

## Spring 2026 Seminar Series – Text Only

### **Erin Dugan, Ph.D., LPC-S, RPT-S**

The Healing Power of Play: Integrating Play Therapy in School Counseling Practice

Friday, January 30<sup>th</sup>, 2026

10-12pm - Hybrid

Ethics, Diagnosis - APT, LCA

Seminar Description: This 2-hour seminar is designed for school counselors seeking to enhance their skills in supporting students through developmentally appropriate, play-based interventions. Participants will be introduced to the foundations of play therapy and the Therapeutic Powers of Play as defined by Charles Schaefer, with a focus on how these principles can be applied within school settings to promote emotional regulation, social competence, and relational healing. Through discussion, case examples, and interactive reflection, school counselors will learn how play can be used to support students experiencing anxiety, trauma, behavioral challenges, and relational difficulties. The seminar emphasizes practical strategies for integrating play therapy techniques into individual and small group counseling, classroom support, and collaboration with families.

### **Holly Walters, Ph.D., LPC-S, CRC**

Ethical Risks of Overwork: Impaired Competence, Documentation Shortcuts, Boundary Blurring

Friday, February 27, 2026

9AM-12PM – Hybrid

Ethics - NBCC, LCA

Seminar Description: Counselors and mental health professionals are committed to ethical, competent, and compassionate practice—yet chronic overwork can erode each of these commitments. This interactive 3-hour seminar will examine how excessive workloads contribute to ethical risks, including impaired competence, inadequate documentation practices, and blurred professional boundaries. Through case examples, discussion, and self-reflection, participants will explore strategies to safeguard their professional integrity while also promoting personal sustainability.

**Rose Angelocci, Ph.D., CRC, CWIC and George Hebert, Ph.D.**

From Diagnosis to Daily Functioning: Empowering Success through Interventions,  
Accommodations, and Counseling for Individuals with Specific Learning Disorders or ADHD

Friday, March 13<sup>th</sup>, 2026

10am-12pm - Hybrid

Diagnosis - NBCC, LCA,

Seminar Description: This presentation provides an exploration of Specific Learning Disorders (LD) and Attention-Deficit/Hyperactivity Disorder (ADHD) from diagnosis to practical daily functioning. Participants will examine current diagnostic practices and evidence-based interventions designed to enhance academic, occupational, and emotional outcomes. The session will emphasize the importance of individualized accommodations, practical assistive technology tools, and counseling approaches that address self-esteem, emotional regulation, and executive functioning challenges. Through case examples and discussion, attendees will gain actionable strategies to empower children and adults with LD and ADHD to reach their fullest potential in school, work, and daily life.

**Emmy Simkiss, MS, PLPC (Canceled)**

So Long, Farewell: Helping Children Transition Out of the Playroom

Thursday, March 19<sup>th</sup>, 2026

10am-12pm - Hybrid

None - APT, LCA

Seminar Description: Play therapists know that many children struggle to say goodbye to the playroom, both at the end of individual sessions and at termination. The end of playtime can be difficult for children who struggle with transitions, are working on limits and boundaries, or have attachment issues. In this seminar, we'll discuss strategies from across play therapy theories that therapists can use to support children at the end of sessions while maintaining time limits. We'll also discuss termination: how to assess when children are ready to say goodbye to play therapy and how to support children and caregivers as play therapy comes to an end.

## **Holly Walters, Ph.D.,LPC-S, CRC**

Diagnosing Anxiety Disorders: Walking the Line Between Normal Worry and Pathology

Friday, March 27, 2026

9AM-12PM – Hybrid

Diagnosis - NBCC, LCA

Seminar Description: Anxiety is one of the most common presenting concerns in clinical practice, yet distinguishing between everyday worry and a diagnosable anxiety disorder requires careful assessment, cultural awareness, and clinical judgment. This 3-hour seminar will explore the nuances of diagnosing anxiety disorders, including DSM-5-TR criteria, differential diagnosis, comorbidities, and ethical considerations. Case studies and interactive discussions will guide participants in recognizing when worry crosses the threshold into pathology and in applying diagnostic best practices to diverse client populations.

## **Holly Walters, Ph. D., LPC-S, CRC and Adrienne Frischhertz, Ph.D., LPC-S, RPT-S**

Healing Through Lyrics: Using Taylor Swift's Music in Counseling

Friday, March 20th, 2026

9AM-12PM - Hybrid

No - NBCC, LCA

Seminar Description: This seminar explores how Taylor Swift's music can be used in therapy to promote emotional awareness, mindfulness, and schema restructuring. Counselors can integrate her lyrics into sessions, using familiar songs to help clients reframe their thoughts, enhance emotional regulation, and create new meanings through mindfulness practices and other activities.

## **Holly Walters, Ph.D., LPC-S, CRC**

Disney/Pixar Therapy: When You Wish Upon a Coping Skill

Friday, April 17, 2026

9AM-12PM - Hybrid

No - NBCC, LCA

Seminar Description: Storytelling has long been central to healing, growth, and resilience. Walt Disney's vision of animation as "edutainment" continues today through Disney and Pixar films that blend imagination with emotional truth. This 3-hour seminar explores how counselors can use Disney/Pixar characters, themes, and narratives to help clients process difficult experiences, build coping skills, and foster self-reflection. Through film clips, case examples, and hands-on activities, participants will discover creative interventions that bring therapeutic conversations to life for children, adolescents, and even adults.

