

Texas A&M University—Corpus Christi
 Tex-CHIP Integrated Care Virtual Conference
 May 11, 2024

Session 1: Early Career Counseling Intervention for College Students Using a Holistic Approach

Time Start	Time End	Zoom Link
9am	9:50am	https://tamucc.zoom.us/j/96864350950?pwd=Sitwbk8rWEM0d2NIWWp1RUtCeWxNUT09&from=addon
Learning Objective 1	Learning Objective 2	Learning Objective 3
Understanding the Correlation of Career Development and Emotional Clarity	Importance of Using Career Counseling to Make Confident Life Decisions	How Career Counseling Reduces Anxiety

This session will prioritize the implementation of holistic career counseling approaches to mitigate obstacles that college students face when selecting a career path and experiencing anxiety during decision-making. Providing mental and emotional clarity is paramount and will be thoroughly discussed. Additionally, strategies to assist clients and students, utilizing the holistic approach in career counseling, self-identity techniques, and confidence-building, will be explored.

Presenter: Jennifer Gonzales, M.S.

Jennifer Gonzales is an esteemed Director of Career Development at Del Mar College, who boasts an illustrious background spanning a decade in public school education and sixteen years in higher education. Her passion for leading her team to provide progressive career counseling for students and graduates reflects her exceptional leadership skills and proficiency in the field. With over ten years of experience in guiding undergraduate and graduate students in traditional college programs and technical education, Jennifer is committed to implementing comprehensive career readiness programs. In addition to her impressive background, Jennifer has led a higher education grant program for six years at Del Mar College and K-12 Title III grants in rural areas for five years. Her academic accomplishments include a Master's degree in Counseling from Texas A&M University-Corpus Christi and a Bachelor's degree in Science from Texas A&M University-Kingsville. Her philosophy of meeting students where they are to assist them in achieving their career goals effectively reflects her dedication to her profession. Jennifer is a staunch advocate for career counseling and uses a holistic approach with students, enabling them to gain clarity, confidence, and growth while entering the workforce. Her approach involves comprehending students' unique situations and formulating tailored career plans that align with their interests, skills, and values. Jennifer's foremost objective is to assist students in discovering their full potential and achieving their career aspirations.

Session 2: The use of Dungeons and Dragons as a Therapeutic Tool for Hospitalized Clients

Time Start	Time End	Zoom Link
10am	10:50am	https://tamucc.zoom.us/j/96864350950?pwd=Sitwbk8rWEM0d2NIWWp1RUpCeWxNUT09&from=addon

Learning Objective 1	Learning Objective 2	Learning Objective 3
Participants will be taught the basics of Tabletop Roleplaying based therapy.	Participants will be taught how tabletop roleplaying can be used alongside integrated care techniques to help hospitalized clients.	Participants will be shown how to use Tabletop Roleplaying techniques with clients using integrated care methods.

Dungeons and Dragons is a tabletop roleplaying game that, over the past decade, has been increasingly used as a therapeutic tool within the counseling world. Institutions such as Johns Hopkins University have started Dungeons and Dragons therapy groups, and the foundation Games to Grow is dedicated to expanding the use of gaming-based counseling methods. Dungeons and Dragons-based counseling takes inspiration from existentialist therapy, narrative therapy, and play therapy. Because of the versatility provided by the Dungeons and Dragons system, it can be used to build different scenarios that allow clients to develop social skills, evaluate how their actions affect others, and explore aspects of the self that they might be uncomfortable with. It is also useful when working with hospitalized clients because it can be used remotely. This Presentation aims to show the value of using Dungeons and Dragons as a therapeutic tool with hospitalized clients incorporating integrated care methods.

Presenter: Emily Beaman, M.A.

Emily Beaman is a second-year doctoral student at Texas A&M University-Corpus Christi. She has recently started for dissertation on "The use of Dungeons and Dragons as a Therapeutic Tool in Helping College Students Manage."

Session 3: Counseling the Rainbow-How to use Affirmative Solution Focused Brief Therapy with LGBTQ+ clients

Time Start	Time End	Zoom Link
11am	11:50am	https://tamucc.zoom.us/j/96864350950?pwd=Sitwbk8rWEM0d2NIWWp1RUpCeWxNUT09&from=addon

Learning Objective 1	Learning Objective 2	Learning Objective 3
Participants will identify the historical background of affirmative therapy and the general concerns of LGBTQIA+ clients in therapy.	Participants will define and summarize the main tenants and strategies of affirmative solution-focused brief therapy.	Participants will define and summarize the main tenants and strategies of affirmative solution-focused brief therapy.

As one of the most historically underserved groups, LGBTQ+ clients require evidence-based treatments. The proposed program is an introduction to the integration of Affirmative Therapy with Solution Focused Brief Therapy (SFBT). The participants will be taught a brief synopsis of the history of LGBTQ+ clients in counseling and the main concerns of this population, the main principles of Affirmative-Solution Focused Brief Therapy (A-SFBT), and how to apply A-SFBT to their practice. Common SFBT strategies will be reintroduced with an affirmative stance and participants will be able to practice the new integration of strategies.

