COMPREHENSIVE SESSIONS
PRECONFERENCE WORKSHOPS

The WSCA Conference is THE conference in the state devoted to school counselors' unique professional development needs.

Every year, our school counselors say they would like more time to learn about specific topics they encountered during the WSCA Conference.

Based on the recommendations from YOU, the school counselors of Wisconsin, we have assembled a high-quality, diverse set of preconference sessions.

Mix and match two half-day sessions, or attend a full-day session to focus more in-depth on a single topic. Create a preconference day that provides the best learning opportunities for your professional development needs!

With our resources and feedback, we are proud to say the preconference team can also bring in well-known national speakers to provide high-quality professional development.

Elementary Counselors: We've heard you! Based on your feedback, we have recruited FOUR elementary-specific workshops to help meet your level's needs. We look forward to you joining us!

Check out the Preconference webpage to learn more.

NOVEMBER 1, 2023: PRECONFERENCE WORKSHOPS THEMES AND TRACKS

Use these tracks to help design the perfect professional development day with a focus on what matters most to YOU!

Social/Emotional	**MORNING**
	School Refusal and Anxiety: Diagnosis, Treatment, and Family Accommodation (K-12)
	Diving Into Acceptance and Commitment Therapy (ACT): Impacting Students' Mindsets and Mental Health (K-12)
	Joy: An Inside Job (K-5)
	AFTERNOON
	Forgiveness as Resilience (K-12)
	Increasing Group Counseling Effectiveness Through Group Theory and Experiential Activities (K-12)
Leadership/ Advocacy	**FULL DAY**
	New School Counselor Orientation (K-12)
	AFTERNOON
	Constructive Dialogue Institute: Facilitating Dialogue in Student (and Adult) Programming and Conversations (9-12)
	Elementary Counselor Tackle the Tiers (K-5)
	Julia Cook Tricks of the Trade (K-5)
Academic/ Career/ Postsecondary	**MORNING**
	Section 504: From Child Find to Placement and Everything In-between (K-12)
	AFTERNOON
	NEW! Introducing the Wisconsin Career Readiness Standards (K-12)
Equity	**MORNING**
	Affirming LGBTQ+ Individuals at the Elementary Level (K-5)
	Navigating Emotional Jigsaw Puzzles of Microaggressions: Steps for School Counselors to Create a Beloved Community (K-12)
	Championing Inclusive Schools: ADL's No Place for Hate Initiative (K-12)
	AFTERNOON
	Decolonizing Mindfulness: An Exploration of Utilizing Mindfulness as Intervention With Disenfranchised Students (K-12)

Some topics may address more than one theme. Please read the full description for more information.

FULL-DAY WORKSHOPS

9:30 AM–4:30 PM

New School Counselor Orientation (K-12)

Andrea Donegan, School Counseling Consultant, WI Department of Public Instruction

Guest Speaker

The New-to-the-Field School Counselor Orientation is an opportunity to learn about and discuss important school counseling topics and best practices, network with other professionals new to the school counseling role in the last year or two, discover available resources and supports, and connect with the state school counseling consultant. Topics covered by the DPI school counseling consultant and guest speakers include: Suicide Prevention, ASCA National Model, Supporting LGBTQ+ Students, Social Emotional Learning, Compassion Resilience, Career Readiness - Elementary Through High School, Resource Deep Dive, Classroom Management Tips, and an opportunity to get answers to your most pressing questions from our professional panel. Join the learning and conversation and get support in your new role because we all know that learning it is different than living it!

