

Mental Health in the Workplace

Attachment at Work: Communication, Boundaries, Feedback, and Stress Responses in Professional Settings Attachment patterns influence more than personal relationships—they shape workplace behavior as well. Explore how attachment styles affect teamwork, communication, collaboration, leadership, and how we handle feedback. Learn why some people shut down under pressure, why others seek reassurance, and how workplace expectations can activate attachment-related reactions. This course includes practical strategies for giving feedback, setting boundaries, and creating predictable, supportive work environments that help everyone function more securely. Part 3 in a 3-part series.

Stress Reset: Science-Based Strategies for Workplace Well-Being

Stress is a universal human experience, but today's world amplifies it in unique ways that previous generations did not face. Explore the science of stress with a licensed therapist and gain clarity about why we feel overwhelmed at times, and why certain situations trigger strong reactions. Learn to identify early signs of burnout and explore practical, science-backed strategies to manage stress in the moment. We'll also cover setting healthy boundaries and developing long-term habits to support lasting well-being.

Self-Care and Workplace Wellness People who incorporate self-care throughout their day are more resilient and better equipped to manage stress, leading to happier and more productive teams. Learn ways to introduce self-care into your work life, communicate boundaries, and cope with demanding schedules in this one-hour seminar with a licensed therapist.

What is Emotional Intelligence? Emotional Intelligence is the ability to recognize your own emotions and how other people feel, and use this information to understand behavior and guide decision-making. It's a skill set that can be developed and improved; people with high emotional intelligence are better at navigating relationships, managing conflict, and achieving goals. Explore the core components of emotional intelligence—self-awareness, self-regulation, empathy, and social skills—and gain practical tools to understand and manage your emotions in this one-hour seminar with a licensed therapist.

Personality Priorities at Work Adler's four personality priorities – comfort, control, superiority, and pleasing – influence how you think about yourself, how you behave, and how you relate to other people. Identify your dominant priority, understand how it impacts your daily life, and explore practical strategies to create balance and foster stronger connections in this one-hour seminar with a licensed therapist.

Understanding Workplace Anxiety While stress at work is common, constant and overwhelming anxiety can negatively impact productivity, confidence, and overall health. Discuss common anxiety triggers and learn practical strategies for managing stress, setting boundaries, and building resilience in this one-hour seminar.

Understanding Compassion Fatigue & Burnout Does compassion cause suffering? When does it go too far and how can you protect your own wellbeing? Learn the warning signs, who is at risk, and how to restore your emotional energy with a licensed therapist.

Remote Work and Mental Wellness Remote work promotes inclusivity and has proven to be a benefit to many, though there are potential negative effects – loneliness, lack of clear boundaries, stress, and burnout can worsen mental health. Explore the psychological advantages and challenges of remote work and learn how to maximize focus, productivity, and well-being in this one-hour seminar with a licensed therapist.

Navigating Work-Life Balance Achieving a balance between personal and professional responsibilities helps people to avoid job burnout and promotes employee engagement, retention, and productivity. Learn practical strategies to create balance in your busy life, with actionable tips & inspiration to prioritize what matters most.

Stigma in the Workplace Research shows that about 75% of employees have struggled with an issue that affects their mental health - but 8 out of 10 workers with a mental health condition say shame and stigma prevent them from seeking mental health care. Discuss the impact of unconscious bias and how stigma influences hiring, organizational supports, and workplace culture. Learn tips for correcting negative perceptions and reducing stigma in this one-hour seminar.

Responding to Difficult Behavior with Confidence Understanding why difficult behavior is on the rise and what's really happening beneath the surface changes the way we respond to challenging customers. Discuss the causes and types of difficult behavior in the workplace and learn practical tools for emotional regulation and boundary setting using real-life examples, so you'll feel confident knowing what to say and how to say it. This course offers actionable insights and strategies to help you navigate challenging interactions with greater ease and resilience.

Workplace Violence & De-Escalation Techniques: Practical Approaches for Real-Life Scenarios Most cases of workplace violence don't begin with a violent act. Instead, they are the result of a series of aggressive behaviors that build up over time. By learning to recognize warning signs and respond appropriately, you can significantly reduce the risk of a situation becoming dangerous. In this course, participants will learn to identify risk factors and situational triggers, and discuss practical de-escalation techniques with a licensed therapist. Through hands-on practice in realistic scenarios, you'll build confidence to apply these tools effectively to help keep your workplace safe.

[2 Part Series: Workplace Boundaries](#)

Workplace Boundaries: Types, Challenges, & Impact Many people find it challenging to set boundaries at work—whether it’s saying no, asking for help, or speaking up when overwhelmed. This session will define what workplace boundaries are, why they matter, and how they protect your mental well-being. We’ll explore different types of boundaries, including time, workload, emotional space, and digital communication. You’ll learn how weak boundaries can contribute to stress, burnout, and frustration. Through real-world examples from many types of jobs, you’ll gain insights to identify and strengthen your own boundaries.

Workplace Boundaries: Strategies & Tools The ability to calmly and respectfully advocate for your needs is an essential skill for modern workforces. Learn practical tools and simple scripts for saying no, asking for help, and managing unrealistic demands. Discuss ways to set clear limits with supervisors, coworkers, and customers, and how to respond when boundaries aren’t respected. Plus, we’ll share strategies to reduce digital overload and stay composed during difficult conversations.

[3 Part Series: Workplace Bullying](#)

Workplace Bullying: What It Is, What It Isn’t, and Why It Hurts This session helps participants clearly understand what workplace bullying looks like, how it differs from normal conflict or feedback, and why it can be so damaging over time. Explore common bullying behaviors, power dynamics, and workplace conditions that allow bullying to continue with a licensed therapist. Emphasis is placed on validation, clarity, and reducing self-blame.

