HRCA AT THE 2026 VCA CONVENTION

HRCA TABLE

Thursday & Friday, November 12 & 13, 2026
9:00AM - 5:00PM
First Floor Hallway

HRCA RECEPTION



Thursday, November 12, 2026
7:00PM - 8:30PM
Suite 616 on 6th Floor

HRCA BUSINESS MEETING



Friday, November 13, 2026
5:00PM- - 6:00PM
Marriott V on the 4th Floor

HRCA PRESENTERS

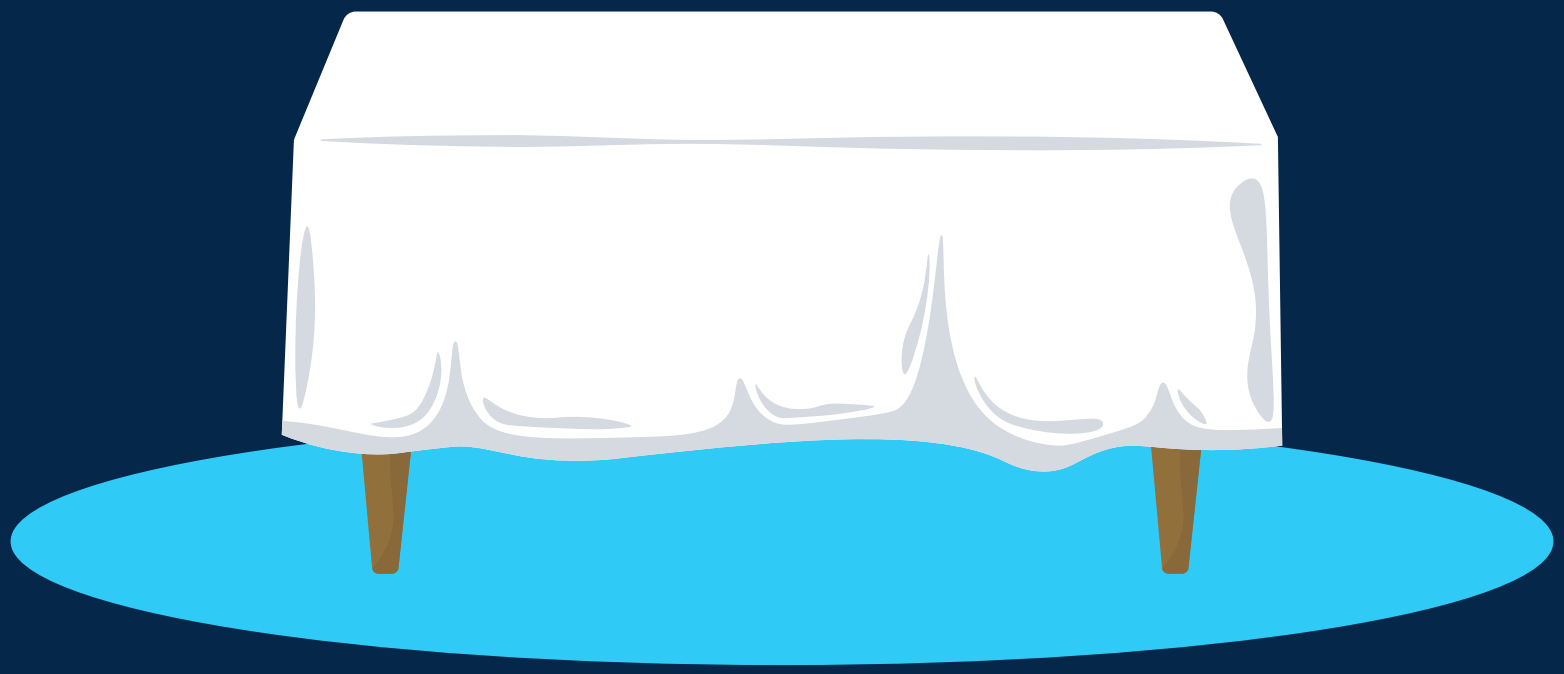
Show your support for our HRCA members sharing their expertise this year! See HRCA Presenters at VCA Convention for more details.

November 12-14 at Marriott Norfolk Waterside

@HAMPTONROADSCOUNSELORS

VISIT THE HRCA TABLE

Stop by on Friday and Saturday from 9am-5pm to connect with HRCA!



