



INDIANA  
SCHOOL  
COUNSELOR  
ASSOCIATION

**NOVEMBER 19-20, 2020**  
**MARRIOTT EAST • INDIANAPOLIS, IN**



**SPONSORED BY**



**Standard For Success**  
Graduation Pathways Tool

- Core Skills Building Workshops
- Exhibit Hall
- 50+ Breakout Sessions
- Door prizes
- Lunch provided on Thursday and Friday

KEYNOTE SPEAKER

## Thursday, November 19

Luncheon Keynote Speaker

### 15-Minute Counseling Techniques that Work: What You Didn't Learn in Grad School

Allison Edwards

Allison Edwards LPC, RPT is an affiliate professor in the Human Development Counseling department at Vanderbilt University, the author of *Why Smart Kids Worry* and *Worry Says What?* and the creator of *Anxiety Tracker*, an iPhone app that helps track anxiety. Allison received her graduate degree in Counseling from Vanderbilt University and is a National Certified Counselor, Licensed Professional Counselor, and Registered Play Therapist. Allison has over 20 years experience working as a school teacher, school counselor, child/adolescent psychotherapist, and educational consultant to schools throughout the country.

Allison travels both nationally and internationally training professionals in the areas of empowering anxious children in the classroom, managing the emotional needs of students, recognizing the social/emotional needs of gifted students, and sharing how educators can talk to parents about student anxiety. Allison helps school leaders understand how social/emotional differences can be supported in their neurologically diverse student populations, and provides consultation and staff development on how to effectively improve emotion regulation in the classroom.

Join Allison as she presents *15-Minute Counseling Techniques that Work: What You Didn't Learn in Grad School*. Feel like you don't have enough time to do counseling? Participants will learn 15 counseling techniques that can be implemented in less than 15 minutes from when a student walks into your office. The program can be suited to elementary, middle, or high school counselors (or a combination of all) and participants will not only learn the strategies but will be doing them alongside Allison as she teaches how to implement them. Get out your Play-Doh! This hands-on, experiential program will revolutionize your counseling department and help kids leave feeling empowered.



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Allison will also present a breakout session titled, *Helping Students with Trauma and Emotional Dysregulation (school counselor focus)*.

Counselors work daily with students who are unable to regulate their emotions. Trauma and ACE's are a large part of this epidemic and based on brain research, this workshop will help counselors learn how to identify triggers, teach effective coping strategies, and help students go from debilitated to empowered.

## Friday, November 20 • 8:30 am – 12:00 pm

The Core Skills Building Workshops are included in the conference registration fee and are being held at the same time. Each session will be repeated twice, once from 8:30 am – 10:00 am, and again from 10:30am – 12:00pm.

### MTSS and School Counseling: How Do They Fit Together

#### Emily Goodman-Scott

Dr. Emily Goodman-Scott is an Associate Professor in Counselor Education and the School Counseling Coordinator at Old Dominion University, in Virginia. As a previous school counselor and special education teacher, Dr. Goodman-Scott has been in education for nearly 15 years. She was a 2018 recipient of the Top 40 Under 40 award for her region, is the current president/chair of the Virginia School Counselor Association, and enjoys speaking at national conferences, invited state association workshops, and school districts trainings. Dr. Goodman-Scott is the lead editor of the 2019 book *A School Counselor's Guide to Multi-tiered Systems of Support*, and has co-authored the *I Can* series of children's social stories.

Join Emily as she presents *MTSS and School Counseling: How Do They Fit Together?* Is MTSS (PBIS/RTI) currently implemented in your school? Is your school considering implementation? Would you like to learn more? MTSS is widely implemented throughout the country and school counselors are often an integral part of implementation. Come to this session to discover the alignment between MTSS and Comprehensive School Counseling Programs (e.g., the ASCA National Model), gaining strategies to maximize your efforts. Work smarter, not harder. The presenter will share school-based examples for implementation and alignment.



### Mindful Practices to Help Troubled Teens: Behavioral Interventions to Help Students Succeed

#### Dr. Natalie Spencer

Dr. Natalie Spencer is an Assistant Professor at North Carolina A&T State University. She was previously a high school counselor and student assistance counselor (SAP) for many years before moving into higher education. Dr. Spencer received her undergraduate and master's degrees from the University of North Carolina at Chapel Hill. She later earned a doctorate in Counselor Education and Supervision from North Carolina State University. Dr. Spencer is the author of *Mindful Practices for Helping Troubled Teens*. She is also a licensed professional counselor (LPC) in the state of North Carolina, and owns her own private practice, Natalie Spencer Counseling and Consulting. Dr. Spencer has presented her research on the local, state, and national level.