Workplace Bullying: Boundaries, Documentation, and Safe Responses This session focuses on practical tools for responding to workplace bullying in ways that prioritize safety and emotional regulation. Participants learn how to manage stress responses, use clear boundary language when appropriate, and document concerning behavior. Learn when to engage, when to disengage, and how to make informed decisions about next steps with a licensed therapist.

Workplace Bullying: Healing, Accountability, and Moving Forward Workplace bullying can leave lasting emotional effects for those targeted, for teams, and for organizations. This session focuses on recovery, rebuilding confidence, and protecting long-term mental health — while also addressing support and accountability for individuals who have engaged in bullying behavior. Participants explore what healing can look like on both sides of harm, without minimizing impact or shifting responsibility. Emphasis is placed on emotional repair, behavior change, and realistic paths forward.

Understanding Mental Health & Providing Support

Advocating for Mental Health Policy: How Everyday Voices Help Shape Mental Health Decisions at the Local, State, and National Level Mental health policies are shaped at multiple levels of government—from state legislatures and governors to Congress and the President. These decisions influence funding, access to care, insurance coverage, crisis response systems, and nationwide workforce capacity. This presentation equips participants with practical tools to advocate for mental health across state and federal systems, including how to communicate effectively with legislators, governors’ offices, members of Congress, and executive agencies. The

course emphasizes respectful, nonpartisan engagement grounded in lived experience, data, and shared values. Participants will leave with clear, realistic strategies for influencing policy without needing political expertise.

Aging & Mental Health: Understanding Emotional Well-Being, Connection, and Support in Later Life Aging brings meaningful strengths—wisdom, perspective, and resilience—but it can also introduce emotional challenges that are often misunderstood or overlooked. Explore how mental health changes across the lifespan, how aging-related transitions can affect emotional well-being, and how individuals, families, and communities can respond with awareness, compassion, and practical support. Participants will learn how mental health conditions may look different in older adults, why concerns such as depression, anxiety, loneliness, and grief are frequently under-recognized, and how physical health, social connection, and generational attitudes all influence emotional well-being. The course emphasizes realistic expectations, respectful communication, and early support strategies that promote dignity, independence, and quality of life.

Asking for Support: Disclosing Mental Illness at Work and in Relationships Choosing to share information about mental health is a personal decision that often has to be made more than once. Discuss what factors to consider when making the decision and how to make the disclosure when the time feels right, with a licensed therapist.

Boundary IQ Creating and maintaining healthy boundaries can be a challenging task. Some people grew up in environments where setting boundaries was not emphasized or valued, resulting in struggles to establish boundaries in adulthood. Fear of conflict, a tendency to prioritize others' approval, or past experiences of invalidation or disrespect can also contribute to difficulties in setting and maintaining boundaries. Discuss the role of boundaries in relationships and learn how to implement healthy boundaries in this one-hour seminar with a licensed therapist.

Cannabis Use and Mental Wellness: Assessing Risks and Benefits Cannabis products and legislation have evolved significantly in recent years, bringing new complexities to public conversations. Join us as we explore how cannabis products and policies have changed & understand how these shifts influence mental health outcomes. Examine how cannabis affects the brain and review current research related to depression, anxiety, PTSD, bipolar disorder, and psychosis. This course offers a balanced, evidence-informed perspective to help you navigate the facts with clarity and confidence.

Caring for the Caregiver: Managing Stress and Preventing Burnout Being a caregiver comes with unique responsibilities, and experiencing a range of emotions —anger, frustration, exhaustion, loneliness, and sadness — is almost guaranteed. Discover how your attachment style as a caregiver influences the way you respond to others and understand why high-effort coping and overcompensation often lead to burnout. Throughout the course, you'll gain practical tools to help you cope with stress, along with strategies to manage power struggles, set healthy boundaries, and respond to risky behavior.

Communicating Clearly Under Stress: Strategies for Tough Conversations When stress rises, communication often becomes challenging – people speak faster, listen less, and react more

strongly than intended. In this course, you'll discover how stress impacts communication and learn practical strategies to express yourself clearly, even when emotions are intense. This isn't about avoiding difficult conversations; it's about approaching them with confidence, making them safer and more productive for everyone involved.

Conflict Management and Problem-Solving in Relationships Confronting problems can be challenging. Heightened emotions, irrational thinking, impaired judgment, and distorted perceptions impact our ability to solve problems quickly. Learn strategies for effective problem-solving and conflict management with a licensed therapist.

Creating a Low-Stress Environment and Minimizing Crises People are susceptible to strain from a number of sources including work and school obligations, illness, finances, interpersonal conflict, and more. Learn strategies to create and maintain a low-stress environment, identify & respond to 'red flags', and communicate in times of crisis with a licensed therapist.

Discrimination, Fear, and Mental Health in LGBTQIA+ Communities LGBTQIA+ adults are three times more likely to experience a mental health disorder than people who identify as straight. Discuss what factors impact this statistic, how to find supportive professionals, ways of coping, and how to be a true ally in this one-hour seminar with a licensed therapist.

Empowering Loved Ones Providing effective support to friends and family members with a mental health disorder is an essential component of the recovery process. Discuss the complications of mental illness, the four dimensions of recovery, and learn how to make a recovery plan in this one-hour seminar with a licensed therapist.

Holiday Stress & Self-Care The "most wonderful time of the year" doesn't always feel that wonderful. Demands on our time and energy often leave us feeling tired, disappointed, and depressed. Learn effective strategies to manage holiday stress, prioritize self-care, and get the support you need in this one-hour seminar with a licensed therapist.

"I Don't Need Help!" Supporting People Who Can't See Their Mental Illness Why do people sometimes reject help? Discuss the reasons why people refuse mental health care and how to respond & cope in this one-hour seminar with a licensed therapist.

Illness Deception: Understanding Factitious Disorder Imposed on Another At the heart of Factitious Disorder Imposed on Another (previously Munchausen Syndrome by Proxy) is concern that a caregiver is either lying about an illness in a child or dependent adult, or has caused real symptoms in an otherwise healthy person. Learn the signs and symptoms of this disorder and what motivates a caregiver to cause illness in this one-hour seminar with a licensed therapist.

