

## Calendar of Events

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February 14, 2022  
- January 31, 2030

### **I'm in Private Practice...Now What?**

**Home Study Course: Online Learning**

Self-paced  
LCCNC,  
pdc@lccnc.org

April 21, 2022  
- April 21, 2040

### **Covert Emotional Abuse: You are not Crazy**

**Home Study Course: Online Learning**

self-paced  
LCCNC,  
pdc@lccnc.org

April 21, 2022  
- April 21, 2050

### **Working with Family Law Attorneys for Better Client Outcomes**

**Home Study Course: Online Learning**

Self-paced  
LCCNC,  
pdc@lccnc.org

April 27, 2022  
- April 27, 2050

### **Neurodevelopmental Disorders: ADHD, ASD, and Giftedness**

**Home Study Course: Online Learning**

Self-paced  
LCCNC,  
pdc@lccnc.org

April 27, 2022  
- April 27, 2050

### **Becoming Comfortable When Working With Sexual Assault**

**Home Study Course: Online Learning**

Self-paced  
LCCNC,  
pdc@lccnc.org

April 27, 2022  
- April 27, 2050

### **My Animal is My Heart: The Connection to Companion Animals in Mental Health**

**Home Study Course: Online Learning**

Self-paced  
LCCNC,  
pdc@lccnc.org

May 12, 2022  
- May 12, 2050

### **Evaluating The Supervisor**

**Home Study Course: Online Learning**

Self-paced  
LCCNC,  
pdc@lccnc.org

May 13, 2022  
- May 13, 2050

**Self-Care: Supervisor/Supervisee**  
**Home Study Course: Online Learning**  
Self-paced  
LCCNC,  
pdc@lccnc.org

May 16, 2022  
- May 16, 2050

**Ethics in Clinical Supervision**  
**Home Study Course: Online Learning**  
Self-paced  
LCCNC,  
pdc@lccnc.org

May 20, 2022  
- May 20, 2050

**The Emotionally Intelligent Supervisor: Unpacking the New Supervisor Experience**  
**Home Study Course: Online Learning**  
Self-paced  
LCCNC,  
pdc@lccnc.org

May 21, 2022  
- May 21, 2050

**Impact of Trauma on the Therapist and How Supervisor Can Help**  
**Home Study Course: Online Learning**  
Self-Paced  
LCCNC,  
pdc@lccnc.org

June 9, 2022  
- June 9, 2040

**Bi-Annual Advocacy Day Training**  
**Home Study Course: Online Learning**  
Self-paced  
LCCNC,  
pdc@lccnc.org

December 29, 2022  
- December 29, 2040

**LPCANC's 2022 Conference Home-Study Bundle**  
**Home Study Course: Online Learning**  
Self-Paced  
LCCNC,  
pdc@lccnc.org

February 6, 2023  
- February 6, 2040

**Understanding Aging and Geriatric Issues**  
Self-paced  
LCCNC,  
pdc@lccnc.org

February 8, 2023 - February 8, 2040	<b>Key Clinical Factors and Considerations with Military and Veterans</b> Self-paced LCCNC, pdc@lccnc.org
February 16, 2023 - February 16, 2040	<b>Invisible Sentence Recognizing, Supporting, and Advocating for Children of Incarcerated and</b> Self-paced LCCNC, pdc@lccnc.org
February 17, 2023 - December 1, 2040	<b>From Resistance to Resilience Creating a Collaborative Framework for Lasting Change</b> Self-paced LCCNC, pdc@lccnc.org
February 17, 2023 - December 1, 2040	<b>Virtual Mindfulness</b> Self-paced LCCNC, pdc@lccnc.org
February 24, 2023 - December 24, 2040	<b>NCBLCMHC: History, Opportunities, and Services for Counselors</b> Self-paced LCCNC, pdc@lccnc.org
March 1, 2023 - March 1, 2040	<b>Working with Interns, Supervisees and Consultation</b> Self-paced LCCNC, pdc@lccnc.org
March 10, 2023 - December 10, 2040	<b>An Introduction to Vocational Rehabilitation Services for Clinical Mental Health Counselors</b> Self-paced LCCNC, pdc@lccnc.org
March 16, 2023 - December 30, 2040	<b>Documentation for Supervision</b> Self-paced LCCNC, pdc@lccnc.org