Track: Leadership/ Advocacy

HALF-DAY WORKSHOPS MORNING

9:30 AM–12:30 PM

School Refusal and Anxiety: Diagnosis, Treatment, and Family Accommodation (K-12)

Dr. David Jacobi, Clinical Director, Roger's Behavioral Health

September Casteel, Director of Operations, Rogers Behavioral Health

Travis Nugent, Therapist-OCD and Anxiety Partial Hospitalization Program, Rogers Behavioral Health

In this three-hour workshop, we will provide a review of school refusal behavior as it relates to anxiety. This will include a discussion of diagnosis and a description of the prescriptive psychological treatments for anxiety and school refusal behavior, and we will offer examples of family (symptom) accommodation among caregivers, family members, and school personnel. We will identify examples of anxiety in the school setting and offer strategies for school personnel to manage these. Lastly, we will emphasize a family-based approach to managing anxiety disorders and provide ways in which family members can assist in the treatment process. We will allow time at the end of the workshop for questions.

Track: Social/Emotional

Diving into Acceptance and Commitment Therapy (ACT): Impacting Students' Mindsets and Mental Health (K-12)

Dr. Jennifer Betters-Bubon, Associate Professor, University of Wisconsin-Whitewater

Amy Barth, UW-Whitewater

Tyler Madro, UW-Whitewater

Now more than ever, school counselors need tools to meet the mental health needs of students. This half-day workshop focuses on Acceptance and Commitment Therapy (ACT) – an action-oriented approach to counseling – with goals to teach students skills to overcome painful thoughts and emotions and gain meaningful insight into what truly matters to them. During this engaging presentation, participants will: examine the key principles of ACT; practice ACT techniques and activities; and create a plan for how to integrate ACT into their comprehensive school counseling program. Join us to learn about ACT techniques to assist students, staff, and your overall well-being.

Track: Social/Emotional

Joy: An Inside Job (K-5)

Julia Cook, Children's Book Author and Parenting Expert

The demands on school counselors often feels overwhelming. Each day we are confronted with behavioral issues, inequity, suicidal ideation, and diversity challenges… and that's on top of working with students on future career options and post-secondary education, and keeping track of all the data and documentation. When the school counseling tidal wave begins to swell, how do you stand strong and continue to pour out the encouragement, wisdom, and support your students need? In this heartfelt, engaging talk, Julia Cook shares what it's taken her years to figure out. Happiness is momentary, but joy is a constant state of contentment that is not shifted by the chaos around us. Through stories and practical steps, Julia teaches us how to shift our thinking and actions so that we can move from looking for temporary happiness to finding long-term joy, develop a process for self-care that inhibits burnout and compassion fatigue, inspire others to find their own inner joy, and be a school counselor who looks forward to Mondays.

Track: Social/Emotional

Section 504: From Child Find to Placement and Everything In-between (K-12)

Matt Bell, Attorney, Boardman Clark

Participants will develop an understanding of the legal underpinnings of Section 504, and will be able to articulate the necessary procedures to identify, evaluate, and accommodate students protected by Section 504. Participants will also be provided with a Section 504 framework that may be implemented to assist with ensuring compliance.

Track: Academic/Career/Postsecondary

Affirming LGBTQ+ Individuals at the Elementary Level (K-5)

Brian Juchems, Co-Executive Director, Gay Straight Alliance for Safe Schools (GSAFE)

Elementary students are often the first to "come out" – as LGBTQ+ and/or as children of LGBTQ+ parents. Given the current political and cultural context, how can school counselors work to ensure that our youngest students are not only safe but included and affirmed? How do you talk about this topic in age-appropriate ways, and what resources are available to help? How do you make the case for LGBTQ+ inclusion to colleagues, school leaders, and families?

Track: Equity

Navigating Emotional Jigsaw Puzzles of Microaggressions: Steps for School Counselors to Create a Beloved Community (K-12)

Mia Tatum-Crider, School Counselor, Whitman Middle School/Wauwatosa School District

Microaggressions negatively impact all in our school community, and school counselors can use their leadership capacity and voice for positive change. Although said to be slight and unintentional, they are harmful and offensive, and more studies conclude their negative impacts on mental health. School counselors can assist in creating a beloved community for all students. We can lead the charge by knowing, naming, and acknowledging harm, intentionally interrupting, and educating to repair. Move beyond performative and learn to utilize strategies and programming that will increase awareness and appropriate responses to microaggressions that will support all students' social and emotional well-being.