Mental Health & Mental Illness: What's the Difference? While these terms are often used interchangeably, mental health and mental illness are not the same -- and this misunderstanding can cause us to overlook the signs that someone needs help. This one-hour seminar provides an

accessible guide to understanding what mental health is, the categories of mental illness, and how they're treated. Separate myths & facts with a licensed therapist.

Resolutions & Goal Setting According to statistics, only 9% of people actually accomplish their New Year's resolutions. Explore the psychology behind why resolutions fail and how to set goals that you can and will achieve with a licensed therapist.

Responding in a Mental Health Emergency This course is designed for anyone who wants to feel more confident supporting someone experiencing a mental health crisis. Whether you've encountered a frightening situation before or worry you might face one in the future, this training focuses on practical, real-life responses. You'll learn how to recognize when someone is struggling, respond calmly and compassionately without making the situation worse, and know when it's time to seek additional help.

Self-Care and Wellbeing: A Hands-On Approach It's normal to experience anxiety, fear, anger, and grief during times of uncertainty. Now, more than ever, it's important to recognize these feelings and allow time to recharge – but too often we feel guilty for taking time to meet our basic needs. Explore what self-care is, why it's so important, and practical tips for incorporating self-care into your daily life with a licensed therapist.

Setting Healthy Boundaries in Relationships Maintaining a balance between caring for loved ones and setting healthy boundaries for yourself can be challenging. Learn how to express your own needs without guilt, strike a healthy balance between caregiving and self-care, and tips for negotiating compromises with a licensed therapist.

Special Issues in Women's Mental Health Women with premenstrual disorders are much more likely to have birth-related depression, according to researchers. And the relationship works both ways: those with perinatal depression are also more likely to develop premenstrual disorders after pregnancy and childbirth. These are severe and chronic conditions that need medical attention and treatment. Explore the symptoms, causation, and treatment of Premenstrual Dysphoric Disorder, Perinatal Depression, and Perinatal Anxiety and learn practical strategies to manage symptoms with a licensed therapist.

The New Face of Stress: Science-Based Strategies to Manage Modern Challenges

Modern stressors are very different from those experienced just a decade ago. Stress levels have increased across nearly every demographic, and this trend is closely connected to lifestyle demands. Over time, these pressures can build up and, if left unmanaged, weaken our ability to cope. Explore the science of stress with a licensed therapist and learn how to develop simple, effective strategies that feel natural to use—without becoming overwhelming.

Changing Perspectives: Understanding Mental Health Stigma Learn why stigma develops over time through culture, fear, and misunderstanding, and more importantly, how it can be unlearned. We'll discuss how unconscious bias forms in the brain, the impact stigma has on people and communities, and simple, effective strategies to make a difference. This course is

designed to be thoughtful, safe, and empowering. You don't have to be perfect to join—just ready to learn and grow together.

The Psychology of Confidence & Self-Esteem People with low self-esteem and self-confidence often see themselves in a distorted way that can negatively impact their personal relationships, work, and education. Explore protective & vulnerability factors in self-esteem and learn practical tips to overcome self-limiting beliefs and strengthen self-confidence with a licensed therapist.

The Psychology of People-Pleasing People pleasing is a tendency to prioritize others' needs over your own, even at the expense of your own health, safety, and well-being. It can be a response to trauma or life experiences, or to manage anxiety about other people's approval & reactions. Explore the roots of people-pleasing behavior and its impact on mental health, and learn how to set healthy boundaries, build self-confidence, and communicate more assertively in this one-hour seminar with a licensed therapist.

The Science Behind Mental Illness Diagnosing mental illness isn't like diagnosing other chronic diseases. Are mental health disorders best understood as physical illnesses that affect the brain? Or do these disorders belong in a category all their own? Explore the causes, treatment, and prevention of mental illness and separate myths & facts in this often-misunderstood topic.

Understanding ADHD Attention deficit hyperactivity disorder (ADHD) is more than hyperactive people and short attention spans. Explore the causation, symptoms, and treatment options for ADHD and learn practical tips to manage symptoms and support loved ones who are struggling in this one-hour seminar.

Understanding Adjustment Disorders Adjustment disorders are common psychological conditions triggered by major life changes or stressful events. Symptoms can include anxiety, depressed mood, changes in a person's behavior and emotions, or a combination of these. Explore the risk factors, causation, and treatment of adjustment disorders with a licensed therapist and learn practical tips to manage symptoms in this one-hour seminar.

Understanding Agoraphobia Often believed to be a fear of leaving the house, agoraphobia is an anxiety disorder that runs much deeper. Join us to develop a more thorough understanding of what agoraphobia is, what causes it, and how it is treated. Learn tips to manage symptoms and support loved ones with a licensed therapist.

Understanding Antisocial Personality Disorder Antisocial Personality Disorder (ASPD) is a complex mental health condition marked by persistent disregard for others, impulsivity, and a lack of empathy. People with ASPD may ignore laws or social norms, potentially putting themselves and other people in harm's way. Discuss how it's diagnosed, the challenges of managing ASPD, and the impact it can have on relationships and society in this one-hour seminar with a licensed therapist.

Understanding Anxiety Occasional anxiety is an expected part of life, but anxiety disorders involve more than temporary worry. Learn what causes anxiety disorders and the types of anxiety,

their symptoms, common misconceptions, and how relationships are impacted. Discuss co-occurring disorders, treatment options, and learn practical tips for managing symptoms and helping others with a licensed therapist.

Understanding Avoidant/Restrictive Food Intake Disorder (ARFID) Avoidant/Restrictive Food Intake Disorder is an eating disorder characterized by very selective eating habits, a disturbance in eating patterns, or both. Separate myths and facts and explore the signs and symptoms, prevalence, and treatment of this often-misunderstood diagnosis. Learn practical tips to manage symptoms and support loved ones in this one-hour seminar.

