



International School Counselor Association

*2020 Annual Conference
March 19-21, 2020
Bangkok, Thailand*



International
School Counselor Association

2020 MAIN CONFERENCE OVERVIEW



“Upskilling Counselors: Strengthening Your Practice”

The International School Counselor Association (ISCA) invites you to join K-12 International School Counselors in Brussels, Belgium March 14-16, 2019. Every year the ISCA Annual Conference brings K-12 counselors from all over the world to collaborate.

As professionals in our field, we all know the importance for school counselors to refresh and upskill individual counseling techniques, as well as to stay current on mental health trends and to improve skills to best navigate counseling sessions. To support these efforts, ISCA has invited Dr. Sean Truman, clinical psychologist, third culture kid and counselor educator, to be this year’s keynote speaker.

During the conference Dr. Truman will be addressing the following topics:

- Understanding expatriate mental health: What we know and what we don’t.

- Stress, anxiety and depression: Why is it so common in our kids and what can we do about it?
- Developing emotional and professional support for school counselors; including understanding secondary trauma, self-care, establishing consultation groups
- Differentiating clinical from non-clinical problems in students, and what to do with distress.
- Supporting students with anxiety disorders and depression.

In addition, we will be holding various breakout workshops focused on strengthening your Counseling Program with a focus on the following: Core Counseling Curriculum, supporting TCKs and Crisis Management, as well as Wellness Sessions designed to give you practical tools to bring back to your students and school.

ISCA Annual Conferences are dedicated to providing attendees with the most relevant, focused, hands-on experiences that will help international school counselors build strong counseling programs while being a contributing member of the professional international school counselor community. At ISCA, our conferences based on best practice and use the *International Model for School Counseling* as our framework for school counseling programs.

All information about the conference can be found on our website <https://iscainfo.com/2020-Annual-Conference>.

PRE-CONFERENCES

2-Day PREPaRE Workshop Two "Crisis Intervention and Recovery: The Role of School Based Mental Health Professionals" Wednesday and Thursday, March 18-19, 2020

This 2-day workshop from the National Association of School Psychologists (NASP) provides school-based mental health professionals and other school crisis intervention team members with the knowledge necessary to meet the



mental health needs of students and staff following a school-associated crisis event. With updated research and crisis intervention strategies, this workshop teaches participants how to prevent and prepare for psychological trauma, helps to reaffirm both the physical health of members of the school community and students' perceptions that they are safe and secure, evaluates the degree of psychological trauma, responds to the psychological needs of members of the school community, and examines the effectiveness of school crisis intervention and recovery efforts. This workshop is an excellent course for all mental health professionals in your district who provide mental health crisis intervention services.

- Provides a specific examination of the school-based mental health professionals' roles and responsibilities, with a special emphasis on crisis intervention and recovery.
- Completion of the PREPaRE Workshop 1 "Crisis Prevention and Preparedness: Comprehensive School Safety Planning" is not necessary to enroll in this workshop.
- Maximum size of the group: 40 persons

Who Should Receive Workshop 2 Training?

PREPaRE Workshop 2 is appropriate for any individual filling the role of crisis intervention specialist. This includes school mental health staff (school psychologists, social workers, counselors and nurses), administrators, and other individuals whom the team has identified as appropriate providers of psychological first aid. Additionally, this workshop can be very helpful for community-based mental health practitioners who may work with the school crisis team and/or may be brought in to the school assist in response to a crisis.

For more information on PREPaRE and NASP please visit [their website](#).

