



NEW MEXICO
CAREER DEVELOPMENT ASSOCIATION
The Career Resource for New Mexico



The Intersection of Career and Mental Health Counseling

2018 Conference

Presented by

New Mexico Career Development Association
a division of the New Mexico Counseling Association

Friday, January 26, 2018

8:15am - 3:30pm

Aztec & Anasazi Rooms

Marriott Courtyard Albuquerque

5151 Journal Center Blvd, Albuquerque NM 87109

Welcome NMCDA Conference Attendees!

The New Mexico Career Development Association (NMCDA) is excited to welcome you to our 2018 Conference, The Intersection of Career and Mental Health Counseling, in Albuquerque, NM. I am honored to serve as president of NMCDA, an organization that is actively engaged in providing professional development for the career and mental health professionals of New Mexico. This year, we focus on how mental health affects career development and how career affects mental health. The intersection of this reciprocal relationship affects every aspect of our clients' daily lives. Meaningful work is essential to wellbeing. Mental health difficulties can undermine career development, while unsatisfactory work life can sabotage mental health. How can we help our clients better navigate this intersection? Whether you are from K-12, a community college, a 4-year institution, or in private practice, whether you are from a mental health or a career advising background, we hope you will glean what you need for your practice in helping others.

I hope you gain valuable knowledge, expand your practitioner toolbox, and maybe even meet some new colleagues along the way.

Happy New Year!

Sincerely,

Autumn Collins
NMCDA President



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Up to 5 CE Hours



National Board for Certified Counselors (NBCC) - Provider #2032

New Mexico Counseling Association is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for courses that meet NBCC requirements. New Mexico Counseling Association is solely responsible for all aspects of the program.



Conference Agenda

Registration Refreshments provided.	8:15am – 8:45am Outside of Aztec/Anasazi
Welcome	8:45am – 9:00am Aztec/Anasazi
Keynote ▪ <i>The Intersection of Career and Mental Health Counseling</i> , Rich Feller, PhD	9:00am – 10:30am Aztec/Anasazi
Session 1 Presentation A ▪ <i>Magnifying Student Assets: Revealing the Path for Success</i> , Rich Feller, PhD	10:45am – 12:15pm Anasazi
Presentation B ▪ <i>Cultural, Personal, and Professional Identity: Externalizing and Honoring the Unspoken</i> , Marty Apodaca, LMHC & Shalom Bond, LMHC (pending)	Aztec
Lunch	1:15pm – 2:15pm Marriott Restaurant
Session 2 Presentation A ▪ <i>Career Counseling in a Rapidly Changing Economy</i> , Charles Lehman	1:15pm – 2:15pm Anasazi
Presentation B ▪ <i>Career Choice Coaching Using Two Coaching Strategies</i> , Sharon Ipes, NCC	Aztec
Session 3 Presentation A ▪ <i>Using CBT and Complementary Therapies in Career Counseling with College Students</i> , Janelle Johnson, LPCC	2:30pm – 3:30pm Anasazi
Presentation B ▪ <i>Using a Key Competencies Card Sort to Identify Clients Marketable Skills</i> , Elizabeth Daniels, LPCC	Aztec
CE Certificates Issued	3:30pm Registration Table

Conference Presentations

Keynote

9:00am – 10:30am

The Intersection of Career and Mental Health Counseling, Rich Feller, PhD

This interactive and video enhanced presentation connects the essential relationship between career counseling and mental health. It proposes and demonstrates how to help clients develop a HEROIC mindset essential to navigating a lifetime of transitions. Understanding the changing workplace and its connection to internal motivation, definition of the good life, and clarity about one's value proposition are keys to most job requirements.

Solving the economy's skills gap demands better career science, employing positive psychology, narrative assessment, and reducing the career exposure bias related to income, race, gender, and geography. This session will provide career counselors, specialists, and mental health workers, who work with youth and adults, with key insights and tools to empower their clients.

Session 1

10:45am – 12:15pm

Magnifying Student Assets: Revealing the Path for Success, Rich Feller, PhD

The power of aptitude assessment, narrative trends in school and career counseling, and digital delivery are enhancing the role of school and college counselors, academic advisors, and career specialists in finding "hidden gems" critical to all students' success regardless of age.

Cultural, Personal, and Professional Identity: Externalizing and Honoring the

Unspoken, Marty Apodaca, LMHC & Shalom Bond, LMHC (pending)

Culture and identity can be overlooked when discussing career with clients. Some practitioners may feel uncomfortable when breaching multicultural issues in career sessions. The purpose of this presentation is to illustrate how to facilitate meaningful discussions around culture and identity with diverse populations in regards to career exploration.

Session 2

1:15pm – 2:15pm

Career Counseling in a Rapidly Changing Economy, Charles Lehman

This workshop will provide information about how automation and globalization are increasingly and substantially affecting the current and future United States labor market, and how career counselors and other career development professionals can and should incorporate these changes in practice. Industries and occupations most likely to be impacted will be discussed, along with the employability skills necessary to succeed in this new economy.

Career Choice Coaching Using Two Coaching Strategies, Sharon Ipes, NCC

In this workshop, a brief summary of coaching and the elements of the coaching relationship will be presented. In addition, two coaching strategies, “the Wheel of Life,” and “Coaching on the Line,” will be introduced along with their application to career choice and decision making. In an experiential format, attendees will learn how to utilize both of these tools as well as their application to assist a client with a career choice. These tools have multiple uses with high school students and adults in any setting.

