

Sunday Option 1

12:15 - 6:45 pm | Up to 6 CEHs

Legislative Update 12:15 – 1:45 pm

Learn what happened in the 2017 legislative session and the key issues being addressed during the 2018 session. Understand how you can be part of a movement to create change and how to make your voice heard. *Sue Abderholden, MPH, Exec. Dir. - NAMI MN* | A boxed lunch is available for purchase. | Level: I | For: All

Concurrent Symposia 2:00 – 4:00 pm

A Ethics and Autism Spectrum Disorders

All professional designations have a code of ethics that must be followed, but some clients may bring up unique ethical challenges, especially clients with Autism Spectrum Disorders (ASD) and similar diagnoses. This presentation will highlight various ethical guidelines for working with clients who have ASD throughout the whole therapeutic process from diagnosis to termination. Case vignettes will be shared, along with time for questions and answers. *This course fulfills the MN Board of Social Work requirement of 2 clock hours in social work ethics.*

Barb Stanton, PhD, LPCC, LMFT, Clinic Therapist & Emily Coler Hanson, MS, LMFT, CGP, Clinic Therapist - The Anne Carlsen Ctr.

Level: II | For: Professionals | Content: Clinical

B Strategies to Strengthen Self-Regulation in Children

What is self-regulation and why is it important? In this session attendees will learn the definition and developmental progression of self-regulation and how to support children who need guidance in developing self-regulation strategies. Attendees will leave with tools and strategies to support children who have trouble regulating their body, mind and emotions.

Tracy Schreifels, MS, LMFT, IMH-E® (III), Infant Mental Health Specialist & Kristi Monsour, MA, Behavior Specialist - Reach Up, Inc

Level: I | For: All

C Social Anxiety in Adolescents: Recognition, Management and Treatment

Social Anxiety Disorder (SAD) is a highly prevalent condition that often develops in the context of adolescence and can have a profound impact on school and social functioning. This advanced workshop examines various contributions to the development of social anxiety (e.g. biological, familial, social, cultural) from a developmental psychopathology viewpoint. Contemporary evidence-based practices that combine cognitive-behavioral strategies with acceptance and mindfulness strategies will be presented.

Christopher Vye, PhD, LP, Chair, Assoc. Professor, & Kristen Nelson, MA, Doctoral Student - Univ. of St. Thomas; & Rebecca Swan, PhD, Licensed Psychologist - Anxiety Treatment Resources

Level: II | For: Professionals | Content: Clinical

D Developing Resilience Skills with Elementary and Middle School Aged Children

For professionals who work in a school or clinical setting who have experience using a mind-body-spirit approach in working with children, this presentation will provide a resilience model and practical strategies to help children develop skills to enhance physical, mental and social-emotional health and well-being. Participants will explore how to incorporate additional mind-body skills into their work to help youth improve academic performance, emotional regulation, concentration, creativity and tools to cope with current and future stressors.

Kevin Harrington, PhD, Licensed Psychologist - Private Practice

Level: II | For: Professionals

MHED Talks® 4:15 – 6:45 pm

From Tragedy to Hope, One Breath at a Time



Kathy Flaminio, MSW, LGSW, E-RYT-200, President & Founder - 1000 Petals LLC, National Dir. of Training Dev. for Yoga Calm®

The Buffalo in the Storm



Dr. Antony Stately, PhD, LP, CEO - Native American Community Clinic

Finding Calm in Chaos: Radical Self-Care as Medicine



Dr. Joi Lewis, EdD, Founder & CEO - Joi Unlimited Coaching & Consulting - The Orange Method

Mental Health Exploration & Discovery

MHED Talks is a presentation series in the spirit of TED Talks. Using stories—both personal and experiences from the field—each speaker has 18 minutes to share their expertise on new concepts, programs, treatment models and research. Following the presentations, there will be a Q&A and hors d'oeuvres reception.

Level: I | For: All