

# 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 <i>(1.25 contact hours)</i>	<b>Boldly Belonging, Embracing Authenticity, and Cultivating Spaces of Inclusivity</b> <b>Helping Our Patients Find Their Voice</b>	<b>Dr. Chika Stacy Oriuwa</b> <i>Doctor in Psychiatry The University of Toronto</i>
10:15am - 10:30am	Break	
10:30am - 11:45am <i>(1.25 contact hours)</i>	<b>Reflections on Life's Challenges, Sobriety, Loss, and Selfcare</b> <b>A Candid Conversation with Anne Lamott</b>	<b>Anne Lamott</b> <i>Bestselling Novelist and Essayist</i>
11:45am - 1:45pm	Lunch <i>(on your own)</i>	
<b>Lunch Sessions</b> <i>(11:45am - 1:00pm)</i> <i>1.25 contact hours</i>	<b>A Primer Conversation on Emotions and the Brain</b> <b>Dr. Lisa Feldman Barrett</b> <i>(Auditorium)</i>	
1:45pm - 2:45pm <i>(1 contact hour)</i>	<b>The Secret Life of the Brain</b> <b>You Aren't at the Mercy of Your Emotions - Your Brain Creates Them</b>	<b>Lisa Feldman Barrett, Ph.D.</b> <i>University Distinguished Professor of Psychology, Northeastern University; Research Scientist, Dept of Psychiatry and Radiology, Mass general Hospital; Chief Science Office, Center for Law, Brain and Behavior, Mass general Hospital</i>
2:45pm - 3:00pm	Break	
3:00pm - 4:00pm <i>(1 contact hour)</i>	<b>Rethinking Anxiety &amp; Depression</b> <b>Case Conceptualizations &amp; Clinical Interventions in Today's World</b>	<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 <i>(1.25 contact hours)</i>	<b>Come As You Are</b> <b>Exploring Desire, Sex, and Relationships with Our Clients</b>	<b>Emily Nagoski, Ph.D.</b> <i>Sex Educator, Best-Selling Author, and Researcher</i>

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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>What is Good Grief Support?</b> Traumatic Grief and Novel Approaches to Psychosocial Care	<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>Beyond Competency: Working Inclusively with LGBTQ+ Clients</b> <b>Sarah Harbin-Coleman and Chandler Massengale, LMSW</b> <i>(Auditorium)</i>	
2:00pm - 3:00pm <i>1 contact hour</i>	<b>Loving Someone With SUD Without Losing Yourself</b> Empowering Our Clients Who Face the Unique Challenges of Addiction in the Family	<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> A Closing Talk & Musical Performance	<b>Wild Ponies</b> <i>Iconic Folk, Country, &amp; Rock Infusion Band</i>