LSU School Of Health Professions
Child and Family Counseling Clinic
Spring 2027- Seminar Series






LSU Health
NEW ORLEANS
School of 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 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:

***The Soundtrack of Supervision: Music, Reflection, and Your Counselor Identity.**

***There's an App for That? Mental Health Apps as Tools for Counseling.**

***Healing Through the Eras: Taylor Swift, Mental Health, and Counseling.**

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ABOUT THE SPEAKER:

ERIN M. DUGAN, PHD, 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.



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SEMINARS:

***The Neuroscience of Play: Helping Children Regulate Big Emotions.**

***What Every Child is Trying to Tell You: Decoding Children's Behavior Through Play.**

***Play Therapy for Anxiety, ADHD, and Challenging Behaviors.**

***Play Therapy Boot Camp: 50 Interventions for Immediate Clinical Use.**

ABOUT THE SPEAKER:

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

Adrianne Frischhertz, Ph.D. is a Licensed Professional CounselorSupervisor 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.



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SEMINARS:

***The Neuroscience of Play: Helping Children Regulate Big Emotions.**

***Play Therapy for Anxiety, ADHD, and Challenging Behaviors.**

***Play Therapy Boot Camp: 50 Interventions for Immediate Clinical Use.**

ABOUT THE SPEAKER:

KAITLYN HAY, PH.D., LPC-S, NCC, CCTP-II

Kaitlyn Hay, Ph.D., LPC-S, NCC, CCTP-II, provides counseling services for adolescents, young adults, and neurodivergent individuals navigating life's challenges. She specializes in supporting individuals healing from trauma and adverse life experiences while helping clients build resilience, strengthen self-understanding, and achieve personal growth. Through a strengths-based, trauma-informed approach, Dr. Hay works collaboratively with clients facing school, family, and peer relationship challenges. She also provides supervision for counselors in training.



SEMINARS:

***Beyond Screen Time: Mental Health and Safety in the Digital World.**

LSU Health NEW ORLEANS
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The Neuroscience of Play: Helping Children Regulate Big Emotions



Thursday, January 28, 2027

10AM-12PM (Hybrid)

Erin M. Dugan, PhD, LPC-S, RPT-S &

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

This interactive seminar examines the neuroscience of play as a foundation for emotional regulation, resilience, and healthy brain development in children. Through discussion, case examples, and practical activities, participants will explore the impact of stress on the developing brain, identify signs of dysregulation, and learn play-based interventions that support children in managing big emotions and strengthening adaptive coping skills.

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What Every Child is Trying to Tell You: Decoding Children's Behavior Through Play



Thursday, February 18, 2027

10AM-12PM (Hybrid)

Erin M. Dugan, PhD, LPC-S, RPT-S

This interactive seminar explores the use of play as a window into children's emotional experiences and communication. Through discussion, case examples, and reflective activities, participants will examine how behavior can convey underlying needs, emotions, and concerns. Attendees will learn to identify common play themes, interpret the emotional meaning behind children's actions, and apply play-based interventions that foster connection, understanding, and positive developmental outcomes.

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The Soundtrack of Supervision: Music, Reflection, and Your Counselor Identity



Friday, February 26, 2027

10AM-1PM (Hybrid)

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

Clinical supervision provides an important space for counselors to develop self-awareness, explore their responses to clinical work, and shape their emerging professional identities. This interactive seminar explores the use of music as a reflective medium within clinical supervision. Through guided reflection, discussion, and music-informed supervisory activities, participants will examine how music can facilitate exploration of counselor identity, emotional responses to clients, countertransference, values, authenticity, and professional growth. Participants will consider how these activities can be incorporated into supervision while attending to ethical, relational, and multicultural considerations.

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There's an App for That? Mental Health Apps as Tools for Counseling



Friday, March 12, 2027

9AM-12PM (Hybrid)

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

Mental health and wellness apps have become increasingly common tools for tracking mood, building habits, practicing coping skills, improving sleep, and supporting emotional well-being. Clients may already be using these tools—with or without their counselor's knowledge—and counselors may also consider incorporating selected apps as adjuncts to treatment. This interactive seminar introduces participants to commonly used mental health apps and provides a framework for evaluating their clinical usefulness, limitations, privacy considerations, and appropriateness for individual clients. Participants will explore examples of mental health apps, practice evaluating digital tools, and consider how apps can be thoughtfully integrated into counseling without replacing the therapeutic relationship or clinical judgment.

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Play Therapy for Anxiety, ADHD, and Challenging Behaviors



Thursday, March 25, 2027

10AM-12PM (Hybrid)

Erin M. Dugan, PhD, LPC-S, RPT-S &

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

This interactive seminar explores the use of play therapy interventions to address anxiety, ADHD, and challenging behaviors in children. Through discussion, demonstrations, and case examples, participants will examine the underlying meaning of children's behaviors, learn to identify indicators associated with common childhood concerns, and develop practical, play-based strategies that promote emotional regulation, self-expression, and healthy development.

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Beyond Screen Time: Mental Health and Safety in the Digital World



Friday, April 02, 2027
10AM-12PM (Hybrid)

Kaitlyn Hay, Ph.D., LPC-S, NCC, CCTP-II

Today's adolescents are growing up in a world where friendships, identity, entertainment, and risk are only a swipe away. This seminar moves beyond conversations about screen time to explore the real impact of digital life on mental health, relationships, and safety for adolescents. Through discussion, case examples, and real- world clinical experience participants will develop practical skills for assessing digital influence, addressing safety concerns, and implementing effective counseling interventions with adolescents and their families.

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Play Therapy Boot Camp: 50 Interventions for Immediate Clinical Use



Thursday, April 15, 2027
10AM-12PM (Hybrid)

Erin M. Dugan, PhD, LPC-S, RPT-S &
Adrianne Frischhertz, PhD, LPC-S, RPT-S

This interactive seminar offers a hands-on exploration of 50 play therapy interventions that can be immediately incorporated into clinical practice. Through demonstrations, practice activities, and case consultation, participants will learn to select interventions that align with specific treatment goals, adapt techniques across clinical settings, and expand their therapeutic repertoire to effectively support children with a variety of emotional, behavioral, and developmental concerns.

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Healing Through the Eras: Taylor Swift, Mental Health, and Counseling



Friday, April 30, 2027
10AM-1PM (Hybrid)

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

Taylor Swift's music explores themes that frequently emerge in counseling, including identity, relationships, heartbreak, grief, self-worth, emotional regulation, belonging, resilience, and personal growth. This interactive seminar uses selected songs and themes from across Swift's musical eras as prompts for examining mental health concepts and counseling applications. Through discussion and experiential activities, participants will explore how popular music can facilitate reflection, emotional expression, meaning-making, and conversations about mental health while considering appropriate boundaries when incorporating clients' music and popular culture into counseling.

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SUMMER 2027 SEMINARS: COSTS

$80/Workshop for Professionals for 2hr Seminars;
$100/Workshop for Professionals for 3hr Seminars;
$40/Workshop for LSU Health N.O. Alum for 2hr Seminars;
$50/Workshop for LSU Health N.O. 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 LSBSWE for approval.