

## LSU Health Child & Family Counseling Clinic's Summer 2025 Seminar Series

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### Our Speakers

- George Hebert
- Erin Dugan
- Holly Walters

### About the Speakers

George W. Hebert, Ph.D. is a Clinical Associate Professor in the Department of Counseling at the Louisiana State University Health Sciences Center - New Orleans (LSUHSC-NO) and also serves as a faculty member in the Physician Assistant's Program in the Department of Interdisciplinary Human Studies. Previously, Dr. Hebert served nine years as the training coordinator/director for an APA accredited program in School of Psychology at the LSU Health Sciences Center in the Human Development Center. Additionally, he had served a total of eight years providing psychological services and directing an outpatient mental health clinic for children and adolescents in Louisiana. He also served a total of six years as a school psychologist in both rural and urban settings in Louisiana. Finally, Dr. Hebert had been a part-time faculty member in the psychology department at the University of New Orleans for many years.

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.

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](http://therapypopculture.com).

## Seminar Information:

May 21, 2025 through July 30, 2025 (Wednesdays only), 9am-11am: Advanced Play Therapy (Hybrid)

Presented by: Dr. Erin Dugan

The Advanced Play Therapy seminar series is designed for mental health professionals seeking to deepen their knowledge and skills in play therapy. This comprehensive seminar series spans 11 weeks, providing an in-depth exploration of advanced play therapy techniques, theoretical orientations, and practical applications.

Participants will begin by reviewing foundational play therapy concepts and gradually progress to more advanced techniques. The seminar series covers a wide range of topics, including therapeutic play techniques, child development, family dynamics, cultural competence, group play therapy, ethical and legal considerations, and the treatment process in play therapy.

Throughout the seminar series, participants will learn to identify and address common childhood mental health disorders, understand the impacts of trauma, and utilize various assessment tools and techniques. The seminar series also emphasizes the importance of developing treatment goals and plans that align with theoretical orientations, as well as maintaining professional credentials and involvement in the play therapy community.

Case studies will be analyzed to provide practical insights and real-world applications of play therapy principles. Participants will also engage in hands-on practice and role-playing to enhance their therapeutic skills.

By the end of the seminar series, participants will have a comprehensive understanding of advanced play therapy techniques and be equipped with the knowledge and skills to effectively support children and families through play therapy. The seminar series concludes with a review of key concepts, presentation of final projects, and a wrap-up session to consolidate learning and celebrate achievements.

This seminar series is ideal for mental health professionals who have a foundational understanding of play therapy and are looking to advance their practice to better serve their clients.

## Week 1: May 21 - Introduction to Advanced Play Therapy

Objectives:

- Understand the seminar objectives and structure.
- Review foundational play therapy concepts.
- Introduce advanced play therapy techniques.

Summary:

In the first week, we will introduce the seminar objectives and structure, providing an overview of what to expect throughout the seminar series. We will review foundational play therapy concepts to ensure everyone has a solid understanding of the basics. Additionally, we will introduce advanced play therapy techniques that will be explored in greater detail in subsequent weeks.

## Week 2: May 28 - Therapeutic Play Techniques and Child Development

Objectives:

- Learn advanced therapeutic play techniques.
- Apply case studies and practical applications.
- Understand child development stages and tailor play therapy accordingly.

Summary:

This week focuses on advanced therapeutic play techniques, providing practical applications through case studies. We will also delve into child development stages, discussing how to tailor play therapy to meet the developmental needs of children at different stages. This foundational knowledge will be crucial for effective play therapy practice.

## Week 3: June 4 - Family Dynamics and Cultural Competence in Play Therapy

Objectives:

- Involve families in play therapy sessions.
- Address cultural diversity in play therapy.

- Implement culturally sensitive play therapy practices.

Summary:

Week 3 emphasizes the importance of family dynamics and cultural competence in play therapy. We will explore techniques for involving families in play therapy sessions and discuss the significance of cultural diversity. Participants will learn how to implement culturally sensitive practices to ensure inclusive and effective therapy.

#### Week 4: June 11 - Group Play Therapy

Objectives:

- Understand principles and techniques of group play therapy.
- Identify benefits and challenges of group play therapy.
- Apply group play therapy through case studies.

Summary:

This week is dedicated to group play therapy, where we will explore its principles and techniques. We will discuss the benefits and challenges of conducting group play therapy sessions and analyze case studies to understand practical applications. This knowledge will help therapists effectively manage group dynamics in play therapy.