Understanding Bipolar Disorder Everyone experiences ups and downs, but bipolar disorder is different. An accessible guide to understanding the types of bipolar disorder, their symptoms, common misconceptions, and how relationships are impacted. Discuss treatment options and learn practical tips for managing symptoms and helping others in this one-hour seminar with a licensed therapist.

Understanding Body Dysmorphic Disorder Body Dysmorphic Disorder is defined by negative self-image and misperceptions about appearance. Preoccupation with perceived flaws can result in anxiety, depression, and social isolation. Explore the diagnostic criteria, symptoms, treatment options, and common misconceptions of body dysmorphic disorder in this one-hour seminar with a licensed therapist.

Understanding Borderline Personality Disorder Of the major mental illnesses, borderline personality disorder is among the most stigmatized. Separate myths and facts and explore the signs and symptoms, causes, and treatment of this often-misunderstood diagnosis. Gain practical tips to manage symptoms and support loved ones with a licensed therapist.

Understanding Cutting and Self-Harm Self-injury is a complex behavior that is difficult to understand if you haven't experienced it. Explore what self-harm is and is not, why people purposefully hurt themselves, and the symptoms to look for. Dispel myths and stereotypes and learn what treatments are most effective with a licensed therapist.

Understanding Depression How is depression different from sadness? An accessible guide to understanding causation, symptoms, and treatment options for depressive disorders. Learn practical tips for managing symptoms and helping others in this one-hour seminar with a licensed therapist.

Understanding Dissociative Disorders Dissociation changes your sense of time and identity, and makes people feel disconnected from their thoughts, feelings, and memories. It's a normal phenomenon that most people experience at some point, though some will develop a dissociative disorder that requires treatment. Explore the types of dissociative disorders, their symptoms, prevalence & causation, and how they're treated with a licensed therapist.

Understanding Dissociative Identity Disorder Once called multiple personality disorder, dissociative identity disorder is characterized by a person's identity dividing into two or more

personalities. Explore what causes DID, how it's treated, and the reasons why DID can be difficult to recognize with a licensed therapist.

Understanding Eating Disorders Although our culture is preoccupied with food and weight, and disordered eating is very common, clinical diagnosis of eating disorders is less common. Even for professionals who have been treating them for years, eating disorders can be confusing illnesses. Explore the types of eating disorders, their signs & symptoms, risk factors, and treatment in this one-hour seminar. Learn practical steps for supporting loved ones and tips for discussing this often-misunderstood topic with a licensed therapist.

Understanding Family Reactions to Mental Illness Understanding why people experience things differently can help to ease tension & increase acceptance. Discuss the caregiving experience, the stages of emotional response, and learn how to respond and cope in this one-hour seminar with a licensed therapist.

Understanding Grief Grief is a natural reaction to the loss of a loved one, and in most cases grief symptoms decrease over time. But for some people, intense grief persists and is severe enough to cause problems in everyday life. Explore the symptoms, risk factors, diagnostic criteria, and treatment of prolonged grief disorder with a licensed therapist and learn practical tips for managing symptoms and supporting loved ones in this one-hour seminar.

Understanding Hoarding: Beyond Clutter Hoarding disorder is a complex mental health condition rooted in anxiety, distorted thinking, and difficulty making decisions. Explore why letting go can feel overwhelming, how hoarding affects safety and relationships, and what effective treatment involves. We'll also cover animal hoarding and its unique challenges. Participants will learn the key signs of hoarding disorder in easy-to-understand terms & discuss ways for loved ones to support without making things worse. Gain a clearer, more compassionate understanding of hoarding disorder – and practical insights to help reduce frustration & promote safety.

Understanding Hypochondria and Somatic Symptom Disorder Somatic symptom disorder is diagnosed when a person becomes extremely focused on physical symptoms like pain, fatigue, or weakness – often without a clear medical cause. This intense focus on physical symptoms can cause major distress and interfere with a person's ability to function normally. Explore the mind/body connection and how psychological factors can contribute to real physical symptoms in this one-hour seminar with a licensed therapist.

Understanding Intergenerational Trauma Trauma can be passed down through families, affecting individuals and communities across generations. Explore how trauma moves through generations, its consequences, the link to complex PTSD, and how to recover in this one-hour seminar with a licensed therapist.

Understanding Loneliness and Building Social Connections People can be alone and not feel lonely, or be surrounded by others and still experience feelings of isolation. Explore the causes of loneliness, how it spreads through social networks, and the impact of loneliness on our physical

and mental health in this one-hour seminar. Learn practical tips to strengthen current relationships and make new connections with a licensed therapist.

Understanding Motivation and Procrastination Almost everyone procrastinates sometimes. But if you continue to put things off, then regret it and feel bad about yourself afterward, it's easy to get caught in a cycle that can have a negative impact on your physical & mental health. Explore the reasons why people procrastinate and learn techniques to get and stay motivated in this one-hour seminar.

Understanding Narcissistic Personality Disorder People often label others as narcissists without having a clear understanding of what this diagnosis really means. Explore the signs and symptoms, causes, and treatment of this often-misunderstood diagnosis. Separate myths and facts and learn how to manage symptoms with a licensed therapist.

Understanding Obsessive Compulsive Disorder OCD manifests differently in different people – and involves much more than anxiety about germs or compulsions to clean. This one-hour webinar provides an accessible guide to understanding this often-misunderstood diagnosis, including symptoms of OCD, co-occurring disorders, and treatment options. Learn practical tips for managing symptoms and helping others with a licensed therapist.

Understanding Oppositional Defiant Disorder It's not unusual for children and teenagers to be defiant, and to question authority on occasion. Discuss how disordered behavior is distinguished from typical child development and explore the diagnostic criteria, causes, and treatment of oppositional defiant disorder in this one-hour seminar with a licensed therapist.