<p>March 20, 2023 - December 30, 2040</p>	<p><b>Inclusion Fusion! Getting You Ready for Medicare</b> <b>Home Study Course: Online Learning</b> Self-Paced LCCNC, pdc@lccnc.org</p>
<p>May 16, 2023 - December 30, 2040</p>	<p><b>Taking Agency: How and Why Advocacy Matters for You and Your Profession</b> Self-paced LCCNC, pdc@lccnc.org</p>
<p>May 18, 2023 - December 30, 2040</p>	<p><b>The Resilient Supervisor</b> Self-paced LCCNC, pdc@lccnc.org</p>
<p>May 23, 2023 - December 1, 2040</p>	<p><b>Clinical Mental Health Counselors Who We Are, What We Do, Where We've Been, and Where We're Going</b> Self-paced LCCNC, pdc@lccnc.org</p>
<p>May 24, 2023 - May 24, 2040</p>	<p><b>Mental Health Awareness Month Home-Study Bundle</b> <b>Home Study Course: Online Learning</b> Self-paced LCCNC, pdc@lccnc.org</p>
<p>June 1, 2023 - December 30, 2040</p>	<p><b>Clinical Considerations and Advocacy Strategies: Counselors As Co-Conspirators with LGBTQ+ Clients</b> <b>Home Study Course: Online Learning</b> Self-paced LCCNC, pdc@lccnc.org</p>
<p>July 12, 2023 - December 31, 2040</p>	<p><b>Embracing Authenticity on the Path to Recovery</b> Self-Paced LCCNC, pdc@lccnc.org</p>
<p>July 14, 2023 - December 30, 2040</p>	<p><b>Ethical Issues, Complaints &amp; Investigations Insights from a Counselor &amp; Board Complaint Investigator</b> Self-paced LCCNC, pdc@lccnc.org</p>

August 7, 2023 - August 7, 2040	<b>Self-Care through the Lens of Polyvagal Theory</b> Self-paced LCCNC, pdc@lccnc.org
August 25, 2023 - December 1, 2040	<b>The Clinical Side of Supervision</b> Self-paced LCCNC, pdc@lccnc.org
August 25, 2023 - December 1, 2040	<b>Who's Ready to be a Medicare Provider?</b> Self-paced LCCNC, pdc@lccnc.org
September 1, 2023 - December 30, 2040	<b>Suicide Prevention Effort for School-Aged Youth</b> Self-paced LCCNC, pdc@lccnc.org
October 14, 2023 - December 30, 2040	<b>How the Inner Child Impacts Addiction</b> Self-paced LCCNC, pdc@lccnc.org
October 20, 2023 - December 30, 2040	<b>Teaching Supervisees What They Didn't Learn in School</b> Self-paced LCCNC, pdc@lccnc.org
November 16, 2023 - December 30, 2040	<b>Key Clinical Factors and Considerations with Military and Veterans 2023</b> Self-Paced LCCNC, pdc@lccnc.org
November 22, 2023 - December 31, 2040	<b>LCCNC's 2023 Conference Home-Study Bundle</b> Self-paced LCCNC, pdc@lccnc.org
December 5, 2023 - December 30, 2040	<b>Therapy and Counseling in the Law</b> Self-paced LCCNC, pdc@lccnc.org

