

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

Location: 411 S. Prieur St., Room 307, New Orleans, LA 70112

Contact: (504) 556-3451 | cfcc@lsuhsc.edu

Continuing Education:

Approval for continuing education has been applied for and is pending through:
Louisiana Counseling Association (LCA)

SPEAKERS

Deborah Allsbrook, PhD, LPC-S, NCC

Holly Walters, PhD, LPC-S, CRC

Adrianne Frischhertz, PhD, LPC-S, RPT-S

Emmy Simkiss, MS, PLPC

SEMINARS

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

Holly Walters, PhD, LPC-S, CRC

Friday, August 14, 2026 | 10:00 AM-12:00 PM | Hybrid

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.

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

Holly Walters, PhD, LPC-S, CRC & Adrianne Frischhertz, PhD, LPC-S, RPT-S

Friday, September 25, 2026 | 10:00 AM-12:00 PM | Hybrid

This advanced seminar expands 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.

The Wounded Healer: Moral Injury and Counseling Practice

Deborah Allsbrook, PhD, LPC-S, NCC

Friday, October 2, 2026 | 11:30 AM-1:00 PM | Hybrid

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.

Play Therapy 101: An Introduction for Curious Students

Emmy Simkiss, MS, PLPC

Friday, October 16, 2026 | 9:30 AM-11:30 AM | Hybrid

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.

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

Holly Walters, PhD, LPC-S, CRC

Friday, October 23, 2026 | 10:00 AM-12:00 PM | Hybrid

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.

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

Holly Walters, PhD, LPC-S, CRC & Deborah Allsbrook, PhD, LPC-S, NCC

Friday, November 13, 2026 | 10:00 AM-12:00 PM | Hybrid

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.

COSTS

\$80 per 2-hour workshop (Professionals)

\$40 per 2-hour workshop (LSU Health New Orleans Alumni)

\$25 per workshop (Students with valid ID)

Discounts (Must Call to Apply)

Register for 3 seminars: \$10 off

Register for 5 seminars: \$30 off

Register for 8 seminars: \$50 off

Register for all seminars: one free seminar

Policies

Live Webinar Policy:

Zoom participants must keep cameras on for the full seminar to receive CE credit.

Cancellation & Refund Policy:

Full refund available up to 24 hours after registration/payment.

No refunds after that time, but credit may be applied to future training with the same trainer.