### **Erin Dugan, Ph.D., LPC-S, RPT-S**

Introduction to Child-Parent Relationship Training (CPRT): A Play Therapy-Based Approach for Mental Health Professionals

Friday, April 17<sup>th</sup>, 2026

9AM-12PM - Hybrid

Ethics, Diagnosis - APT, LCA

Seminar Description: This 3-hour introductory seminar is designed for mental health professionals seeking to learn the foundational concepts of Child-Parent Relationship Training (CPRT). CPRT is a structured, evidence-based intervention grounded in child-centered play therapy, aimed at strengthening the parent-child relationship and promoting emotional and behavioral well-being. Participants will be introduced to the core components of CPRT, including its theoretical underpinnings, intervention structure, and the role of the therapist in guiding parents. The seminar will also explore the Therapeutic Powers of Play as defined by Charles Schaefer, highlighting how play functions as a medium for healing, communication, and connection. This training serves as a gateway for professionals interested in implementing CPRT in clinical or community settings.

### **Rose Angelocci, Ph.D., CRC, CWIC & Adrienne Frischhertz, Ph.D., LPC-S, RPT-S**

Supporting Children with Disabilities through Play Therapy

Friday, May 1<sup>st</sup>, 2026

9 am-12 pm - Hybrid

None - APT, LCA, NBCC

Seminar Description: This interactive workshop explores how play therapy can be utilized to support the social, emotional, and behavioral needs of children with disabilities in school and clinical settings. Participants will examine developmental, sensory, and relational considerations that influence play engagement and learn practical, inclusive interventions designed to promote regulation, communication, and connection. Emphasis will be placed on collaboration between play therapists, educators, and families, particularly siblings of children with disabilities.

(See offered CE Series on next page)

## CE SERIES

### **Erin Dugan, Ph.D., LPC-S, RPT-S**

Series: Introduction to Play Therapy

CFCC Seminar Series | 15 Weeks | 45 CE Hours | Jan 20<sup>th</sup> to May 5<sup>th</sup> | Tuesdays, 9am-12pm |

Must be taken as a complete series

#### Content Areas Include:

**Counseling Theory** - Identify seminal theories used in play therapy.

**Human Growth/Development** - Discuss ages and stages and the application and use of play therapy.

**Social/Cultural Foundations** - Discuss social and cultural foundations in play therapy.

**Helping Relationships** - Identify basic skills and techniques used in play therapy.

**Group** - Discuss group play therapy protocols, theories, and techniques.

**Appraisal of the Individual** - Identify assessment procedures used in determining the appropriate play therapy approach.

**Research and Evaluation** - Identify major research studies, evidence based practices, and meta analyses.

**Ethics** - Present APT Best Practices & Standards.

**Diagnosis** - Identify diagnoses and presenting issues play therapy is appropriate for.

**Professional Orientation** - Present the orientation and practice of play therapy.

### **Holly Walters, Ph.D., LPC-S, CRC**

CBT Series (overall description): Intro to Cognitive Behavioral Therapy (CBT)

CFCC Seminar Series | 4-Day Intensive | 16 CE Hours |

Series Description: This four-day intensive, hybrid seminar provides a comprehensive introduction to Cognitive Behavioral Therapy (CBT) for counselors, interns, and mental health professionals. Designed as a hands-on training experience, the series integrates live instruction, collaborative discussion, skills practice, and real-time application of CBT techniques.

Participants will learn the foundational principles of CBT, develop strong case conceptualization skills, and practice the core interventions used across clinical settings, including cognitive restructuring, behavioral activation, and structured problem-solving.

Through modeling, guided exercises, and small-group practice, learners will build confidence in applying CBT with a range of client presentations and diagnoses.

<b>Intro to Cognitive Behavioral Therapy Part I: Foundations of CBT</b>			
13-Feb-25	10:30AM-3PM	Hybrid	No - NBCC, LCA, SW
<p>This session introduces the core principles, structure, and theoretical foundations of Cognitive Behavioral Therapy. Participants will learn how thoughts, emotions, and behaviors interact and how maladaptive patterns contribute to mental health concerns. The session explores automatic thoughts, cognitive distortions, and the basic case formulation model.</p> <p>Applied Learning: Participants complete thought records, practice identifying distortions, and engage in guided small-group cognitive processing exercises.</p>			

<b>Intro to Cognitive Behavioral Therapy Part II: Assessment &amp; Case Conceptualization in CBT</b>			
6-Mar-25	10:30AM-3PM	Hybrid	No - NBCC, LCA, SW
<p>This session focuses on assessment strategies, treatment planning, and conceptualization skills. Participants learn to develop problem lists, set measurable goals, and use structured CBT frameworks to understand client presentations. The session differentiates core beliefs, intermediate beliefs, and situational triggers.</p> <p>Applied Learning: Learners build individualized case conceptualization diagrams, practice formulation with vignettes, and begin treatment planning using CBT principles.</p>			

<b>Intro to Cognitive Behavioral Therapy Part III: CBT Interventions: Cognitive &amp; Behavioral Techniques</b>			
10-Apr-25	10:30AM-3PM	Hybrid	No - NBCC, LCA, SW
<p>This session examines the primary therapeutic interventions central to CBT. Participants receive training in cognitive restructuring, Socratic questioning, evidence-for/evidence-against analysis, behavioral activation, exposure principles, and activity scheduling.</p> <p>Applied Learning: Through role-play and structured practice, learners apply cognitive reframing strategies and design behavioral activation plans for case scenarios.</p>			

<b>Intro to Cognitive Behavioral Therapy Part IV: Integrative Applications and Ethics</b>			
1-May-25	10:30AM-3PM	Hybrid	No - NBCC, LCA, SW
<p>The final session synthesizes CBT competencies and examines ethical, multicultural, and diagnostic considerations. Participants discuss adaptations for depression, anxiety, and trauma-informed CBT. Ethical issues such as boundaries, scope, therapist drift, and cultural responsiveness are explored.</p> <p>Applied Learning: Learners complete a final applied practice exercise, integrating CBT strategies into a full case example, followed by Q&amp;A and seminar evaluation.</p>			