Presenter: Maike Holleck, M.S., LPC-Associate

Maike Holleck is a second-year doctoral student in the field of counselor education and supervision and a Licensed Professional Counselor Associate in the state of Texas. She serves as the campus suicide prevention coordinator at Texas A&M University Corpus-Christi and works in inpatient and outpatient mental health settings. Her research agenda includes issues in the LGBTQIA+ community, as well as parent-adolescent relationships and their impact on adolescent mental health. She is currently in the first stages of utilizing participatory action research for her upcoming dissertation on “parents’ lived experiences and needs while raising a child diagnosed with mental illness”, to create a community intervention and community action on the topic.

Co-Presenter: Elizabeth Okoye-Ezeoke, M.S., LPC-Associate

Session 4: SUD Issues within the Family Systems

Time Start	Time End	Zoom Link
1pm	1:50pm	https://tamucc.zoom.us/j/96864350950?pwd=Sitwbk8rWEM0d2NIWWp1RUUpCeWxNUT09&from=addon

Learning Objective 1	Learning Objective 2	Learning Objective 3
To become aware of the issues surrounding SUD related problems and Family Systems.	Define maladaptive behaviors and identify how family systems normalize to protect members from negative consequences.	To become familiar with screening instruments or techniques when assessing SUD and Family related issues.

Participants will explore the concepts associated with SUD related issues within the family systems based on acceptance, protection, isolation and normalization of addictive behaviors that create imbalances for families. They will develop an understanding of what is considered maladaptive, symptomatic and observant behaviors when working with individuals that have SUD problems and families are seeking help for them. We will review the DSM-V diagnosis for SUD related issues and explore the concepts of meeting criteria's for SUD related issues. In summary, participants will be provided with tools for assessing and screening for SUD related admissions.

Presenter: Santos Ramirez MMFT, LCDC, LMFT

Santos Ramirez MFT, LCDC, LMFT is the founder and owner of GCRS, Inc. Mr. Ramirez has over 25 years of experience working with the Substance Abuse Population and Family Systems. He has worked for nonprofit organizations, private hospitals, for profit companies, Methadone Programs, Probation and Corrections Departments. His approaches and beliefs coincide with rehabilitative efforts and in stabilizing the relational family system. He believes in the advocacy for the wellness of the systemic family system and how individuals with domestic, trauma, anger, or substance abuse problems can become a central tool for balancing the family systems by addressing those issues. Mr. Santos Ramirez is a License Marriage Family Therapist, (LMFT) License Chemical Dependency Counselor, holds a bachelor's degree in criminal justice from Texas A&M Corpus Christi and a Master Degree in Marriage and Family Therapy from Abilene Christian University.

Session 5: Transgender Patient Care: From Gatekeeping to Advocacy

Time Start	Time End	Zoom Link
2pm	2:50pm	https://tamucc.zoom.us/j/96864350950?pwd=Sitwbk8rWEM0d2NIWWp1RUpCeWxNUT09&from=addon
Learning Objective 1	Learning Objective 2	Learning Objective 3
History and Gender Dysphoria in the DSM	History of treatment for transgender patients in the medical and counseling fields	How to educate and advocate today

Within the realm of counseling there is an emphasis on the importance of multicultural awareness and humility as we, as students and veteran professionals, work with clients and continued education. This not only applies to current cultural understandings, but in historical context as well. The transgender and nonbinary community is among the many cultural realms that should—and need to be—understood by counselors working within this field. The historical context of what a physician's and a counselor's role for transgender patients, from earlier recorded history to present day stigma, is less discussed than the ongoing "tiptoe" discussions

that are held in the counseling field. The pipeline from gatekeeper to advocate, or at the very least the willingness to learn, can be a steppingstone to progress for these communities—among many others. By learning and understanding what our roles were in history we can then understand what we can change and act on now even in the face of barriers.

Presenter: Santiago Luna, B.A.

Santiago Luna is currently a professional counseling graduate student at Texas A&M University Corpus Christi and is a first-generation college student and second-generation Mexican American with a strong passion for advocacy, genuineness, and authenticity in his career. He received his bachelor's degree in psychology at the University of Texas in San Antonio in 2020 and is set to graduate with his masters in the Summer of 2024. Santiago is currently a counseling intern at the Counseling and Training Clinic and the Coastal Bend PRIDE Center where he offers a wide range of counseling services in both locations. His focus for counseling involves support and advocacy for BIPOC and LGBT+ communities with an emphasis of support for transgender and nonbinary communities. Santiago plans to receive his license as a Licensed Mental Health Counselor in Washington where he will continue his doctoral education at Antioch University.