<p>January 5, 2024 - December 1, 2040</p>	<p><b>Vicarious Trauma &amp; Traumatic Grief for Public Service Workers (Law Enforcement, Firefighter)</b> Self-Paced LCCNC, pdc@lccnc.org</p>
<p>February 2, 2024 - December 30, 2040</p>	<p><b>Sacred Care: Curating a Therapeutic Sanctuary for the Wellness of the Heart, Mind, &amp; Spirit</b> Self-paced LCCNC, pdc@lccnc.org</p>
<p>March 1, 2024 - December 30, 2040</p>	<p><b>Beyond the Bot - Ethical Considerations for Artificial Intelligence in Counseling</b> self-paced LCCNC, pdc@lccnc.org</p>
<p>April 5, 2024 - April 5, 2050</p>	<p><b>Reframing Addiction: Implications for Clinical Practice</b> Self-Paced LCCNC, pdc@lccnc.org</p>
<p>June 7, 2024 - December 1, 2040</p>	<p><b>LGBTQ+ Terminology and Care</b> Self-Paced LCCNC, pdc@lccnc.org</p>
<p>June 14, 2024 - December 30, 2040</p>	<p><b>Ethical Considerations when working with the LGBTQIA2S+ Community</b> Self-Paced LCCNC, pdc@lccnc.org</p>
<p>June 20, 2024 - December 30, 2040</p>	<p><b>Trauma-Informed Presence in Clinical Supervision</b> Self-Paced LCCNC, pdc@lccnc.org</p>
<p>July 5, 2024 - December 30, 2040</p>	<p><b>Rebuilding After Betrayal: Helping Clients Heal from Betrayal</b> Self-Paced LCCNC, pdc@lccnc.org</p>
<p>July 12, 2024 - December 30, 2040</p>	<p><b>Sex Therapy in Practice</b> self-paced LCCNC, pdc@lccnc.org</p>

August 2, 2024  
- December 30, 2040

### **Understanding the Distinction and Roles: LCMHCS vs. Qualified Supervisor**

Self-Paced  
LCCNC,  
pdc@lccnc.org

September 26, 2024  
- December 30, 2040

### **Legislative Updates & Membership Meeting**

Self-Paced  
LCCNC,  
admin@lccnc.org

September 26, 2024  
- December 30, 2040

### **Integrating a Process-Based Approach to Clinical Practice with Acceptance & Commitment Therapy**

Self-Paced  
LCCNC,  
pdc@lccnc.org

*Acceptance & Commitment Therapy (ACT) is less a set of interventions and more a flexible framework for harnessing processes of change with clients. This training is designed to guide participants in integrating a process-based approach into their current clinical work using the foundational principles of ACT. Throughout the training, participants will collaborate with the trainer to build a therapeutic model from the ground up, utilizing the core concepts of ACT. This hands-on approach ensures that attendees can directly apply these principles to their practice, fostering greater flexibility and effectiveness in their therapeutic interventions. Participants will practice a process-based case conceptualization model to derive novel interventions tailored to individual client needs, enhancing their ability to facilitate meaningful change. The session is tailored to accommodate both newcomers to ACT and those with existing knowledge of its core concepts. Beginners will gain a foundation of the ACT framework, while experienced practitioners will deepen their skills and explore new ways to implement process-based strategies in their clinical work.*

September 26, 2024  
- December 30, 2040

### **An Overview of EMDR Therapy for Trauma-Focused Care**

Self-Paced  
LCCNC,  
pdc@lccnc.org

*EMDR Therapy is one of the most popular therapies available today for the treatment of trauma-related concerns, appearing in the evidence-based treatment guidelines of many prominent organizations. Since its introduction to the therapeutic world in 1989, EMDR Therapy has helped millions of people worldwide. In this short course, professionals are introduced not just to the fundamentals of EMDR Therapy, also to how EMDR Therapy conceptualizes trauma through the lens of what is called the adaptive information processing (AIP) model). This conceptualization can be useful to all professionals who want to operate in a more trauma-focused way in their clinical work, whether or not they go on to do a full training in EMDR Therapy. The session ends with going over an explanation of the full training process and helping you to determine if fully adding EMDR Therapy to your clinical repertoire is a good fit.*

September 26, 2024  
- December 30, 2040

**The Interstate Counseling Compact: The Privilege to Practice in Other States**

Self-Paced  
LCCNC,  
pdc@lccnc.org

*The presentation will encompass an overview of the compact's history and an explanation of the commission's operations. Additionally, I will delineate the application process for obtaining practice privileges and provide an update on the timeline for issuing these privileges. Ethical considerations pertinent to counselors seeking practice privileges will also be examined. The session will conclude with a question and answer segment.?*

September 26, 2024  
- December 30, 2040

**The Lived Experience of Private Practice Counselors Participating in Integrated Collaborative**

Self-Paced  
LCCNC,  
pdc@lccnc.org

September 27, 2024  
- December 30, 2040

**2024 Bold Perspectives Virtual Symposium**

Self-Paced  
LCCNC,  
pdc@lccnc.org

September 27, 2024  
- December 30, 2040

**Embracing Neurodiversity - A Nervous System Informed Approach**

Self-Paced  
LCCNC,  
pdc@lccnc.org

*This presentation will draw on current neuroscience research to help better conceptualize how neurodiversity impacts how clients show up to and in therapy. When we let our clients' nervous systems be at the center of our focus, we welcome their expertise and find their innate resilience. ?*

