



L-Università  
ta' Malta



International Association  
For Counselling

macp

Malta Association for the  
Counselling Profession

# CONFERENCE PROGRAMME

# IAC CONFERENCE MALTA 2025



**Malta**  
Tourism Authority



GOVERNMENT OF MALTA  
MINISTRY FOR FINANCE



GOVERNMENT OF MALTA  
MINISTRY FOR SOCIAL POLICY  
AND CHILDREN'S RIGHTS



**MEDINA**  
ASSET MANAGEMENT

### **Conference Organisations' Leaders**

Dr Roberta Attard	Head, Department of Counselling, Faculty for Social Wellbeing, Università ta' Malta
Prof. William Borgen	President, International Association for Counselling
Mr Josef Mizzi	President, Malta Association for the Counselling Profession

### **Scientific Committee Chair**

Prof. Ruth Falzon	Department of Counselling, Faculty for Social Wellbeing, Università ta' Malta
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### **Scientific Committee Members**

Ms Anthea D'Amico	Department of Counselling Faculty for Social Wellbeing Università ta' Malta
Dr Roberta Attard	Head, Department of Counselling Faculty for Social Wellbeing Università ta' Malta
Dr Marlene Cauchi	Department of Counselling Faculty for Social Wellbeing Università ta' Malta
Dr Melanie Demarco	Department of Counselling Faculty for Social Wellbeing Università ta' Malta
Ms Desiree Carlson	Transcultural Counsellor, Private Practice. IAC Council Member
Dr Lisa Isenman	Northwestern University, IAC Communications Officer
Dr Nathan Perron	Director, Affiliated Faculty & Instruction, Northwestern University, IAC Secretary
Ms Laurie Ann Persh	Licensed clinical professional counsellor
Dr John Pryor-Jones	University of Bangor, Retired

### **Organising Committee Chair**

Russell Attard	MACP Public Relations Officer
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### **Organising Committee Leaders**

Lucienne May Bugeja	Operations & Events Manager, Conferences & Events Unit, UM
Ruth Falzon	MACP Executive Council Members, UM Department of Counselling, IAC Interim Treasurer
Naoise Kelly	IAC CEO

### **Organising Committee Members**

Veronica Barbara	Administration Specialist, Conferences and Events Unit, Università ta' Malta
Andrew Bezzina	Administrator, Conferences and Events Unit, Università ta' Malta
Nicolette Cachia	MACP Secretary
Nicolette Camilleri	MACP Treasurer
Ruth Falzon	MACP Executive Council Members, UM Department of Counselling, IAC Interim Treasurer
Roseann Farrugia	MACP Training and Events Committee Member
Clive E. Ferrante	Operations & Events Coordinator, Università ta' Malta
Angele Grixti	Administration Specialist, Conferences and Events Unit, Università ta' Malta
Lauren Kenely	MACP Training and Events Committee Member
Maud Muscat	MACP Chair, Training and Events Committee
Ryan Portelli	MACP Member
Sarah Sammut	Administration Specialist, Conferences and Events Unit, Università ta' Malta
Maria Evelyn Vella	Administration Specialist, Conferences and Events Unit, Università ta' Malta

### **Conference Compères**

Lauren Kenely
Ryan Portelli

*Front Cover - Photo by @downtown\_colors on Instagram*

*Booklet Design - Ryan Portelli*

*Booklet Compilation - Ruth Falzon & Naoise Kelly*



## Message from the Conference leaders

Dear Esteemed Guests, Distinguished Speakers, and Fellow Delegates,

It is with great pleasure that we extend a warm welcome to each and every one of you to the IAC 2025 Annual Conference *Counselling in a World of New Challenges: Cultivating Mental Health and Wellbeing* in the stunning coastal setting of St. Julian's, Malta.

We are honoured to partner with the Università ta' Malta and the Malta Association for the Counselling Profession (MACP) to bring you an event that promises to be a landmark moment in the development of counselling across Europe and globally. This year's programme is designed to inspire, educate, and connect. Over three dynamic days, we will engage in thought-provoking keynote speeches, interactive workshops, panel discussions, roundtable dialogues, and poster presentations. Together, we will explore new perspectives, share best practices, and strengthen our global community of counsellors, educators, students, and researchers. The opportunities and challenges we face as a profession are evolving, but so is our collective ability to respond with innovation, compassion, and resilience. As we gather here in Malta, a country with a rich cultural heritage and a growing commitment to mental health and counselling, we hope this conference will spark meaningful dialogue and lasting professional relationships. We encourage you to fully embrace this experience: participate in discussions, engage with new ideas, and connect with colleagues worldwide. The relationships we build here will extend beyond the conference, profoundly shaping the future of counselling. We thank the Dean of the Faculty for Social Wellbeing, Dr Sandra Scicluna, for her enthusiasm for this event.

Adding to the prestige of our event, we are deeply honoured that Professor Alfred Vella, Università ta' Malta Rector, and Hon. Dr Michael Falzon, Minister for the Family, Children's Rights and Social Solidarity, will be present with us at the opening ceremony of the conference. We are also privileged to have received a video message from Hon. Dr Roberta Metsola, President of the European Parliament.

Once again, welcome to Malta and to the IAC 2025 Annual Conference. May your time here be insightful, inspiring, and truly unforgettable.