Understanding Persistent Depressive Disorder Constant fatigue, low self-esteem, poor concentration, and feeling hopeless puts people at higher-than-average risk for suicide and self-harm, and symptoms can continue indefinitely without treatment. Discuss the signs and symptoms of persistent depressive disorder, what causes it, and who is at risk in this one-hour seminar with a licensed therapist.

Understanding Personality Disorders Personality describes everything about you, and personality disorders can be challenging to manage. In addition to dealing with the illness itself, people often struggle with the myths and stigma surrounding personality disorders. Explore the categories of personality disorders, their symptoms, causes, and risk factors with a licensed therapist. Discuss evidence-based treatment and learn practical tips for managing symptoms and supporting others.

Understanding Psychotherapy How does talk therapy work? Who benefits? How do you find a good therapist? Discuss the reasons why people go to therapy, what the process truly looks like, and how to find a qualified professional in this one-hour seminar with a licensed therapist.

Understanding PTSD Trauma impacts everyone differently, depending on the nature of the trauma, presence or lack of social support, access to treatment, and coping strategies. This one-hour seminar provides an accessible guide to understanding what causes Post Traumatic Stress

Disorder, its symptoms, co-occurring disorders, and treatment options. Learn practical tips for managing symptoms and helping others with a licensed therapist.

Understanding Schizoaffective Disorder Schizoaffective disorder is a complicated illness that is often confused with other disorders. Explore the diagnostic criteria, signs, and symptoms that differentiate schizoaffective disorder from other illnesses. This one-hour seminar includes information on causation, risk factors, treatment options, and ways to cope.

Understanding Schizophrenia Schizophrenia is a lifelong illness that changes how you think, feel, and act. A combination of hallucinations, delusions, disordered thinking and behavior can be debilitating. Explore the causes, symptoms, co-occurring disorders, and treatment of schizophrenia, and gain practical tips for managing symptoms and supporting loved ones with a licensed therapist.

Understanding Seasonal Depression Do the winter months get you down more than you think they should? Discuss the signs and symptoms of seasonal depression, when it's time to see a doctor, and what treatment options are available. Learn practical ways to manage symptoms & support others in this one-hour seminar with a licensed therapist.

Understanding Social Anxiety It's normal to feel nervous in some social situations, but for people with social anxiety disorder everyday interactions cause intense feelings of anxiety and fear that disrupt relationships, daily routines, and performance at work and school. Explore the symptoms of social anxiety disorder, learn what the causes are, how it is treated, and strategies to manage symptoms with a licensed therapist.

Understanding Skin Picking & Trichotillomania Trichotillomania, hair-pulling, and excoriation disorder, better known as skin-picking, are two distinct disorders falling under the OCD umbrella that have many similarities. Join us in learning more about these body-focused repetitive behaviors and discuss the signs and symptoms, causes, and treatment options with a licensed therapist. Gain tips to manage symptoms and learn how to support loved ones who are struggling in this one-hour seminar.

Understanding Suicide There is a common myth that discussing suicide or asking about suicidal thoughts could potentially encourage suicide attempts. The truth is that open and honest conversations about suicide plays a crucial role in prevention. Explore the causes of suicide, the warning signs, and how to cope in this one-hour seminar with a licensed therapist.

Understanding Toxic Relationships Toxic relationships are characterized by controlling, manipulative, or abusive behaviors that slowly wear away at a person's self-worth, self-esteem, and overall happiness. Learn to recognize the signs of a toxic relationship and discuss communication skills, accountability, and personal boundaries with a licensed therapist.

Understanding Trauma: How the Brain, Body, and Relationships Shape Healing

Learn how traumatic experiences affect the brain, body, and stress response system, and why people respond to trauma in different ways. Participants will learn how trauma develops, how

early life experiences influence long-term health, and how resilience and supportive relationships promote healing. The course introduces evidence-based treatment approaches and practical strategies that help individuals and communities support recovery.

3 Part Series: Attachment Styles & Relationships

Attachment Styles: How Relationships Are Shaped by Patterns of Safety, Stress, and Communication

Learn how attachment theory helps explain adult behavior in relationships, communication patterns, boundaries, and emotional reactions. Learn the four primary attachment styles—secure, anxious, avoidant, and disorganized—and explore how stress, past experiences, and nervous system responses shape the ways adults connect, withdraw, or seek reassurance. This course emphasizes real-life adult patterns and explains why some people repeat communication cycles that feel frustrating or confusing.

Attachment Styles: Tools for Emotional Safety, Communication, and Healthy Boundaries

Learn practical skills to build safer, stronger connections in everyday life. Whether you are navigating relationships at home, in a caregiving role or in your personal life, this session teaches tools that help you reduce reactivity, set clear limits, repair misunderstandings, and communicate needs in ways that build trust. Discuss grounding strategies, self-awareness, and step-by-step communication practices that support healthier and more stable relationship patterns.

Attachment at Work: Communication, Boundaries, Feedback, and Stress Responses in Professional Settings

Attachment patterns influence more than personal relationships—they shape workplace behavior as well. Explore how attachment styles affect teamwork, communication, collaboration, leadership, and how we handle feedback. Learn why some people shut down under pressure, why others seek reassurance, and how workplace expectations can activate attachment-related reactions. This course includes practical strategies for giving feedback, setting boundaries, and creating predictable, supportive work environments that help everyone function more securely.

3 Part Series: Substance Use & Mental Health

Substance Use and Mental Health: The Impact of Stress, Trauma, and Life Circumstances

Learn why mental health and substance use challenges often occur together and how trauma, chronic stress, work environments, family habits, and life circumstances affect a person's risk and recovery. This course emphasizes the underlying causes behind these issues and explains how relationships, the body, and daily environments all play a role.

Substance Use and Mental Health: Tools to Calm Your Mind & Stay Safe

Learn practical tools to manage difficult emotions, stay safe, and cope with strong urges. Whether you are facing challenges yourself or supporting someone else, you will learn real-life tools including grounding techniques, ways to calm emotions, strategies to handle cravings, safety planning, and simple harm-reduction steps that work in everyday situations.

