


*Building Community: Advancing
Rehabilitation Counseling*

**Virtual Learning Institute
May 2024**



Date: May 1, 2024 – May 31, 2024 **Location:** Virtual

ARCA Virtual Learning Institute Table of Contents



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Welcome Letter From Our ARCA President!



Dear All,

On behalf of the American Rehabilitation Counseling Association (ARCA), please allow me to extend a warm welcome to our 2024 Virtual Learning Institute, “*Building Community: Advancing Rehabilitation Counseling!*” We are most grateful that you decided to join us in this virtual platform to further our education and knowledge base of timely and relevant topics for rehabilitation counselors and allied health/mental health professionals. We are excited to share that this Virtual Learning Institute comprises ten (10) pre-recorded sessions that fall under several meaningful themes including 1) Specialties within Rehabilitation Counseling, 2) Disability Awareness and Education, and 3) Counselor Education and/or Supervision, and 4) Advancing the Profession of Rehabilitation Counseling.

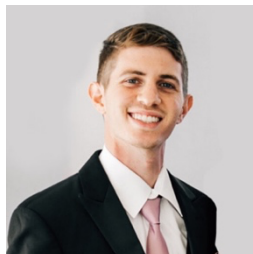
Our hope for this program is to provide attendees with the opportunity to pursue and obtain continued education in a stress-free environment, as you can view this program’s pre-recorded presentations throughout the month of May 2024 at your leisure. This Virtual Learning Institute would not be possible without the help and support of Dr. Christine Sacco-Bene, Dr. Suneetha Manyam, Dr. Chung-Yi Chiu, ARCA’s Office Manager, Vickie Leeming, ARCA’s Accessibility Task Force: Olivia Fadul, Dr. Michael T. Hartley, Dr. Lynn Pierce, and Dr. Toni Saia, and ARCA’s Executive Board. I would also be remiss if I did not recognize the presentations shared in this program, which highlight the extraordinary work in which some of our fellow colleagues are engaged. We are appreciative of their participation this program, and we hope to be able to continue providing a platform to showcase the vital work in which fellow Rehabilitation Counseling colleagues are engaged.

The work of Rehabilitation Counselors often goes unnoticed and underappreciated. However, the knowledge base and skill set that Rehabilitation Counselors have, as well as their contributions to the larger counseling community are invaluable, and for that, we thank you all for everything that you do to make our profession a better one. And above all, we thank you for the work you do to serve the disability community on a local, societal, and global scale.

There are so many wonderful individuals engaged in meaningful work within our profession, however, we often find ourselves secluded within different organizations and silos within our field. As we aim to continue striving for a more united community within the field of Rehabilitation Counseling, we hope you will continue to join us in doing so. When we work together and learn from one another, we can make a greater difference to pursue disability justice, inclusion, and unity for all. We invite you to be a part of our community that strives to achieve these goals together.

Thank you for participating in our Virtual Learning Institute this year, and for your continued support of ARCA. We hope you have a wonderful and thought-provoking experience during this next month of programming!

Sincerely,
Daniel



Daniel Balva, Ph.D., LMHC, NCC, CRC
Pronouns: He/Him
ARCA President, 2023-2024



Dog sitting in front of a laptop with caption, "I have no idea what I'm doing."

If you have any questions or need assistance navigating technology-related concerns at any time during the Virtual Learning Institute, please do not hesitate to email us at arcaweb1957@gmail.com

Virtual Learning Institute Information

Method of Delivery

ARCA

ARCA's Virtual Learning Institute content will be released in its entirety on May 1, 2024. Participants will have the opportunity to engage in pre-recorded featured presentations at their convenience throughout the month. ARCA will be hosting a separate event, a live month-long webinar series throughout the month of June 2024 for individuals interested in attending live presentations and panels. However, ARCA's Virtual Learning Institute is intended for attendees to access presentations when feasible for one's schedule.

Closed Captioning and Transcripts

Pre-recorded presentations from ARCA's Virtual Learning Institute have been uploaded to YouTube for your direct viewing (links to each presentation can be found in this program). Upon clicking on each respective link, you can click the CC button on YouTube to access subtitles/Closed Captions. A transcript for each presentation is also available for your access.