Warm regards,

Dr Roberta Attard	Head of Department, Department of Counselling, Università ta' Malta
Prof. William Borgen	President, International Association For Counselling (IAC) Executive Council
Mr Josef Mizzi	President, Malta Association for the Counselling Profession (MACP)



# Counselling in a World of New Challenges: Cultivating Mental Health and Wellbeing

📅 11 – 13 July 2025    📍 Radisson Blu St. Julians, Malta



## Conference Programme One-Page Overview

### Friday, 11<sup>th</sup> July, 2025

08:00	Registration Ritters (Lobby, Level)
08:45-10:45	Parallel Sessions 1
10:30-10:55	<i>Welcome Coffee/Tea - The Bridge Restaurant and Bridge Terrace Lobby Level Floor 2</i>
11:00-11:30	Opening Ceremony Grand Ballroom (Room 8, Lobby Level, Floor 2)
11:30-12:30	Keynote Speech Dr Mark van Ommeren Grand Ballroom (Room 8, Lobby Level, Floor 2)
12:30-13:00	Main Stage Presentation Grand Ballroom (Room 8, Lobby Level, Floor 2)
13:00-14:00	<i>Lunch - Kon Tiki Restaurant Floor 1</i>
14:00-15:00	Mainstage Presentations Grand Ballroom (Room 8, Lobby Level, Floor 2)
15:00-16:30	Parallel Sessions 2
16:30-17:00	<i>Coffee/Tea Break - Kon Tiki Bar Floor 1</i>
17:00-18:00	Malta Declaration Launch on Climate-Informed Counselling Approaches Grand Ballroom (Room 8, Lobby Level, Floor 2)
19:30 – 21:00	Welcome Reception at Piazza, Corinthia Hotel St George's Bay. (Dress Code, Smart Casual)

### Saturday, 12<sup>th</sup> July, 2025

09:00-10:00	Keynote Speech Dr Roberta Attard Grand Ballroom (Room 8, Lobby Level, Floor 2)
10:15-11:45	Parallel Sessions 3
11:45-12:15	<i>Coffee/Tea Break - The Bridge Restaurant and Bridge Terrace Lobby Level Floor 2</i>
12:15-12:45	Mainstage Presentation Grand Ballroom (Room 8, Lobby Level, Floor 2)
13:00-14:00	<i>Lunch - Kon Tiki Restaurant Floor 1</i>
14:00-15:00	Mainstage Presentations Grand Ballroom (Room 8, Lobby Level, Floor 2)
15:00-16:30	Associations' Roundtable Meeting (all association leaders) Carlson Suite (Floor 5) Posters' Networking Grand Ballroom (Room 8, Lobby Level, Floor 2)
16:30-17:00	<i>Coffee/Tea Break- Kon Tiki Bar Floor 1</i>
17:00-18:00	Ethics Panel Grand Ballroom (Room 8, Lobby Level, Floor 2)
19:30	Gala Dinner at The Edge Radisson Blu. (Dress Code, Smart Casual)

### Sunday, 13<sup>th</sup> July, 2025

09:00-10:00	Keynote Speech Dr John Pryor-Jones Grand Ballroom (Room 8, Lobby Level, Floor 2)
10:00-11:30	Parallel Sessions 4/Main Stage Presentations Grand Ballroom (Room 8, Lobby Level, Floor 2)
11:30-12:00	<i>Coffee/Tea Break - The Bridge Restaurant and Bridge Terrace Lobby Level Floor 2</i>
12:00-12:30	IAC-Europe Launch Grand Ballroom (Room 8, Lobby Level, Floor 2)
12:30-13:30	Closing Ceremony Grand Ballroom (Room 8, Lobby Level, Floor 2)

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## Conference Programme

Friday, 11<sup>th</sup> July, 2025

**08:45-10:45**

### Parallel Session 1 of 4

***Abstracts' titles & presenters as from p. 10. Full abstracts are on the Conference Website.***

Parallel Session 1.1	Counselling Education Practice and Skills Carlson Suite (Floor 5)
Parallel Session 1.2	Self-Care & Wellness in Counselling Business Lounge (Floor 3)
Parallel Session 1.3	Sexuality and Gender Issues Clermont Suite (Floor 2)
Parallel Session 1.4	Children and Young Persons Reading Room (Floor 3)
Parallel Session 1.5	Trauma, Resilience, and Mental Health) Marie Louise 1 (Floor 7)
Parallel Session 1.6	Multicultural Counselling Marie Louise 2 (Floor 7)

**10:30-10:50**

***Welcome Coffee/Tea -The Bridge Restaurant and Bridge Terrace Lobby Level Floor 2***

**11:00-11:30**

### Opening Ceremony. **Grand Ballroom Floor 2**

Mr Josef Mizzi	MACP President
Prof. William Borgen	IAC President
Hon. Dr Roberta Metsola	President of the European Parliament (Video Message)
Prof. Alfred Vella	Rector, Università ta Malta
Hon. Dr Michael Falzon	Minister for the Family, Children's Rights & Social Solidarity

**11:30-12:30**

### Keynote Speech 1 of 3. **Grand Ballroom Floor 2**

*The work of the Mental Health, Brain Health and Substance Use department at the World Health Organisation (WHO) including the launch of the World Health Organization and the United Nations Children's Fund (WHO–UNICEF) foundational helping skills training manual.*

Dr Mark van Ommeren  
Head, Mental Health Unit, Department of Mental Health and Substance Use

**12:30-13:00**

### Main Stage Presentation. **Grand Ballroom Floor 2**

*Counselling in a World of New Challenges: History, Progression, Advocacy, and the IACP*

Ms Jade Lawless  
Cathaoirleach (Chair) of the Irish Association for Counselling and Psychotherapy (IACP)  
Ms Lisa Molloy  
Chief Executive Officer of the Irish Association for Counselling and Psychotherapy (IACP),

**13:00-14:00**

***Lunch - Kon Tiki Restaurant Floor 1***

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## Conference Programme Friday, 11<sup>th</sup> July, 2025