September 27, 2024  
- December 30, 2040

**Expanding Competencies and Collaborations in Pediatric Mental Health**

Self-Paced  
LCCNC,  
pdc@lccnc.org

September 27, 2024  
- December 30, 2040

**Whole-Body Therapy - The Importance of Addressing Physical Health Issues in Clinical Mental**

Self-Paced  
LCCNC,  
pdc@lccnc.org

September 27, 2024  
- December 30, 2040

### **Holistic Approach to Mental Health: Incorporating Fitness and Nutrition**

Self-Paced  
LCCNC,  
pdc@lccnc.org

*It is well known that our physical and mental health are connected. We sometimes call this a mind-body connection, holistic or integrated practice. There is support from the literature that our mental health influences our physical health and visa versa. The book "The Body Keeps the Score" is a prime example of how our physical health is interdependent with our mental health. Chronic pain is linked to depression and anxiety. Studies have shown that regular fitness and healthy nutrition improve overall health and directly impact mental health. Join Wendie for a talk on incorporating fitness and nutrition into your practice while staying within the scope of practice laws and ethical requirements for MHC.*

September 28, 2024  
- December 30, 2040

### **Advocacy at the Federal Level**

Self-Paced  
LCCNC,  
admin@lccnc.org

*Enhancing access to mental health care is a multisystemic approach which requires work at the micro and macro levels. Although many lawmakers may discuss the importance of access to care, most of them are not experts in the field and may receive information from limited sources. To help enhance mental health services from a national perspective, it is recommended that counselors connect with those who influence federal legislation. To enhance the ability of the counselor to influence federal legislation, this workshop will review various federal agencies and committees which connect directly to lawmakers. Participants will be provided information as to how to connect with such individuals. Finally, participants will identify ways to effectively communicate about mental health needs from a national perspective. ?*

September 28, 2024  
- December 30, 2040

### **Progressive Muscle Relaxation**

Self-Paced  
LCCNC,  
pdc@lccnc.org

*Progressive Muscle Relaxation (PMR), first developed by Edmund Jacobson in the 1930s, is a well-researched and effective intervention for stress, anxiety, panic, phobias, chronic pain in various forms, hypertension and bruxism. It is shown to help with many other medical and somatization disorders. It utilizes biological and neurological conditioning in order facilitate change in a persons psychological functioning. Positive physical changes following PMR are reported in multiple studies. With practice, clients can reduce psychological and physical symptoms, and learn to call on the relaxation response during stressful events. It is often considered a cornerstone to systematic desensitization, mindfulness, CBT, motivational interviewing, non-pharmacologic pain management, stress and anger management, body awareness and neuroplasticity. This presentation will review the research on the effectiveness of PMR and train participants in its applications.*

September 28, 2024  
- December 30, 2040

## **Innovative Horizons: Integrating Artificial Intelligence (AI) in Counseling and Psychotherapy**

Self-Paced  
LCCNC,  
pdc@lccnc.org

*Early in the COVID-19 pandemic, counselors scrambled to embrace a technology that only 5 to 10% of them had previously dabbled in—telehealth. Just as many of us felt like we'd achieved at least a moderate level of competency in telehealth, artificial intelligence (AI) emerged as yet another mysterious, exciting, and—perhaps—terrifying technology to have to contend with, creating a slew of relevant questions: Can AI help me write my progress notes and treatment plans? How do I handle the fact that my counseling students are using AI to write their papers for them? What's up with the creation of AI bots that offer mental health advice to our clients? Does AI perpetuate ethnoracial stereotypes? Is it true that some clients are recording their therapy sessions (without the therapist's consent) and then selling those recordings to tech developers who are working on developing AI-powered therapy bots? Will AI make therapists obsolete? Is Cyberdyne finally coming to destroy us all? (Okay, that last one's a little over the top...or is it?). This presentation was designed to offer an overview of how AI can (and already has) impacted the counseling field, as well as strategies for ethical and impactful use of AI in counseling.*

