



Oklahoma Counseling Association

2017 Mid-Winter Conference

“Keeping the Pieces Together!”

February 22-23, 2018 - SHERATON REED CONFERENCE CENTER, MIDWEST CITY, OK

Thursday, February 22, 2018

Ballroom C/D

Upstairs

8:00 AM – 8:20 AM

Registration: Sheraton Reed Conference Center

Exhibits: Upper level

Vote for OCA President-elect-elect (Professional Members)

8:45 AM – 9:00 AM

Welcome and Introductions

OCA Executive Director: Marilyn Kincade, LPC NCC

9:00 AM – 10:30 AM

Keynote Address: Robert Wubbolding

“Believe It or Not! The World Is Conspiring to Help You!”

All too often clients come to believe that they are powerless, victimized and incapable of achieving success. The ideas contained in this presentation provide an alternative to the self-talk “I can’t,” “Nobody is on my side,” “Society is ganging up against me.”

Participants are asked to consider, review and evaluate an alternative worldview or paradigm. They are asked to evaluate whether the “I can’t” mentality helps or hinders client success and mental health. The alternative worldview is that forces, people, and the universe itself work in harmony to facilitate our growth, to promote our wellbeing, to speed up in order to make our life journeys enjoyable and need satisfying.

1.5 CE

10:30 AM – 10:45 AM

Break -- Visit Exhibits/Vote

(Thursday)

10:45 AM – 12:15

Break-out Sessions

Ballroom C/D

1. “Do We Really Need to Know Everything about Our Clients’ Human Problems in Order to Help Them?” 1.5 CE

Participants will know the answer to the above question when they understand the five sources of human behavior. When they have a grasp of clients’ inner world of wants they will get hold of the WDEP formulation of Reality Therapy and be able to address any client that they encounter in schools, agencies, communities and work places. Counselors are “experts” in mental health. And mental health is the replacement for inadequate mental functioning. Counselors will gain a convincing answer to the question, “How can you help me if you’ve not been where I’ve been?”

Presenter: Robert Wubbolding, Ed.D

Joyner Room

2. “Individual Career Academic Plans (ICAP). A Piece of Cake!” 1.5 CE

Oklahoma has joined a host of other states in requiring Individual Career Plans (ICAP) for students. This presentation will focus on how a pilot school district is implementing ICAP for their students. The presenter will share resources and sites used by their district.

Presenter: Kelly Collins, PHD, LPC, NCC, NCSC

Ballroom E/F

3. ““WHACKING Stress with Essential Oils: S-t-r-e-s-s-e-d is Desserts spelled backwards!” 1.5 CE

Decreasing stress and moving to greater levels of healing; regaining physical health, promoting emotional healing. Embrace this paradigm shift utilizing Certified Pure Therapeutic Grade Essential Oils and nutrition to enjoy the desserts life so abundantly offers.

Presenters: Deb Brantley, PhD, LPC & Jill Shockley Siggins, BA

12:30 PM – 1:30 PM Luncheon and Awards

Exhibit Hall downstairs ~~~~~

(Thursday)

1:30 PM – 3:00 PM

Breakout Sessions

Joyner Room

4. “Bolstering the Dignity of the Dying”

1.5 CE

The ultimate goal of this session is to bolster the dignity of the dying. This process is to inform counselors, case managers and others who work with the elderly, the value of preserving identity to the end of life. Participants will engage in actively designed to remind the family of past accomplishments of their loved ones and to remind the elderly that their life has value.

Presenters: Marilon Morgan, Ed.D & Terrie L. Frazee, MS, NCC

5. Theater Lower level downstairs

“Ethics in Counseling and Supervision”

Supervision/Ethics 1.5

This session will provide attendees with the opportunity to hear from members of the Board of Behavioral Health regarding the most challenging ethical situations for both licensees and supervisors. Actual case scenarios will be discussed with an emphasis on supervision.