CHAT WITH HRCA

Learn about our chapter.

ENTER THE RAFFLE

For a chance to win one of eight prizes!

PICK UP YOUR PIN

Show your HRCA pride!

DURING VCA CONVENTION

HRCA CHAPTER RECEPTION

THIS YEAR'S THEME IS 90's TELEVISION!

I ♥ 90's TV

THURSDAY, NOVEMBER 12TH
7 PM – 8:30 PM

Suite 616 on the 6th Floor

REFRESHMENTS

MUSIC

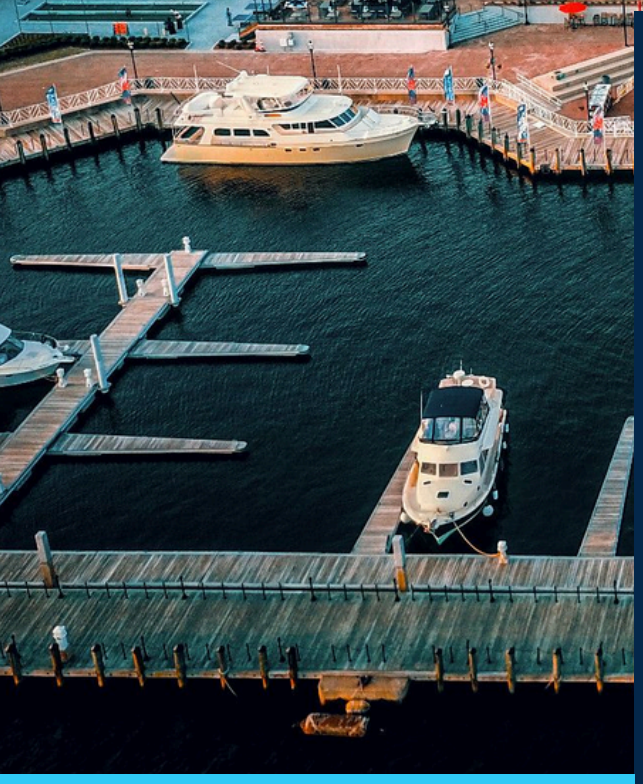
90'S TRIVIA

90's

HAMPTON ROADS COUNSELORS ASSOCIATION

@hamptonroadscounselors





CHAPTER BUSINESS MEETING

Date:
FRIDAY NOV. 13

Time:
5:00 PM - 6:00 PM

MARRIOTT 5, 4TH FLOOR

NORFOLK WATERSIDE MARRIOTT

AT 2026 VCA CONVENTION

HAMPTON ROADS COUNSELORS ASSOCIATION

@hamptonroadscounselors



HRCA PRESENTERS

at VCA Convention



Danielle L. McDowell, LPC
VA Board of Counseling Approved Supervisor



Elizabeth O'Neill Hunter
Counselor Educator & Clinical Supervisor



Holly Tracy, LMFT, LPC



Susanne Preston-Josey, PhD, LPC



Samantha Redd, M.A.



Dr. JaNaé Taylor



Meagan E. Graham, LPC
CCTP-II, CCATP, CCFP



Stephanie Filio, M.Ed.
Resident in Counseling, @stefftalkstherapy



Sonya A. Allen, LPC

Swipe to learn about our HRCA Presenters!

HRCA PRESENTERS

at VCA Convention

SESSION 2: THURS NOV 12
12:45PM – 1:45PM

We Carry It All: Somatic and Expressive Approaches for Clients Living with Systemic Stress
Danielle L. McDowell, LPC | Marriott II

Serving the Neurodiverse population: Cultivating a Neuroaffirming lens of healing and support
Elizabeth O'Neill Hunter | Marriott III

Joy-pardy! Putting the Fun Back into the Fundamentals of Ethical Practice through GameBased Education: Serious Ethics, Joyful Learning!
Holly Tracy, LMFT, LPC | Chesapeake 1 & 2

SESSION 4: THURS NOV 12
4:00PM – 5:00PM

Neurodiversity-Affirming Counseling: Practical Interventions and Creative Strategies for Working with Neurodivergent Clients
Susanne Preston-Josey, PhD, LPC | Norfolk VI

Virtual Reality Based Interventions for Children and Adolescents With Autism Spectrum Disorder
Samantha Redd, M.A. | Hampton II