More about PREPaRE

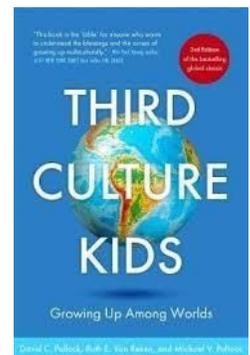
The PREPaRE curriculum has been developed by the National Association of School Psychologists (NASP) and leading experts as part of NASP's decade-long leadership in providing evidence-based resources and consultation related to school crisis prevention and

response. PREPaRE training is ideal for schools committed to improving and strengthening their school safety and crisis management plans and emergency response. The PREPaRE framework goals are to:

- Prevent and prepare for psychological trauma
- Reaffirm physical health and perceptions of security and safety
- Evaluate psychological trauma risk
- Provide interventions and Respond to psychological needs
- Examine the effectiveness of crisis prevention and intervention

Cross-Cultural Kids: The Growing Cultural Complexity of Students in International Schools with Ruth E. Van Reken, March 19, 2020

The changes in our world have come with dizzying and accelerating speed since World War II. The increasing cross-cultural mobility we all face is rapidly challenging former assumptions about the 'normal' process of identity formation and development. 'Cultural fluidity' is creating a new reality that replaces traditional patterns of growing up, living, and working in the more 'mono-cultural' experiences of the past. Nowhere is the effect of these macro-changes seen or felt more clearly than in the microcosm of international schools. To be effective counselors in this evolving environment, this highly interactive workshop will consider:



- What are some of the differences between international schools of the past and present?
- How have these new global realities and changes in international schools affected us personally in our personal and professional lives?
- What are emerging challenges international school counselors must deal with for educators, staff, and students?
- How can international school counselors build on past skills and knowledge to adapt and create new programs and strategies to help those in the IS community thrive and use well the gifts also inherent in these changes?

Join us for this an interesting and fun conversation not only on where we've been, but all the exciting places there still are to go!

KEYNOTE PRESENTER

Dr. Sean Truman

Sean Truman spent the majority of his childhood in Nairobi, Kenya, where his father worked for the United Nations and his mother was a teacher at the International School of Kenya. He attended college in the US and received a Ph.D. in Clinical Psychology from the University of Connecticut. He was a National Institute of Mental Health Fellow at the Yale University School of Medicine, where he worked both at the Child Study Center and in the Department of Psychiatry.



He is a Licensed Psychologist and runs a private practice where he sees individuals, adolescents and couples. In addition to his clinical work, Dr. Truman has worked as both a researcher and a professor of undergraduates and graduate students. In 2010 Dr. Truman co-founded, and is the Chief Medical Officer of the Truman Group, a practice that provides remote mental health consultation and care to expatriates living abroad. He is responsible for the oversight of thirty clinicians.

Dr. Truman is an expert in international expatriate mental health. He has published in the area and is regularly sought out as a consultant in the international school community. He works frequently with school leadership and school counselors and is involved in program and policy development in the communities in which he serves.

Dr. Truman's work takes him to development organizations, government agencies and international schools around the world; he has provided consultation, education and expertise regarding mental health care and policy to organization administrators, international school

leadership, faculty, as well as the larger expatriate community. He has led continuing education and professional development sessions for school counselors.

PRE-CONFERENCE PRESENTERS

Ruth E. Van Reken, co-author of *Third Culture Kids: Growing Up Among Worlds*.

Ruth is a second generation adult Third Culture Kid (TCK) and mother of three ATCKs. She speaks nationally and internationally on issues related to global family living. She is co-founder of Families in Global Transition (FIGT). In May, 2019, FIGT won the Global Relocate Award for Excellence in Employee and Family Support and Ruth received an honorary doctorate degree from Wheaton College for her work in this field. While Ruth continues her relentless quest to try to better understand and normalize the Cross Cultural Kid (CCK) experience, she also knows to help such children deal well with the challenges and build constructively with the many benefits will take a team. Ruth is co-author of *Third Culture Kids: Growing Up Among Worlds* and author of *Letters Never Sent*.