Presenters: Board Members Amy Barnett, Ph.D., LPC, CSP; Kelly Collins, Ph.D., LPC, NCC & Board Administrator, Eric Ashmore

Ballroom E/F

Northwest end upstairs

6. “What is the Relationship between Religion and Spirituality? What role Does Culture and Worldview Play?”

1.5 CE

How do addictions, mental health issues and trauma affect one’s belief about religion and spirituality? This is an interactive workshop and will last 3 hours.

Presenters: Sherry Bynum, LPC, LADC, NCGC-II and Laressa Beliele, Ph.D., LPC, ACS

Ballroom A/B

Northwest end upstairs

7. “How to be Awesome”

1.5 CE

This is a lively and insight driven session will review best practices from STP, APA and others.

Exploration of classroom and online activities will occur in addition to incorporating services learning activities. Key take a ways include self-assessment and skills development.

Presenter: Dr. Lori O’Malley, LPC

3:00 PM – 3:15 PM

Break -- Visit Exhibits and Vote in election

(Thursday)

3:15 PM – 4:45 PM

Breakout Sessions

Ballroom E/F

Northwest-Upstairs

8. Continued session: “What is the Relationship between Religion and Spirituality? What Role Does Culture and Worldview Play?” 1.5 CE

Ballroom A/B

Northwest end upstairs

9. Using Psycho-immunology Techniques in Therapy to Enhance Therapist and Client Wellness.” 1.5 CE

This seminar will assist clinicians in implementing the latest research supported psycho-immunology techniques into their counseling skills and practice. Assisting clients and therapists with skills and tools to support cellular, tissue, organ, self, and relationship health is essential in today’s counseling environment.

Presenter: Thom Balmer, PhD

Joyner

Southeast end upstairs

10. “DRIVING ME CRAZY: Dealing with those internal messages that constantly seem to be a form of self-sabotage.” 1.5 CE

There are seven messages that *all* human beings have programmed into their sub-conscious mind. They have been there since early childhood. When they play in our mind, we have to dance to their tunes. We are generally not aware when we are responding to them since they are so natural to us. But, believe me, other people certainly see the behavior being acted out by us. Good news: there are wonderful antidotes to them, which will be demonstrated. You will leave with all the tools you need to deal with them and change them.

Presenter: Ray Quiett, PhD, LPC, LMFT

Theater

Lower level downstairs

11. “Supervision/Ethics in Military Counseling Settings” **Supervision/Ethics 1.5 CE**

Given the high number of military personnel, guardsmen, and veterans in Oklahoma any counselor may work with a client from the “military population.” Consequently, any supervisor may have a supervisee working with the population. This session will explore the administrative, cultural, and ethical challenges in military and Veteran supervision as well as the general public.

Presenter: Ben Noah, Ph.D., LPC, NCC, NCCC, ACS

Total Continuing Education for Thursday 6.0



Friday, February 23, 2018

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|-------------------|--|--------|
| 7:45 AM | Registration Open | |
| 8:00 AM – 8:45 AM | Visit Exhibits and Vote in election! | |
| 8:45-9:00 | Welcome: Johnie Fredman, OCA Membership Chair | |
| 9:00– 10:30 AM | “Dynamic of Diversity: Moving Beyond Tolerance” | 1.5 CE |

Presenters: **Bob Perry**, Director of Adult Education, Gordon Cooper Technology Center/Shawnee; **Clarence Provost**, manufacturing Extension Agent Oklahoma Alliance for Manufacturing; **Johnie Fredman**, LPC

10:30-10:45 Break

(Friday)

10:45-12:15

Breakout Sessions

Ballroom E/F **Northeast end upstairs**

12. "Relational Aspects of the Development and Treatment of Adolescent Behavioral Problems" 1.5 CE

This workshop will focus on the relational aspect of the development of psychopathology and treatment interventions that impact the relational scheme of the individual. Consideration will be given to both interpersonal and intrapersonal components of relationships. Understanding the relationship of temperament, early relationships and the culture of the individual is helpful in being able to provide effective counseling services and establishing a therapeutic relationship. Avoiding resistance in treating adolescent will be reviewed.

