



mindspring

MENTAL HEALTH ALLIANCE

Course Descriptions

Mental Health in the Workplace

Covid Trauma and the Workplace: We are living amid the first global mass trauma event for several decades. What can businesses expect from their teams after experiencing mass trauma, and where can you find the resources necessary to support your employees? Discuss how trauma impacts mental health and explore practical tips for managing the health effects of sustained stress in this one-hour seminar.

Dealing with Difficult People in the Workplace: Successfully defusing situations with upset or angry co-workers, customers, and others is a critical skill for modern workforces. Learn the signs, symptoms, and causes of distress in business, and gain expert tips for managing difficult situations with unreasonable people with a licensed therapist.

Managing Stress & Burnout at Work: Stress is something we all experience in our personal and professional lives. But when stress is severe or prolonged (or both), it can impact our physical and mental health in major ways. Learn practical tips to manage distress to avoid career burnout and discuss effective ways to cope with a licensed therapist.

Remote Work and Mental Health: Workplace culture is evolving. 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.

Stigma in the Workplace: Research shows that about 75% of employees have struggled with an issue that affected 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. This is problematic for employers because untreated mental illness costs companies billions every year. 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.

Strategies to Increase Employee Mental Wellness in the Post-Pandemic Era: As we enter the fifth year of the pandemic it is critically important to understand and recognize the lasting effects of traumatic experiences brought on by Covid, and the impact these experiences have on employee's mental health. A practical guide to enhancing self-care in the workplace, building

resilient teams, and creating a trauma-informed workplace to support employee's mental health. Explore leadership best practices in this one-hour webinar with a licensed therapist.

Workplace Violence & De-Escalation Techniques: Violence in the workplace involves a continuum of behavior from threats and verbal abuse to physical assaults and even homicide. Acts of violence are currently the third-leading cause of fatal occupational injuries in the United States, and rates of violence in the workplace are on the rise. These events cause frustration, anger, and pain for employees, customers, patients, and visitors – costing businesses an estimated \$36 billion each year. Explore what you can control in these situations and learn practical tools to de-escalate workplace violence & keep others safe when faced with uncontrollable turmoil.

Understanding Mental Health & Providing Support

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 and Mental Health: With the growing legalization and use of cannabis, it is crucial to explore the potential impacts it can have on mental well-being. This webinar provides evidence-based insights to promote a better understanding of the topic.

Communication Do's & Don'ts: Understanding how mental health impacts thinking and behavior helps to reduce frustration & stress, and improves outcomes for everyone. Learn simple tools to manage conflict and express feelings with a licensed therapist.

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.

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.

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.

Relationships, Family, and Mental Health: The complicated nature of mental illnesses can make relationships challenging, and caregiver stress — the emotional and physical stress of caregiving — is common. Learn strategies to set boundaries, respond to difficult behavior, and manage your own stress in this one-hour webinar 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: We know what to do when someone breaks their arm: brace it and go to the hospital. But what should you do when someone is experiencing a mental health emergency? Learn what causes crisis situations and the warning signs, how to respond, and what to do once the crisis has ended.

Self-Care and Wellbeing: A Hands-On Approach for Better Health 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 learn techniques 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: Understanding Premenstrual Dysphoric Disorder, Perinatal Depression, and Perinatal Anxiety 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.

Talking About Mental Health at Work and in Relationships: Deciding 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.

The Psychological Origins of Stigma & Bias: How does cultural bias impact treatment, prevention & recovery? Discuss the origins of understanding mental illness, how misinformation is spread, and how stigma impacts individuals and communities. Learn tips for correcting negative perceptions with a licensed therapist in this one-hour seminar.

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.

The Science Behind Self-Esteem & Self-Confidence: 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.

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 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 Anxiety: Occasional anxiety is an expected part of life. But anxiety disorders involve more than temporary worry. An accessible guide to understanding 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 Compassion Fatigue & Burnout: Does compassion cause suffering? When does it go too far and how can caregivers protect their own wellbeing? Learn the warning signs, who is at risk, and how to restore your emotional energy 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: Dissociative identity disorder, once called multiple personality 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 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.

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 High-Functioning Depression: The official diagnosis for high-functioning depression is persistent depressive disorder, or PDD. The symptoms are similar to major depression but less severe, and many people with PDD are able to maintain a relatively normal level of functioning. But persistent 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 PDD, what causes it, and who is at risk in this one-hour seminar with a licensed therapist. Learn how PDD is treated, how lifestyle changes can help, and how to support loved ones with PDD.

Understanding Hoarding: Hoarding is a compulsive behavior that involves much more than keeping extra papers around. Explore the reasons people hoard, common symptoms of hoarding, and the impact hoarding has on both the individual and the family 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: 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 impact your physical & mental health. Explore the reasons why people procrastinate and learn techniques to get and stay motivated in this one-hour seminar with a licensed therapist.

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 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 & 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 if you or a loved one have been diagnosed.

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 Affective Disorder: Do the winter months get you down more than you think they should? Explore the signs and symptoms of seasonal affective disorder, when it's time to see a doctor, and what treatment options are available. Discuss practical ways to manage symptoms and support loved ones who are struggling, with a licensed therapist.

Understanding Social Anxiety: It's normal to feel nervous in some social situations, but social anxiety disorder involves more than temporary discomfort when giving a presentation or making small talk. 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 possible causes are, how it is treated, and strategies to manage symptoms and support loved ones who are struggling.

Understanding Stress Responses: Effects on Your Body and Behavior The term 'stress' is used loosely in our culture. What does it really mean and how vulnerable are you? Understand the biology of stress and explore realistic and practical ways to manage distress in this one-hour seminar with a licensed therapist.

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 Trauma: Trauma is defined by the emotional and psychological effect an event has on people, and less by the event itself. Explore the science of trauma and discuss how trauma impacts physical & mental health with a licensed therapist.

Understanding Trichotillomania & Skin Picking (Excoriation Disorder): 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.

When a Loved One is Diagnosed: Insight from a Mental Health Professional 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.

What is Covid Trauma? The pandemic negatively affected many people's mental health. How do we heal from its impact? This seminar explores what trauma is and how Covid trauma has impacted society. Learn practical steps to start the healing process with a licensed therapist in this one-hour seminar.

Children's Mental Health

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: Bullying

Types of 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 your child is being bullied is 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 with a licensed therapist. Discuss how to encourage kids to ask for help, and how to get other adults to take bullying seriously.

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.

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.

[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.

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.

2 Part Series: 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.

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.

Understanding Depression & Suicide 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 and suicide, the signs and symptoms, and what we can do to prevent it with a licensed therapist.

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 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. Explore the causes and symptoms of anxiety in children and adolescents, evidence-based treatment options, and practical ways you can provide support in this one-hour seminar with a licensed therapist.

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, and specializes in child and adult mental health, anxiety, depression, grief, trauma, foster care, and adoption. She is passionate about educating and supporting others to find hope and healing. She has held positions as an in-home therapist, school-based therapist, hospital therapist, outpatient therapist, program supervisor, and director. Susan has served as a trainer/writer for the Minnesota Child Welfare Training System and as an Adjunct Professor at Adler Graduate School.

Jaymi Dormaier is a Licensed Master Social Worker with more than ten years of experience in the mental health field. In Jaymi's career as a social worker and therapist she has worked with diverse populations focusing on anxiety, depression, grief, trauma, foster care, adoption, homelessness, and addiction. She is passionate about helping others live a life they love.