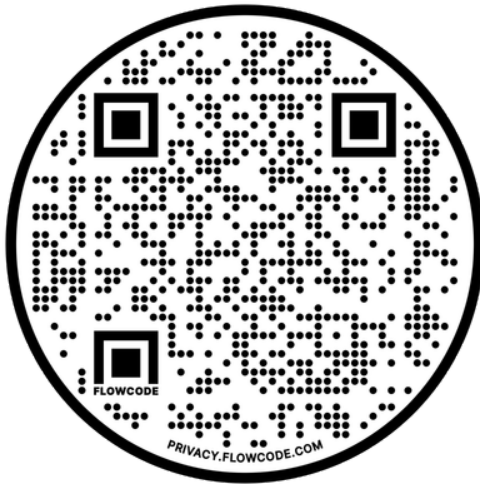


LSU Health Sciences Center Child and Family Counseling Clinic Fall 2026 – Seminar Series



LSU Health
NEW ORLEANS
School of Allied Health Professions

Visit our website here for more information and registration!

Call (504)556-3451 or email cfcc@lsuhsc.edu with any questions

411 S. Prieur St Rm 307 New Orleans, LA 70112

ABOUT THE SPEAKERS



Debroah Allsbrook
Ph.D., LPC-S, NCC



Adrienne Frischhertz,
Ph.D, LPC-S, RPT-S



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



Emmy Simkiss, MS,
PLPC

ABOUT THE SPEAKER:

DEBREAHA ALLSBROOK, PH.D., LPC-S, NCC

Dr. Deborah Allsbrook, PhD, LPC-S, NCC is a Licensed Professional Counselor Supervisor and National Certified Counselor serving as an Assistant Clinical Professor at LSU Health Sciences Center New Orleans in the Department of Counseling. Her areas of focus include: depression, anxiety, grief, trauma, and military counseling. Dr. Allsbrook also provides supervision for PLPCs seeking independent licensure. She is committed to providing compassionate care and to embodying the spirit of the fellow traveler. Dr. Allsbrook is also committed to serving by maintaining an active role in leadership with the LA Military and Government Counseling Association.



SEMINARS:

- **Superhero Therapy: Harnessing Pop Culture Narratives to Strengthen Resilience, Identity, and Clinical Practice.**
- **The Wounded Healer: Moral Injury and Counseling Practice**

ABOUT THE SPEAKER:

HOLLY WALTERS, PH.D., LPC-S, CRC

Holly Walters holds a Ph.D. in Counselor Education from Oregon State University. She is a Licensed Professional Counselor Supervisor (LPC-S). Currently, she is an Assistant Professor at LSUHSC in New Orleans. She is an alumna of the program graduating with a Master of Health Sciences in Rehabilitation Counseling. She earned her Bachelor of Science in Psychology from the University of New Orleans. Dr. Walters has worked in outpatient mental health settings with the state for over 10 years as a clinician and a program director. Her research interest includes suicide prevention, risk reduction, and the use of popular culture in therapy. She co-runs a blog that integrates pop culture into learning healthy coping skills, therapypopculture.com.



SEMINARS:

- **Superhero Therapy: Harnessing Pop Culture Narratives to Strengthen Resilience, Identity, and Clinical Practice**
- **Finding the Story in Therapy: Using Disney Media—Film, Television, and Music—in Clinical Practice Across the Lifespan**
- **“Out of the Woods and Into the Work”: Advanced Taylor Swift Therapy in Clinical Practice**
- **Coffee, Connection, & Clinical Insights: Family Dynamics and Attachment in Gilmore Girls (Part 1)**

ABOUT THE SPEAKER:

ADRIANNE FRISCHHERTZ, PH.D, LPC-S, RPT-S

Adrienne Frischhertz, Ph.D. is a Licensed Professional Counselor Supervisor and Registered Play Therapist-Supervisor. Dr. Frischhertz is Assistant Professor in the Department of Counseling in the School of Allied Health Professions at LSU Health New Orleans. She has published and presented about counseling and play therapy and appears regularly on WWL's Great Day Louisiana to discuss parenting strategies. She is a graduate of both the Louisiana Counseling Association and Association for Play Therapy Leadership Academies. Previously, she served as president for both the Louisiana Association for Play Therapy and Louisiana Association for Counselor Education and Supervision boards, as well as board member of the Association for Child and Adolescent Counseling (Louisiana chapter). She serves on the editorial board of the Louisiana Counseling Association Journal. Clinically, she focuses on providing services to children ages 3-12 and their caregivers, as well as supervision to those seeking licensure as a professional counselor (LPC) and certification as a Registered Play Therapist.



SEMINARS:

- “Out of the Woods and Into the Work”: Advanced Taylor Swift Therapy in Clinical Practice

ABOUT THE SPEAKER:

EMMY SIMKISS, MS, PLPC

Emmy is a provisionally licensed professional counselor at the LSU Health Child and Family Counseling Clinic. She earned her Master of Science in Clinical Mental Health Counseling from Loyola University New Orleans. She is currently pursuing her counseling and play therapy licenses under the supervision of Dr. Kati Hill. She joined the clinic in 2025 and specializes in working with children aged 2-12 with a wide range of presenting problems. She has experience using play therapy to treat children with depression, anxiety, Autism Spectrum Disorder, ADHD, and trauma. At the clinic, she is supervised by Dr. Erin Dugan.