Chrystal Kelly, PREPaRE Trainer and International High School Counselor

Chrystal Kelly is a passionately committed educator who has been advocating for students, staff and families through counseling, teaching, coaching, and mentoring for the past twenty years. She currently works at The American International School of Muscat (TAISM) in Oman where she enjoys being a leader in all domains of school counseling. She serves as a Student Protection Team Member, Wellness Team Advocate, Muscat School Counselor Group Coordinator, and ISCA Task Force Member. As a past Department Leader, Chrystal helped her high school in Colorado, USA become a Recognized American School Counselor Association (ASCA) Model Program and



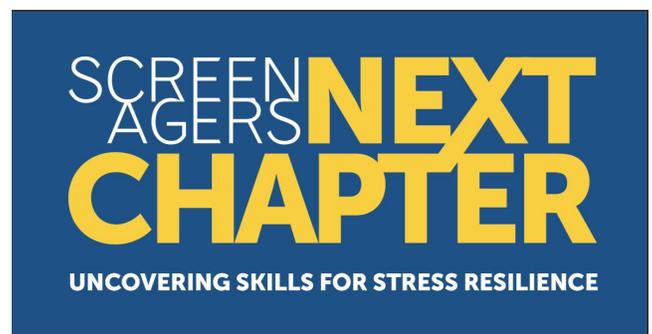
feels very strongly about the importance of delivering a comprehensive, data-driven school counseling program.

Chrystal is dedicated to empowering counselors to be leaders in their schools with crisis response and planning. She will be leading a pre-conference training at ISCA 2020 on the PREPaRE Curriculum, Workshop 2. PREPaRE is a school crisis prevention and intervention training and curriculum, which supports comprehensive physical and psychological safety in schools. Chrystal has attended a variety of trainings in the United States and internationally, focused on suicide prevention, safeguarding children, and trauma and looks forward to sharing her knowledge and learning from others.

MOVIE SCREENINGS

SCREENAGERS: Next Chapter

High stress, anxiety and depression are experienced by millions of young people. Screenagers: Next Chapter follows physician and filmmaker, Delany Ruston, as she discovers solutions for improved adolescent well-being in the digital age. www.screenagersmovies.com



LIKE

LIKE is an IndieFlix Original documentary that explores the impact of social media on our lives and the effects of technology on the brain.

The goal of the film is to inspire and help equip us to self-regulate.



Conference Schedule

Pre-Conference - Wednesday, March 18, 2020

PREPaRE Day 1

	Event	Location
7:30am - 8:00am	Registration	
8:00am - 12:00 pm	PREPaRE workshop	
12:00pm - 1:00 pm	Lunch	
1:00pm -3:15 pm	PREPaRE workshop	
3:30pm -4:35 pm	Optional: LIKE Movie Screening	

Pre-Conference - Thursday, March 19, 2020

PREPaRE Day 2

	Event	Location
7:30am - 8:00am	PREPaRE workshop	
8:00am - 12:00 pm	PREPaRE workshop	
12:00pm - 1:00 pm	Lunch	
1:00pm -3:15 pm	PREPaRE workshop	

Third Culture Kid Workshop

	Event	Location
7:30am - 8:00am	Registration	
8:00am - 12:00 pm	TCK Workshop	
12:00pm - 1:00 pm	Lunch	
1:00pm -3:15 pm	TCK Workshop	

MAIN CONFERENCE SCHEDULE

Thursday, March 19, 2020

	Event	Location
3:00pm - 4:00pm	Registration	
4:00pm - 5:30pm	Opening Session and Keynote	
6:00 pm - 7:30 pm	Opening Reception	
7:45 pm - 9:00 pm	Screenagers: Next Chapter Movie Screening	