Presenter: Paul Cooper PhD.

Ballroom A/B **Northwest end-upstairs** 1.5 CE

13. "Why (and how) You Should Add a Career Aspect to Your Counseling Practice"

As adults we spend the majority of our time at work. More than ever before adults are reporting less satisfaction and more disengagement with their work lives. This lack of passion and dissatisfaction can easily be carried over to other aspects of life, especially our home lives. This workshop will enlighten you on modern methods for career assessment and coaching; you will leave with skills and a plan to help others whether they choose to stay in place or seek greener pastures.

Presenter: Dr. Lori O'Malley, LPC

Joyner **Southeast end upstairs**

14. "A Day in the Life of Sadie: A Therapy Dog in Action" 1.5 CE

THERAPY; ITS GONE TO THE DOGS! A day in the life of Sadie. This session will focus on the benefits of using a dog in therapy for your client. I will take you through a day in Sadie's shoes by explaining exactly what she does as well as things that I watch for that help with counseling sessions.

Presenter: Dawn Shipman, LPC

Theater **Lower level downstairs**

15. "DON'T JUST DO SOMETHING, SIT THERE! The dangers of Stressand Anxiety and the Benefits of silence and Stillness" 1.5 CE

Stress and trauma hijack the brain and lodge in the body. Experts recommend a bottom-up approach. Through mindfulness practices (including mediation, breathing, and yoga) participants will practice skills to shift their brains into neutral recharge brain waves and re-invigorate their bodies while reducing stress.

Presenters: & Connie Fox, Ph.D., LPC and Ray Quiett, Ph.D., LPC, LMFT

12:30 PM – 1:30 PM Luncheon

Exhibit Hall downstairs 1.0 CE

Luncheon Speaker: LINDA MURPHY, OCA LOBBYIST---"LEGISLATIVE REPORT AND UPDATE"

(Friday)

1:30-3:00

Breakout Sessions

Ballroom E/F

Northeast end upstairs

16. “We Know What Affirmative Therapy is, but Do You Know What it Looks Like in Session?” 1.5 CE

This experiential advanced therapeutic education will help you work ethically with sexual minority groups and understand what it means to be a sexual minority in therapy. You will learn advanced therapeutic techniques, relationship building, modern terminology and the most recent research.

Presenter: Jaymie Vanmeter, LPC; Coni Wells, & Domini Jones, students @ NSUOK

Ballroom A/B

Northwest end upstairs

17. “A Prophet is Not without Honor”: Dual Relationships in Rural Settings

Continued Session

Supervision/Ethics 1.5 CE

Working in rural settings is challenging. Living in the same community you do your counseling is filled with dual relationships. This presentation will help you navigate the challenges of life in rural Oklahoma with its inter-connected relationships and boundaries.

Presenter: Mark A. White, LPC

Joyner

Southeast end upstairs

18. “Holistically Utilizing Essential Oils and Whacking Stress” 1.5 CE

The mind/spirit/body are inseparably connected and communicate at the cellular level, thus resulting in functioning as a whole being. Learn about Certified Pure Therapeutic Grade Essential Oils and gain conceptual understanding of natural solutions in treatment.

Presenters: Deb Brantley, PhD, LPC & Jill Shockley Siggins, BA

Theater

Downstairs

19. “PTSD, Sexual Trauma & Childhood Abuse; Subtitle: A Gentle Approach to Resolving Trauma” 1.5 CE

Rapid Resolution Therapy is a modality that combines neuroscience with evidence based approaches. It is effective, gentle, pain less and prevents re-traumatization of clients. Precise, purposeful multi-level communication results in rapid, profound, lasting change. Learn practical powerful tools to maximize success in trauma treatment.

