



CCNY 2018 Pre-Conference Agenda

The College at Brockport

June 6, 2018

The New York Room, Cooper Hall

8am-9:00am: Registration and Residence Hall Check-In
Buffet Breakfast

9:00am – Noon: **Preconference Workshop #1:**
Christine Sweeney, LCSW-R
“Solution-Focused Approaches” (3 CEU’s)

Solution-Focused Approaches is an experiential training in the use of Solution-Focused (SF) counseling techniques. This training derives directly from the curriculum created by the Solution-Focused Brief Therapy (SFBT) Association founded originally by Insoo Kim Berg. Students will learn about the fundamental beliefs underlying the SFBT approach. Students will have the opportunity to observe videos of Insoo and Steve performing these techniques. Students will then practice these techniques themselves.

After completing the training, students will:

- a. Know the fundamental philosophy underlying the SFBT approach to counseling and how that differs from most traditional therapeutic approaches.
- b. Know and have experience using SFBT techniques such as: identifying strengths and resources, building hope, co-constructing solutions, amplifying success and complementing.
- c. Know and have experience using the “language of change.”

12:00pm: **EVALUATIONS**

12:00pm-1:00pm: LUNCH (must have pre-registered)

1:00pm-5:00pm:**

Preconference Workshop #2:

David W. Eckert, LMHC, NCC, CRC

“Attachment Goes to College: Basic Needs and College Counseling” (4 CEU’s)

Unmet needs and traumatic experiences can have a significant impact on the mind-body connection. Without the benefit of corrective experiences, these factors can negatively impact our cognitive and emotional functioning. This workshop will explore the importance of early attachment and other fundamental needs that are common to everyone. Participants will understand how unmet needs affect relationships, especially during times of stress, such as the transition to college. Emphasis will be placed on approaches that promote the insight and self-understanding that helps with cognitive integration and assimilation into the college environment. Case Examples from the college-age population will be used to focus discussion on effective counseling approaches and participants will be offered tools to utilize within the University setting.

Learning Objectives:

1. Participants will understand the Consistency Theory and how unmet needs can lead to behavioral and physical health diagnoses.
2. The relationship between types of attachment and adjustment to the college environment will be explored.
3. Assessment and counseling approaches that can promote healthy and successful adjustment to the college environment will be explored.

*****There will be a 15 minute refreshment break around 2:30 *****

5:00pm: Evaluations