

Name \_\_\_\_\_

Mailing address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Agency \_\_\_\_\_

**Preregistration required for Friday's professional workshops by April 4, 2025**

I will attend the Friday's professional workshops ..... **\$35**

*Friday's workshops are for mental health professionals.*

**To pay by check**, please return this registration with your check made out to Casper College, to:  
**Casper College Counseling**  
**Attn: Erin Ford, LPC**  
**125 College Drive • Casper, WY 82601**

**To pay with a credit card**, please email your registration information to Erin Ford at [erin.ford@caspercollege.edu](mailto:erin.ford@caspercollege.edu) and call the Casper College Accounting Dept. at 307-268-2244 to make your payment.

**Registration for Friday's professional workshops**

# Wellness Conference

**April 3-4, 2025**

Walter H. Nolte Gateway Center, Room 225  
 Casper College campus

**A total of 12 CEU's are available, including 3 ethics credits!**

**For more information, please contact Erin Ford, LPC**  
 Casper College Wellness Center  
 307-268-2255 • [erin.ford@caspercollege.edu](mailto:erin.ford@caspercollege.edu)  
[caspercollege.edu/events/wellness](http://caspercollege.edu/events/wellness)

Wellness Conference sponsored by:



## Casper College

Casper College provides equal opportunity in education and employment — [caspercollege.edu/nondiscrimination](http://caspercollege.edu/nondiscrimination).



**Total of 12 CEU's available!**

# 2025 Wellness Conference Schedule of Events

Thursday sessions are free and open to the public. No registration is required.

## Thursday, April 3

### 9-10:20 a.m., “Self-Care Practices Throughout Your Career: Nurturing the Nurturers”

*Christine Vencill, MSW, LCSW, Noelle Romer, BSW and Haley Lensert, BSW*

Join us to learn how to nurture yourself while nurturing others. Whether you are a student in a wellness profession, a longtime practitioner, or anywhere in between, self-care is critical. During this presentation, we will discuss and demonstrate practical strategies to integrate self-care into our daily routines and throughout our careers.

### 10:30-11:50 a.m., “Supporting and Affirming LGBTQIA2S+ Youth, Families and Community”

*Elliott Orrin Hinkle, BS, PSS*

This workshop is designed for professionals and students dedicated to advancing the wellness of LGBTQIA2S+ youth, their families,

and the broader community. We will explore how wellness can be holistically approached, considering the unique strengths and challenges faced by this population, especially in rural and under served areas like Casper, Wyoming, and the surrounding region. Participants will gain tools and strategies to foster environments that promote mental, emotional, and social well-being, focusing on building resilience, connection, and affirming practices. Attendees will leave equipped to actively contribute to environments where LGBTQIA2S+ youth feel valued, families find empowerment, and communities thrive through inclusivity and wellness-focused practices.

### Lunch

### 1-2:20 p.m., “Understanding Personality Styles: Strengthening Connections and Inspiring Inner Wellness”

*Gabrielle Howery, BA and Kelsey Giroux-Maule, MA*

This interactive presentation will guide participants through the journey of discovering their own unique personality styles while learning to

recognize and appreciate the styles of others. By exploring different personality traits, attendees will gain valuable tools to enhance communication, navigate conflict, and build stronger relationships. Additionally, participants will gain insight into how diverse personalities contribute to different aspects of a group dynamic through engaging discussions and self-assessment. The session will conclude with a hands-on activity where participants will build their own personalized wellness kit.

### 2:30-3:50 p.m., “Polyvagal Theory/Somatic Trauma Informed Care Yoga and Meditation”

*Candace Machado, MSW*

This presentation delves into the fascinating intersection of polyvagal theory and somatic trauma-informed care yoga, offering a comprehensive approach to managing emotions through movement-based practices. During the seminar, we will create an interactive environment where participants will engage in various movement elements to illustrate the benefits of practices such as restorative and vocal yogic movement.

Friday’s workshops are designed for mental health professionals and require preregistration and \$35 payment which includes 12 CEUS!

## Friday, April 4

### 9:00am –11:50am, “Navigating Ethical Practice in the Current Clinical Landscape”

*Amanda DeDiego, PHD, LPC*

This presentation aims to equip counselors with the knowledge and tools necessary to navigate the complex ethical landscape of modern practice. By exploring critical issues such as AI and the current political landscape, attendees will enhance their ability to provide ethical, effective care in an ever-changing professional environment. Three hours of ethics credits!

### Lunch

Each attendee will be responsible for their own lunch.

### 1-2:20 p.m., “Harnessing the 7 Affective Circuits: A Neuroscientific Approach to Case Conceptualization and Intervention”

*Brandon Bishop, MSW, LCSW*

This presentation explores Jaak Panksepp’s seven affective circuits — SEEKING, RAGE, FEAR, LUST, CARE, PANIC/GRIEF, and PLAY — and their profound implications for psychotherapy. By understanding how these fundamental emotional systems shape behavior, emotions, and cognitions, therapists can more effectively conceptualize cases and tailor interventions to meet clients’ needs. Attendees will receive experiential knowledge and gain practical strategies for integrating this neuroscientific framework into their clinical work.

Refreshments will be provided throughout the conference.

### 2:30-3:50 p.m., “Helping People Live Life to the Fullest”

*Karol Santistevan, OTR/L, CTRL, ESMHL and Tisa Sucher, MSW, LCSW*

This presentation will focus on the mental health synergy between occupational therapy and clinical social work. This presentation will offer a look at providing mental health and wellness through nature-based and animal-assisted therapy approaches. Participants will leave with an understanding of the healing power of equine-assisted interventions for individuals with trauma and grief.

*Casper College’s annual Wellness Conference is a wonderful way for community members and providers to network, expand their*

*knowledge, and get exposed to some of the most current topics. This year we are excited to have a variety of presenters covering diversity, current events, and experiential practices that will*