**13:00-14:00**

**Lunch** - Kon Tiki Restaurant Floor 1

**14:00-15:00**

### Mainstage Presentations *Grand Ballroom Floor 2*

*IAC, NBCC, and EBCC: Partnerships for Global Advocacy and Research in the Development of the Counseling Profession*

Dr Wendi Schweiger-Moore, Director, Global Capacity Building, NBCC & Affiliates

Prof. William Borgen, President, International Association For Counselling (IAC)

Ms Rita Caeiro, International Projects Coord. European Board for Certified Counselors (EBCC)

Mr Naoise Kelly, IAC Chief Executive

### *IAC-Africa: Update on the Development of the Profession across African Nations*

Mr Dominic Nsona, President of the Malawi Association of Counselling

**15:00-16:30**

### Parallel Session 2 of 4

**Abstracts' titles & presenters as from p. 10. Full abstracts are on the Conference Website.**

Parallel Session 2.1	Counselling Education Practice and Skills Carlson Suite (Floor 5)
Parallel Session 2.2	Supervision and Training Executive Boardroom (Floor 2)
Parallel Session 2.3	Multi-Cultural Counselling Clermont Suite (Floor 2)
Parallel Session 2.4	Technology, Innovation, and AI in Counselling Reading Room (Floor 3)
Parallel Session 2.5	Trauma, Resilience, and Mental Health Marie Louise 1 (Floor 7)
Parallel Session 2.6	Multicultural, Social Justice, and Diversity Marie Louise 2 (Floor 7)
Parallel Session 2.7	Mental Health & Wellbeing Business Lounge (Floor 3)

**16:30-17:00**

**Coffee/Tea** - Kon Tiki Bar Floor 1

**16:45-18:00**

### Launch - Malta Declaration on Climate-Responsive Counselling *Grand Ballroom Floor 2*

Dr Roberta Attard, Chair, Panel of Experts

Prof. William Borgen, IAC President

Dr Ċensu Caruana, Director, Centre for Environmental Education & Research, UM

Prof. Lynne Gabriel, BACP President

Mr George Maringapasi, CCPA President

**19:30-21:30**

**Welcome Reception** at La Piazza, Corinthia St George's Bay. (Dress Code, Smart Casual)



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## Conference Programme Saturday, 12<sup>th</sup> July, 2025

- 09:00-10:00**      **Keynote. Grand Ballroom Floor 2**  
***The Digital Dilemma: Counselling Children in a Wired World.** Dr Roberta Attard, Head, Dept of Couns., Deputy Dean, Faculty for Social Wellbeing (FSW), Università ta' Malta,*
- 10:15-11:45**      **Parallel Session 3 of 4**  
***Abstracts' titles & presenters as from p. 10. Full abstracts are on the Conference Website.***  
  
Parallel Session 3.1 Counsellor Education & Professional Development *Carlson Suite (Floor 5)*  
Parallel Session 3.2 Children and Young Persons *Clermont Suite (Floor 2)*  
Parallel Session 3.3 Ethics and Innovation in Counsellor Education *Reading Room (Floor 3)*  
Parallel Session 3.4 Wellbeing and Spirituality *Marie Louise 1 (Floor 7)*  
Parallel Session 3.5 Multicultural Counselling *Marie Louise 2 (Floor 7)*  
Parallel Session 3.6 Mental Health and Wellbeing *Business Lounge (Floor 3)*
- 11:45-12:15**      ***Coffee/Tea Break - The Bridge Restaurant and Bridge Terrace Lobby Level Floor 2***
- 12:15-12:45**      **Mainstage Presentation. Grand Ballroom Floor 2**  
*Counselling in Aotearoa/New Zealand: Promoting Mental Health and Wellbeing Counselling in New Zealand* Ms Sarah Maindonald, President, NZAC; Mr Wiremu Gray (MNZAC), Creator of Te Whare Mauri Ora
- 13:00-14:00**      ***Lunch - Kon Tiki Restaurant Floor 1***
- 14:00-15:00**      **Mainstage Presentation. Mainstage Presentation Grand Ballroom Floor 2**  
*Utilising Cultural Humility & Broaching to Enrich Counselling Relationships & Build resilience* Dr M. Elsa Soto Leggett, President American Counseling Association (ACA)  
  
*Counselling in Canada* (Canadian Counselling and Psychotherapy Association (CCPA) Dr Kim Hollihan, CCPA CEO & Mr George Maringapasi, CCPA President
- 15:00-16:30**      **Associations' Roundtable Meeting Carlson Suite (Floor 5)**  
Associations Roundtable Meeting (all association leaders) *Carlson Suite (Floor 5)*  
Posters' Networking Grand Ballroom (Room 8, Lobby Level, Floor 2)
- 16:30-17:00**      ***Coffee/Tea - Kon Tiki Bar Floor 1***
- 17:00-18:00**      **Ethics Panel Discussion: Decision-Making with IAC UDEPPC Ethical Principles**  
Dr Roberta Borgen (Neault), President of Life Strategies Ltd.  
Prof. William A. Borgen, President, IAC/Professor Emeritus, University of British Columbia  
Dr Nathan Perron, Director, Affiliated Faculty & Instruction, Northwestern Uni. IAC, Secretary  
Dr Michael Sorsdahl, CCPA Chairperson Ethics Committee – Complaints Division
- 19:30-**      Gala Dinner at The Edge. (Dress Code, Smart Casual)

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## Conference Programme Sunday, 13<sup>th</sup> July, 2025

