

# CONFERENCE SCHEDULE

Thursday, September 21st

Light refreshments provided

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|-------------|--|
| 8-8:30      | Check-in   |
| 8:30-12:00  | <b>Session 1</b><br>ACES & Trauma<br>Informed Care                   |
| 10:30-10:45 | BREAK  |
| 12:00-1:00  | Lunch (On your own)  |
| 1:00-2:00   | Drumming   |
| 2:00-3:30   | <b>Session 2</b><br>Statewide Suicide Task<br>Force Panel Discussion |
| 3:30-3:45   | BREAK  |
| 3:45-5:00   | <b>Session 3</b><br>Ethics in<br>Psychopharmacology                  |

MCCA MEMBERS ONLY

5:30pm-7:30pm

Annex Coffee House & Bakery  
2601 Minnesota Ave  
Billings, MT 59101

## ACES/TRAUMA- INFORMED CARE

Trauma-Informed Care is a strengths-based framework that is responsive to the impact of trauma, emphasizing physical, psychological, and emotional safety, creating opportunities for survivors to rebuild a sense of control and empowerment.

### **Nathan Stahley**

*Riverstone Health*

Healthy by Design Initiative Coordinator,  
DE-STRESS grant representative

### **Dr. Mariela Herrera**

*Billings Clinic*

Medical Director for Youth Inpatient  
Psychiatric Unit

### **Diane Hurd**

*Billings Clinic*

Psychiatric Nurse

MONTANA COLLEGE  
COUNSELORS ASSOCIATION  
CONFERENCE

# MCCA

SEPTEMBER 21ST & 22ND  
MCDONALD HALL - RM 355



**MONTANA**  
STATE UNIVERSITY  
**BILLINGS**  
Access & Excellence

## DR. ERIN AMATO

*Montana Psychiatry*

Adult, adolescent & child psychiatrist

Dr. Erin Amato was raised in Billings, Montana and attended the University of Nevada School of Medicine.



Transcranial magnetic stimulation (TMS) is a noninvasive procedure to improve symptoms of depression by using magnetic fields to stimulate nerve cells in the brain. Dr. Amato has received training in TMS and other brain stimulation techniques through the Medical University of South Carolina. She has one of the few ketamine clinics in the country located in Billings, MT. People who have not found success by standard treatments are achieving success through ketamine or TMS.

[www.mtpsychiatry.com](http://www.mtpsychiatry.com)

## EMOTIONALLY FOCUSED CARE

### Diane Arkava, LCSW

*Private Practice, Billings & Missoula*

President of the National Association of Social Workers - MT

Emotionally Focused Therapy is an empirically supported treatment that addresses new systematic ways to take control of the dances of disconnection and conflict, predicated on the strengthening of attachment bonds.

## ETHICS IN PSYCHOPHARMACOLOGY

### Michelle Blair, PharmD, BCPP

*Billings Clinic*

Clinical Pharmacist Specialist, psychiatry

Dr. Blair will explore various scenarios that college counselors and other therapists might encounter. She will provide guidance and promote discussion in how non-prescribing therapists resolve these issues in their practices.

## CONFERENCE SCHEDULE

Friday, September 22nd

Light refreshments provided

8-8:30	Check-in
8:30-12:00	<b>Session 1</b> Emotionally Focused Care
10:30-10:45	BREAK
12:00-1:00	Lunch (On your own) MCCA members only, lunch provided
1:00-2:30	<b>Session 2</b> Alternative Treatments for Depression
2:30-3:00	Wrap-up Travel safely



**MONTANA COLLEGE COUNSELORS ASSOCIATION**