October 4, 2024  
- December 1, 2040

## **Considerations for Treating Co-Occurring Disorders**

Self-Paced  
LCCNC,  
pdc@lccnc.org

October 9, 2024  
- December 30, 2040

**Clear Hurricane Helene Trauma to Promote Resilience and Facilitate Recovery**

Self-Paced  
LCCNC,  
pdc@lccnc.org

*When a natural disaster occurs, it traumatizes not only the people who directly experienced the event, but also first responders, everyone who pitches in to help, and even the whole community. Traumatic shock triggers the nervous system's fight/flight/freeze reflex causing exaggerated, irrational emotional (and physical) reactions, and inhibits the ability to think rationally and be resourceful. Even worse, anything that was in the environment at the time the trauma occurred can get associated with that memory. Later on, these associations can trigger this original reflex reaction, (like a body flashback). Untreated, cumulative trauma can cause burn out and even PTSD symptoms.*

*Join us for this community healing webinar and clear Hurricane Helene trauma together. Participants will learn the Natural Bio-Destressing meridian tapping technique for activating your body's natural calming reflex and releasing traumatic reactions. Daily use of this technique will result in increased resilience, optimism, and sense of well-being.*

*LCCNC supports the people of Western North Carolina affected by Hurricane Helene. In an effort to mobilize a response and equipping those clinicians serving that region, we are offering a free disaster response webinar. We care deeply about the mental health and well-being of the families, friends, and communities impacted by this disaster and want to offer our support as an Association.*

*Donations will be accepted towards the American Red Cross Relief Fund.*

November 1, 2024  
- December 30, 2040

**Helping Professional Counselors Deal with Losses Associated with Overdoses**

Self-Paced  
LCCNC,  
pdc@lccnc.org

November 26, 2024  
- December 1, 2040

**Pre-Conference Bold Perspectives**

Self-Paced  
LCCNC,  
pdc@lccnc.org

November 26, 2024  
- December 1, 2040

### **The HBLU Approach to Healing Ancestral Trauma**

Self-Paced  
LCCNC,  
pdc@lccnc.org

*Every therapist has experienced that moment when they realize their client is suffering depression, anxiety, and PTSD symptoms caused by ancestral/generational trauma and they just don't know what to do to help free them. Because ancestral trauma is a universal experience, therapists need to know how it imprints in the unconscious mind and body and how it is structured so they can treat it effectively. In this webinar, the presenter will describe three common causes of ancestral trauma and share her published original research using Healing from the Body Level Up™ (HBLUTM) methodology to clear these patterns in just a few sessions. Dr. Swack will also do live healing with volunteers or the whole group.??*

December 6, 2024  
- December 30, 2040

### **Grief, Death, and Dying**

Self-Paced  
LCCNC,  
pdc@lccnc.org

December 12, 2024  
- December 30, 2040

### **Appropriate Boundary Setting for Supervisee/Supervisor Relationship**

Self-paced  
LCCNC,  
pdc@lccnc.org

January 10, 2025  
- December 30, 2040

### **Suicide Prevention/Programming**

Self-paced  
LCCNC,  
pdc@lccnc.org

February 7, 2025  
- December 30, 2040

### **Trauma, EMDR, and Play, Oh My!**

Self-Paced  
LCCNC,  
pdc@lccnc.org

March 7, 2025  
- December 30, 2041

### **Advocacy in Action: Our Journey!**

Self Paced  
TPN.Health,  
support@tpn.health

*If you've ever asked yourself what you can do to advocate for your profession or to support your clients, this session is for you. During this one hour session, we will identify proposed and potential legislation relevant to our profession and discuss how you can get involved individually and through LCCNC. To help illustrate the impact you can have, we will look at an example of how LCCNC successfully lobbied to get legislation passed that supports both our profession and our clients. Finally, we will review our 2025 Advocacy Priorities.?*

April 4, 2025  
- December 30, 2040

### **Why BIPOC Health Matters: The Role of Counselors**

Self-Paced  
LCCNC,  
pdc@lccnc.org

*Why BIPOC Health Matters: The Role of Counselors will explore the mental health challenges faced by BIPOC communities and examine how historical trauma and cultural factors impact access to care. Participants will gain practical strategies for providing culturally responsive and trauma-informed counseling to support BIPOC clients effectively. Join us to deepen your understanding and advocacy for mental health equity.?*