SEMINARS:

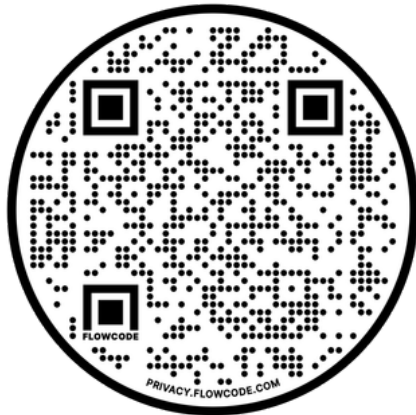
- **Play Therapy 101: An Introduction for Curious Students**

Coffee, Connection, & Clinical Insights: Family Dynamics and Attachment in Gilmore Girls (Part 1)

Friday, August 14th, 2026
10AM-12PM (Hybrid)



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



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Coffee, Connection, & Clinical Insights: Family Dynamics and Attachment in Gilmore Girls (Part 1)

Friday, August 14th, 2026
10AM–12PM (Hybrid)



With Holly Walters, Ph.D., LPC-S, CRC

The relationships in *Gilmore Girls* provide a rich opportunity to explore family systems, attachment, communication patterns, and interpersonal development through a clinical lens.

This interactive two-hour seminar examines the complex dynamics among the *Gilmore* women, as well as the families and friendships that shape the lives of the residents of Stars Hollow. Participants will analyze relationship patterns using Family Systems Theory, Attachment Theory, Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT), while considering how these concepts inform case conceptualization and treatment planning. Through discussion, clinical application, and media examples, attendees will gain practical strategies for using popular culture to enhance psychoeducation and therapeutic engagement with adolescent and adult clients.



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



With **Adrienne Frischhertz, Ph.D., LPC-S, RPT-S**

“Out of the Woods and Into the Work”: Advanced Taylor Swift Therapy in Clinical Practice

Friday, September 25th, 2026
10AM–12PM (Hybrid)



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LSU Health
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“Out of the Woods and Into the Work”: Advanced Taylor Swift Therapy in Clinical Practice

**Friday, September 25th, 2026
10AM–12PM (Hybrid)**

**With Holly Walters, Ph.D., LPC-S, CRC &
With Adrienne Frischhertz, Ph.D, LPC-S, RPT-S**



This advanced seminar expands on the use of Taylor Swift’s discography as a clinically relevant tool for psychotherapy practice. Building on cognitive-behavioral and narrative therapy frameworks, this session explores how lyrical content can be used to identify cognitive distortions, deepen emotional processing, and support identity reconstruction in clients across developmental stages.

Using selected works by Taylor Swift, participants will examine how themes of attachment, grief, cognitive restructuring, relational trauma, and post-traumatic growth can be translated into structured clinical interventions. Emphasis is placed on ethical integration of pop culture in counseling, cultural humility, and strengthening therapeutic alliance through client-centered, culturally relevant material. Participants will engage in applied exercises including lyric deconstruction, intervention design, and case conceptualization using music-informed therapy strategies.



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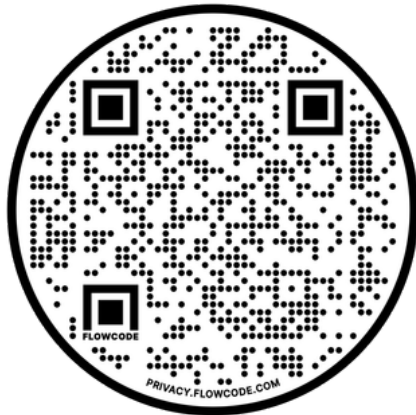
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The Wounded Healer: Moral Injury and Counseling Practice

Friday, October 2nd, 2026
11:30AM-1PM (Hybrid)



With Debroah Allsbrook, Ph.D., LPC-S, NCC



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Moral injury is increasingly recognized as a significant cognitive, emotional, behavioral, and spiritual consequence of experiences that violate an individual's deeply held moral beliefs, values, or ethical expectations. Although originally studied in military populations, moral injury is now understood to affect a broad range of individuals, including mental health professionals. Participants will examine the distinctions between moral injury, posttraumatic stress, burnout, and compassion fatigue. Counselors will develop practical strategies for recognizing and responding to moral injury through repair and reconnection.



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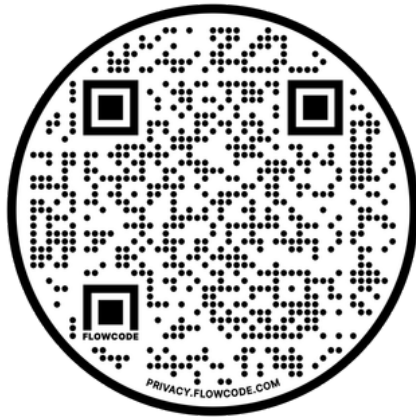
LSU Health
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Play Therapy 101: An Introduction for Curious Students

Friday, October 16th, 2026
9:30AM–11:30AM (Hybrid)



With Emmy Simkiss, MS, PLPC



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Play Therapy 101: An Introduction for Curious Students

Friday, October 16th, 2026
9:30AM–11:30AM (Hybrid)

With Emmy Simkiss, MS, PLPC



This 2-hour session is designed for students and professionals curious about play therapy and working with pediatric populations.