Track: Equity

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Championing Inclusive Schools: ADL's No Place for Hate Initiative (K-12)

Bill Hicks, Associate Education Director, Anti-Defamation League

Are you a K-12 counselor or educator looking for ways to respond to bullying or bias incidents in your classrooms and schools? Are you looking to equip your students with the skills to create a welcoming and inclusive school environment? No Place for Hate® is a student-led K-12 initiative designed to engage all school stakeholders in building a positive school environment. This session will provide an overview of the No Place for Hate® initiative and educational resources to support inclusive learning environments.

Track: Equity

HALF-DAY WORKSHOPS AFTERNOON

1:30 PM–4:30 PM

Forgiveness as Resilience (K-12)

Timothy Markle, Founder/Director, Forgiveness Factor

Forgiveness gives us a way to deal with and heal from past hurts. It also provides a new way to deal with future hurts by solidifying forgiving values. Values like everyone has worth. Everyone makes mistakes. We all share so much in common. But forgiveness is so often misunderstood. Once we learn what forgiveness is and how to apply it to our own lives, then we will be in much better shape to offer forgiveness as a tool for those struggling with life. With forgiveness, it doesn't matter if the source of pain is internal or external; forgiveness can provide a way to heal. Learn what forgiveness is, how to forgive, and then how to offer it to others.

Track: Social/Emotional

Increasing Group Counseling Effectiveness Through Group Theory and Experiential Activities (K-12)

Dr. Mark Gillen, School Counseling Professor, University of Wisconsin-River Falls

This session provides ideas on how to "jump start" your small group counseling. We not only dive into how experiential activities support our group counseling work, but we will also engage in activities, processing how they can be used, integrating facilitation skills, and other related issues. Wrapped around the group activities, participants will review group counseling theory, beliefs, and tips on how to increase the effectiveness of small-group counseling. If you are interested in revitalizing your group counseling, team building, problem-solving, or just breaking the ice, this is the session to attend!

Track: Social/Emotional

Constructive Dialogue Institute: Facilitating Dialogue in Student (and Adult) Programming and Conversations (9-12)

Dr. Mylien Duong, Senior Director of Research, Constructive Dialogue Institute

Coming soon!

Track: Leadership/Advocacy

Elementary Counselor Tackle the Tiers (K-5)

Amanda Kauth, School Counselor, Rocky Branch Elementary

Sarah Flier, School Counselor, Willow River Elementary

Amanda DeSua, School Counselor, Waukesha School District

Jenny Holle, School Counselor, Dyer Elementary School

Hear how four elementary school counselors from around the state address the needs of students within the Multi-Tiered Systems of Support (MTSS) framework. We will break down the tiers/levels of supports and explain what we have found to be successful in our buildings to meet the needs of students at each tier/level. Walk away with fresh ideas for your elementary comprehensive school counseling program including: classroom lessons; school-wide initiatives such as character education/SEL; using data to prioritize and plan the work at each tier/level; creative ways to build relationships with students; building, implementing, and assessing small groups; crisis response roles; and assisting students individually.

Track: Leadership/Advocacy

Julia Cook Tricks of the Trade (K-5)

Julia Cook, Children's Book Author and Parenting Expert

Julia Cook has 17 years of experience on the road working with kids, parents, teachers, and administrators. In this engaging and interactive session, learn fun, hands on learning strategies to successfully work with kids, staff and parents! Walk away with ready to use ideas on building relationships, creating effective lessons, teaching strategies, motivating students, building staff morale, time management and so much more! Bring your questions for Julia and share your own experiences!

Track: Leadership/Advocacy

NEW! Introducing the Wisconsin Career Readiness Standards (K-12)

Karin Smith, Education Consultant, WI Department of Public Instruction

What does it look like for students to graduate career ready? As the Wisconsin Department of Public Instruction revised its Career and Technical Education Standards last year, the Wisconsin Common Career Technical Standards were updated and renamed the Wisconsin Career Readiness Standards. During this preconference workshop, you will learn about these new standards and how they align with the Academic and Career Planning Process, Social Emotional Learning, ASCA Mindsets and Behaviors, Redefining Ready, and much, much more!