Join Natalie as she presents *Mindful Practices to Help Troubled Teens: Behavioral Interventions to Help Students Succeed*. School counselors often encounter students with a variety of behavioral and mental health concerns throughout a day. Mindfulness and mindful interventions have been shown to help students by introducing a variety of skills, such as guided imagery, mindful breathing, and gentle yoga. This presentation is designed to give school counselors tools to implement mindful techniques and help empower students discover their true potential. It will be an exciting and hands on presentation that will introduce counselors to mindfulness techniques and strategies to help all students succeed.



### Lost and Found: Rescuing Our Kids from Video, Screen, Technology, and Gaming Addictions

#### Kim "Tip" Frank

Kim "Tip" Frank, longtime school counselor and therapist, has had the privilege of helping thousands of students, formerly as a teacher, and more recently, as a counselor/therapist. Tip worked in the public school setting for over 20 years and now maintains a thriving, private counseling practice. He has authored and coauthored numerous books on topics including ADD/ADHD, anxiety disorders, depression, social skills, grief, technology and gaming addictions, divorce and separation, and presents nationally on these topics.

Join Tip as he presents *Lost and Found: Rescuing Our Kids from Video, Screen, Technology, and Gaming Addictions*. With young people increasingly tethered to Smartphones and digital devices, there has been a sharp increase of serious problems such as anxiety and depression. There is also a direct link to other problems such as social skills deficits, exploitation of young people (bullying, predators), raging, violence and addictions not to mention a negative educational impact. Tip lays out eight specific problems that the "iGen" faces in our technology-laden world. He identifies these concerns in stating how to take careful "MEASURES" when teaching young people how to have a healthy relationship with today's technology. Tip will bring out ideas from his book *Lost and Found: Rescuing Our Kids from Video, Screen, Technology, and Gaming Addictions* to proactively head off these eight problems. However, if a young person is developing or has an addiction to screens be it social media, video games, etc., clear direction is given on how to get "unplugged" and get the help needed for recovery.



## Tentative Schedule

### Thursday, November 19, 2020

<b>7:30 am – 5:00 pm</b>	Registration & Information Center Open
<b>8:00 am – 4:30 pm</b>	Exhibits Open
<b>8:30 am – 9:30 am</b>	Session 1
<b>9:30 am – 10:00 am</b>	Exhibitor Break
<b>10:00 am – 11:00 am</b>	Session 2
<b>11:00 am – 11:30 am</b>	Exhibitor Break
<b>11:30 am – 1:15 pm</b>	Keynote Luncheon – Allison Edwards
<b>1:15 pm – 1:30 pm</b>	Transition Break
<b>1:30 pm - 2:30 pm</b>	Session 3
<b>2:30 pm – 3:00 pm</b>	Exhibitor Break
<b>3:00 pm - 4:00 pm</b>	Session 4
<b>6:30 pm - 9:00 pm</b>	ISCA Board Meeting

### Friday, November 20, 2020

<b>7:30 am – 2:30 pm</b>	Registration & Information Center Open
<b>8:00 am – 12:30 pm</b>	Exhibits Open
<b>8:30 am – 10:00 am</b>	Core Skills Building Workshops
<b>10:00 am – 10:30 am</b>	Exhibitor Break
<b>10:30 am – 12:00 pm</b>	Core Skills Building Workshops
<b>12:15 pm - 1:45 pm</b>	Awards Luncheon
<b>2:00 pm - 3:00 pm</b>	Session 5
<b>3:00 pm - 3:30 pm</b>	Membership meeting - Immediately following session

Attendance certificates will be located in the program (Participant’s Manual) which may be used for PGP and CEU credits if your district accepts this documentation.

**You can save \$80 on your conference registration by becoming a member of the ISCA!**  
 Before registering for the conference, please visit the ISCA web page and become a member or renew your annual membership to save.  
 Go to [www.indianaschoolcounselor.org](http://www.indianaschoolcounselor.org) and click the link on the left, JOIN ISCA.

### REGISTRATION FORM (PLEASE PRINT CLEARLY)

NAME (as it should appear on name badge) \_\_\_\_\_

JOB TITLE - (REQUIRED PLEASE) \_\_\_\_\_

ORGANIZATION/SCHOOL DISTRICT \_\_\_\_\_

EMAIL (REQUIRED FOR CONFIRMATION) \_\_\_\_\_

WORK ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WORK PHONE ( \_\_\_\_\_ ) \_\_\_\_\_ CELL PHONE ( \_\_\_\_\_ ) \_\_\_\_\_

Professional/Affiliate Member*	Student/Emeritus Member*	Non-Member
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#### A. Full Conference – Attend both days (Nov. 19 and 20)