DinoRoar! Beyond Talk-Therapy, Rediscovering Joy, Play, and Connection Through Creative, Interactive, Ethical Interventions: Roaring Toward Repair
Holly Tracy, LMFT, LPC | Hampton IV

SESSION 7: FRI NOV 13
8:45AM – 9:45AM

Creative Connections: Practical Play Therapy and Art Therapy Techniques for Children and Teens
Susanne Preston-Josey, PhD, LPC | Marriott I

SESSION 8: FRI NOV 13
10:00AM – 11:00AM

Let 'Em Know: Actively Building Micro-Collectives for Black Therapists to Combat Burnout
Dr. JaNaé Taylor | Hampton VI

SESSION 9: FRI NOV 13
1:00 PM – 2:00PM

Relax, Relate, Release: Practical Self-Regulation & Self-Care Tools for Therapists to Enhance Co-Regulation and Clinical Effectiveness
Meagan E. Graham, LPC | Marriott III

Beyond Student Trauma: Responding to Educators in this Time of Crisis
Stephanie Filio, M.Ed. | Marriott V

SESSION 13: SAT NOV 14
10:00AM – 11:00AM

Building Resilient Counseling Teams in Community Mental Health Settings
Sonya A. Allen, LPC | Hampton III



SESSION 2

HRCA PRESENTERS

at VCA Convention

We Carry It All: Somatic and Expressive Approaches for Clients Living with Systemic Stress

Counselors are increasingly working with clients whose distress is not solely rooted in individual experiences but in ongoing exposure to systemic stressors including racism, discrimination, economic instability, caregiving burdens, community violence, political polarization, and chronic uncertainty. Traditional talk therapy alone may not adequately address how these experiences are carried in the body. This interactive workshop explores practical somatic and expressive arts interventions that help clients move beyond cognitive processing and engage the body as a source of healing, regulation, and resilience.



Danielle L. McDowell, LPC
VA Board of Counseling Approved Supervisor

THURSDAY
NOVEMBER 12
12:45PM-1:45PM

MARRIOTT II



SESSION 2

HRCA PRESENTERS

at VCA Convention

Serving the Neurodiverse population: Cultivating a Neuroaffirming lens of healing and support

This session provides education about serving the Neurodiverse (ND) population in counseling settings. The session will position the clinician to welcome the ND population in their offices with neuro-affirming care and strategies. Together, we will explore crucial diagnostic considerations for the ND population, including current diagnostic criteria, dual and comorbid diagnoses. We will also discuss current assessment options, as well as key terms every clinician should be aware of when treating this population. We will close the session with Implications for practice, including treatment planning considerations.



Elizabeth O'Neill Hunter
Counselor Educator & Clinical Supervisor

THURSDAY
NOVEMBER 12
12:45PM-1:45PM

MARRIOTT III



SESSION 2

HRCA PRESENTERS

at VCA Convention

Joy-pardy! Putting the Fun Back into the Fundamentals of Ethical Practice through GameBased Education: Serious Ethics, Joyful Learning!

Joy-pardy! brings ethics to life through game-based learning, a structured, research informed approach. The Jeopardy style format promotes applied ethical reasoning as participants analyze Standards and Regulations using collaborative, scenario-based methods to enhance cognitive flexibility, ethical clarity, reasoning, engagement, decision-making and professional resilience (Wolfer et al., 2022; Streiner et al., 2024; Gaydos et al., 2026)



Holly Tracy, LMFT, LPC

THURSDAY
NOVEMBER 12
12:45PM-1:45PM

CHESAPEAKE 1 & 2



SESSION 4

HRCA PRESENTERS

at VCA Convention

Neurodiversity-Affirming Counseling: Practical Interventions and Creative Strategies for Working with Neurodivergent Clients

This interactive session will provide practical, neurodiversity-affirming counseling strategies and interventions for working with neurodivergent children, adolescents, and adults. Participants will learn hands-on techniques that support communication, emotional regulation, sensory needs, executive functioning, and therapeutic engagement using creative and adaptable approaches.



