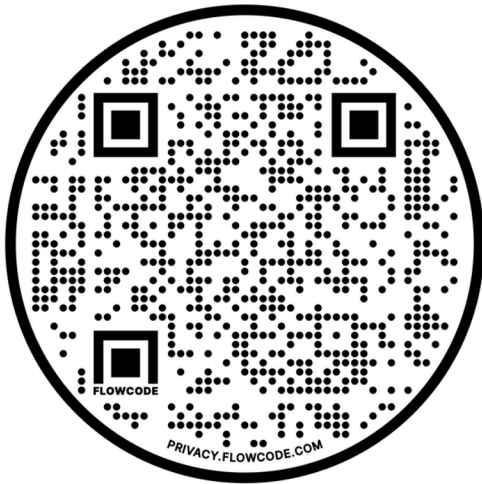


LSU Health Sciences Center Child and Family Counseling Clinic Spring 2026 – Seminar Series



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



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



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



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



George Hebert, Ph.D



**Rose Angelocci, Ph.D.,
CRC, CWIC**



**Emmy Simkiss, MS,
PLPC**

ABOUT THE SPEAKER:

ERIN DUGAN, PH.D., LPC-S, RPT-S

Erin Dugan is the Dean of the LSUHSC School of Allied Health Professions, a Professor of Counseling, and the Clinical Director of the LSUHSC Child & Family Counseling Clinic. In 2006, Dr. Dugan established the LSUHSC Child and Family Counseling Clinic, where she remains its Clinical Director. The clinic provides mental health services to children and families in the greater New Orleans area and offers internships to students and graduates seeking mentorship, supervision, and training. Dr. Dugan is also a recognized leader at the national and state levels. A National Certified Counselor, Licensed Professional Counselor Supervisor, and Registered Play Therapist Supervisor, she was named Chair of Board of Directors for the national Association for Play Therapy in 2020. Dr. Dugan was elected President of the Louisiana Association for Play Therapy in 2011 as well as the Louisiana Association for Counselor Educators and Supervisors in 2010.



SEMINARS:

- The Healing Power of Play: Integrating Play Therapy in School Counseling Practice
- Introduction to Child-Parent Relationship Training (CPRT): A Play Therapy-Based Approach for Mental Health Professionals
- Introduction to Play Therapy Series

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 alumnus 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:

- Ethical Risks of Overwork: Impaired Competence, Documentation Shortcuts, Boundary Blurring
- Diagnosing Anxiety Disorders: Walking the Line Between Normal Worry and Pathology
- Healing Through Lyrics: Using Taylor Swift's Music in Counseling
- Disney/Pixar Therapy: When You Wish Upon a Coping Skill
- CBT Series (overall description): Intro to Cognitive Behavioral Therapy (CBT)
- Introduction to CBT Part I, Part II, Part III, and Part IV

ABOUT THE SPEAKER:

ROSE ANGELOCCI, PH.D., CRC, CWIC

Rose Angelocci, Ph.D. is a Community Work Incentives Coordinator (CWIC) with the Louisiana Benefits Planning Services and serves as one of the coordinators for the Louisiana Deafblind Project for Children and Youth. She holds a doctorate in counselor education with a minor in qualitative research methods and a Masters in Health Sciences in Rehabilitation Counseling. Dr. Angelocci is a Certified Rehabilitation Counselor, a Licensed Rehabilitation Counselor/Supervisor, a Licensed Marriage and Family Therapist, a Licensed Professional Counselor/Supervisor, a National Certified Counselor, a Board Certified Tele Mental Health provider, a Certified Vision Rehabilitation Therapist, a Certified Deafblind Intervener, and a certified Community Work Incentives Coordinator. She holds over 30 years of experience in working with individuals with disabilities.



SEMINARS:

- From Diagnosis to Daily Functioning: Empowering Success through Interventions, Accommodations, and Counseling for Individuals with Specific Learning Disorders or ADHD
- Supporting Children with Disabilities through Play Therapy

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:

- Supporting Children with Disabilities through Play Therapy
- Healing Through Lyrics: Using Taylor Swift's Music in Counseling

ABOUT THE SPEAKER:

GEORGE HEBERT, PH.D

In the Child and Family Counseling Clinic, Dr. Hebert conducts psychological assessments for ADHD, Autism Spectrum Disorder, specific learning disabilities, and general internalizing and externalizing behavioral problems.