Friday, March 20, 2020

	Room 1	Room 2	Room 3	Room 4
7:00am - 7:30am	Wellness in the Morning: Informal Groups			
8:00am - 8:30am	Final Registration			
8:30am - 10:00am	Keynote by Dr. Sean Truman			
10:00am - 10:25am	Break			
10:30am - 12:00pm	Dr. Sean Truman	90-min Counselor Led Workshop	90-min Counselor Led Workshop	90-min Counselor Led Workshop
12:00pm - 12:55pm	Lunch by Division			
1:00pm - 1:55pm	Wellness is Schools	Wellness is Schools	Wellness is Schools	Wellness is Schools
2:00pm - 3:00pm	60-min Counselor Led Workshop	60-min Counselor Led Workshop	60-min Counselor Led Workshop	60-min Counselor Led Workshop
3:00pm - 3:25pm	Break			
3:30pm - 5:00pm	Dr. Sean Truman	Ruth VanReken	90-min Counselor Led Workshop	90-min Counselor Led Workshop
5:15pm - 6:30pm	LIKE Movie Screening			
Evening	Optional Event			

Saturday, March 21, 2020

	Room 1	Room 2	Room 3	Room 4
7:00am - 7:30am	Wellness in the Morning: Informal Groups			
7:30am - 9:00am	Screenagers: Next Chapter Movie Screening			
9:15am - 10:15am	Dr. Sean Truman	60-min Counselor Led Workshop	60-min Counselor Led Workshop	60-min Counselor Led Workshop
10:15am - 10:40am	Break			
10:45am - 12:15pm	Dr. Sean Truman	90-min Counselor Led Workshop	90-min Counselor Led Workshop	90-min Counselor Led Workshop
12:15pm - 1:10pm	Lunch by Region			
1:15pm - 2:10pm	Wellness is Schools	Wellness is Schools	Wellness is Schools	Wellness is Schools
2:15pm - 3:15pm	Counselor Camp	Counselor Camp	Counselor Camp	Counselor Camp
3:15pm - 3:30pm	Break			
3:35pm - 4:35pm	Dr. Sean Truman	60-min Counselor Led Workshop	60-min Counselor Led Workshop	60-min Counselor Led Workshop
4:40pm - 5:00pm	Closing Session			

Keynote and Upskilling Counseling Techniques
Wellness in Schools' sessions
Counselor Camp
60 minute Counselor Led Workshops
90 minute Counselor Led Workshops
Movie Screenings

Over the last two years, workshops have included titles such as:

- Working Alongside Transgender, Gender Variant, and Questioning Young People: A Counselor Collaboration
- Making Social/Emotional Learning Programming the Heart of the School
- The Trauma of the Gifted Child: Supporting the Emotional Needs of Students with Complex Learning Profiles in the International School Setting
- Building Resilience and Wellness After School Tragedy: Tips for Caregivers
- Expressive Arts Therapy with Groups
- Mindfulness-Based Wellbeing: Supporting Mental, Social and Emotional Health in Your School
- 'What about Me?' Caring for Yourself While Caring for Others
- Growth Mindset: May the Force Be With You
- Re-imagining Vertical and Horizontal Alignment: Schools that Promote Holistic Student Development through Independent Curriculums
- Snap School Counseling: Students in the Age of Social Media
- International Teaching: How to Help New Faculty Arrive and Thrive
- The Let's Talk Initiative- Engagement and Visibility
- Using Our Story to Make a Difference in this World
- Youth Suicide The Critical Role of School Counselors in Prevention Intervention and postvention
- Supporting a School Community Through a Natural Disaster
- An Introduction to Mindfulness in Education: Be Mindful, Teach Mindfully, Teach Mindfulness
- Learning Analytics Visualizing Data to Support Student Growth
- Developing Positive Self-Image and Resilience through Stories and Symbols in a Group Context
- How Explicit Empathy Training Promotes Wellness in the Classroom and Wider School Community
- Self Care, a Counselors "Mini Retreat"
- Rock & Water Training in Secondary Education
- Vaping: Empowering Your Community Through Preventative Education
- Caution, Slippery Slope Ahead! - How to Maintain Healthy Professional Boundaries in International Education
- Allow Us to Reintroduce Ourselves: Raising the Profile of the Counseling Program B