Presenters: Carolyn Parks, Certified Practitioner, LPC, NCC & Kendra Simpkins, Certified Practitioner, MSW

(Friday)

3:15-4:45

Breakout Sessions

Ballroom E/F

Northeast end upstairs

20. **“Finding Uniqueness in a Community that Values Sameness”** 1.5 CE

Successful ageing in rural communities with little noticeable of diversity and why counselors may feel intimidated. I would like to share my passion and dispel some myths that may have counselors reluctant to work with this population.

Presenter: Rachel Callicoat, LPC Candidate, NCC & Blythe Duell, Ph.D.

Joyner

Southeast end upstairs

21. **“Parent Academy: Family Write Night”** 1.5 CE

Come learn about the traits of healthy families and experience fun, engaging activities you can use for your school’s family nights to create positive home school partnerships that build healthy families, strengthen family bonds and improve students’ social/emotional and academic development in reading and writing.

Presenter: Carmen Floris, LPC Candidate & Marilyn Kincade, LPC, NCC, LPC Supervisor

Ballroom A/B

Northwest end upstairs

22. **Continued session: “A Prophet is not without honor”**

Presenter: Mark A. White, LPC

Supervision/Ethics 1.5 CE

Theater

Downstairs

Continued session “PTSD, Sexual Trauma & Childhood Abuse; Subtitle: A Gentle Approach to Resolving Trauma” 1.5 CE

Presenters: Carolyn Parks, Certified Practitioner, LPC, NCC & Kendra Simpkins, Certified Practitioner, MSW

Total continuing education for Friday 7.0

Dates to Remember:

March 3, 2018~OCA Central Region OKC/Edmond area details TBA

April 25-29, 2018~ACA--Atlanta, Georgia

May 5, 2018~OCA Central Region @ UCO details TBA

July 13 & 14, 2018~Summer Experience@ St. Crispin's Conference Center

September 28-30, 2018~ACA Midwest Region Leadership Training

Sioux Falls, South Dakota

Nov. 2, 2018~OCA Fall Conference-Gordon Cooper Technology Center

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## Scheduled Meetings and room assignments for OCA Regions and Divisions

Thursday, February 22, 2018

### **4:45-5:15~Region Meetings**

OCA Southeast Region—President, Bonnie Ward-----Joyner Room

OCA Southwest Region-President, Amy Barnett-----Ballroom E/F

OCA Central Region-President, Santa Velez-----Ballroom A/B

OCA Northeast Region-President Kelly Dunbar-----no meeting scheduled

OCA Northwest Region-no officers -----Theater downstairs

### **5:15 - ~Division Meetings**

Counseling Association for Military Oklahoma of Veterans and Families:

Connie Fox, President -----no formal meeting scheduled

Oklahoma Professional School Counselors Organization-----no meeting scheduled

OK Association of Addiction Counselors-----Sherry Bynum, President

– meeting in Ballroom A/B

OK Multicultural Counseling Association-----Jayme Vanmeter President

OK Mental Health Counseling Association----- Rebecca Webster, President

OK Christian Counselors Association-----Ron Sherron. President

OK Association Counselor/Educators/Supervisors-----Paige Williams, President

Ok. Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling

Megan Stacy, President

### **About the presenters:**

**Paul E. Cooper, Ph.D.** is a licensed psychologist and is currently an Associate Professor of Counseling in the Graduate Program at Northeastern State University. In addition, Dr. Cooper is the Chief Psychologist for the Office of Juvenile Affairs for the State of Oklahoma. He has worked as a child, adolescent and adult psychologist in a variety of settings. Dr. Cooper was a Forensic Evaluator for the State of Oklahoma in the adult judicial system. He has completed and supervised over a thousand psychological evaluations for children, adolescents and adults.