SEMINARS:

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

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:

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

SPRING 2026 SEMINARS

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

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

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

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

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

Angelocci & Frischhertz: Supporting Children with Disabilities through Play Therapy

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

Walters: CBT Series: Intro to Cognitive Behavioral Therapy (CBT)

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

Dugan: Introduction to Play Therapy Series

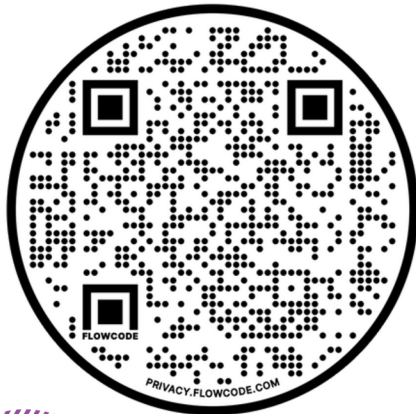
Walters: Healing Through Lyrics: Using Taylor Swift's Music in Counseling

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

Friday, February 27th, 2026
9AM–12PM (Hybrid)



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



Visit our website here for more
information and registration!
Call (504)556-3451 or email
cfcc@lsuhsc.edu with any questions

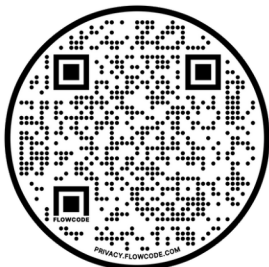
Ethical Risks of Overwork: Impaired Competence, Documentation Shortcuts, Boundary Blurring

Friday, February 27th, 2026 --- 9AM-12PM (Hybrid)

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



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.



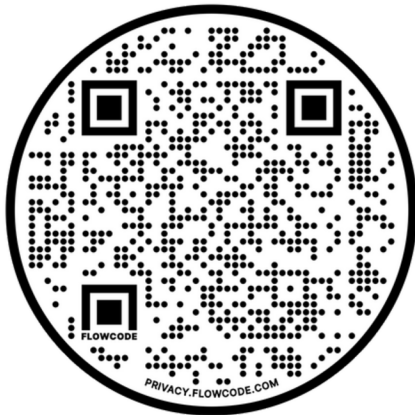
(Ethics)

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

Friday, March 27th, 2026
9AM–12PM (Hybrid)



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



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

Friday, March 27th, 2026 --- 9AM-12PM (Hybrid)

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



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.



(Diagnosis)



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



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

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

Friday, March 20th, 2026
9AM-12PM (Hybrid)



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with any questions

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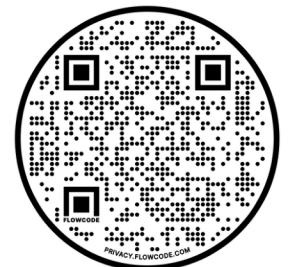
Healing Through Lyrics: Using Taylor Swift's Music in Counseling

Friday, March 20th, 2026 --- 9AM-12PM (Hybrid)

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



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.

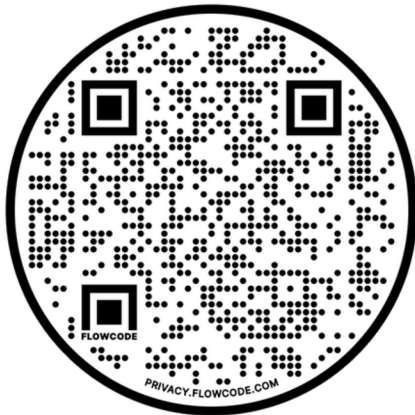


Disney/Pixar Therapy: When You Wish Upon a Coping Skill

Friday, April 17th, 2026
9AM–12PM (Hybrid)



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



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

Friday, April 17th, 2026 --- 9AM-12PM (Hybrid)

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



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.



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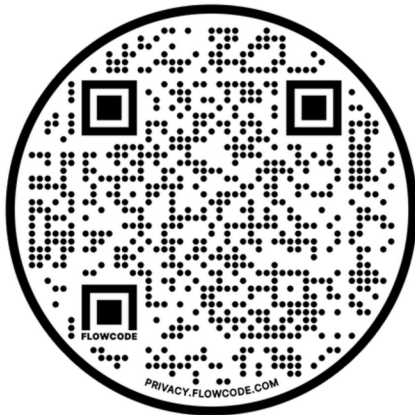


CBT Series: Introduction to Cognitive Behavioral Therapy

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



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



Visit our website here for more
information and registration!

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cfcc@lsuhsc.edu with any questions

LSU Health
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School of Allied Health Professions

CBT Series: Introduction to Cognitive Behavioral Therapy

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

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



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.



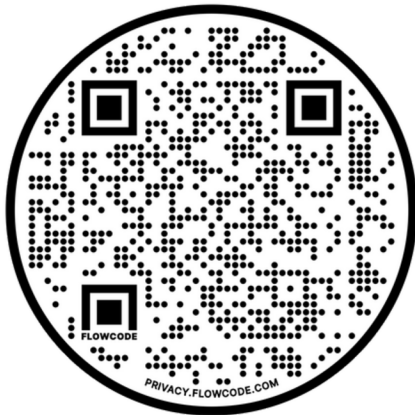


Intro to Cognitive Behavioral Therapy Part I: Foundations

Friday, February 13th, 2026
10:30AM–3PM (Hybrid)



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



Visit our website here for more information and registration!