Track: Academic/Career/Postsecondary

Decolonizing Mindfulness: An Exploration of Utilizing Mindfulness as Intervention With Disenfranchised Students (K-12)

Dr. Carolyn Strong, Dean of Students, Thornton Township High School

Jill Lupescu, Thornton Township High School

When we think of yoga and mindfulness in their current incarnations, the dominant narrative is that these are mainstays that should be practiced in very White, very elite spaces. Furthering the narrative that in order to engage in reflection, restoration, and metacognition, one must be endowed with privilege. This narrative often ignores the fact the progenitors of most mindful practices were, in fact, people of color, a fact that is often ignored when discussing how and when these practices should be utilized regularly. This leads to the overarching question: How can these practices be

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decolonized in a way that benefits students in marginalized communities?

Detentions and in-school suspensions have historically been a school's response to disciplinary issues for students, which result in a punitive system as opposed to a restorative one. Fabelo, *et al.* (2011), conducted a study among students and found that they were more likely to result in negative behaviors such as being held back, dropping out, or being involved in criminal activity. According to Morrison (2014), students who were between the ages of 11 and 16 in England, who were placed in detention learned that they received a consequence but did not learn replacement behaviors or alternatives. In finding alternatives to detention through breath work, yoga, and mindfulness, students can learn various techniques to change the behavior in lieu of only receiving a consequence. One study by Felver, *et al.*, showed that implementing yoga and mindfulness has been shown to improve mood and affect within the school setting. One study, conducted by Bazzano, *et al.*, was conducted in New Orleans during the 2016-2017 school year with third graders who were screened and found to have various levels of anxiety. The students were placed in groups of 10 and received a total of 400 minutes of yoga with their teachers using the curriculum Yoga Ed. The results showed that not only did the students improve their emotional and psychosocial well-being, but that the teachers reported a benefit for using it in their classroom.

Overall, students would benefit from a mindfulness program as a restorative measure, as well as having it woven into their school day so all students, as well as staff, could benefit from the practices.

Track: Equity

Afternoon on the Hill (K-12 & Postsecondary)

Cydney Martin
WSCA Government Relations Director

WSCA's Afternoon on the Hill continues to be a cornerstone of the annual conference. Come learn how to effectively advocate for the profession you love and put it to practice under the dome! The event will begin with a discussion of effective strategies for meeting with our elected representatives in the WI Legislature and propose some key issues and talking points for your meetings. Then we will head to the Capitol for individual or small group meetings with your Senator and Representative!

Be aware that with transportation times we expect participants to be back to the Kalahari by 6:00 p.m.

Track: Leadership/Advocacy

VISIT WSCAWEB.ORG and click on Conferences & Events to learn more about the speakers and workshops!

PRECONFERENCE AND CONFERENCE SCHEDULE

WEDNESDAY, NOVEMBER 1

8:30 a.m.
Preconference Workshop Registration Opens

9:30 a.m.–4:30 p.m.
Full-day Preconference Workshops

9:30 a.m.–12:30 p.m.
Half-day a.m. Preconference Workshops

1:30–4:30 p.m.
Half-day p.m. Preconference Workshops

7:00–9:00 p.m.
Welcome to WSCA Mixer

THURSDAY, NOVEMBER 2

7:00 a.m.
Exhibits Open
Conference Registration Opens

7:45 a.m.
Sectionals Begin

9:00 a.m.
Opening Keynote Speaker: Principal Kafele

10:30 a.m.
Sectionals Restart

5:00–7:00 p.m.
WSCA Social

FRIDAY, NOVEMBER 3

7:30 a.m.
Exhibits Open
Conference Registration Opens
SIG Meetings

8:00 a.m.
Intensive Sectionals Begin

8:30 a.m.
Sectionals Begin

11:00 a.m.
Closing Keynote Speaker: Dr. Mylien Duong