

A Successful Conference Abstract Dissected

Sample

Title – Accurately descriptive, an invitation to participate. Captures the reader’s attention.

"Who Said Emotions Don't Matter?!: The Practice of Emotion-Focused Therapy in Academic Counseling"

Starts with a problem statement and captures interest	Here’s a tissue for your issue! Right? Wrong!
Mentions foundational literature and research	Utilizing Leslie Greenberg’s Emotion-Focused Therapy (EFT)...
Describes learning activities and method of audience involvement	...this experiential workshop will use small-group discussions and art activities to spark a self-reflection...
Describes skills to be developed, benefits of participation and contribution to the field	Advisers will also learn to engage with emotions through multiple cultural lenses...
Concludes with how information can be transferred	...in addition to offering best practices for emotional self-care.

Full Abstract – Appeared in the conference program. A description of content and format.

Here’s a tissue for your issue! Right? Wrong! Living in such a fast-paced society, we are oftentimes socialized to dismiss our “emotional baggage” while desensitizing ourselves to the depth and impact of such valid feelings. Utilizing Leslie Greenberg’s Emotion-Focused Therapy (EFT), this experiential workshop will use small-group discussions and art activities to spark a self-reflection on the range of emotions that advisors experience while engaging with students. While advisors oftentimes create a safe emotional space for students, it is critical to be intentional about heightening one’s own emotional awareness to better meet student needs. Advisers will also learn to engage with emotions through multiple cultural lenses in addition to offering best practices for emotional self-care.

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