Substance Use and Mental Health: Communication, Boundaries, & Crisis Management

Caregivers, family members, and friends need clear tools to support someone who is dealing with both substance use and mental health challenges. Learn how to recognize crisis warning signs,

set healthy boundaries, and avoid enabling harmful behaviors with a licensed therapist. The program emphasizes compassion, safety, and maintaining realistic expectations.

Children's Mental Health

Introduction to Children's Mental Health Mentally healthy children are able to reach developmental & emotional milestones, have positive social skills, and cope with problems in healthy ways. And one of the most important ways we can strengthen the mental health of children is by recognizing when children need support. This introductory webinar explores how culture impacts our understanding of children's mental health, the most common mental health symptoms and diagnoses for children, and when to seek help.

Love Languages in Parenting The five love languages — physical touch, words of encouragement, quality time, gifts, and acts of service — show how people express and receive love. Identifying your child's preferred love language helps to strengthen your bond and create a foundation of trust & affection that supports children's development and well-being. Explore how caregivers can use love languages to boost children's self-esteem in this one-hour seminar with a licensed therapist.

Raising Resilient Children: Nurturing Emotional Strength and Adaptability The ability to navigate hardships with confidence & courage protects a person's long-term health and happiness. Explore strategies for building emotional strength and discuss practical techniques to help children navigate setbacks, manage stress, and develop a positive outlook on life in this one-hour seminar with a licensed therapist.

Creating Positive Connections in Discipline Does punishment change children's behavior? Explore the differences between discipline and punishment - and learn how discipline can be used to create trusting relationships that foster success. This course is designed for professionals who work with children and families and is developed from a culturally conscious and trauma-informed lens.

Nurturing Connection & Bonding with Kids Nurturing a strong bond between children and their caregivers is key to emotional and psychological growth. Discover the power of connection to optimize children's brain development, enhance social skills, and provide emotional stability in this one-hour seminar with a licensed therapist.

Goals of Behavior: Recognizing Children's Goals & Avoiding Power Struggles

Adlerian psychology explains that when children misbehave there are underlying reasons motivating the behavior – wanting attention or control, seeking revenge, or showing a sense of helplessness. Understanding what motivates behavior helps parents and caregivers address the root cause of misbehavior and promote healthier patterns of communication. Discuss the goals of behavior and learn how to respond in ways that benefit the child and to avoid power struggles in this one-hour seminar with a licensed therapist.

How Personality Priorities Impact Your Parenting We all have 1-2 dominant personality priorities that guide us. Your intrinsic priorities shape your approach to parenting, influence dynamics with your partner, and integrate with your child's unique priorities. Discuss how to balance these priorities and foster a harmonious family environment in this one-hour seminar with a licensed therapist.

Responding to Children in Crisis Approximately 1 in 5 children experience a diagnosable mental illness each year, but only 20% receive adequate treatment. Learn to identify the early warning signs of mental illness in children and how to offer immediate support. Discuss what resources are needed once the crisis has passed and explore strategies for fostering a supportive home environment. Empower yourself with the tools to navigate crises with confidence and care in this one-hour seminar with a licensed therapist.

Understanding School Avoidance: Strategies to Support Re-Engagement Explore the common reasons why children avoid school and how to identify the root causes behind school avoidance. You'll gain practical strategies for re-engaging children in their education and learn how to collaborate effectively with schools to create supportive plans that foster success. Led by a mental health professional, this course provides compassionate guidance and actionable tools to help you support your child's journey back to a positive, confident school experience.

Strategies to De-escalate Children in Distress The knowledge and skills to proactively intervene and prevent situations from intensifying is critical for caregivers, educators, and other professionals who work with children. Learn to recognize the stages of emotional escalation in children and discuss de-escalation strategies and self-regulation skills with a licensed therapist.

Powerful Words: Language to Build Children's Self-Esteem Social media can create unrealistic expectations that leave young people feeling discouraged, empty, and depressed -- and parents, caregivers, and educators need to know how to respond. Learn what to say to help young people feel positive about themselves, regardless of challenges they may face or how others may view them.

Returning Responsibility: A Guide to Empowerment Transferring responsibility to children as they mature helps to boost their confidence and develop into self-sufficient and accountable people. Learn practical strategies for fostering responsibility in everyday activities and discuss how to strike a balance between offering children support and allowing autonomy in this one-hour seminar with a licensed therapist.

Understanding Depression in Young People Depression in children and teenagers is often undiagnosed and untreated because symptoms are mistaken for normal emotional changes. Learn what factors contribute to youth depression, common signs and symptoms to watch for, and practical ways caregivers, educators, and professionals can support young people and promote mental well-being.

Understanding Childhood Grief & Loss Children's grief responses are influenced by their developmental stage, how other family members are grieving, and the type of support they

receive. Explore the developmental stages of grief and learn practical ways to support young people in this one-hour seminar with a licensed therapist.

Understanding Suicide in Youth: Recognizing and Responding to Warning Signs This essential training equips parents and caregivers with the knowledge and skills to recognize and respond to warning signs of suicide in children and teenagers. You'll learn to distinguish between self-injury and suicidal intent and gain a clear understanding of the key risk and protective factors that influence a young person's safety and wellbeing. Stay informed with the latest trends and discover practical, prevention-focused strategies to support your child. We'll guide you through how to respond when concerns arise, what to do in a crisis situation, and effective steps you can take to promote safety and hope. This course is prevention-focused, giving caregivers the confidence to take concerns seriously and act early.

Understanding Traumatic Grief in Children The symptoms of childhood traumatic grief are severe, prolonged, and interfere with daily functioning. Learn to recognize the signs of traumatic grief in children with a licensed therapist, and discuss how to provide support to children who are experiencing traumatic grief in this one-hour seminar.

Talking to Kids about Mental Health Children are curious about their environment and the people around them. How do we answer their questions about mental health? Learn how to help children understand what mental illness is and is not, and how to answer their questions in this one-hour seminar with a licensed therapist.