May 9, 2025  
- December 30, 2040

### **Intergenerational Trauma and the AAPI Community**

Self-Paced  
LCCNC,  
pdc@lccnc.org

*This online, one hour long presentation on intergenerational trauma in the AAPI population will provide an introductory understanding of this complex phenomenon. It will begin by defining intergenerational trauma. Focusing specifically on the AAPI community, the presentation will explore the unique historical and cultural contexts that contribute to this phenomenon, including experiences of war, immigration, discrimination, and systemic racism. Participants will learn about the physiological and psychological impacts of intergenerational trauma. The presentation will discuss strategies for counselors, emphasizing the importance of addressing both individual and collective healing.*

May 20, 2025  
- December 30, 2041

## **The Pros & Cons of Artificial Intelligence (AI) in Counseling and Counselor Education**

Self Paced  
TPN.Health,  
support@tpn.health

*Artificial Intelligence (AI) has the potential to significantly impact the field of counseling and counselor education in several ways, such as by aiding programs and professionals with limited resources. However, it is essential to acknowledge the limitations and challenges associated with integrating AI into counseling and counselor education. These include concerns about data privacy and confidentiality and the risk of replacing human empathy and intuition with algorithmic decision-making (among others). The presentation will discuss the benefits and ethical implications in the context of mental health care as AI continues to evolve.?*

June 6, 2025  
- December 30, 2041

## **Working With Divorce Ambivalent Clients**

Self-Paced  
LCCNC,  
pdc@lccnc.org

*Research supports the long-held observation that thoughts of ending a marriage are common, and that people often remain ambivalent about divorce well into the legal process of marital dissolution. Divorce ambivalence is a frequent topic in therapy, even when it is not among presenting problems, yet graduate training programs do not necessarily provide training on how to intervene with clients struggling with divorce ambivalence. In fact, recent research suggests that individual (and couples) therapists may often resort to relationship-undermining statements when clients discuss problems in their marriage.*

*An important step for psychologists and other mental health professionals is to understand the unique interaction patterns common to couples in crisis and some of the common clinical challenges to expect. Likewise, we know that many of these couples come with a "mixed agenda" such that only one partner is strongly favoring divorce. In these situations, it is important to recognize and respond to the unique needs of the spouse who is leaning out of the marriage. Therapeutic response may be different in those situations where the dissatisfied spouse is describing "hard reasons" for wanting a divorce (e.g., abuse, addictions, affairs) versus "soft reasons" (all others, including poor communication, feeling distant, etc.)*

*A common therapeutic mistake in mixed agenda couples who are on the brink of divorce is to initiate couples therapy when one spouse is not committed to trying to fix the marriage. Discernment Counseling is an increasingly accepted alternative for these couples. The short-term, highly focused intervention seeks to help couples gain clarity and confidence in their decision making about the path for their marriage.*

*This educational workshop provides valuable strategies for identifying divorce ambivalence and for addressing the challenges therapists face when indecision about marriage presents in therapy. Participants learn methods of assessing and treating clients who are divorce-ambivalent and "leaning out" of their marriage versus those who are "leaning into" their marriage. Finally, the workshop introduces discernment counseling as a promising process for couples experiencing divorce ambivalence and provides guidance for recognizing individuals and couples who would benefit from discernment counseling.*