Session 3

2:30pm - 3:30pm

Using CBT and Complementary Therapies in Career Counseling with College Students, Janelle Johnson, LPCC

College is a time when students are expected to choose a career path and make an educational plan to meet that goal. At the same time universities and colleges report that students are seeking counseling services in greater numbers and they also observe high levels of anxiety and depression among students who present with uncertainty around educational goals. This workshop will look at the relationship between college student mental health and the career decision making process. Research has revealed that CBT can be used successfully with the college population. It has been shown to address thoughts, behaviors and cognitions that can often lead to anxiety and indecision. Because it is goal directed and solution focused it can be combined with other therapies and used in career counseling.

Using a Key Competencies Card Sort to Identify Clients Marketable Skills,
Elizabeth Daniels, LPCC

This workshop will present concepts of the National Association of Colleges and Employers (NACE) Career Readiness and Key Competencies (Barrington, Casner-Lotto, & Wright, 2006) that can be applied in a variety of settings including agency, schools, and private practice. Participants will learn a working definition of career readiness in order to best serve clients/students as they transition from college to career, during career exploration, or while in the process of a career transition. A Key Competencies card sort was developed as a catalyst for individuals to: (1) Identify strengths and growth opportunities; (2) Develop awareness regarding career readiness; prepare clients for strength based resume writing, and improving interview skills; and finally, (3) To ascertain a general understanding of transferrable skills. Participants will acquire the skills and tools necessary to utilize the Key Competencies card sort in practice. This will be an experiential workshop that will provide participants with knowledge and abilities to use immediately in their area of practice.

Brief Presenter Biographies

Keynote Speaker



Rich Feller, Ph.D. is Professor Emeritus of Counseling and Career Development and one of 12 University Distinguished Teaching Scholars at Colorado State University. He's served as the National Career Development Association (NCDA) President, consultant to NASA, the United Nations, the National Football League (NFL), AARP, and international and small organizations. Lead trainer for the JCTC/JCDC Coach Certificate held by 8,000 coaches, he's co-author of three books, six film series, and the Who You Are Matters! (www.onelifetools.com) game; Chief Scientist to www.youscience.com; thought leader for www.lifereimagined.org; and Advisory Board Member for National University of Singapore's Center for Future Ready Students <http://nus.edu.sg/cfg/>. He has consulted on six continents, all 50 US states and six Canadian provinces. Dick Bolles, author of the seminal bestseller *What Color is Your Parachute?*, has called Rich, "A world-class professor."

Other Presenters



Marty Apodaca (MA, LMHC, NCC) is a Career Development Facilitator 2 at the University of New Mexico Office of Career Services, where he is responsible for the training and supervision of master-level interns. Marty recently served as faculty in Kent, Ohio for the second annual Career Construction Interview (CCI) with clients and groups. He is currently pursuing a Ph.D in Counselor Education, and is a Past-President of the New Mexico Career Development Association.



Shalom Leo Bond (MA, LMHC pending) is a Career Development Facilitator at the University of New Mexico Office of Career Services, where he developed, launched, and solely administered the first-ever online career advising program at UNM, allowing nontraditional students and online learners to access services. Prior to Career Services, Shalom was the Student Manager for Online Writing Support for the Center for Academic Program Support at UNM. He holds a Master's degree in Counseling and Bachelor's degree in American Studies and is a Founding Member of Black & Pink New Mexico, an LGBTQ prisoner support organization.



Elizabeth Daniels' (MA, LPCC, NCC, GCDF) counseling practice encompasses community agency, K-12 schools, and college career counseling focusing on the intersection of career and mental health issues to develop healthy coping strategies in social, occupational, and interpersonal settings. Elizabeth is currently a Career Development Facilitator with the University of New Mexico Office of Career Services. She is a Past-President of the New Mexico Career Development Association.



Sharon Ipes' (Ed.S., M.A., NCCC, NCC) counseling practice includes over twenty-five years in career counseling and development in higher education institutions in California and New Mexico. Sharon also has a successful private consulting business working with clients online across the United States on job search skills and strategies, resume building, and network/marketing. Currently, Sharon is an Achievement Coach for Math, Science, and Engineering at Central New Mexico Community College (CNM). She is the President-Elect of the New Mexico Career Development Association.



Janelle C. Johnson's (MA, LPCC) over 20 years of experience spans both clinical and academic mental health settings. As Senior Counselor and an adjunct faculty member at Santa Fe Community College, she oversees counseling services, manages the intern program, and represents counseling on various interdisciplinary teams including co-chairing the campus BIT. Janelle is a strong advocate for college mental health and has presented at state, national, and international conferences on best practices in college counseling. Currently, she is President Elect of the American College Counseling Association, having previously served as Secretary and Treasurer. She is a founding member of the Community College Task Force, and in 2014, she received the ACCA Meritorious Service Award for her work to advance campus mental health. Janelle is a past president of the New Mexico Career Development Association.



Charles Lehman's (BA) extensive background as a workforce economist, researcher, and analyst spans more than 40 years in public and private industry. He is currently the Director of the Employment and Economic Information Center of New Mexico, LLC., a consulting company that specializes in workforce and economic issues for government, education, and private organizations. Charles is a founding member of the New Mexico Career Development Association, and is the current Treasurer. He is also an active member of the National Career Development Association (NCDA), having served as the Western State Coordinator, Treasurer, and on the Government Relations Committee. Currently, he is the NCDA Veterans Employment Committee Chair.