**Thom D. Balmer, PhD, LPC, LMFT** holds licenses as a professional counselor and marital and family therapist in Oklahoma and is an approved supervisor for both licenses. He was the first chair of the Oklahoma State Board of Behavioral Health Licensure and currently serves as a Board member. He has provided over 30 years of counseling and educational services. He taught as an adjunct professor for the University of Oklahoma, East Central University, Southeastern State University, Southern Nazarene University, and Tarrant County Junior College. Thom is completing his 7<sup>th</sup> year as an associate professor of psychology at Cameron University. Thom completed a Master of Divinity degree in Psychiatric Chaplaincy, a Master of Arts degree in Marriage and Family Therapy, and a Doctor of Philosophy degree in Counseling Studies. He is a Clinical Fellow and Approved Supervisor with the American Association for Marriage and Family Therapy.

**Carolyn Parks, LPC, NCC, NCCH** is the owner of A Calm Safe Place in Claremore, Ok. Prior to opening her practice in 2013, she provided counseling services for clients with PTSD, domestic violence and sexual trauma through Domestic Violence Intervention Services, Call Rape and Creeks Behavioral Health. Carolyn also volunteers her services to individuals with trauma in Northeastern Oklahoma who would otherwise be unable to receive services. Since discovering Rapid Resolution Therapy in 2013, Carolyn has applied the teachings of Dr. Jon Connelly, founder of RRT, to painlessly resolve, clear and transform trauma, anxiety, and grief in as little as 1 to 3 sessions. Rapid Resolution Therapy combines neuroscience with evidence based approaches. RRT is an effective, gentle and fun modality that prevents re-traumatization of clients, and secondary traumatization of clinicians. Precise, purposeful multi-level communication results in rapid, profound, lasting change.

### **Kendra Simpkins, MSW, LGSW**

Kendra Simpkins is a Rapid Resolution Therapy (RRT) practitioner, trained and supervised by founder Dr. Jon Connelly. She received her Masters of Science in Social Work from Columbia University. As a US Army veteran, Kendra specializes in military related trauma and provides RRT to clear PTSD, sexual trauma, grief, depression or any troubling impression associated to prior experiences. Before opening her practice, Sarasota Rapid Resolution Therapy, Kendra provided Dialectical Behavior Therapy in private practice and provided counseling to a range of veterans from college campuses to homeless shelters. She is also Clinical Director of the Brian Bill Foundation Warrior Healing Retreat which provides RRT to Special Operations Forces. She regularly attends trainings with Dr. Connelly throughout the year, traveling nationwide to teach workshops on strategies for transformation and healing. Kendra is a mentor with the Wounded Warrior Project and also a national public speaker for military and combat related issues.

**Dawn Shipman, LPC** is a licensed professional counselor who uses her Labrador retriever, Sadie, in her practice on a regular basis. She has been not only a LPC but also a school counselor and taught school before entering this profession. Sadie has been a part of Dawn's work for the past four years. When she is not at work, she can be found at home being covered with dog kisses because a smooch from a pooch makes everything better!

**Marilon Morgan, Ed.D.** Earned her bachelor's degree in Secondary Teacher Education from Sam Houston State University, her master's degree in School Counseling from Angelo State University and her doctorate degree in Occupational and Adult Development from Oklahoma State University. She is currently an Associate Professor of Psychology and Counseling at Northeastern State University. Dr. Morgan has presented at various national and state conferences, has authored, and co-authored numerous manuscripts and book chapters on various topics including multiculturalism and diversity, transformative learning experiences, counselor development and lifespan and aging. She teaches graduate courses in career counseling and advanced lifespan development. Additionally she teaches undergraduate developmental courses, social psychology, consumer behavior and industrial and organizational psychology. Dr. Morgan has been an active member of OCA since 2005 and has held various offices within the association.

**Terri L. Frazee, LPC Candidate, NCC:** After working for several years as a state employee, Terri decided to return to school and pursue a career in counseling. She is an alumna of Northeastern State University with a M.S. in Clinical Mental Health Counseling. She is currently an LPC-Candidate and a National Certified Counselor. She is a partner at Connections Counseling Group where she works with adults and is a state certified mediator. She is an adjunct professor at Northeastern State University, teaching psychology undergraduate classes.