- Sea Change Mentoring: Relationship-Based Learning and Well-Being
- Designing and Implementing Advisory Programs: A Tale of Two Cities
- Collaborating in Wellness, Student Protection, and Crisis Teams to Address Challenging Student and Family Concerns
- Self-Injury in International Schools
- Contemplative Career Counseling: Using Design Thinking with Mindful Awareness to Help Direct Students
- Teaching Wellness Through Group Interventions
- A Grass Roots Wellness-Boosting Program Any School Can Adopt
- Bridging The Gap: Connecting A Split Counseling Office
- Highlighting Emerging Problematic Sexual Behaviors
- Instilling and Fostering a Healing Rather than Dividing Sense of Empathy Amongst International Students.
- Establishing a Culture of Wellbeing
- Family Resilience and Adolescent Depressive Symptoms
- Bloom Where You are Re-planted: Using Creative Tools in Counseling to Help Students Survive Transition and Thrive in School
- Guiding Teachers in Self-Compassion Work

WHY ATTEND THE ISCA ANNUAL CONFERENCE?

We meet the needs of K-12 Counselors Overseas

The International School Counselor Association hosts the only conference completely focused on developing the skills, enhancing best practices and networking opportunities for EC/K-12 international school counselors. All workshops are geared towards improving school counseling programs; counselors walk away with specific tools, strategies and curriculum to implement directly into their school, appropriate to their role.

Where do attendees come from?

At ISCA we have designed our association and conferences to meet the needs of the K-12 counselor. No other conference, or association, in the world, has this niche. Over the last few

years we bring together more elementary, middle school and K-12 school counselors than any other international conference. You can see from the chart below some of the demographic data on our conference attendees.

We know how important it is for division specific counselors to collaborate. Therefore, we design our conference to facilitate this through division specific workshops and events, lunches that are grouped by division and the sharing of contact information of conference participants with their division identified. Additionally, we facilitate counselors meeting each other from the various regions.

As a regular attendee or first timer, counselors are guaranteed to meet and collaborate with those in their division or region! A counselor's list of who to contact will grow after attending this conference.

School location	2018 Conference Attendees- Bangkok (202)	2019 Conference Attendees- Brussels (185)
International Schools in Attendance	105	101
Asia	61%	31%
Europe	5%	34%
Africa	5%	6%
Americas	16%	16%
Middle East/Central Asia	13%	13%
Division currently work in	2018 Conference Attendees- Bangkok	2019 Conference Attendees- Brussels
Elementary	26%	23%
Middle School	14%	17%

High School and College	23%	23%
Secondary (MS and HS)	12%	17%
University	11%	5%
K-12	13%	9%
Other		6%

What conference attendees are saying...

(Post Conference Survey Feedback from 2018 Bangkok Annual Conference)

96% of Conference attendees reported they were very likely to recommend an ISCA conference to others.

Thank you for offering the unique opportunities like job-a-likes and counselor camp and also encouraging a variety of connections through semi-assigned lunches. This makes the conference very special. I have attended several state and national conferences in the US, but I have never felt so welcome, engaged, noticed, and energized. Thank you for all the hard work and thoughtfulness to promote the profession and inspire us as practitioners!

This was, as usual, the best forum for us caring counsellors. I can't think of any conference that I've attended in my LONG years in the biz, that is more effective and relevant to our work. I'm so grateful to Cheryl and Brooke for their vision and focus. I'm proud to say that I'm a member of ISCA and a part of this "movement".

Oh my goodness, this is my first school counseling conference (I'm new to the field). However, I have been to a dozen academic and mental health conferences. None compare! Your level of organization exceed all!

Thank you so much! This is an incredible conference. So often I attend conferences that focus on college counseling, so it's refreshing and inspiring to be here and focus on counseling and discuss topics that aren't always talked about enough.

Thank you for hosting another amazing conference! It is such a wonderful opportunity to connect and reconnect with people, share ideas and struggles and be wonderfully supported by "our people."

