LSUHSC School of Health Professions
Child and Family Counseling Clinic
Spring 2027 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:
Holly Walters, PH.D., LPC-S, CRC
Erin m. Dugan, PHD, LPC-S, RPT-S
Adrianne Frischhertz, PH. D, LPC-S, RPT-S
Kaitlyn Hay, PH.D., LPC-S, NCC, CCTP-II

SEMINARS

The Neuroscience of Play: Helping Children Regulate Big Emotions
January 28, 2027| 10AM - 12PM | Hybrid
Holly Walters, PH.D., LPC-S, CRC

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.

What Every Child is Trying to Tell You: Decoding Children's Behavior Through Play
February 18, 2027| 10AM - 12PM | Hybrid
Erin m. Dugan, Ph.D, LPC-S, RPT-S

This interactive seminar explores the use of play as a window into children's emotional experiences and communication. Participants will examine how behavior can convey underlying needs, emotions, and concerns while learning to identify common play themes and apply play-based interventions that foster connection, understanding, and positive developmental outcomes.

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

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

Play Therapy for Anxiety, ADHD, and Challenging Behaviors
March 25, 2027| 10AM - 12PM | Hybrid
Erin m. Dugan, PHD, LPC-S, RPT-S
Adrianne Frischhertz, PH. D, LPC-S, RPT-S

This interactive seminar explores play therapy interventions for anxiety, ADHD, and challenging behaviors. Participants will learn to recognize key indicators associated with common childhood concerns and apply practical, play-based strategies that promote emotional regulation, self-expression, and healthy development.

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

Play Therapy Boot Camp: 50 Interventions for Immediate Clinical Use
April 15, 2027| 10AM - 12PM | Hybrid
Erin m. Dugan, PHD, LPC-S, RPT-S
Adrianne Frischhertz, PH. D, LPC-S, RPT-S

This hands-on seminar introduces 50 ready-to-use play therapy interventions that can be immediately incorporated into clinical practice. Through demonstrations, practice activities, and case consultation, participants will learn to match interventions to treatment goals and adapt techniques across a variety of clinical settings.

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

COSTS
$80 per 2-hour workshop (Professionals)
$40 per 2-hour workshop (LSU Health New Orleans Alumni)
$25 per workshop (Students with valid ID)

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