<input type="checkbox"/> <b>Early Register</b> (by Oct. 11)**	\$160 per person	\$105 per person	\$240 per person
<input type="checkbox"/> <b>Regular Registration</b> (after Oct. 11)	\$185 per person	\$130 per person	\$265 per person

**TWO-Day Attendance–Total (A) \$** \_\_\_\_\_

#### B. One Day Attendance – Thursday Only (Nov. 19)

<input type="checkbox"/> <b>Early Register</b> (by Oct. 11)**	\$110 per person	\$75 per person	\$190 per person
<input type="checkbox"/> <b>Regular Registration</b> (after Oct. 11)	\$135 per person	\$100 per person	\$215 per person

**ONE-Day Attendance – Total (B) \$** \_\_\_\_\_

#### C. One Day Attendance – Friday Only (Nov. 20)

<input type="checkbox"/> <b>Early Register</b> (by Oct. 11)**	\$110 per person	\$75 per person	\$190 per person
<input type="checkbox"/> <b>Regular Registration</b> (after Oct. 11)	\$135 per person	\$100 per person	\$215 per person

**ONE-Day Attendance – Total (C) \$** \_\_\_\_\_

\* You must be a current ISCA Member to receive the member rates above.  
 \*\* To qualify for the Early Registration Rate, your registration form **AND** payment (copy of your purchase order, check, or credit card) must be received or postmarked by the Early Registration cutoff date.

**REGISTRATIONS CANNOT BE PROCESSED WITHOUT PAYMENT. PLEASE SEND PAYMENT AND REGISTRATION FORM(S) TOGETHER.**

#### How and Where Do I Pay?

	WEBSITE	EMAIL	FAX	PHONE	MAIL
CREDIT CARD	✓	✓	✓	✓	✓
PURCHASE ORDER		✓	✓		✓
CHECK					✓

**WEBSITE:** [www.ncyi.org/iscac](http://www.ncyi.org/iscac)  
**EMAIL:** [registrations@ncyi.org](mailto:registrations@ncyi.org)  
**FAX:** 423-899-4547  
**PHONE:** 866-318-6294  
**MAIL:** National Center for Youth Issues  
 P.O. Box 22185  
 Chattanooga, TN 37422-2185

Please make your check or purchase order payable to: **National Center for Youth Issues.**  
 A W-9 is available on the website.

#### PAYMENT METHOD

- PURCHASE ORDER** A COPY OF THE PURCHASE ORDER IS REQUIRED.  
 (ADDRESSED TO NATIONAL CENTER FOR YOUTH ISSUES, P.O. BOX 22185, CHATTANOOGA, TN 37422-2185)
- CHECK ENCLOSED** (MADE PAYABLE TO NATIONAL CENTER FOR YOUTH ISSUES)
- CREDIT CARD**  PERSONAL  CORPORATE

CARD NO. \_\_\_\_\_ EXP. DATE CID# \_\_\_\_\_

NAME ON CARD (PLEASE PRINT) \_\_\_\_\_

CREDIT CARD BILLING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AUTHORIZED SIGNATURE \_\_\_\_\_ EMAIL \_\_\_\_\_

**CANCELLATION POLICY:** There will be no refunds after November 1, 2020. All cancellations before November 1, 2020 will be refunded less a \$25 handling fee. The association is not responsible for and cannot give refunds due to problems beyond its control, such as weather and school closings.

**PLEASE NOTE:** The attendee will receive a confirmation to the email address provided when their registration is processed (make sure to check Junk/Spam folders). Please allow ample time for processing.



**Marriott Indianapolis East Hotel and Convention Center**  
Indianapolis, Indiana



**Reserve your hotel room today! Limited Availability**  
**1-888-236-2427 or 317-352-1231**

**To make hotel reservations:**

All events of the Conference will be located in the Convention Center. Standard rooms at the hotel may be reserved at the special conference rate of **\$129 per night** (plus tax). Make your reservations by calling the hotel directly at **1-888-236-2427**, or at **317-352-1231**, and reference the “**Indiana School Counselor Association Conference**” to receive this rate.

**TO REGISTER ONLINE:**

Go to [www.ncyi.org/iscac](http://www.ncyi.org/iscac) and follow the link to the hotel’s reservation system.

**Please Note:** This rate is good on reservations made by **October 27, 2020**. Rooms in this block are limited, and may fill up before October 27.

**Come Work and Play!**

In the evening, make sure you take time to relax and enjoy the surrounding area.

Go to [www.ncyi.org/iscac](http://www.ncyi.org/iscac) to see the things to do around the beautiful Marriott Indianapolis East Hotel.

**Visit the Fashion Mall at Keystone!**



**Or, visit Castleton Square shopping center!**



**We hope this conference will educate and equip you to do your job well, and we also hope you will take advantage of the wonderful ways you can relax and be refreshed!**