

The Lowcountry Mental Health Conference

2024 Schedule ~ In-Person

Wednesday, July 24, 2024

The Gaillard Performance Hall ~ Charleston, SC

Pre-Conference Sessions

Time	Event			
5:00pm - 6:00pm	Pre-Conference Session Registration			
6:00pm - 7:00pm <i>(1 contact hour)</i>	<table border="1"><tr><td><p>The Invitation to Change (Part 1)</p><p>Tools for Helping Substance Users and Their Families</p><p>Jeff Foote, Ph.D., CEO Carrie Wilkens, Ph.D., CEO CMC: Foundation for Change</p></td><td><p>Bringing Embodied Practices Into The Therapeutic Space (Part 1)</p><p>Jenn Turner, LMHC, TCTSY-F Founder & Co-Director Center for Trauma & Embodiment</p></td><td><p>Ethics, Social Media, and Technology</p><p><i>(2 Hour Ethics Workshop)</i></p><p>Barbara Melton, M.Ed., LPC, LPCS, LAC, LACS, NCC/ MAC, CS</p></td></tr></table>	<p>The Invitation to Change (Part 1)</p> <p>Tools for Helping Substance Users and Their Families</p> <p>Jeff Foote, Ph.D., CEO Carrie Wilkens, Ph.D., CEO CMC: Foundation for Change</p>	<p>Bringing Embodied Practices Into The Therapeutic Space (Part 1)</p> <p>Jenn Turner, LMHC, TCTSY-F Founder & Co-Director Center for Trauma & Embodiment</p>	<p>Ethics, Social Media, and Technology</p> <p><i>(2 Hour Ethics Workshop)</i></p> <p>Barbara Melton, M.Ed., LPC, LPCS, LAC, LACS, NCC/ MAC, CS</p>
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7:00pm - 7:15pm	Break			
7:15pm - 8:15pm <i>(1 contact hour)</i>	<table border="1"><tr><td><p>The Invitation to Change (Part 2)</p><p>Tools for Helping Substance Users and Their Families</p><p>Jeff Foote, Ph.D., CEO Carrie Wilkens, Ph.D., CEO CMC: Foundation for Change</p></td><td><p>Bringing Embodied Practices Into The Therapeutic Space (Part 2)</p><p>Jenn Turner, LMHC, TCTSY-F Founder & Co-Director Center for Trauma & Embodiment</p></td><td><p>Ethics, Social Media, and Technology</p><p><i>(2 Hour Ethics Workshop)</i></p><p>Barbara Melton, M.Ed., LPC, LPCS, LAC, LACS, NCC/ MAC, CS</p></td></tr></table>	<p>The Invitation to Change (Part 2)</p> <p>Tools for Helping Substance Users and Their Families</p> <p>Jeff Foote, Ph.D., CEO Carrie Wilkens, Ph.D., CEO CMC: Foundation for Change</p>	<p>Bringing Embodied Practices Into The Therapeutic Space (Part 2)</p> <p>Jenn Turner, LMHC, TCTSY-F Founder & Co-Director Center for Trauma & Embodiment</p>	<p>Ethics, Social Media, and Technology</p> <p><i>(2 Hour Ethics Workshop)</i></p> <p>Barbara Melton, M.Ed., LPC, LPCS, LAC, LACS, NCC/ MAC, CS</p>
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The Lowcountry Mental Health Conference

2024 Schedule ~ In-Person
Thursday, July 25, 2024

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	TBD
9:00am - 10:15am (1.25 contact hours)	The Poet's Keys A Guide to Unlocking Growth	Tucker Bryant Nationally Renowned Poet and Speaker Stanford University
10:15am - 10:30am	Break	
10:30am - 11:45am (1.25 contact hours)	Empowerment, Compassion & Embracing Life's Challenges The Gifts of Rational Emotive Behavior Therapy	Dr. Debbie Joffe Ellis Psychologist, Counselor, Author, and Professor Columbia University
11:45am - 1:45pm	Lunch (on your own)	
Lunch Sessions (11:45am - 1:00pm) 1.25 contact hours	Racisms Impact on Black Intimacy Exploring Culturally Appropriate Modalities for Therapists Jennelle Perkins-Muhammad, MFT, Ph.D. (Auditorium)	Talk topic coming soon Speaker TBD
1:45pm - 2:45pm (1 contact hour)	Interoceptive Awareness How Sensing Ourselves Supports Healing From Trauma	Jenn Turner, LMHC, RYT Founder and Co-Director Center for Trauma and Embodiment
2:45pm - 3:00pm	Break	
3:00pm - 4:00pm (1 contact hour)	Story, Sound, Silence: Buddhist Wonderings On Grief and Loss	Chenxing Han Author, Professor, and Chaplaincy Trained Buddhist University of Michigan
4:00pm - 4:15pm	Break	
4:15pm - 5:30pm (1.25 contact hours)	Science, Kindness, and Substance Use Inviting Change in a Stigmatized World	Carrie Wilkens, Ph.D. & Jeff Foote, Ph.D. Co-Presidents & CEOs CMC Foundation for Change

The Lowcountry Mental Health Conference

2024 Schedule ~ In-Person

Friday, July 26, 2024

The Gaillard Performance Hall ~ Charleston, SC

Time	Event	Presenter
7:30am - 8:15am	Registration, Networking, Breakfast	
8:15am - 8:30am	Welcome & Opening Remarks	Robert L. Bank, M.D. <i>Acting State Director South Carolina Dept of Mental Health</i>
8:30am - 9:30am (1 contact hour)	Little Treatments, Big Effects Single Session Interventions as a Mental Health Moonshot	Jessica L. Schleider, Ph.D. <i>Director - Lab for Scalable Mental Health Associate Professor & Psychologist Northwestern University</i>
9:30am - 9:45am	Break	
9:45am - 10:45am (1 contact hour)	Chatter The Voices In Our Head, Why It Matters, and How to Harness It	Ethan Kross, Ph.D. <i>Award Winning Professor, Scientist, and Author University of Michigan</i>
10:45am - 11:00am	Break	
11:00am - 12:15pm (1.25 contact hours)	Depression, Suicide, and Hope for Better Days An Interview & Performance by Chase Bryant with facilitator Kelly Holes-Lewis, M.D.	Chase Bryant <i>Country Musician and Mental Health Advocate</i> Kelly Holes-Lewis, M.D. <i>Board Certified Psychiatrist and Modern Minds Medical Director</i>
12:15pm - 2:00pm	Lunch	
Lunch Sessions (12:15 - 1:15pm) 1 contact hour	Happiness Find What You Love & Let It Kill You A Conversation with James Hollis PhD (Auditorium - Virtual Guest)	Title TBD Here Subtitle added here Speaker Name
2:00pm - 3:00pm 1 contact hour	Talk Topic Coming Soon!	Speaker TBD
3:00pm - 3:15pm	Break	
3:15pm - 4:15pm 1 contact hour	In Our Own Voices Mental Health Through the Lens of Our Youth	Student Showcase <i>South Carolina High School Student Performances</i>