

# The Lowcountry Mental Health Conference

2023 Schedule

Thursday, July 27, 2023

The Gaillard Performance Hall ~ Charleston, SC

Time	Event	Presenter
7:30am - 8:30am	Registration, Networking, Breakfast	
8:30am - 9:00am	Welcome & Opening Remarks	<b>John J. Tecklenburg</b> <i>Mayor of Charleston, South Carolina</i>
9:00am - 10:15am (1.25 contact hours)	<b>Finding Our Authentic Selves in a World of Conformity and Constraint</b> <i>Helping Our Patients Find Their Voice</i>	<b>Dr. Chika Stacy Oriuwa</b> <i>Doctor in Psychiatry The University of Toronto</i>
10:15am - 10:30am	Break	
10:30am - 11:45am (1.25 contact hours)	<b>Reflections on Life's Challenges, Sobriety, Loss, and Selfcare</b> <i>A Candid Conversation with Anne Lamott</i>	<b>Anne Lamott</b> <i>Bestselling Novelist and Essayist</i>
11:45am - 1:45pm	Lunch ( <i>on your own</i> )	
<b>Lunch Sessions</b> (11:45am - 1:00pm) 1.25 contact hours	<b>Dr. Oriuwa Talk</b> TBD <b>Dr. Chika Stacy Oriuwa</b> <i>(Auditorium)</i>	
1:45pm - 2:45pm (1 contact hour)	<b>The Secret Life of the Brain</b> <i>You Aren't at the Mercy of Your Emotions - Your Brain Creates Them</i>	<b>Lisa Feldman Barrett, Ph.D.</b> <i>Chief Science Officer Center for Law, Brain, &amp; Behavior Massachusetts General Hospital Distinguished Professor of Psychology Northeastern University</i>
2:45pm - 3:00pm	Break	
3:00pm - 4:00pm (1 contact hour)	<b>Rethinking Anxiety &amp; Depression</b> <i>Case Conceptualizations &amp; Clinical Interventions in Today's World</i>	<b>Jonathan Sperry, Ph.D., LCSW</b> <i>Psychologist, Diplomate in Adlerian Psychology, Associate Professor - Lynn University</i>
4:00pm - 4:15pm	Break	
4:15pm - 5:30pm (1.25 contact hours)	<b>Navigating the Complex World of Relationships and Sex with Our Clients</b>	<b>Emily Nagoski, Ph.D.</b> <i>Sex Educator, Best-Selling Author, and Researcher</i>

# The Lowcountry Mental Health Conference

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Friday, July 28, 2023

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Time	Event	Presenter
7:30am - 8:15am	Registration, Networking, Breakfast	
8:15am - 8:30am	Welcome & Opening Remarks	<b>Robert L. Bank, M.D.</b> <i>State Director - South Carolina DMH</i>
8:30am - 9:45am <i>(1.25 contact hours)</i>	<b>Family Dynamics, Personal Connection, &amp; Meaning Making</b> Empathy, Understanding, and Working with Our Clients within a Greater Social Framework	<b>Rev. Dr. Byron L. Benton</b> <i>Senior Pastor</i> <b>Mount Moriah Baptist Church</b>
9:45am - 10:00am	Break	
10:00am - 11:00am <i>(1 contact hour)</i>	<b>Bearing the Unbearable - Love, Loss, &amp; the Path of Grief</b> Counseling Those Affected by Traumatic Loss	<b>Joanne Cacciatore, Ph.D., MSW</b> <i>MISS Foundation Founder, Author, Professor at Arizona State University</i>
11:00am - 11:15am	Break	
11:15am - 12:15pm <i>(1 contact hour)</i>	<b>Psychedelics as a Means to Treat Mental Health</b> Innovative Treatments and Promising Outcomes	<b>Matthew W. Johnson, Ph.D.</b> <i>Professor of Psychiatry</i> Johns Hopkins University Center for Psychedelic & Consciousness Research
12:15pm - 2:00pm	Lunch	
<b>Lunch Sessions</b> <i>(12:15 - 1:15pm)</i> <i>1 contact hour</i>	<b>TBD</b> <b>TBD</b> <b>Speaker TBD</b> <i>(Auditorium)</i>	
2:00pm - 3:00pm <i>1 contact hour</i>	<b>Family Dynamics and Addiction</b> Working with Clients Impacted By A Loved One's Addiction	<b>Karen Perlmutter, LISW-CP</b> <i>Founder Collaborative Counseling, Family Systems Substance Abuse Treatment Expert</i>
3:00pm - 3:15pm	Break	
3:15pm - 4:15pm <i>1 contact hour</i>	<b>Trauma and the Healing Power of the Creative Process</b> <b>A Closing Talk &amp; Musical Performance</b>	<b>Wild Ponies</b> <i>Iconic Folk, Country, &amp; Rock Infusion Band</i>