Participants will learn the benefits of play therapy, receive an introduction to play therapy theories, and learn about the day-to-day of working with children. This session is a great opportunity for anyone contemplating working with children.



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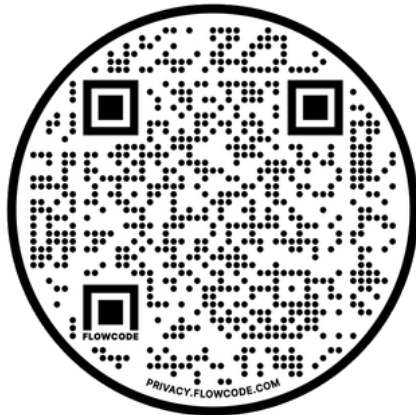
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Finding the Story in Therapy: Using Disney Media—Film, Television, and Music—in Clinical Practice Across the Lifespan

Friday, October 23rd, 2026
10AM-12PM (Hybrid)



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



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Finding the Story in Therapy: Using Disney Media—Film, Television, and Music—in Clinical Practice Across the Lifespan

Friday, October 23rd, 2026
10AM–12PM (Hybrid)

With Holly Walters, Ph.D., LPC-S, CRC



This foundational seminar explores the clinical use of Disney media across multiple formats—including film, television, and music—as therapeutic tools to enhance engagement, emotional processing, and meaning-making in counseling practice. Grounded in cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and narrative therapy frameworks, this training demonstrates how popular media can be used to strengthen emotional awareness, support skill acquisition, and facilitate client-centered exploration across diverse clinical populations.

Using content from Disney and Pixar Animation Studios, participants will examine how storylines, character development, and music can be translated into clinically meaningful interventions. Media narratives are used to support identification of cognitive distortions (CBT), reinforce adaptive coping strategies (DBT skills), and promote externalization and re-authoring processes (narrative therapy).

Participants will engage in experiential exercises that translate media themes into structured clinical interventions applicable in individual, group, and family therapy, with attention to ethical practice, cultural responsiveness, and developmental considerations across the lifespan.



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



With **Debroah Allsbrook, Ph.D., LPC-S, NCC**

Superhero Therapy: Harnessing Pop Culture Narratives to Strengthen Resilience, Identity, and Clinical Practice

**Friday, November 13th, 2026
10AM–12PM (Hybrid)**



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Superhero Therapy: Harnessing Pop Culture Narratives to Strengthen Resilience, Identity, and Clinical Practice

Friday, November 13th, 2026
10AM–12PM (Hybrid)

**With Holly Walters, Ph.D., LPC-S, CRC &
With Debroah Allsbrook, Ph.D., LPC-S, NCC**



This interactive seminar explores “Superhero Therapy,” an integrative, evidence-informed approach that uses superhero narratives, comic book characters, and pop culture storytelling as metaphors for psychological growth, resilience, and identity development. Drawing from cognitive-behavioral, narrative, and strengths-based frameworks, participants will examine how superheroes can be used in clinical practice to externalize problems, reframe maladaptive beliefs, and enhance client engagement across developmental stages. The seminar will highlight how popular media—including Marvel, DC, and contemporary streaming universes—can be ethically and effectively integrated into counseling interventions with clients. Participants will engage in experiential activities, case conceptualization exercises, and intervention design to translate superhero metaphors into clinically meaningful work.



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FALL 2026 SEMINARS: COSTS

\$80/Workshop for Professionals for 2hr Seminars;

\$100/Workshop for Professionals for 3hr Seminars;

\$40/Workshop for LSU Health NO Alum for 2hr Seminars;

\$50/Workshop for LSU Health NO Alum for 3hr Seminars;

\$25/Workshop for Students with Valid ID

CANCELLATION AND REFUND POLICY

For training hosted by the LSUHSC Child & Family Counseling Clinic, trainings may be canceled with a full refund up to 24 hours after registration/payment has been made. Registrations canceled after that time will not receive a refund but participants may obtain credit for a future training hosted with the same trainer.

LIVE WEBINAR POLICY

In order to obtain CEH credit, participants attending via live Zoom are required to keep their cameras on for the duration of the seminar.

DISCOUNTS

Register for 3 Seminars and receive a **\$10 discount!**

Register for 5 Seminars and receive a **\$30 discount!**

Register for 8 Seminars and receive a **\$50 discount!**

Register for ALL Seminars and receive a **free seminar** toward your payment!

MUST CALL IN TO PROCESS ALL DISCOUNTS!

Board Applications and Approvals

Approval for Continuing Education has been applied for and is pending through the Louisiana Counseling Association. Social Workers attending any workshop, will be required to complete a Guide for Assessment of Continuing Education and submit to the LSB-SWE for approval.