Continuing Education (CE) Hours

As a Pre-Approved Continuing Education Provider by the Commission on Rehabilitation Counseling Certification, ARCA's Virtual Learning Institute provided CRC and CVE general CEs for pre-recorded sessions attended throughout the Institute.

However, now that the Virtual Learning Institute has concluded, **continuing education is no longer be provided** for viewing the following sessions listed in this program. Rather, the sessions from ARCA's May 2024 Virtual Learning Institute are being shared for educational purposes only.



Virtual Learning Institute Content Overview

ARCA's 2024 Virtual Learning Institute highlights important session topics across several meaningful and relevant themes including 1) Specialties within Rehabilitation Counseling, 2) Disability Awareness and Education, and 3) Counselor Education and/or Supervision, and 4) Advancing the Profession of Rehabilitation Counseling. An overview of sessions can be found below:

- *Rehabilitation Counselor Practices That Improve Parental Disability Acceptance*
- *Examining Psychological Interventions for Depression in Individuals with Chronic Illness in the United States and China: A Literature Review*
- *A Vocational Rehab Partnership: The Cognitive Skills Enhancement Program*
- *Soft Skills: An Essential for Employment Success*
- *Multicultural Ethics in Rehabilitation Counseling*
- *Persons with Long COVID and Job Placement: What Rehabilitation Professionals Reported*
- *Six Vital Truths of Clinical Supervision*
- *When Multicultural Isn't Enough: Cultural Humility in Supervision*
- *Disability Etiquette 101 for Counselors*
- *Distance Counseling, Distance Education, and Distance Supervision: Legal and Ethical Duties*

You can access the recordings for the above listed sessions via the links provided underneath each respective session page in the subsequent section of this program. As a reminder, **continuing education is no longer provided for viewing these sessions.**

Rehabilitation Counselor Practices That Improve Parental Disability Acceptance

Presenter: James Samuel Rothrock, M.S., CRC

Presentation Overview: This presentation reports existing practices used by rehabilitation counselors to help improve parental acceptance and increase collaboration when working with their clients with intellectual disabilities. Attendees should come away with actionable strategies they can easily incorporate into their own transition work.

Learning Objectives:

1. Participants will identify behaviors that indicate high or low parental acceptance, such as:
 - a. Fear versus Growth,
 - b. Proactive versus Reactive,
 - c. Correct Information versus Misinformation, and
 - d. Realistic versus Unrealistic Expectations.
2. Participants will learn more about practices used by rehabilitation counselors including:
 - a. Developing a therapeutic relationship with parents,
 - b. Leveraging that relationship to encourage growth, and
 - c. Increasing access through self-advocacy and psychoeducational training.
3. Enable counselors to help families move from lower acceptance to higher acceptance, resulting in increased independence and inclusion for individuals with intellectual disabilities.

Presentation Recording Viewing Link: <https://youtu.be/7ZJ6BeEjiQg>

Presentation Recording Transcript: <https://shorturl.at/ejBL6>



Examining Psychological Interventions for Depression in Individuals with Chronic Illness in the United States and China: A Literature Review



Presenters: Rouyi (Zoey) Chen, B.A.

- Wanying (Christine) Sui, B.S.
- Can Cui, B.S.

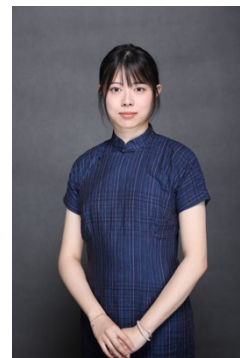
Presentation Overview: This presentation examines psychological interventions for depressive symptoms in those with chronic diseases like COPD, diabetes, cancer, heart disease, and stroke. The presenters analyze existing interventions' effectiveness for each condition, highlighting differences. The core focus compares interventions' cultural appropriateness in the U.S. versus China. The presenters synthesize literature revealing cross-cultural variations in depression treatment outcomes for the chronically ill. The presenters' findings guide tailoring interventions to patients' cultural backgrounds for optimal rehabilitation and quality of life. Attendees gain insights into improving culturally responsive mental healthcare for this underserved population through evidence-based psychological support.