July 11, 2025  
- December 30, 2041

## **The "No Cap" Gen Z Update: Implications for Mental Health Professionals Working with Gen Z**

**ZOOM**  
12:00 PM - 01:00 PM EST  
LCCNC,  
pdc@lccnc.org

August 1, 2025  
- December 30, 2041

## **Starting & Maintaining a Self Pay Counseling Practice**

**ZOOM**  
12:00 PM - 01:00 PM EST  
LCCNC,  
pdc@lccnc.org

- September 5, 2025  
- December 30, 2030
- Collaboration between Counselors and Clinicians**  
Self-Paced  
LCCNC,  
pdc@lccnc.org  
*Although collaboration with clients' providers is vital, it's not covered in Master's programs or required by boards for supervisors to teach. So, how do clinicians learn to collaborate and identify barriers? This presentation will explain the collaboration process, highlight common barriers, and offer solutions to improve collaboration.?*
- October 16, 2025  
- December 30, 2040
- Clinical Implications and Considerations for working with Domestic Violence Survivors**  
Self-Paced  
LCCNC,  
admin@lccnc.org  
*This is an hour long CE training that is centered around Domestic Violence Awareness Month. The primary purpose is to educate counselors about the impact of interpersonal violence on counseling clients and clinical considerations to utilize when working with survivors.*
- November 7, 2025  
- December 30, 2041
- Veterans Day Program: Supporting Our Military Community**  
Self-Paced  
LCCNC,  
pdc@lccnc.org
- December 5, 2025  
- December 30, 2041
- The Herbal Medicine Approach to Mental Wellness**  
Self-Paced  
LCCNC,  
events@lccnc.org
- January 23, 2026  
- December 30, 2040
- OCD basics: Understanding OCD and Exposure and Response Prevention**  
Self-Paced  
LCCNC,  
events@lccnc.org  
*This one-hour Zoom presentation provides an overview of Obsessive-Compulsive Disorder (OCD), focusing on its subtypes and how the disorder can be accurately differentiated from other anxiety and related conditions. Participants will gain a deeper understanding of how OCD manifests beyond common stereotypes, including presentations such as harm, contamination, symmetry, and intrusive taboo obsessions. The session also introduces the foundational principles of Exposure and Response Prevention (ERP), the gold-standard, evidence-based treatment for OCD. Attendees will leave with a clearer framework for identifying OCD patterns and an introductory understanding of how ERP supports recovery.?*
- February 6, 2026  
- December 30, 2040
- Supervisor as Leader**  
Self-Paced  
LCCNC,  
events@lccnc.org

March 6, 2026

**Crisis Suicide Prevention & Safety Triaging Training**

**ZOOM**

12:00 PM - 01:00 PM EST

March 19, 2026

**Supervisor Community Group - March**

**Zoom: Virtual Meeting**

12:00 PM - 01:00 PM EST

March 20, 2026  
- April 25, 2026

**2026 Mirror-In-The-Mirror 45 hour Supervision Training (Huffman/Phifer Training Model)  
In-Person on March 20-21, 2026 & Virtually on April 24-25, 2026**

**Fairfield Inn & Suites Marriott**

**Weaverville, NC 28787**

08:00 AM - 05:00 PM EST

LCCNC,

admin@lccnc.org

*Ready for that licensure upgrade?*

*This program is an LCCNC original presentation... created BY Counselors FOR Counselors. If you are a LCMHC with five or more years of professional clinical experience, you qualify to apply for your supervisor license! One of the first steps on your supervisor journey is to get the required 45 hours of supervision training required before applying for your 'S' to the licensure board. This program is designed to:*

*Describe the historical platform for clinical supervision, supervision as a benchmark for effective mental health counseling, and the vital roles of theory, current research, and multicultural awareness in supervision;*

*Identify the definition of clinical supervision and responsibilities/practice standards for the North Carolina LCMHC Supervisor license;*

*Differentiate central principles of clinical supervision models, the responsibilities supervisors have for both supervisees and clients, the roles/functions of clinical supervisors, and conflicts and challenges that can arise in clinical supervision;*

*Distinguish the demarcation between counseling relationships and supervision relationships;*

*Discuss the necessity for the supervision of supervisors as a standard of intentional, aware, and ethical practice.*

April 3, 2026

**Understanding Menopause in Clinical Practice: Evidence-Based Interventions for Mood, Sleep  
ZOOM**

12:00 PM - 01:00 PM EST

LCCNC,

events@lccnc.org

*Women in perimenopause and menopause experience hormonal changes that influence mood, sleep, emotional regulation, and cognitive functioning. Anxiety, depression, irritability, insomnia, and executive-function difficulties emerge during this transition. The current literature supports non-pharmacological treatments, including cognitive-behavioral interventions, executive-function scaffolding, sleep-focused therapy, and movement-based strategies.*

*Attendees will receive treatment frameworks incorporating CBT-I, mindfulness-based interventions, behavioral activation, and exercise as a therapeutic tool. In this 60 minute virtual presentation, attendees will be equipped to treat perimenopause-related distress with measurable, evidence-based strategies.*