

Calendar of Events

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

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

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

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

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,
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September 26, 2024
- December 30, 2040

Integrating a Process-Based Approach to Clinical Practice with Acceptance & Commitment Therapy
Self-Paced
LCCNC,
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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,
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September 27, 2024
- December 30, 2040

2024 Bold Perspectives Virtual Symposium

Self-Paced
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September 27, 2024
- December 30, 2040

Embracing Neurodiversity - A Nervous System Informed Approach

Self-Paced
LCCNC,
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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,
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September 27, 2024
- December 30, 2040

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

Self-Paced
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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
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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,
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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,

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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,

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October 9, 2024
- December 30, 2040

Clear Hurricane Helene Trauma to Promote Resilience and Facilitate Recovery

Self-Paced
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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,
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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

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,

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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.

June 6, 2025
- December 30, 2041

Working With Divorce Ambivalent Clients

Self-Paced
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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

July 17, 2025

Supervisor Community Group - July

Zoom: Virtual Meeting
12:00 PM - 01:00 PM EST
LCCNC,
pdc@lccnc.org

August 1, 2025

Starting & Maintaining a Self Pay Counseling Practice

ZOOM

12:00 PM - 01:00 PM EST

LCCNC,

admin@lccnc.org

Join us for a one-hour continuing education event featuring Sheila Maitland, LCMHCS, owner and founder of Relationship Enrichment Center. With over 30 years of experience, Sheila will share practical strategies for starting and maintaining a successful self-pay counseling practice. This presentation will cover key topics including the 5 pillars of Private and Group Practice, and drill down on one of the pillars, profit. Ideal for new and established clinicians, this session offers real-world insights and guidance from a seasoned expert in the field.?

August 21, 2025

Supervisor Community Group - August

Zoom: Virtual Meeting

12:00 PM - 01:00 PM EST

LCCNC,

pdc@lccnc.org

September 5, 2025

Collaboration between Counselors and Clinicians

ZOOM

12:00 PM - 01:00 PM EST

LCCNC,

admin@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.

September 26, 2025

Unity Chats - September

Zoom: Virtual Meeting

12:00 PM - 01:00 PM EST

Michele Seeley,

membership@lccnc.org