

# Continuing Education

The WPUNJ Professional Counseling Program offers complimentary continuing education sessions for practicum and internship supervisors. Information about these sessions, as well as registration, is emailed directly to our supervisors.



*William Paterson University-Department of Special Education and Counseling has been approved by the NBCC as an Approved Continuing Education Provider, ACEP No. 3064. Programs that do not qualify for NBCC credit are clearly identified. William Paterson University-Department of Special Education and Counseling is solely responsible for all aspects of the program.*

## Past Events

### 2025

**Title:** Self-Care in Clinical Supervision

**Date:** February 11th, 2025 at 5:00pm

**NBCC Credit Hours:** 1

**Presenter:** Scott Scardena, M.Ed., LPC, ACS

**Description:** Wellness is foundational to the counseling profession. Supervisors are responsible for mentoring and supporting supervisees entering counseling. Exploring self-care as a habit could assist in the supervisory relationship and counselor self-efficacy.

## 2024

**Title:** Application of Psychodynamic Principles and Practice: Modern Approaches to Enhance Supervision with Professional Counselors

**Date:** February 20<sup>th</sup>, 2024 at 5:00pm

**NBCC Credit Hours:** 1

**Presenter:** Tim VanderGast, PhD., LPC, ACS, RPTS

**Description:** Historically, Sigmund Freud was the undeniable pioneer in the field of applied psychology and professional counseling. Many professionals view his theories and concepts as abstract and not valid. However, in many areas Freud was correct and responsible for many of the same concepts and practices used today in the field, including supervision. Psychoanalysis is practiced internationally as an evidenced based practice. This includes a resurgence of theory and practice in the United States. Effective modern analytic concepts and psychodynamic principles are applied in clinical mental health settings, professional school counseling, and supervision in many specialty areas. Sample topics for this one hour, NBCC approved workshop include: the supervision frame, modeling, supervisor self-disclosure, transference, and resistance.

## 2023

**Title:** Self-Disclosure in Professional Counseling and Supervision

**Date:** January 10<sup>th</sup>, 2023 at 4:30pm

**NBCC Credit Hours:** 1

**Presenter:** Tim VanderGast, PhD., LPC, ACS, RPTS

**Description:** Self-disclosure in the help field is a very interesting and important topic. Graduate training programs may introduce and offer suggestions for clinical mental health and professional school counselors. There is a lot more to learn and discuss. This workshop will examine such questions: As supervisors, how do we address this topic with interns and supervisees. Would our supervision sessions be different for school counselors vs. clinical mental health? Finally, should we model self-disclosure or not as supervisors? The focus of the workshop will be sharing ideas and experiences on self-disclosure for all participants.

## 2022

**Title:** Ethical Concerns for Supervisors

**Date:** January 18, 2022

**NBCC Credit Hours:** 1

**Presenters:** Paula R. Danzinger, PhD., LPC, CCMHC, ACS, BC-TMH

**Description:** Doing supervision is rewarding and is a way to give back to the profession. Unfortunately, supervision also brings ethical concerns beyond those of the counselor's daily work. Using case study and group discussion, this workshop will present ethical dilemmas from the perspective of the supervisor.

## 2021

**Title:** You Can't Light a Candle Without a Flame: Self-Care for the Supervisor

**Date:** January 19<sup>th</sup>, 2021 at 4:30pm

**NBCC Credit Hours:** 1

**Presenters:** Michelle Hinkle, PhD, LPC, ACS & Meredith Drew, PhD, LPC, NCC, ACS

**Description:** During supervision we strive to meet the needs of supervisees but often forget our own emotional, physical, and mental health. The purpose of this presentation is to discuss the importance and benefits of supervisor self-care as it relates to professional identity, as well as counselor and supervision competence. Attendees will learn differences between, signs of, and protective factors against burnout and compassion fatigue. Presenters will share and demonstrate specific self-care strategies that supervisors can use for themselves, and eventually share with supervisees to promote counselor wellness.