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

LSU Health
NEW ORLEANS

School of Allied Health Professions

Intro to Cognitive Behavioral Therapy Part I: Foundations

Friday, February 13th, 2026 --- 10:30AM-3PM (Hybrid)

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



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.

Applied Learning: Participants complete thought records, practice identifying distortions, and engage in guided small-group cognitive processing exercises.



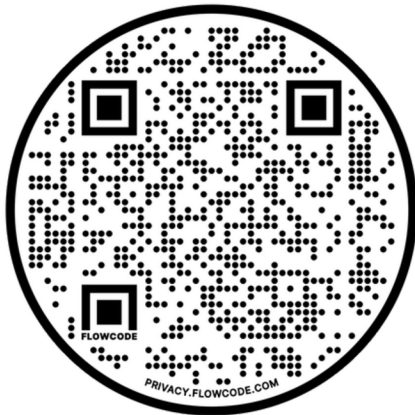


Intro to Cognitive Behavioral Therapy Part II: Assessment & Case Conceptualization

Friday, March 6th, 2026
10:30AM–3PM (Hybrid)



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



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information and registration!**

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Intro to Cognitive Behavioral Therapy Part II: Assessment & Case Conceptualization

Friday, March 6th, 2026 --- 10:30AM-3PM (Hybrid)

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



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.

Applied Learning: Learners build individualized case conceptualization diagrams, practice formulation with vignettes, and begin treatment planning using CBT principles.



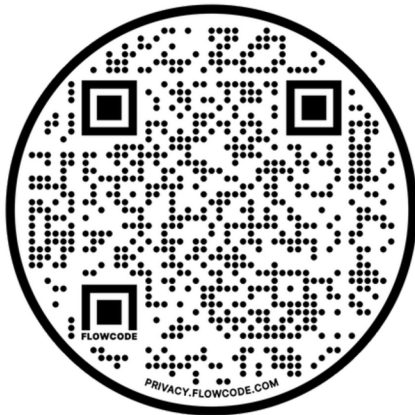
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Intro to Cognitive Behavioral Therapy Part III: CBT Interventions: Cognitive & Behavioral Techniques

Friday, April 10th, 2026
10:30AM–3PM (Hybrid)



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



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Intro to Cognitive Behavioral Therapy

Part III: CBT Interventions: Cognitive & Behavioral Techniques

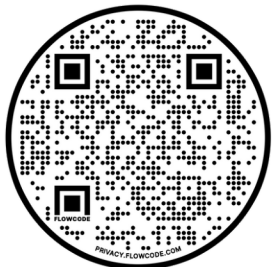
Friday, April 10th, 2026 --- 10:30AM-3PM (Hybrid)

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



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.

Applied Learning: Through role-play and structured practice, learners apply cognitive reframing strategies and design behavioral activation plans for case scenarios.



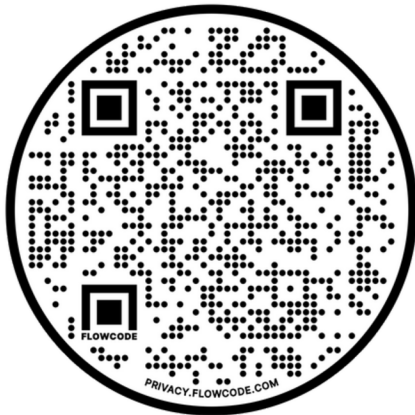


Intro to Cognitive Behavioral Therapy Part IV: Integrative Applications & Ethics

Friday, May 1st, 2026
10:30AM-3PM (Hybrid)



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



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Intro to Cognitive Behavioral Therapy

Part IV: Integrative Applications & Ethics

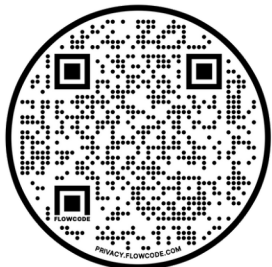
Friday, May 1st, 2026 --- 10:30AM-3PM (Hybrid)

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



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.

Applied Learning: Learners complete a final applied practice exercise, integrating CBT strategies into a full case example, followed by Q&A and seminar evaluation.





With **Rose Angelocci, Ph.D., CRC, CWIC**



With **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 13th, 2026
10AM-12PM – Hybrid**



Visit our website here for more information and registration!

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

Friday, May 1st, 2026 --- 9AM-12PM - Hybrid

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



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.