#### Week 5: June 18 - Ethical and Legal Considerations and Play Therapy Treatment Process

Objectives:

- Address ethical issues in play therapy.
- Understand legal considerations and best practices.
- Develop treatment goals and plans, and manage documentation.

Summary:

Week 5 covers ethical and legal considerations in play therapy. We will discuss common ethical issues and legal considerations, providing best practices for therapists. Additionally, we will focus on developing treatment goals and plans, managing documentation, and understanding intake and termination procedures to ensure comprehensive and ethical practice.

## Week 6: June 25 - Childhood-Related Problems, Mental Health Diagnosis/Disorders, and Trauma

### Objectives:

- Identify common childhood mental health disorders.
- Understand diagnostic criteria and implications for play therapy.
- Explore the impacts of trauma on children and play therapy interventions.

### Summary:

This week focuses on childhood-related problems, mental health diagnosis, and trauma. We will identify common childhood mental health disorders and discuss their diagnostic criteria and implications for play therapy. Additionally, we will explore the neurobiological, systemic, and social impacts of trauma on children and discuss appropriate play therapy interventions.

## Week 7: July 2 - Assessment in Play Therapy and Identifying Play Dynamics

### Objectives:

- Assess progress in play therapy.
- Utilize evaluation tools and techniques.
- Identify types of play, themes, and stages in play therapy.

### Summary:

Week 7 is dedicated to assessment in play therapy and identifying play dynamics. We will discuss how to assess progress in play therapy using various evaluation tools and techniques. Participants will learn to identify different types of play, themes, and stages, and understand their clinical implications in treatment.

## Week 8: July 9 - Developing Play Therapy Treatment Goals and Plans

### Objectives:

- Develop treatment goals and plans congruent with theoretical orientation.
- Set up the playroom and understand the play therapy process.

### Summary:

This week focuses on developing play therapy treatment goals and plans. We will discuss how to create treatment goals and plans that align with the therapist's theoretical

orientation. Additionally, we will cover the setup of the playroom and the overall play therapy process to ensure a structured and effective therapeutic environment.

### Week 9: July 16 - Case Studies in Play Therapy

Objectives:

- Analyze various case studies in play therapy.
- Discuss play behavior and therapeutic outcomes.
- Apply practical lessons learned from case studies.

Summary:

Week 9 involves analyzing case studies in play therapy. We will review and discuss various case studies to understand play behavior and therapeutic outcomes. Participants will gain practical insights and lessons learned from these case studies, enhancing their ability to apply theoretical knowledge in real-world scenarios.

### Week 10: July 23 - Maintaining Play Therapy Credentials and Professional Involvement

Objectives:

- Maintain play therapy credentials and professional involvement.
- Seek and integrate continued education, research, and supervision.
- Practice self-care to maintain quality play therapy services.

Summary:

This week focuses on maintaining play therapy credentials and professional involvement. We will discuss the importance of staying involved in professional organizations, seeking continued education, research, and supervision. Additionally, we will emphasize the importance of self-care to maintain the quality of play therapy services and prevent burnout.

### Week 11: July 30 - Advanced Play Therapy Techniques and Course Review

Objectives:

- Deep dive into specialized play therapy techniques.
- Practice hands-on techniques and role-playing.
- Review key concepts and present final projects.

## Summary:

In the final week, we will conduct a deep dive into specialized play therapy techniques, providing hands-on practice and role-playing opportunities. Participants will review key concepts covered throughout the seminar and present their final projects. The seminar will conclude with a wrap-up and feedback session to consolidate learning and celebrate achievements.

## May 30, 2025, 9am-12:15pm: Ethical Considerations on the Delivery of Telehealth Services (Hybrid)

Presented by: Dr. Erin Dugan, Dr. George Hebert, and Dr. Holly Walters

Mental health practitioners are ethically required to provide services within the scope of their practice, gaining the appropriate education, knowledge, and supervisions to do so. This seminar will present the guiding principles, ethical codes, and standards required to provide telehealth services.

### Learning objectives:

1. Participants will review telehealth guidelines in providing mental health services.
2. Participants will discuss ethical considerations in providing telehealth mental health services.
3. Participants will identify ethical best practices in providing telehealth services.