**09:00 – 10:00**

### **Keynote Speech 3 of 3. Grand Ballroom Floor 2**

*Hope Springs Internal! Experiencing Hope and Wellbeing in a Troubled World*

Dr John Prysor-Jones, University of Bangor, Retired

**10:00 – 11:30**

### **Parallel Session 4 of 4**

***Abstracts' titles & presenters as from p. 10. Full abstracts are on the Conference Website.***

- |                      |   |
|----------------------|---|
| Parallel Session 4.1 | Counsellor Education & Professional Development<br>Carlson Suite (Floor 5)                |
| Parallel Session 4.2 | Creative Counsellor Education & Professional Development<br>Executive Boardroom (Floor 2) |
| Parallel Session 4.3 | Sexuality & Gender Issues in Counselling<br>Clermont Suite (Floor 2)                      |
| Parallel Session 4.4 | Technology, Innovation, and AI in Counselling<br>Reading Room (Floor 3)                   |
| Parallel Session 4.5 | Ethics, and Innovation in Counsellor Education<br>Business Lounge (Floor 3)               |
| Parallel Session 4.6 | Trauma, Resilience, and Mental Health<br>Marie Louise 1 (Floor 7)                         |
| Parallel Session 4.7 | Multicultural, Social Justice, and Diversity<br>Marie Louise 2 (Floor 7)                  |

**10:00-10:45**

### **Main Stage Presentation - Grand Ballroom (Room 8, Lobby Level, Floor 2)**

*Research Practitioners and Publishing in the IAC Journal*

Dr Richard Scott Balkin

Chair for the Department of Leadership and Counselor Education

Professor in Counselor Education and Educational Research, University of Mississippi.

Editor-in-Chief for the International Journal for the Advancement of Counselling



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## Conference Programme Sunday, 13<sup>th</sup> July, 2025

**10:45-11:30**

### **Main Stage Presentation - Grand Ballroom (Room 8, Lobby Level, Floor 2)**

*Global Impact: Integrating Research to Inform Mental Health Practice*

International Register Counselor Education Programs (IRCEP)

Council for Accreditation of Counseling and Related Educational Programs (CACREP)

Dr Silvia Reyes, IRCEP Managing Director

Dr Sejal Parikh Foxx, Chair at University of North Carolina at Charlotte

Dr Olya Zaporozhets, Director of the Ukraine Institute for Education in Psychology

Dr Oksana Syvak, Director of Ukrainian Institute of Traumatherapy LLC

Prof. Antonio Tena-Suck, Department of Psychology at the Universidad Iberoamericana

Mr Juan Facundo Cincunegui, Director International Graduate Program of Certified Addiction Counselors.

Ms Kadija McClure, Clinical Psychologist

**11:30-12:00**

### ***Coffee/Tea Break - The Bridge Restaurant and Bridge Terrace Lobby Level Floor 2***

**12:00-12:30**

Official Launch of IAC-Europe (Regional Branch of IAC)

*Leaders from both IAC and IAC-Europe will jointly launch the new regional body, marking a significant milestone in the development of counselling across Europe.*

Prof. William Borgen, IAC President

IAC-Europe Interim Working Group

Dr Anna Ballesteros-Urpí, Chair, IAC-Europe Interim Working Group, Asociación de Counselling Humanista de España (ACHE)

Mr Andrea Gogliani, President, Società Italiana di Counseling (S.I.Co.).

Mr Josef Mizzi, President, Malta Association for the Counselling Profession (MACP)

Ms Lisa Molloy, CEO, Irish Association for Counselling and Psychotherapy (IACP)

Ms Sue Mohnani, IAC Executive Council (EC) Member, IAC EC Regional Representative

**12:30-12:45**

### **2026 Conference Announcement**

*Esteemed Uruguayan Counselling Representatives*

Mr Juan Pablo Díaz; Mr Hugo Losa, Ms Silvia Vila, Asociación Uruguay de Counselors

**12:45-13:30**

### **Closing Ceremony**

Dr Roberta Attard

Dr Sandra Scicluna

Prof. William Borgen

Head, Department of Counselling, Università ta' Malta

Dean, Faculty for Social Wellbeing, Università ta' Malta

IAC President

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## PARALLEL SESSION 1 of 4

FRIDAY 08:45-10.45

*Kindly note that the first presenter in each parallel session is designated as the Session Chair/Moderator. The Chair is responsible for identifying a Rapporteur for the session. The Rapporteur's task is to concisely summarise the session by noting three to five key points, which should then be submitted to [ruth.falzon@um.edu.mt](mailto:ruth.falzon@um.edu.mt) by July 13, 2025, for compilation and submission to IAC. A copy of the relevant Standard Operating Procedure (SOP) will be available in each Parallel Session Room.*

*Disclaimer: Authors' original English and American orthographies have been maintained.*

### **Session 1.1      Counselling Education, Practice, and Skills** **Carlson Suite (Floor 5)**

Pros, Cons, and Understanding of the Varied Approaches to Mental Health Diagnosis and Assessment in Counseling.  
*Laurie Persh*

Bridging Theoretical Divides: Using Integrative Systemic Therapy in Counseling and Supervision.  
*Emily Andrus & Adam Fisher*

First-Hand Accounts of October 7: Perceptions and Reflections of Arab, Jewish, Israeli, Muslim, and Palestinian American. *Limor Goldhaber, Lauren Shure, & Yahyahan Aras*

### **Session 1.2      Self-Care and Wellness in Counselling** **Business Lounge (Floor 3)**

Filling Your Own Cup: Thriving Through Change with Self-Care.  
*DeAnna Wilson & Tenisha Phillips*

Professional Quality of Life of Mental Health Professionals in Botswana: A Wellness Initiative.  
*Lorraine J. Guth*

What about YOU? True Counselor Self-care Challenge.  
*Elisabeth Bennett, Robert McKinney, Adam Fisher, & Taylor Ross.*

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## **Session 1.3      Sexuality & Gender Issues in Counselling** **Clermont Suite (Floor 2)**

A Counselling Approach to Sexual and Relationship Challenges after Gynaecological and Breast Cancer Diagnosis and Treatment. *Anna Catania*

Sex Trafficking Survivors & Social Determinants of Health: A Model.