The Power of Play Play is so important to child development that it has been recognized as a right by the United Nations High Commission for Human Rights. Learn how play impacts mental health, learning, and social-emotional connections from childhood through adolescence, and explore how play can strengthen family connections. Discuss what you can do to promote the power of play in your home & community in this one-hour seminar.

"Why Can't I Just Stop?" Understanding Obsessive Compulsive Disorder in Children and Adolescents Children with obsessive compulsive disorder usually know that persistent negative thoughts & compulsive behaviors are not typical and desperately want to stop, but they don't know how. Oftentimes they hide their symptoms from the world out of embarrassment and shame, causing them to feel isolated & misunderstood. Discuss OCD symptoms and causes, the impact on social and emotional development, and what treatment options are available with a licensed therapist.

"You Worry Too Much!" Understanding Anxiety in Children & Adolescents Kids are often aware that persistent anxious thoughts are not typical, and may hide their symptoms out of confusion, embarrassment, or shame. Discuss the causes and symptoms of anxiety in kids, explore evidence-based treatments, and learn practical ways you can provide support in this one-hour seminar with a licensed therapist.

2 Part Series: ADHD in Youth

ADHD in Youth: Understanding the Diagnosis Explore the symptoms and subtypes of ADHD and discuss the pathways to diagnosis with a licensed mental health professional. Understand how early childhood experiences, family genetics, brain differences, and the environment impact risk. Finally, discuss how to communicate with schools and doctors about your child's needs and key factors to consider when deciding if medication might be helpful.

ADHD in Youth: Practical Strengths-Based Supports Discover what science tells us about the best ways parents, caregivers, teachers, and other professionals can support children with ADHD. Routines, environmental supports, visual tools, addressing sensory needs, making classroom adjustments, and working closely with teachers are proven strategies that honor each child's unique way of thinking, rather than trying to make them fit a standard mold.

3 Part Series: Attachment Theory

Early Attachment: Why Emotional Bonds Matter Attachment theory is among the most popular concepts in children's mental health. Explore the stages of attachment, what secure attachment looks like, and the impact of insecure attachments in this one-hour webinar with a licensed therapist.

Managing Emotions through Connection How does the emotional support we do / do not receive as children impact our ability to manage emotions as adults? Learn the types of emotional support children need from infancy through adolescence, and the tools caregivers need to provide what each stage needs.

Emotional Attachments in Relationships Understanding your attachment style can help you not only understand yourself better, it helps you navigate relationships with the people you care about. Examine different attachment styles and how they impact our adult relationships and learn how to heal from early, unhealthy emotional attachments in this one-hour seminar.

2 Part Series: Autism Spectrum Disorder in Children

Autism Spectrum Disorder in Children: What Caregivers Need to Know This course offers an introduction to the core characteristics of autism spectrum disorder (ASD), including challenges in communication and social interaction, as well as patterns of restricted or repetitive behaviors. Discuss the diverse ways ASD can present across different subtypes, common strengths of children on the spectrum, and unique sensory processing profiles. We'll also explore the likely causes and contributing factors of ASD and the essential steps involved in screening and diagnosing ASD in children, empowering you with knowledge to advocate effectively for your child's needs.

Autism Spectrum Disorder: Strengths-Based Supports for Daily Life This course offers practical strategies for caregivers & professionals supporting children with autism spectrum disorder. Learn to use communication aids, visual schedules, and sensory accommodations to boost comfort and engagement. Discover play- and interest-based methods to build social skills and make daily interactions more meaningful, and gain tips for collaborating with schools to ensure

success. This course emphasizes nurturing independence and honoring neurological differences while providing effective supports tailored to each child's needs.

2 Part Series: Bullying

Bullying and the Impact on Children Cyberbullying, “mean girls”, sexual harassment, slurs – how do we help kids recognize and respond to bullying? Explore the types of bullying, risk factors for being bullied, and how bullying impacts children at different developmental stages with a licensed therapist. Examine how kids “become” bullies, how to help kids understand what bullying looks like, and signs that a child may be the victim of bullying in this one-hour seminar. Part 1 of a 2-part series.

Supporting Kids Who Have Experienced Bullying Finding out that your child is being bullied can be confusing and painful. Explore the factors involved when deciding when to step in to support a child, and when to give them space. Learn what is helpful to say to children when they are being bullied, how to increase the child's self-esteem, and how to help them know what to say to themselves and to the bully. Discuss how to encourage kids to ask for help, and how to get other adults to take bullying seriously in this one-hour seminar with a licensed therapist. Part 2 in a 2-part series.

3 Part Series: Childhood Trauma

The Impact of Childhood Trauma The first webinar in our trauma series explores what childhood trauma is, how traumatic responses may look different in children, and how childhood trauma can influence our well-being into adulthood. Discuss what factors influence the intensity of trauma reactions and what we can do to decrease the impact in this one-hour webinar with a licensed therapist.

Childhood Trauma: The Stages of Healing While trauma seriously impacts children, there is also hope for healing. Explore the three stages of trauma healing and learn what children need during these stages. Caregivers will learn how to recognize & respond to trauma reactions in an empathetic and supportive manner, while teaching children skills to manage big feelings as they move through the stages.

Childhood Trauma & Secondary Traumatic Stress in Caregivers Supporting children who have experienced trauma can impact your own mental well-being, resulting in secondary traumatic stress in some cases. Discuss how caregivers can safeguard themselves from emotional exhaustion and explore practical strategies to manage stress reactions while navigating the challenges of supporting traumatized children.

4 Part Series: Divorce

Navigating Divorce: Key Considerations and Communicating with Your Kids While staying together for the sake of the children may seem like the right choice, research shows that an unhealthy or unhappy marriage can negatively impact children's emotional health. Discuss the implications of staying together for the kids, trial separation, addressing blame, and how to tell your children about the divorce with a licensed therapist.