Learning Objectives:

1. Synthesize the existing evidence on the effectiveness and acceptability of psychological interventions for depression in individuals with chronic illness in the US and China, and to compare the similarities and differences across cultures.
2. Explore factors that influence the development, implementation, and evaluation of psychological interventions for depression in chronic illness, and to identify the best practices for cultural humility.
3. Establish ethical and practical guidelines that direct the supervision and education of counselors by analyzing interventions across cultures, and to enhance the cultural competence and sensitivity of counselors and supervisors.

Presentation Recording Viewing Link: <https://youtu.be/W6apSx1w61E>

Presentation Recording Transcript: <https://shorturl.at/nxAOW>



A Vocational Rehab Partnership: The Cognitive Skills Enhancement Program



Presenter: Jamie Kulzer, Ph.D., CRC, LPC

Presentation Overview: This presentation will describe the Cognitive Skills Enhancement Program (CSEP), a comprehensive rehabilitation program designed for young adults with neurodevelopmental and cognitive disabilities transitioning to postsecondary education and employment. CSEP was developed through a community-academic partnership. CSEP addresses emotion regulation, social skills, work readiness, and community participation, with the overall goal to increase awareness and promote successful employment outcomes.

Learning Objectives:

1. Session attendees will be able to understand the urgent need for services that support a successful transition to postsecondary education and employment for young adults with neurodevelopmental and acquired cognitive disabilities (NCD; e.g., ASD, ADHD, TBI).
2. Session attendees will be able to recall a community-academic partnership between as a model for addressing service gaps for young adults with NCD.
3. Session attendees will be able to describe the structure, goals, and population served by the Cognitive Skills Enhancement Program.

Presentation Recording Viewing Link and Transcript are no longer available.



Soft Skills: An Essential for Employment Success



Presenters: Janice Oursler, Ph.D.

- Samantha Herrick, Ph.D., LPC, CRC, NCC, ACS
- Weili Lu, Ph.D., CRC
- John Beninato, M.S., LMHC, NCC, CRC

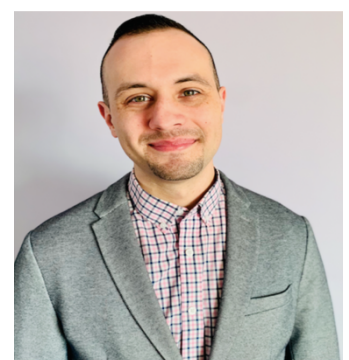
Presentation Overview: Soft skills are increasingly recognized as important for getting and keeping employment. Soft skills are defined as non-technical interpersonal skills. Competent use of soft skills has been identified as a competitive edge in employment, especially for young job seekers with disabilities. Lack of soft skills is often cited as a major reason for job loss. Learn about an innovative approach to prepare individuals with disabilities with essential soft skills for work. Data about effectiveness of the approach will be presented.

Learning Objectives:

1. Rehabilitation Counselors will be able to discuss the importance of soft skills for individuals with disabilities to gain and maintain employment.
2. Rehabilitation counselors will be able to Identify component parts of a skill and how to subdivide a skill into teachable steps.
3. Rehabilitation counselors will be able to explain how to develop curriculum-based groups for skill teaching.

Presentation Recording Viewing Link: <https://youtu.be/Mgtf-9ykb1E>

Presentation Recording Transcript: <https://shorturl.at/hHMUW>



Multicultural Ethics in Rehabilitation Counseling

Presenter: Tammy Jorgensen Smith, Ph.D., CRC

Presentation Overview: Vocational rehabilitation professionals are required to be competent in serving multiculturally diverse individuals. The major objective of this presentation is to promote multicultural competency and sensitivity by increasing knowledge and awareness of ethical considerations for multicultural populations in rehabilitation settings. Exercises, resources, and recommendations for building multicultural competency are provided.

Learning Objectives:

1. Explore the knowledge, skills, and competencies that rehabilitation professionals need to engage in multiculturally competent practice.
2. Increase the knowledge and awareness of ethical considerations for multicultural populations in rehabilitation settings.
3. Employ diagnostic tools and ethical decision-making models that integrate multicultural considerations.