*John Harrichand, Claudia G. Interiano-Shiverdecker, Devon E. Romero, & Priscilla Rose Prasath*

Unexpected Origins: Mental Health Considerations in Late-Discovery Genetic Identity Cases.

*Katherine Boldt*

Between Longing and Loss: A Counselling Perspective into Pleasure and Destruction in Chemsex.

*Ryan Portelli*

## **Session 1.4      Children and Young Persons** **Reading Room (Floor 3)**

A Pilot Project for Implementing WHO's QualityRights Initiative for Children and Adolescents with Mental Health Conditions. *Anna Ballesteros-Urpí, Anna Mirón Fernández, Albert Piquer, Astrid Morer, & Luisa Lazaro.*

Parental Style and Adolescents' Safety in Social Media World in 21<sup>st</sup> Century: Implications for Counselling.

*Olayinka M. Ayannuga*

Using Art to Promote Wellness in Children and Adolescents Across Cultures.

*Patricia Kimball & Christina Villarreal-Davis*

Creative Bibliotherapy in the Promotion of Wellness and Resilience in Children and Adolescents Across Cultures.

*Patricia Kimball & Christina Villarreal-Davis*

## **Session 1.5      Trauma, Resilience, and Mental Health** **Marie Louise 1 (Floor 7)**

An Autoethnographic Enquiry into Innocence, Childhood Sexual Abuse, and the Survivor's Sense of Self.

*Daniel Liam Cutajar*

Empowering Communities: Collaborative Approaches to Mental Health in Times of Widespread Crisis and Unrest.

*Anabel Mifsud*

Evaluating the Impact of the Gen.Ukrainian Camps on Trauma Symptoms in Children.

*Shana Pribesh*

Correlates and Predictors of Posttraumatic Growth Following Interpersonal Trauma: Original Research and Practical Implications. *Margaret M. Poandl & Emily Kitching*



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## Session 1.6 Multicultural Counselling Marie Louise 2 (Floor 7)

Counseling in Pediatric Palliative Care: Readings from a Reflective Journal

*Maryam Alkhulaifi*

Utilizing Cultural Humility and Broaching to Enrich Counseling Relationship and Build Resilience

*M. Elsa Soto Leggett*

Counselling Around the World: Preparing Students to Provide Culturally-Adapted Care Through an International Field School Experience.

*Erin Thrift*

## PARALLEL SESSION 2 of 4 FRIDAY 15:00-16.30

### Session 2.1 Counsellor Education Practice and Skills. Carlson Suite (Floor 5)

The Social Determinants-Based Counseling Model: Best Practices for Addressing the Social Determinants of Mental Health within Professional Counseling.

*Danielle Pester Boyd, Laura Jones, & Danica Hays*

Standardization, Medicalization and Counselling: "... What if we will help Icarus?"

*Stefania Falcinelli*

Training Counselors for Hospital Settings: Healthcare Professionals Perspectives on Counselors' Role.

*Suelle Micallef Marmarà*

Evolution of Counseling Theories for Current World Challenges.

*Paul Blisard & Kristi Perryman*

### Session 2.2 Supervision and Training Executive Boardroom (Floor 2)

Creative Connections in Counseling Supervision: Utilizing Creativity to Foster Connection, Counselor Growth and Development, and Professional Identity.

*Christina Villarreal-Davis & Patricia Kimball*

Building a Culture of Health Training Inclusive Counselors.

*Kassie Terrell, Lena Salpietro, & Hanadi Hamadi*

Transnationalism and its Impact on International Counseling Students.

*Malvika Behl & John Harrichand*

Broaching the Unspoken: Enhancing Supervisor-Supervisee Relationships through Cultural Dialogue and Professional Identity Development. *Theresa Harris*

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## **Session 2.3      Multicultural Counselling** ***Clermont Suite (Floor 2)***

Assessing and Promoting Multicultural Competency: Introducing the Intercultural Development Inventory Within Counselor Education.

*Rob McKinney, Nyah Allgood, Amy Robinson, & Elisabeth Bennett.*

Healing in the Age of Division: Helping Clients Navigate Political Polarization.

*Madelyn Duffey*

Impacts of Internationalization-at-Home Programs on Intercultural Competency among Domestic Graduate Level Trainees in Helping Professions.

*Shengli Dong, Kamari Gouin, Bachelo, Anna Bui, Valarie Angulo, & Danielle Meyer*

Fostering Culturally Competent Clinical Supervision to Enhance Professional Identity Development in Counseling.

*Saundra M. Tabet & Nedeljko Golubovic*

## **Session 2.4      Technology, Innovation, and AI in Counselling** ***Reading Room (Floor 3)***

Using Virtual Reality in Suicide Prevention Training for Counselors.

*Amanda DeDiego*

AI in Counselling: Enhancing Practice While Preserving the Human Connection.

*Matthew Bartolo*

The Global Gig Economy Meets Counselling: Cultivating Ethics, Reclaiming Practitioner Wellness and Being CAREful in Virtual Settings. *Sue E. Pressman & John P. Duggan*

## **Session 2.5      Trauma, Resilience, and Mental Health** ***Marie Louise 1 (Floor 7)***

Trauma-Informed Healing Centered Advocacy: The Counselor Between the Marginalized and the Current World Order. *Laura Dawson-Fend, Shernell Elibox, Yoon Suh Moh, & Nicole Johnson*

Migration Trauma: Implications for the Aid Profession.

*Manila Franzini*

School Counselors Fostering Posttraumatic Growth: A Practical Approach.

*Emily Kitching & Margaret Poandl*

Trauma-Informed and Culture-Centered Practices in Children with Trauma Exposure.