Amazing conference!!! Met so many new people who were willing to share resources. Great positive, upbeat, collaborative, supportive, and like-minded environment!!! Can't wait to hear where we will be next year!!!

This was the best professional development/conference I have ever attended. Every single one of the presentations/workshops I attended were relevant, well planned, professional and offered real ways to take back ideas to schools. Not only did I have the opportunity to attend these sessions, and present myself, but having the opportunity to connect with other school counselors from around the world was an amazing experience for me. This conference has made me feel a part of the "scene" for international school counselors. I became a member during the conference and look forward to what is next to come! Thank you so much :)



Thank you for a beautiful resourceful conference as usual. I'm taking back with me a lot of tools and insights!

Thank you. I am in awe of ISCA, and I am eternally grateful for the opportunity, inspiration, and invitation to an engaging, collaboratively-minded, and compassionate group of professionals. I will return to my students and community in 32 hours exhausted and with a renewed energy. I cannot wait to get home, practice, engage, and implement!

Great conference. Loved everything.

GENERAL INFORMATION and PRICING

Main Conference Fees

- Early Bird Registration until November 15, 2019
 - ISCA Members -- \$575
 - Non-ISCA Members -- \$625
- Regular Registration from November 16, 2019 until January 31, 2020
 - ISCA Members -- \$625
 - Non-ISCA Members -- \$640
- Late Registration from February 1-29, 2020
 - ALL ISCA Members and Non-ISCA Members -- \$675

Main Conference Fees include:

- Participation in all workshops and events during the main conference
- Two (2) full buffet lunches during the main conference
- Four (4) coffee breaks with snacks throughout the conference
- Cocktail hour sponsored by ISCA
- Access to all presentations and materials from the workshop presenters

Pre-Conference Fees

This year we will be offering two Pre-Conference Workshops. For more details about the workshops, [click here](#). Please note this is an additional cost to the the Main Conference Fee (see above).

"PREPaRE Workshop 2, Crisis Intervention and Recovery: The Roles of School Based Mental Health Professionals" with Chrystal Kelly

Fee: \$350 USD

Date: 2-Day event, March 18-19, 2020

Fee Include:

- Participation in the two (2) full day pre-conference workshop
- A spiral-bound booklet that includes the PowerPoint presentation, supplemental handouts, and a resource CD.
- One (4) coffee break with snacks
- Two (2) Full buffet lunch



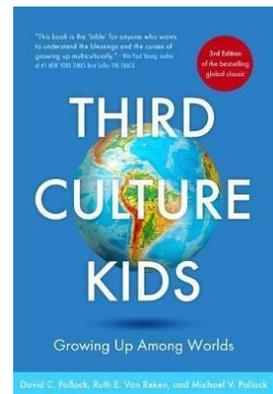
Cross-Cultural Kids: The Growing Cultural Complexity of Students in International Schools with Ruth E. Van Reken

Fee: \$200 USD

Date: March 19, 2020

Fee Includes:

- Participation in one (1) of the full day pre-conference workshops
- One (1) coffee break with snacks
- Full buffet lunch



LOCATION

Bangkok, Thailand

All conference events will be held at [Bangkok Marriott Hotel Sukhumvit](#).

Special rates with the hotel have been negotiated; the rates below include breakfast, internet and all taxes:

- **Single Room** (includes breakfast, internet, taxes): **USD \$153 /per night**
- **Double Room** (includes breakfast, internet, taxes): **USD \$166 /per night****



Special room rates are **limited!** To receive the special rate, please book your room(s) at this link: [Book your room at the Marriott at the special ISCA conference rate by clicking here!](#)

Hotel Details

[Bangkok Marriott Hotel Sukhumvit](#) , Sukhumvit Road Soi 57, Klongtan-Nua, Wattana, Bangkok 10110, Thailand, Tel. +66 2 797 0025, Fax +66 2 797 0001