**Ray Quiett, PhD, LPC, LMFT, NCC, IBCCT.** He is a Professor Emeritus from East Central University after teaching 38 years. He has served 3 four year terms on the Licensed Professional Counselor Board of the State Health Department. Served 31 years on the Ada Airport Commission. Served on the Governing Board of the USA Transactional Analysis Association. Past President of OCA and past president of the Oklahoma Group Process Society. Honors include: National Science Foundation Faculty Fellow; OCA Counselor of the Year; Oklahoma Higher Education Counselor of the Year; OCA Human Rights Award; Holds two Lifetime Achievement Awards in the Counseling Profession. Most fun Accomplishment: Held the record for the longest running Shadow Jury in a Federal Court Case in the United States in 1986. Ray is currently in a limited Private Practice in Ada, Oklahoma.

**Rachel Callicot, M.Ed., LPC Candidate, NCC.** She is a doctoral student at Texas A & M University-Commerce with a cognate in counseling older adults. Rachel is an LPC Candidate & National Certified Counselor working with older adults in both individual and group settings.

**Benjamin V. Noah, PhD, LPC, NCC, NCCC, ACS: Ben** is a part-time faculty member in the Department of Counseling at Capella University in their fieldwork experience. He is an LPC supervisor in Oklahoma and supervises Capella mental health counseling. His current interest centers on military and veteran mental health issues and the military families. He is the founding editor of the *Journal of Military Government Counseling*. He retired from the U.S. Air Force after serving 25 years of activity.

**Mark A. White, LPC:** Mark was born and raised in Prague, Oklahoma. He received his BS in Special Education from the University of Central Oklahoma, his MA in Clinical Psychology in 1992 from Wheaton College, Wheaton Illinois, He worked in psychiatric hospitals in and around Chicago for 10 years while maintaining a private practice. He also worked in a Substance Abuse PHP during this period. Then years ago he returned to Prague, Ok where he maintains a private practice in the very place he was born. In addition to his private practice through Focus Mental Health Services he is the Social Services Director for Prague Community Hospital and a licensed Southern Baptist Minister. His experience with small town life and navigating the landmines of rural private practice have led to his presentation.

**Connie Fox, PhD, LPC:** Dr. Fox earned her Ph.D. from Oklahoma State University and held the title of Senior Clinical Counselor within University Counseling Services. She was the first Eating Disorder Specialist at the University of Texas, Austin. Since 2004, Connie has been in Private Practice in Oklahoma City. She has served as President of OCA, Central Region and three OCA divisions; current Counseling Association for Military, Oklahoma Veterans, and Families (CAMOVAF). She is a founding Board Member of Veterans Families United. Connie is a nationally certified yoga instructor, a certified Yoga Warrior instructor and has completed Level I Healing Touch Training. She is an EMDRia Certified EMDR Therapist and is currently completing a 5-year Spiritual Direction Program. Her clinical focus is treating trauma with EMDR to help clients achieve the greatest possible state of mental health and wellness

**Sherry Bynum, LPC, LADC, NCGC-II.** Sherry has served in several OCA leadership roles. She is presently serving as Oklahoma Association Addiction Counselor Division President. She is a retired school counselor and has had experience working in the addiction field as well as mental health issues. She has a private practice in Norman and is providing contract work with Oklahoma Association Problem Compulsive Gambling and the Wellness Counseling Center in Norman. She has served as president of Norman Galaxy of Writers, program chair and secretary. She is also a delegate to Oklahoma Writers Federation Inc.

**Laressa Beliele, Ph.D., LPC, ACS:** Laressa has served 3 terms as OCA President, OCA Co-Executive Director as well as other leadership roles. She is a retired School Counselor, worked as a Mental Health Therapist at Stepping Stones, Inc. for 2 years. She currently is an Associate Professor at University of Central Oklahoma in Edmond, maintains a private practice in Harrah, Oklahoma and is on the board of directors for NAMI OK.

