

# The Lowcountry Mental Health Conference

2023 Schedule ~ Virtual

**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, and Musical Performance	<b>Charlamagne Tha God</b> <i>Multimedia Mogal - Mental Health Champion</i>
		<b>John J. Tecklenburg</b> <i>Mayor of Charleston, South Carolina</i>
9:00am - 10:15am (1.25 contact hours)	<b>Placemaking From the Inside-Out</b> Reflecting on the Impact of Knowledge of Personal and Public History on Self-Identity and Wellness	<b>Tonya M. Matthews, Ph.D.</b> <i>President and CEO International African American Museum</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> A Candid Conversation with Anne Lamott (No NBCC Credits for this session)	<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>A Q &amp; A Conversation on Emotions and the Brain</b>	<b>Lisa Feldman Barrett, Ph.D.</b> <i>University Distinguished Professor of Psychology, Northeastern University; Chief Science Office, Center for Law, Brain and Behavior, Mass General Hospital</i>
1:45pm - 2:45pm (1 contact hour)	<b>The Secret Life of the Brain</b> You Aren't at the Mercy of Your Emotions - Your Brain Creates Them	<b>Lisa Feldman Barrett, Ph.D.</b> <i>University Distinguished Professor of Psychology, Northeastern University; Chief Science Office, Center for Law, Brain and Behavior, Mass General Hospital</i>
2:45pm - 3:00pm	Break	
3:00pm - 4:00pm (1 contact hour)	<b>Rethinking Anxiety &amp; Depression</b> Case Conceptualizations & Clinical Interventions in Today's World	<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>Come As You Are</b> Exploring Desire, Sex, and Relationships with Our Clients	<b>Emily Nagoski, Ph.D.</b> <i>Sex Educator, Best-Selling Author, and Researcher</i>

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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 (1.25 contact hours)	<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 (1 contact hour)	<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 (1 contact hour)	<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> <b>Johns Hopkins University</b> Center for Psychedelic & Consciousness Research
12:15pm - 2:00pm	Lunch	
<b>Lunch Sessions</b> (12:15 - 1:15pm) 1 contact hour	<b>Beyond Competency:</b> Working Inclusively with LGBTQIA+ Clients	<b>Sarah Harbin-Coleman, LPC</b> <i>Therapist &amp; LGBTQIA+ Advocate</i> <b>Chandler Massengale, LMSW</b> <i>Licensed Social Worker, Therapist, &amp; LGBTQIA+ Advocate</i>
2:00pm - 3:00pm 1 contact hour	<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 1 contact hour	<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>