Presentation Recording Viewing Link: <https://youtu.be/BmhGM5zTKhA>

Presentation Recording Transcript: <https://shorturl.at/iortw>



Persons with Long COVID and Job Placement: What Rehabilitation Professionals Reported



Presenters: Kenneth C. Hergenrather, Ph.D., CRC

- Maureen McGuire-Kuletz, E.D., CRC
- John Walsh, M.Ed., CRC
- Qi Chen, M.S.Ed., LGPC
- Nichole Tichy, M.A., CRC

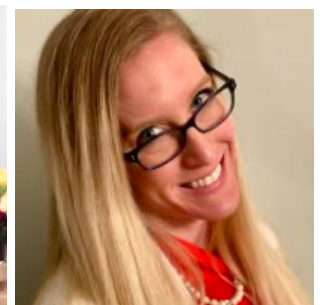
Presentation Overview: The session will present the Long COVID Placement survey, based in the Theory of Planned Behavior, to explore the correlates of placing persons with Long COVID into integrated competitive employment. A total of 675 vocational rehabilitation professionals (VRPs) completed the survey. The session content will address the reported advantages and disadvantages for the consumer and workplace in regard to placing a person with Long COVID (PWLC), persons who influence VCRs' decisions to place a PWLC, and facilitators for, and barriers to, the consumer and workplace when placing a PWLC. Attendees will review the survey data to explore how to enhance employment place for PWLC.

Learning Objectives:

1. Participants will be able to describe Long COVID and how Long COVID meets the ADA disability criteria.
2. Participants will assess their experiences of placement of persons with Long COVID and compare to survey respondent's reported Behavior belief themes addressing advantages and disadvantages to placing PWLC, Normative belief themes addressing persons of influence, and Control belief themes addressing facilitator and barriers to placement of PWLC.
3. Participants will be able to examine the study findings for utility when providing vocational rehabilitation services, and advocacy services, to persons with Long COVID.

Presentation Recording Viewing Link: <https://youtu.be/JH38QVfXwwk>

Presentation Recording Transcript: <https://shorturl.at/efDG0>



Six Vital Truths of Clinical Supervision



Presenters: Michael Gerald, PhD, LCMHC, LMHC, CRC

- Jennifer Hunsaker, MSS

Presentation Overview: You've just been asked to supervise your first intern. What now? This podcast-style webinar will impart six vital truths of supervision from both a supervisor and supervisee's perspective. Learn about the gaps in counselor supervision training and how to close those gaps before your intern's first day.

Learning Objectives:

1. Review the reason why we engage in supervision in counselor education and give a brief overview of gaps in current clinical supervisor training for Master's level clinicians.
2. Highlight three key aspects of counselor supervision from a supervisor's perspective.
3. Highlight three key aspects of counselor supervision from a supervisee's perspective.

Presentation Recording Viewing Link: https://youtu.be/Y_6mv4Ept-Q



When Multicultural Isn't Enough: Cultural Humility in Supervision



Presenter: Dana M. Cea, Ph.D., CPSS, CRC, LCMHC, NCC

Presentation Overview: Supervisors' cultural humility has been found to lead to stronger supervisory working alliances, which in turn lead to positive supervision outcomes. Just as the Multicultural and Social Justice Counseling Competencies recommend counselors start with self-awareness, cultural humility asks supervisors to reflect on themselves. Learn the differences between cultural competencies and cultural humility, share examples of ways cultural humility can be incorporated into supervision, and explore how to assess supervisors' and supervisees' levels of cultural humility.

Learning Objectives:

1. Compare and contrast cultural competencies with cultural humility as defined by the CRCC Code of Ethics.
2. Incorporate cultural humility into supervision with activities.
3. Assess own cultural humility, as well as the cultural humility of supervisees.

Presentation Recording Viewing Link: <https://youtu.be/KJ1Xl85YS7Y>

Presentation Recording Transcript: <https://rb.gy/qshlhp>



Disability Etiquette 101 for Counselors



Presenter: Alexis Duggan, M.S., CRC, LPC

Presentation Overview: *Disability Etiquette 101 for Counselors* addresses the need for counselors to be provided with cultural competency in the area of disability for potential patients, students, and clients that they may encounter within their respective fields. *Disability Etiquette 101 for Counselors* will focus on how counselors can improve their cultural competence for their clients with disabilities in areas like terminology, accessibility, and etiquette.