Understanding How Divorce Affects Children and Teenagers Explore how children react to divorce at different ages and developmental stages, as well as the long-term effects into adulthood. Learn how to help kids cope with their feelings and lessen the impact of divorce with a licensed therapist.

Helping Kids Cope after a Divorce Gain practical skills to help children navigate divorce, including effective communication, managing transitions, sharing time between parents, organizing between two homes, and maintaining schedules. Discuss how to help kids adapt to different rules at different homes, co-parenting tips, and blending families with a licensed therapist.

Supporting Kids Through Challenging Divorce Situations Discuss how to address parental arguments, absent parents, custody battles, children being caught in the middle, and safety concerns. Learn strategies to help children navigate these challenges and ensure their well-being with a licensed therapist.

3 Part Series: Emotional Regulation in Youth

Supporting Emotional Regulation in Kids: Providing a Foundation to Manage Big Emotions

Children aren't born knowing how to manage emotions or express feelings in appropriate ways. And when children don't understand their emotions, challenging behavior can arise. This webinar will help you find ways to create healthy connections with kids, understand how to calm the child's nervous system, and teach you skills to practice.

Supporting Emotional Regulation in Kids: Managing Emotional Storms Despite our best efforts to prepare children to manage big storms of emotions, they will struggle sometimes. Managing emotional storms takes emotional & physical maturity, and practice. In this webinar we'll look at the warning signs that indicate an emotional storm is on the horizon, interventions to support children when they feel an emotional storm brewing, and how to reduce the impact of the storm.

Supporting Emotional Regulation in Kids: Being a Calming Presence & Making Amends What are the most effective ways to support children when they get stuck in a storm of big emotions? Learn how to be a calming presence in a child's moment of distress and how to repair damage the storm has done in this one-hour seminar with a licensed therapist.

2-Part Series: Mindfulness & Meditation – Social & Emotional Skills to Help Kids Manage Big Emotions

Mindfulness for Kids: Managing Big Emotions & Improving Relationships People often assume that mindfulness won't work for kids who struggle to sit quietly. That isn't true. And there is extensive research supporting the effectiveness of mindfulness in decreasing anger, stress, and anxiety, and improving relationships with other people. Learn how mindfulness influences the brain, strategies to help kids understand & accept their emotions, and techniques to practice at home.

Meditation & Guided Imagery for Kids & Teenagers Meditation helps us connect with our emotions, reduce anger, and improve relationships with other people. Learn methods for teaching meditation to children, integrating meditation into the home routine, and establishing a space for family meditation in this one-hour seminar with a licensed therapist.

2 Part Series: The Preteen Years – A Time of Transition for Children Ages 10-12

Moving from Childhood to Preteen: How to Support Big Changes The transition to middle school can be a time of mixed emotions for kids as they navigate the excitement & fear of big changes. Discuss the changes preteens encounter (physical, social, emotional) and how we can support kids as they navigate new social connections, a new school environment, and new academic challenges. Gain tips to maintain open communication and work collaboratively in this one-hour seminar with a licensed therapist.

The Preteen Years: Special Issues for Kids Aged 10-12 Middle School offers a variety of new experiences. Explore some of the most common issues that preteens face – self-esteem, bullying, crushes & rejection, academic pressure, pushing boundaries with adults, mental health concerns, and the temptation of risky behaviors. Learn how to provide support & guidance to help kids to overcome challenges, and when those struggles should be cause for concern.

2 Part Series: Substance Use

Talking to Children About Alcohol & Substance Use in the Family Having a loved one with alcohol or drug dependence affects everyone in the family and can be confusing for children who don't understand addiction. Learn how to talk about caregiver/relative substance and alcohol use with kids, how to tailor the discussion to the child's developmental stage, and how to create a supportive environment where children feel safe to express their concerns and ask questions.

Substance Abuse & The Impact on Families Explore the impact of substance use on family dynamics & the emotional and psychological effects on children. This webinar is designed for caregivers, parents, mental health professionals and educators, and will include tips for effective communication and boundary setting, practical strategies for supporting recovery, and tools for creating a supportive family environment.

Meet the Instructors

Susan Dannen is a licensed independent social worker with over 25 years of experience in the mental health field. Susan trained at Jane Addams College of Social Work, University of Illinois Chicago for her MSW and specializes in child and adult mental health, anxiety, depression, grief, trauma, play therapy, foster care, and adoption.

Susan has held positions as an in-home therapist, day treatment therapist, school-based therapist, outpatient therapist, hospital/clinic therapist, program supervisor, and director. She has served as a trainer/writer for the Minnesota Child Welfare Training System, and as an Adjunct Professor at Adler Graduate School. She is passionate about educating and supporting others to find hope and healing.

Amber Rand is a licensed mental health counselor and seasoned behavioral health leader with more than 25 years of experience advancing trauma informed, recovery-oriented care across Iowa

and beyond. As an Instructor for Mindspring Mental Health Alliance, she brings deep expertise in community and workplace mental health education, creating interactive, evidence-based learning experiences that promote understanding, empathy, and resilience.

Amber holds a Master of Arts in Substance Abuse and Mental Health Counseling from the University of Iowa and a Bachelor of Arts in Psychology and Criminology from the University of Northern Iowa. She has held executive and clinical leadership roles in both adolescent and adult behavioral health programs and is also a Certified International Advanced Alcohol and Drug Counselor (IAADC). Amber is passionate about empowering individuals and teams to foster environments of psychological safety, collaboration, and well-being.

Alex Rohn is a licensed mental health counselor and a graduate of the University of Northern Iowa. Alex has worked in a variety of clinical and academic settings providing individual and group therapy as well as education and outreach surrounding trauma, mental health and stress management. Prior to her role at Mindspring, Alex coordinated programs and provided training for educators and parents in the Des Moines metro. In her free time, she enjoys chasing her twin girls, spending time with friends and family, and volunteering with other mental health and suicide prevention organizations.