*Yoon Suh Moh & Kevin Melanson*

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## **Session 2.6      Multicultural, Social Justice, and Diversity** **Marie Louise 2 (Floor 7)**

Wellness Factors for LGBTQ+ Individuals with a Serious Mental Illness.  
*Anthony Zazzarino*

Mentalisation, Self-compassion, and the Psychosocial Impact of ADHD in Adult Women.  
*Denis O'Hara & Kate Witteveen*

Utilizing Indigenous Wisdom to Transform and Decolonize Counselling.  
*Wiremu Gray & Sarah Maindonald*

Cultural Humility and Repairing Cultural Ruptures within a Global Context.  
*Szu-Yu Chen, Jorge Lopez, Shreya Vaishnav, & Kelly Coker*

## **Session 2.7      Mental Health & Wellbeing** **Business Lounge (Floor 3)**

Proactive Strategies for Preventing Vicarious Traumatization and Compassion Fatigue.  
*David E. Martinson*

Aging in Context: The Interplay of Mental Health, Cultural Narratives, and Personal Experiences in Later Life.  
*Emily Hardman & Bilal Urkmez*

Navigating Borders and Barriers: Mental Health Consequences of Immigration Policies in a Changing World.  
*Jonathan Rea & Christina Ramos*

Building Resilience to the Effects of Vicarious Trauma, Compassion Fatigue, and Burnout through Wellness Planning (Self-care): An Ethical Imperative. *Michael Sorsdahl & Michael Partridge*

### **PARALLEL SESSION 3 of 4 SATURDAY 10:15-11:45**

## **Session 3.1      Counsellor Education & Professional Development** **Carlson Suite (Floor 5)**

Exploring Nature-Based Therapies in Malta: Ecotherapy and Adventure Therapy as Emerging Modalities for Counsellors. *Russell Attard*

The Truth about Rehabilitation Counseling.  
*Abigail Akande*

The Path to University Leadership: Leveraging Your Counselor Educator Expertise.  
*Angie Cartwright, Janee Avent Harris, & Kathy Ybañez-Llorente*



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## Session 3.2      Children and Young Persons

### ***Clermont Suite (Floor 2)***

An Evidence-Based Approach to Empowering Youth: Identity Behavior Counseling

*Jack Simons, Yoko Tanaka, & Cynthia Walley*

Child-Centered Play Therapy: Utilizing Children's Natural Language for Healing and Resilience.

*Kristi Perryman*

Examining the Factor Structure and Psychometric Properties of the Adverse Childhood Experiences

Questionnaire: Implications for Counselling Practice in Global Contexts. *Tony Michael*

Cultivating Children's Mental Health and Wellbeing Through Their Natural Medium of Communication, Play, and Play Therapy. *Christina Villarreal-Davis & Patricia Kimball*

## Session 3.3      Ethics and Innovation in Counsellor Education

### ***Reading Room (Floor 3)***

Systemic Wellness: Disrupting the Paths to Burnout.

*Kelly Farrish*

A New Challenge: Using Art to Enhance Counseling Students' Training and Wellbeing in Community Mental Health Settings. *Mercedes B. ter Maat, Shannon Karl, Elda Kanzki-Veloso, & Carly Paro-Tompkins*

Counseling in a World of New Challenges: Using Motivational Interviewing to Encourage and Promote Change in our Clients. *Mercedes B. ter Maat, Shannon Karl, Elda Kanzki-Veloso, & Carly Paro-Tompkins*

Rethinking Competence: Cultural Humility in Practice.

*Shanel Johnson*

## Session 3.4      Wellbeing and Spirituality

### ***Marie Louise 1 (Floor 7)***

Declining Mental Health, Wellbeing, and the Influence of Religion: Is There a Link?

*David Walther, Roberta Borgen, & Stefania Falcinelli*

Self-Forgiveness Counseling: Theory, Research, and Practice.

*Marilyn A Cornish*

Mediating Effects of Gambling Advertising on Personality, Spirituality, and Gambling Behavior of Young Adults and its Implication to Counselling. *Osagie O. Johnson, Choja A Oduaran, & Abimbola A. Akanni*

Why is Forgiveness Difficult? An Exploration of Emotional States Associated with Acts of Forgiveness, Karma, and Revenge. *Richard S. Balkin*

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## **Session 3.5      Multicultural Counselling** **Marie Louise 2 (Floor 7)**

Creative Pathways - Therapy Cards as Non-Directive Tools for Cultivating Reflection, Connection, and Growth in the Therapeutic Journey. *Stephen Camilleri & Julian Sant Fournier*

Multicultural and Social Justice Counseling as the Counselor Identity Development in Korea.  
*Jung (June) H. Hyun*

EcoWellness Counseling: Addressing the Human-Nature Connection for Global Mental Health and Wellbeing. #  
*Ryan F. Reese*

Bridging Language and Culture: A Phenomenological Study of Training Novice Counselors Supporting Bilingual East and Southeast Asian Clients. *Szu-Yu (Darlene) Chen, Zachary Pietrantonio, & Yun Shi*

## **Session 3.6      Mental Health & Wellbeing** **Business Lounge (Floor 3)**

Promoting Mental Health in the Classroom: Effects of Embedding Art-Based Meditation into Post-Secondary Courses.  
*Brittany Harker Martin, Nadia Delanoy, & Marsha Harris*

The Self-perceived Level of Wellness Among Ghanaian Mental Health Counselors.  
*Adwoa Bonney-Graves & Ewura Aba Acquah-Payne*

The Mental Health Effects of Civic Participation.  
*Latifat Cabirou*

Exploring Generation Z's College Student's Experiences with Social Media and Mental Health Literacy.  
*Tami Navalon*