**Amy Barnett, Ph.D, LPC, CSP:** Dr. Amy Barnett is currently an associate professor and the director of the school counseling program at Southwestern Oklahoma State University. In addition, she currently works in the counseling center a settings including outpatient counseling, a children's shelter and therapeutic foster children and a Certified School Psychologist. She is a member of the Oklahoma State Board of Behavioral Health Licensure. She also enjoys staying active in the field through her volunteer work as a Court Appointed Special Advocate (CASA)

**Kelly Collins, Ph.D., LPC, NCC, NCSC:** Dr. Kelly Collins is a professional school counselor at Choctaw High School. She has been a professional school counselor for the past 19 years. Dr. Collins also has a small private counseling practice in Choctaw and is an adjunct professor for Mid-America Christian University and Southwestern Christian University. She serves the profession as chair of the State Board of Behavioral Health Licensure and as secretary for the Oklahoma Counseling Association. Dr. Collins is a published author and has presented at the state and national levels.

**Blythe Duell, Ph.D:** Dr. Duell received her BS degree from the University of Wyoming and her Ph.D. from Washington State University in experimental social psychology. Currently she teaches at Southeastern Oklahoma State University concentrating in research and social psychology.

**Johnie Fredman, LPC:** Johnie Fredman earned a master's degree in Community Counseling from the University of Oklahoma and is currently pursuing his Doctor of Psychology degree from California Southern University. He owns Focus Mental Health Services in Shawnee, Ok and remains active as a counselor, licensed supervisor in addition to his administrative duties. Johnie previously was a police officer for the city of Norman and also was a full-time minister in Ada, OK. He currently serves as OCA Membership Chair, is a Board Certified Hypnotherapist and a certified hypnosis instructor, EMDR practitioner and neurofeedback practitioner.

### **Carmen Floris, LPC Candidate**

**Lori O'Malley, PhD., LPC:** Dr. Lori O'Malley has a long (29 years!) and meaningful career in counseling and building public awareness to issues she is passionate about. She has built expertise in working with victims of violent crimes, addictions, forensics, career development, and more recently added classroom teaching to her repertoire. Over the years she sought, not only to serve her clients, but to also serve the profession by supervising license candidates and upholding a strong code of ethics in practice. The roles she held and working environments varied including counselor, supervisor, and administrator in community agencies, private practice, and colleges. She strives for excellence through building community, upholding positive values, and being a catalyst for positive change.

**Deb Brantley, PhD, LPC:** Dr. Brantley is a Licensed Professional Counselor and LPC Supervisor. She has been in private practice for 21 years in Duncan, OK. During those 21 years she has been active in OCA and received The OCA Counselor of the Year Award in 2007 as a nominee from OCA Southeast Region. In the past she has served in a number of OCA leadership positions as well as the LPC Board Rules Committee. Currently she is OCA Southeast Region President-Elect and assistant to the OCA treasurer.

**Jill Shockley Siggins. BA** Everyone's physical and mental life situation is unique. I was given the gift of DōTERRA Essential Oils in 2010 and it has been the best gift I've ever received. It was a gift of vibrant health and wellness. As a caring wellness advocate, I am dedicated to teach the benefits and impacts of DōTERRA Certified Pure Therapeutic Grade oils and the life changing results they deliver. I believe everyone will have an amazing "Aha" moment with DōTERRA essential oils." Jill grew up in Cody, Wyoming and graduated from Northwest Nazarene College in Nampa Idaho with a degree in Speech and Hearing Pathology. Jill lives with her husband Kendall Siggins on a ranch outside of Cody. Kendall and Jill are owners of Triangle Z Ranch Furniture business where Jill assists in creative design. Traveling and representing DōTERRA as a wellness advocate and leader gives her opportunity to "Live Her Ideal".

**Bob Perry**, Bob lives in Shawnee, Oklahoma. He is a graduate of Oklahoma Christian University and holds a master's degree from East Central University. He is a business owner, consultant, and educator. Bob currently serves as Assistant Superintendent of Gordon Cooper Technology Center. He has authored 17 books including leadership, historical fiction, fiction and several plays.