## June 6, 2025, 9am-12:15pm: Ugh Supervision Again!?! Reflecting on Preparation & Engagement with Supervision (Hybrid)

Presented by Dr. Erin Dugan, Dr. George Hebert, and Dr. Holly Walters

Supervision is required to become a licensed mental health professional. However, it often adds more effort and weight to the supervisees' work week and that of their supervisors. This workshop will review the rationale and purpose of supervision and the key elements of intentional supervision. Additionally, registrants will review supervision models and reflect on the best fit.

### Learning objectives:

1. Participants will discuss the purpose and rationale of supervision.
2. Participants will identify key elements of intentional supervision practices.
3. Participants will review the models of supervision.

### June 13, 2025, 9am-12:15pm: Can I Diagnose? I am a Licensed Mental Health Professional, Part 1 (Hybrid)

Presented by Dr. Erin Dugan, Dr. George Hebert, and Dr. Holly Walters

The objective of this workshop is to enhance mental health professionals' understanding and application of ethical guidelines related to evaluation, assessment, and diagnosis, as outlined in Section E of the ACA Code of Ethics 2014. Specifically, the workshop will focus on the importance of providing proper diagnosis of mental health disorders, avoiding historical and social prejudices in diagnosis, and considering cultural factors in the diagnostic process.

### Learning objectives:

1. Participants will gain an understanding of the ethical considerations related to diagnosing in counseling, as outlined in Section E of the ACA Code of Ethics 2014.
2. Participants will develop skills to recognize and mitigate the impact of historical and social prejudices on the diagnostic process, ensuring equitable treatment for all clients.
3. Participants will enhance their ability to incorporate cultural factors into diagnostic procedures, fostering culturally competent practices that respect clients' diverse backgrounds and experiences.

### June 20, 2025, 9am-12:15pm: Ok I Can Diagnose... Now What? Part 2 (Hybrid)

Presented by Dr. Erin Dugan, Dr. George Hebert, and Dr. Holly Walters

The purpose of this workshop is to compliment and continue the content of the previous Diagnosis workshop. Specifically, this workshop will focus on a general framework from moving from general, broad assessments to disorder assessments to reach a diagnostic conclusion. Disorders with high prevalence rates will be highlighted with recommendations on using readily available assessment tools. Finally, participants will be invited to share their diagnostic concerns with the presenters for collegial and ethical problem solving.



### Learning objectives:

1. Participants will be oriented to an assessment framework that allows the clinician to systematically move from broad to specific assessments to ensure diagnostic accuracy.
2. Participants will gain further knowledge of assessment tools available to them and receive instruction on their use to best create the evidence for the diagnostic conclusion.
3. Participants will share past dilemmas around diagnosis and learn from the presenters on strategies to navigate an ethical path forward - including consultation and referral.

### July 11, 2025, 10am-12pm: Strategic Treatment Planning: Crafting Effective Goals with the SMART Goal (Hybrid)

Presented by Dr. Holly Walters

Treatment planning is a foundational skill for professional counselors, ensuring that therapeutic interventions are structured, measurable, and aligned with client needs. This interactive workshop will provide a comprehensive review of treatment planning principles, with a focus on developing meaningful and effective SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound) goals. Participants will explore best practices for goal-setting, discuss common pitfalls, and apply strategies to enhance the quality and effectiveness of treatment plans across various clinical settings.

Through case studies, hands-on exercises, and group discussions, attendees will gain practical tools to refine their treatment planning approach and enhance client outcomes.

### Learning objectives:

1. Identify the essential components of an effective treatment plan
2. Define and apply the SMART goal-setting framework within treatment planning.
3. Recognize common challenges in treatment planning and develop strategies to address them.
4. Utilize case studies to create and refine SMART goals for diverse client presentations.
5. Enhance documentation practices to meet ethical, clinical, and administrative requirements.

### Costs:

\$80/Workshop for Professionals for 2-hour seminars

\$100/Workshop for Professionals for 3-hour seminars

\$40/Workshop for LSU Health New Orleans Alum for 2-hour seminars

\$50/Workshop for LSU Health New Orleans Alum for 3-hour seminars

\$25/Workshop for Students with Valid ID

Register for 3 Seminars and receive a \$10 discount! Register for 5 Seminars and receive a \$30 discount! MUST CALL IN TO PROCESS ALL DISCOUNTS!

### Cancellation and refund policy:

For training hosted by the LSUHSC Child & Family Counseling Clinic, trainings may be cancelled with a full refund up to 24 hours after registration/payment has been made. Registrations cancelled 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.

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

The Louisiana Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP #2019. Programs that do not qualify for NBCC credit are clearly identified. LCA is solely responsible for all aspects of the program.