## **PARALLEL SESSION 4 of 4 SUNDAY 10:00-11:30**

## **Session 4.1      Counsellor Education & Professional Development** **Carlson Suite (Floor 5)**

Counsellors' Perspectives on Discussing Wellbeing with Clients.  
*Cynthianne Cardona*

Growth in Counselling: Counsellor Perspectives and Implications for Practise from the Island-Nation of Malta.  
*Julian Galea*

School Counsellors' Roles and Effectiveness: The Relationships Between Professional Identity, School Climate, and the Cultural Setting. *Mark Harrison & Alex Tam*

2050: What Will The Counseling Profession Look Like? *Christine Suniti Bhat*

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## **Session 4.2      Creative Counsellor Education & Professional Development** ***Executive Boardroom (Floor 2)***

Keeping Hope Alive via Spiritual Wellness and Advocacy During Complex Times.

*Michele Kielty, Simone Lambert, & Tenisha Phillips*

Women as Change Agents in Public Policy Across the Globe.

*Simone Lambert & Michele Kielty*

Gatekeeping: It's No Fun, but it's Gotta be Done!

*Elisabeth Bennett, Robert McKinney, & Adam Fisher*

## **Session 4.3      Sexuality, Trauma, Resilience, and Mental Health** ***Clermont Suite (Floor 2)***

A Maltese Perspective on Sex: Insights into Sexual Behaviours, Satisfaction, and Communication in a Shifting Cultural Landscape. *Matthew Bartolo & Danica Cassar*

Understanding Sex Therapy Comfort and Competency to Help Clients Find Therapists Best Equipped to Meet Their Needs. *Kat Boldt & Elon Slutsky*

Sexually Minoritized and Disordered Eating: Culturally Responsive Approach.

*Lindsdale Graham & Tanvi Pawar.*

Empowering Change: Sexual Violence Prevention.

*Pritha Mani*

## **Session 4.4      Technology, Innovation, and AI in Counselling** ***Reading Room (Floor 3)***

Converging Paths: Applying Current Technologies in Counseling to Common Professional Issues Identified in International Counseling Research. *Nathan C. D. Perron & Suzy Martin*

Is AI Aiding or Hindering the Learning Process for Counselling Students? A Qualitative Analysis of AI Generated Mental Health Papers. *Kaycee Bills*

Adapting Counseling Theories for Space: Mental Health Practice Beyond Earth for New Frontiers and New Stressors. *Jennifer Young*

Navigating the Digital Age: Addressing the Pitfalls of Technology in Counseling to Promote Mental Health and WellBeing. *Caroline Perjessy*



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## **Session 4.5      Ethics & Innovation in Counselling** ***Business Lounge (Floor 3)***

The Transition of Maltese Military Retirees to New Careers after 25 Years of Service.

*Roseann Farrugia*

Beyond Crisis: Lessons in Building a Resilient and Inclusive Academic Community: Insights from the Psychological Support Centre at the University of Gdańsk. *Agata Rudnik*

Liberating the Single Narrative: Disrupting Couple-Centric Norms for Anti-Oppressive Counselling Practices.

*Marine Decaillet & Ahlam Rahal*

Ethics and Social Justice in Counseling: Addressing New Challenges in Mental Health and Wellbeing.

*Merve Başat & Zeynep Hande Sart*

## **Session 4.6      Trauma, Resilience, and Mental Health** ***Marie Louise 1 (Floor 7)***

Evolving Trauma Care: Integrating Culturally Affirming and Anti-Oppressive Practices in Counselor Education.

*Alisha Guthery*

You Might Want Some Self-Compassion for That: A Balm for Burnout.

*PaQuita R. Pullen*

Creative Interventions to Treat Trauma Related to Migration.

*Shadin Atiyeh*

Using EMDR for Crisis Interventions.

*Rabeea G. Baloch & Casiah Evans*

## **Session 4.7      Multicultural, Social Justice, and Diversity** ***Marie Louise 2 (Floor 7)***

Understanding Cultural Competence and Humility in International Counseling: A Universal Ethical Imperative.

*Euchay Ngozi Horsman & Laurie Ann Persh*

Reimagining Culture Through a Restorative Lens: Centering Marginalized Voices in Cross-Cultural Education.

*Jennifer Stover, Warren Wright, & Brittany Glover*

I Counseling Frameworks in Angola: Insights from a Fulbright Specialist's Post-Conflict Wellness Initiative.

*Roberto Gershon Swazo*

Breaking Stigma: Advancing Mental Health Advocacy and Counseling Skills for Inclusive and Resilient Communities.

*Flora Ngina Mwale.*

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## Posters

**Saturday 15:00-16:30**

**Posters' Networking Grand Ballroom (Room 8, Lobby Level, Floor 2)**

Systematic Review of Obsessive-Compulsive Disorder Measures Validated in Spanish and/or Brazilian Portuguese.

*Abigail Balkin*

Psychological Reactions to Climate Change: A Qualitative Study with Implications for Counseling.

*Dilani Perera & Olivia Henderson*

Navigating Silos in Behavioral Health: Creating an Interprofessional Eating Disorders Training Program in the U.S.

*Jocelyn Novella, Julie Berrett-Abebe, & Michelle Pagnotta*

Trait Responses to Interpersonal Offenses: A Dyadic Examination of Impact on Romantic Partner Relationship Quality.

*Marilyn Cornish & Latifat Cabirou*

Mental Health and Psychedelics: Exploring Psilocybin and MDMA Through User Experiences.

*Marjan Persuh*

Inhibitors After Sexual Assaults: Feminist-Informed Recommendations for Colleges.

*Matthew Tozzi*

The Lived Experiences of Dungeon Masters during a Roleplaying Game: A Qualitative Study.