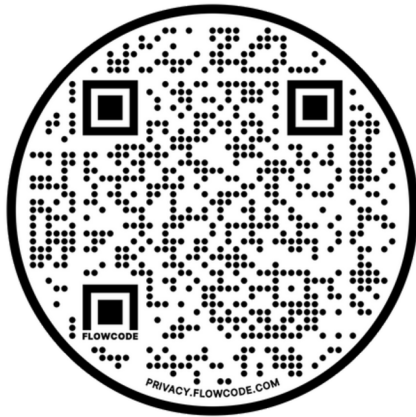


Seminar Series: Introduction to Play Therapy

15 Week | Jan 20th – May 5th, 2026
| Tuesdays, 9-12pm |
45 CE Hours | Hybrid



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



Visit our website here for more
information and registration!

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LSU Health
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Seminar Series:

Introduction to Play Therapy

15 Weeks | Tuesdays, 9-12pm | *45 CE Hours (Unit) | Hybrid

*Must be completed as a series

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



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.



(Ethics)

Once weekly for 15 weeks

Tuesdays 9am-12pm

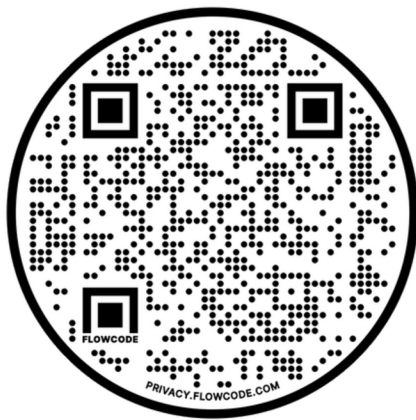
Not held 2/17 for Mardi Gras
Jan 20th, 2026 - May 5th, 2026

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

Friday, January 30th, 2026
10AM-12PM (Hybrid)



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



Visit our website here for more
information and registration!

Call (504)556-3451 or email
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The Healing Power of Play: Integrating Play Therapy in School Counseling Practice

Friday, January 30th, 2026 --- 10AM-12PM (Hybrid)

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



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.



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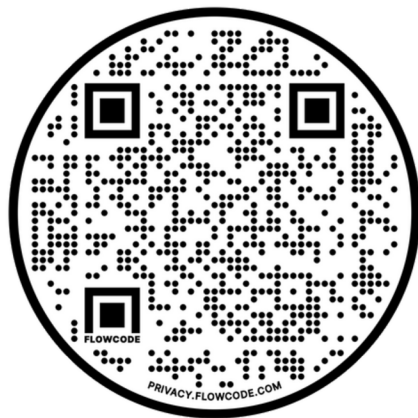
(Ethics, Diagnosis)

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

Thursday, March 19th, 2026
10AM-12PM (Hybrid)



With Emmy Simkiss, MS, PLPC



Visit our website here for more
information and registration!

Call (504)556-3451 or email
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411 S. Prieur St Rm 307 New Orleans, LA

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

Thursday, March 19th, 2026 --- 10AM-12PM (Hybrid)

Emmy Simkiss, MS, PLPC



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.

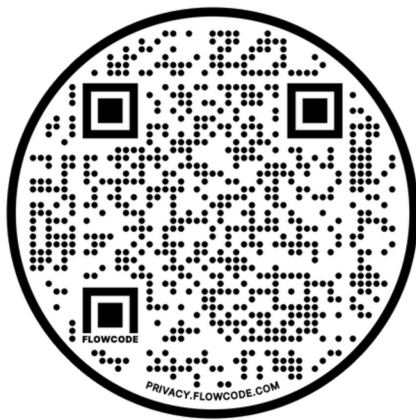


Introduction to Child-Parent Relationship Training (CPRT): A Play Therapy-Based Approach for Mental Health Professionals

Friday, April 17th, 2026
9AM-12PM – Hybrid



With Erin Dugan, Ph.D., LPC-S, RPT-S



Visit our website here for more information and registration!

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LSU Health
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School of Allied Health Professions

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

Friday, April 17th, 2026 --- 9AM-12PM (Hybrid)

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



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.



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(Ethics, Diagnosis)



With **Rose Angelocci, Ph.D., CRC, CWIC**



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

Supporting Children with Disabilities through Play Therapy

Friday, May 1st, 2026
9AM-12PM - Hybrid



Visit our website here for more
information and registration!

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



School of Allied Health Professions

Supporting Children with Disabilities through Play Therapy

Friday, May 1st, 2026 --- 9AM-12PM - Hybrid

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



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.



SPRING 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.



School of Allied Health Professions

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!

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.

Approval for Continuing Education has been applied for and is pending through the Louisiana LPC Board, Social Work Board, and the Association for Play Therapy.