Susanne Preston-Josey, PhD, LPC

THURSDAY
NOVEMBER 12
4:00PM-5:00PM

NORFOLK VI



SESSION 4

HRCA PRESENTERS

at VCA Convention

Virtual Reality Based Interventions for Children and Adolescents With Autism Spectrum Disorder

This session explores how the Suzee Leone Grant Project: VR Connection uses immersive virtual reality to bridge therapy and real-world application. Children and youth with Autism Spectrum Disorder (ages 7-18) practice social interaction and emotional regulation in safe & brave spaces, transforming anxiety into confidence and supporting independent use of skills in everyday situations.



Samantha Redd, M.A.

THURSDAY
NOVEMBER 12
4:00PM–5:00PM

HAMPTON II



SESSION 4

HRCA PRESENTERS

at VCA Convention



Holly Tracy, LMFT, LPC

DinoRoar! Beyond Talk-Therapy, Rediscovering Joy, Play, and Connection Through Creative, Interactive, Ethical Interventions: Roaring Toward Repair

Dinoroar! introduces research supported experiential interventions, including games, dinosaur-based role play, storytelling, and creative arts, to deepen emotional insight in couples and families. Using 7 Dinoroar Archetypes, participants learn ethical, culturally responsive, bias aware strategies that move therapy beyond talk only methods while embodying the VCA theme, “Finding Joy in the Work We Do.”

THURSDAY
NOVEMBER 12
4:00PM-5:00PM

HAMPTON IV



SESSION 7

HRCA PRESENTERS

at VCA Convention

Creative Connections: Practical Play Therapy and Art Therapy Techniques for Children and Teens

Participants will learn engaging play therapy and art therapy interventions that can be immediately implemented in counseling sessions with children and adolescents. This interactive presentation will demonstrate hands-on creative techniques that support emotional expression, regulation, communication, rapport-building, and therapeutic engagement across a variety of clinical settings.



Susanne Preston-Josey, PhD, LPC

FRIDAY
NOVEMBER 13
8:45AM-9:45AM

MARRIOTT I



SESSION 8

HRCA PRESENTERS

at VCA Convention

Let 'Em Know: Actively Building Micro-Collectives for Black Therapists to Combat Burnout

This experiential session transforms professional development into a live lab for collective healing. Black therapists will actively connect, process systemic burnout, and practice immediate, actionable peer-support steps. Participants will leave with an established micro-community and a practical framework to sustain regional wellness-centered collectives.



Dr. JaNaé Taylor, LPC

FRIDAY
NOVEMBER 13
10:00AM-11:00AM

HAMPTON VI



SESSION 9

HRCA PRESENTERS

at VCA Convention

Relax, Relate, Release: Practical Self-Regulation & Self-Care Tools for Therapists to Enhance Co-Regulation and Clinical Effectiveness

This presentation explores the role of co-regulation in the therapeutic relationship and highlights the importance of therapist well-being. Participants will learn practical self-regulation strategies, including EFT tapping, diaphragmatic breathing, somatic and mindfulness practices, time management, gratitude, affirmations, and meeting basic physical needs to enhance therapeutic presence and effectiveness.



Meagan E. Graham, LPC

CCTP-II, CCATP, CCFP

FRIDAY
NOVEMBER 13
1:00PM - 2:00PM

MARRIOTT III



SESSION 9

HRCA PRESENTERS

at VCA Convention

Beyond Student Trauma: Responding to Educators in this Time of Crisis

This session will increase counselor understanding of the burnout crisis in education. Learn practical and deliverable skills to help your client-educators who stay in or transition out, from someone who has been on the inside. who has been through it on a three year journey of perspective shifting work within the heart, mind, and counseling office.



Stephanie Filio, M.Ed.
Resident in Counseling,
@stefftalkstherapy

FRIDAY
NOVEMBER 13
1:00PM - 2:00PM

MARRIOTT V



SESSION 15

HRCA PRESENTERS

at VCA Convention

Building Resilient Counseling Teams in Community Mental Health Settings

This workshop responds to that crisis with a structured, evidence-based approach to building team-level resilience from within clinical systems. Designed for licensed practitioners across disciplines including LPCs, LCSWs, LMFTs, and psychologists" the session moves beyond individual self-care rhetoric to address resilience as a collective, organizational capacity requiring deliberate design and sustained leadership commitment. Participants will leave with validated assessment instruments, a curated evidence-based resource list, and a practical action plan grounded in their specific clinical environment.



Sonya A. Allen, LPC

SATURDAY
NOVEMBER 14
10:00AM-11:00AM

HAMPTON III