding non-suicidal self-injury among teens. Krystal will explore signs and symptoms, types of self-harm, and strategies for interventions in school and community settings.

After the PowerPoint presentation on non-suicidal self-injury, the participants will be able to define non-suicidal self-injury and better understand the problem of self-injury. It is important to learn how to respond appropriately to an adolescent who self-injures for counselors, as well as parents. Participants will be able to discuss the misconceptions of self-injury. They will know how to assess a person who self-injures and be able to explain three types of treatment for self-injury. Participants will also discuss innovative techniques learned and how they apply to the population for which they work. Participants will have the opportunity to complete an experiential activity and discuss in small groups.

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Jessica Demla, M.A., LPC

“Using Solution Focused Therapy & Narrative Practices to Heal from Grief & Loss”

Session 2 - 10:15-11:45 AM

Jessica is a Licensed Professional Counselor at Uptown Counseling and Family Therapy in Dallas, Texas. She has extensive training in Solution-Focused and Narrative therapies and specializes in working with couples, adolescents, families and the South Asian and Desi Community. Additionally, Jessica has experience in treating clients dealing with grief, trauma and addiction. Jessica earned a Master of Arts degree in Professional Counseling from Texas Wesleyan University and a Bachelor of Arts degree in Psychology and Religion from Austin College. Over the years, Jessica has had experience working in community based counseling and trauma centers such as the Dallas Children’s Advocacy Center, Glick House Community Counseling Center, and North Texas Trauma Support Services.

Through her professional experience she has found that lives can be reclaimed from problems so that a more preferred story can be lived and told. She believes that individuals, couples, and families have unique strengths, skills, and abilities to find meaning and restore peace within their lives. Jessica has dedicated her practice and work to helping couples restore their sense of “us” as soon as they can and be able to find desire, passion, communication, togetherness, trust, and a sense of fun in their relationship again or even better than before.

Jessica’s passion and expertise is providing therapeutic services specifically to those in the Desi Community. She has found that individuals in the Desi community have strongly benefited from counseling services when it came to issues dealing with marriage, parent-child-relationship, pre/post baby trauma, depression, anxiety, and new family dynamics. Her experience in working with the Desi population has allowed her the opportunity to not only better understand different families and upbringings but also help these families regain their life from problems that once seemed to never go away.

Session Overview:

In this session, participants will learn many of the assumptions and concepts of Solution-Focused Therapy and Narrative Practices. Jessica will share the most up-to-date concepts and practices for working with grief and loss using Solution Focused and Narrative techniques in clinical, agency and school settings. Participants will be able to practice these models during the presentation and through small group discussions, be able to use these practices confidently upon completion. Everyone will receive a list of community resources and texts to further their research and understanding.



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Guest Speakers



Sarah Feuerbacher, Ph.D., LCSW-S

“The 3 P’s and C’s of Strong Supervision: Perspective, Power, Pluralism; Communication, Conflict, Coping”

Session 3 - 12:45-2:15 PM

Sarah Feuerbacher, Ph.D., LCSW-S earned a Bachelor of Arts in Social Work, Master of Social Work, and Doctorate of Philosophy in Educational Psychology from Baylor University. Dr. Feuerbacher is a Licensed Clinical Social Worker Supervisor, Practical Parent Education Certified Parent Educator, and State of Texas Parent Mediator/Facilitator. Dr. Feuerbacher is currently employed by Southern Methodist University as Clinic Director of the Family Counseling Center and teaches in the Graduate Department of Dispute Resolution and Counseling. Dr. Feuerbacher’s clinical focus and public speaking specialization is in the area of using holistic approaches in working with diverse individuals who have experienced multifaceted themes of abuse in order to identify and empower strengths in intrapersonal and environmental systems that can create personal goals, positive relationships, and healthy lifestyles.

Session Overview:

In this presentation, participants will engage in an interactive discussion and lecture program that identifies the roles of a supervisor and challenges of supervision, which include varying perspectives, power differentials, and utilizing pluralism, as well as addressing these challenges in supervision through utilizing effective supervision strategies such as communication styles, conflict resolution skills, and coping styles.

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Laurel Clement, J.D., LPC, Attorney & Counselor at Law

“Compliant Proofing Your Practice”

Session 4 (Ethics) - 2:30-4:00 PM

Laurel Clement is a mother who happens to do a few other things on the side. At this time, she is in private practice as an attorney. She is also a Licensed Professional Counselor. Her legal practice consists of Family Law, Special Education cases and representing therapists. Laurel has spent too much time and money attending school. She received a bachelor's degree from Austin College in Sherman. Her two majors were Business & Sociology. Laurel received a Master of Arts degree from UTA in Criminal Justice and a Doctor of Jurisprudence from Baylor University. After passing the Bar exam, Laurel was licensed as an attorney in November 1989. Later, Laurel received a Master of Arts degree from Amberton University in 1997 and became a Licensed Professional Counselor by the Texas Board of Examiners of Professional Counselors in 1998. She enrolled in the Ph.D. program in counseling at Texas A&M Commerce for a couple of years to refresh her counseling skills and knowledge. Laurel has one son; four dogs; and plenty of Wedgwood china.

Session Overview:

This session will focus on counselor ethics and some of the potential ethical dilemmas counselors may be faced with in private practice, agency work or schools. Laurel will provide examples of ethical implications beginning with the client reviewing the therapist's advertisement; the client's first session; and continuing to review the therapist's practice through the time of termination. Along the way legal and ethical issues will be addressed which have been dealt with before the Board or might be before the Board. This presentation will provide information on each of these subject matters as well as specifics on the 2014 ACA Code of Ethics, ASCA Code of Ethics, as well as Texas LPC, LMFT and LCSW ethical requirements and its implications for Texas counselors, therapists and social workers.