*Matthew Tozzi*

Is it Harder to Forgive? A Look at Emotions Related to Forgiveness, Karma, and Revenge.

*Richard S. Balkin, Alexandria Hodges, & Jason Vannest*

Perceptions of Athletes vs Non-athletes on the College Athlete Experience.

*Taylor Ross*

An Exploration of the Ratio of Elementary School Counselors on Students' Academic Achievement.

*Tommy Wells*

The emotion regulation and relationship management skills of school counselors.

*Tommy Wells*

Infidelity, Trust, and Relationship Satisfaction: Can Love Bounce Back?

*Victoria Z Duke, Tim Smith, & Adam Fischer*

Attachment Support Needs in Children with Disabilities: A Linear Regression Analysis.

*Yoko Tanaka*

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***Hope you enjoyed the IAC 2025 Conference.  
See you in November 2026 in URUGUAY.***

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## The European Board for Certified Counselors (EBCC)



EBCC is a nonprofit organization that serves to advance the profession of counseling in Europe and serves as the regional hub for the National Board for Certified Counselors (NBCC), which is the premier credentialing body for counselors in the United States. NBCC sets high standards for counselors through rigorous education, examinations, supervision, and ethical guidelines. Drawing from NBCC's expertise, EBCC was established to support and promote the efforts of European countries to build the counseling profession throughout Europe.

### Our Work

EBCC actively advocates for the recognition and establishment of the counseling profession in Europe by promoting common professional and ethical standards of practice as the foundational step in building the profession. In collaboration with its European partners,

EBCC helps create training and credentialing programs that are:

- reflective of counseling.
- relevant and meaningful to the local context.
- designed to foster common standards of practice.

### Promoting Certification

To support the growth of counseling as a distinct profession in Europe, EBCC promotes certification as a vital quality assurance mechanism that:

- recognizes highly qualified practitioners and superior services.
- strengthens professional identity.
- establishes shared professional and ethical standards.

### Our Commitment

EBCC is dedicated to setting and promoting common standards of practice, helping practitioners from diverse backgrounds elevating toward a same professional profile. Through ongoing collaboration with institutions across Europe, EBCC develops and delivers credentialing and training programs tailored to national realities and cultural contexts. This ensures that credential holders are equipped to provide targeted, high-quality services to the public, therefore safeguarding both professionals and their clients.

*Credentialing programs are the foundational base for a profession, illuminating the professional standards required and serving as a reference for the public to identify qualified services and providers.*

**Join us in raising standards!**

**Learn more about  
EBCC programs  
available in Europe:**

[europeanbcc.eu](https://europeanbcc.eu)





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## The National Board for Certified Counselors (NBCC)

The National Board for Certified Counselors, Inc. and Affiliates (NBCC) is the premier credentialing body for counselors in the United States, ensuring that counselors who become nationally certified have achieved the highest standard of practice through education, examination, supervision, experience, and ethical guidelines.



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**NBCC's mission** is to advance counseling and equitable access to mental health services worldwide through certification, assessment, advocacy, and capacity-building. Its vision is advancing global health equity through counselor certification.

Established as a not-for-profit, independent certification organization in 1982, NBCC's original and primary purposes have broadened, and its divisions and affiliates have taken on additional responsibilities to advance the counseling profession and enhance mental health worldwide.



CENTER FOR  
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## The Center for Credentialing & Education (CCE)

The Center for Credentialing & Education (CCE), an affiliate of NBCC, is a mission-driven not-for-profit organization focused on advancing access to professional development, adding value to business organizations, and supporting the work of behavioral health licensing boards.

**CCE's mission** is to propel its vision of advancing global health equity by promoting excellence in and expanding equitable access to mental health and human development professions through credentialing, high-integrity assessment, and regulatory business administration.

**CCE works with individuals across six continents and 16 countries** to give each credential holder, client, and partner a superior experience. We are committed to maintaining excellence and integrity by upholding the highest ethical standards.



BCC™

## The Board Certified Coach Credential (BCC)

The BCC certification offered by the Center for Credentialing & Education (CCE) has been a mark of distinction for professionals since 2011. A BCC has met the highest coaching competency standards established by CCE and its subject matter experts, including educational and training requirements, passing a rigorous psychometric examination, and adhering to the *BCC Code of Ethics*.

**Earning the BCC** solidifies a coach's professional identity and is a source of credibility for clients. The BCC credential is attractive to professionals who would like to provide independent third-party verification that they have achieved certain coaching competency standards. **For those interested in obtaining the BCC**, specialty designations are available in business and executive leadership coaching, career coaching, health and wellness coaching, and personal/life coaching.



“ I chose the Global Career Development Facilitator (GCDF) and Board Certified Coach (BCC) credentials to enhance my skills and challenge myself as a career development professional, allowing me to provide more impactful support to both clients and organizations. In a competitive industry, these credentials have significantly boosted my credibility, and I'm excited about the new opportunities they will bring. ”

**Tanisha Stokes, MS, BCC, GCDF**

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QUALIFICATIONS

**SAVE THE DATE: FRIDAY 28<sup>th</sup> NOVEMBER 2025**

Join us for a dynamic one-day conference in Malta exploring **gender, sexuality, and intimacy in modern counselling!**

Insightful **inputs** by **Dr. Charmaine Borg, Dr Remziye Kunelaki, Mr. Silva Neeves, Mr David Piner, & Prof. Antonio Prunas**. Unpack with **interactive carousel workshops** covering topics including relationship diversity, sexual problems in women, supporting sexual and religious minorities, kink sex, and therapeutic work with trans and non-binary youth.

Sharpen your skills and broaden your understanding of these crucial areas.

Time: 08:00-15:30

Location: UM Valletta Campus, Malta.





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