Learning Objectives:

1. Attendees will be able to define accessibility for individuals with disabilities.
2. Attendees will recognize situations where individuals with disabilities may feel uncomfortable within a counseling environment.
3. Attendees will develop a plan to address disability etiquette within their own environment.

Presentation Recording Viewing Link: <https://youtu.be/wGd4KNWVZTM>

Presentation Recording Transcript: <https://shorturl.at/suHY6>



Distance Counseling, Distance Education, and Distance Supervision: Legal and Ethical Duties

ARCA

Presenter: Dustin Reed, PhD, LPC (LA), LIMHP (NE), NCC, CRC

Presentation Overview: What does the law (federally and state level) have in place regarding the use of technology in the distance learning, counseling, and supervision process? What ethical obligations do counselors have to best be prepared to appropriately and competently learn, teach, practice, or supervise in the distance format? What does literature and research have to say about diversity and inclusion in distance counseling, distance education, and distance supervision? Come find out!

Learning Objectives:

1. Explore areas pertaining to use of technology in distance education and supervision in counselor education, ethics, and the laws associated.
2. Explore knowledge pertaining to use of technology in counseling, ethics, and the laws associated.
3. Explore Diversity and Inclusion in the areas of distance counseling, distance education, and distance supervision.

Presentation Recording Viewing Link: <https://youtu.be/P7QYErd78js>

Presentation Recording Transcript: <https://shorturl.at/bjII1>



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2023 – 2024 ARCA Office

ARCA Office Manager: Vickie Leeming

ARCA would like to extend a special thank you to Dr. Christine Sacco-Bene, Dr. Suneetha Manyam, Dr. Chung-Yi Chiu, and Vickie Leeming for their leadership and contributions to this year's Virtual Learning Institute. We would also like to thank ARCA's Accessibility Task Force for helping ensure accessibility for this program: Olivia Fadul, Dr. Michael T. Hartley, Dr. Lynn Pierce, and Dr. Toni Saia.

ARCA June 2024 Month-Long Webinar Series

Join us during ARCA's June 2024 Month-Long Webinar Series, "*Promoting Disability Awareness ~ One Webinar at a Time*," which will focus on promoting disability awareness and the importance of rehabilitation counseling to broader counseling community. Our June 2024 Month-Long Webinar Series will comprise two 1.5-hour webinars each Friday throughout the month of June 2024. A schedule of events and registration for this program, which is now open, can be found below. We hope you will consider joining us!

June 2024 Webinar Series Registration

June 2024 Webinar Series Registration Link and QR Code:

<https://lp.constantcontactpages.com/ev/reg/a37snjs>



June 2024 Webinar Series Schedule of Events

June 7, 2024 ~ Topic Area: Disability Among Specialty Populations

10:00am – 11:30am (EDT): *Perinatal Mental Health and Disability*

12:00pm – 1:30pm (EDT): *Disability at the Intersection: Disability, LGBTQIA+ Pride, Identity, and Service*

June 14, 2024 ~ Topic Area: Transition Age Youth and Environmental Accessibility

10:00am – 11:30am (EDT): *Ten Keys to Creating Inclusive, Accessible, and Engaging Services for Youth*

12:00pm – 1:30pm (EDT): *Programmatic and Environmental Accessibility: An Overview of Expectations and Opportunities*

June 21, 2024 ~ Topic Area: Autonomy and Intersectionality

10:00am – 11:30am (EDT): *Supported Decision-Making and Other Alternatives to Guardianship: Promoting the Least Restrictive Measures*

12:00pm – 1:30pm (EDT): *The Multicultural Counseling Competencies and Disability: Connecting the Dots with Intersectionality*

June 28, 2024 ~ Topic Area: Disability In Higher Education

10:00am – 11:30am (EDT): *Accessibility Advocacy in Counseling Spaces: Barrier Reduction & Community Building*

12:00pm – 1:30pm (EDT): *Teaching About Disability As Diversity*

