



Oklahoma Counseling Association

Summer Experience Institute - 2017

“Keeping the Pieces Together”

St Crispin’s Conference Center-Seminole, Oklahoma

July 14 & 15, 2017

Friday: July 14, 2017

9:00-9:45 **Registration**

9:45-10:00 **Welcome!** Marilyn Kincade, LPC, OCA Executive Director
Announcements and overview of agenda

10:00-11:00 **“Meditation”:** Ray Quiett, LPC, LMFT 1.0 CE
 “Practicing Health Through Kicking Your Dominant Hemisphere into Neutral”

11:00-12:00 **Interactive Group Leadership Activity:** Sherry Bynum, LPC, LADC 1.0 CE
 “Positive/Negative Characteristics of Identified Leaders:”,

12:00-1:30 **Lunch @ the new dining hall *******

1:00-1:30 **OCA Board Meeting** Laressa Beliele, OCA Past President, Board Chair

1:30-2:30 **Board of Behavioral Health Licensure update:** 1.0 CE **(Ethics)**
 Eric Ashmore, Executive Director BBHL & Amy Barnett, LPC BBHL Board Member
 Updates on new rules and regulations relating to licensure in Oklahoma as well as current complaints filed with the board.

2:30-3:30 **Team Building & Group Dynamics** Johnie Fredman, LPC 1.0 CE
 An exercise on techniques and ways to develop and build a cohesive leadership team.

3:30 – 4:30 **Interactivity Group Activity: OCA History** 1.0 CE
 Laressa Beliele, LPC, OCA Past-President & Marilyn Kincade, LPC, OCA Executive Director
 This session will be an interactive group activity addressing the history of OCA, as well as the important factors leading to licensure in Oklahoma.

4:30-5:30 **“Bottom Up---Using the Body to Quiet the Mind”** Connie Fox, LPC
 1.0 CE
 During this brief session we will sample some “bottoms-up exercises (like breathing, & easy yoga poses). Not only are these practices beneficial for balanced, grounded clinicians, but they are also simple interventions we can teach our clients, friends & families.

5:45: Dinner in the dining hall

All Participants will meet back in the conference room immediately after dinner for “Quiett Time” with Ray Quiett.

This exercise is a working but fun time to interact with professionals as well as helping Ray with the mailings for the supervision equivalent course he teaches. Ray volunteers time and energy to teach this course to benefit OCA lobbyist fund. All proceeds less his expenses are donated to OCA. It is the least we can do to help OCA and Ray. The more participants we have the less time to complete the task and enjoy the facility @ St. Crispin’s for fun, relaxation and networking with friends.

Saturday: July 15, 2017

7:45 Breakfast in dining hall

8:30 – 9:30 **Looking Inward...Self-Regulation** Connie Fox, LPC 1.0 CE

We know that anxiety & stress can become prolonged when our amygdala is hijacked by fear & irrational thoughts. In this presentation we will review some relevant neuroscience information AND continue to explore common stress-management strategies (music, humor, & movement) that can help us shift into more relaxing energy states.

9:30-10:30 **“An Alternative Relaxation Procedure”:** Ray Quiett, LPC, LMFT 1.0 CE
Using the NLP Model for Stress Reduction.

10:30 -10:45 Break

10:45-12:00 **OCA Leadership Panel:** 1.25 CE

Laressa Beliele, LPC; Marilyn Kincade, LPC, NCC; Johnie Fredman, LPC; Sherry Bynum, LPC, LADC; Ray Quiett, LPC, LMFT; Connie Fox, LPC
This session will be a wrap-up of “Keeping the Pieces Together”: Discussion on what is involved for OCA to remain a solvent organization to serve professional counselors in the State of Oklahoma. Participants will have the opportunity to address the presenters about their feelings on the exercises presented. Also participants will have the opportunity to address the panel on ways to make OCA a more productive organization. At the end of this session evaluations & closing remarks will be made by panel members.

Total CE.....9.25
