

# The Lowcountry Mental Health Conference

2024 Schedule ~ Virtual

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

# The Lowcountry Mental Health Conference

2024 Schedule ~ Virtual

**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	
8:30am - 9:30am (1 contact hour)	<b>Little Treatments, Big Effects</b> Single Session Interventions As A Mental Health Moonshot	<b>Jessica L. Schleider, Ph.D.</b> <i>Director - Lab for Scalable Mental Health Associate Professor &amp; Psychologist Northwestern University</i>
9:30am - 9:45am	Break	
9:45am - 10:45am (1 contact hour)	<b>Chatter</b> The Voices In Our Head, Why It Matters, and How to Help Our Clients Harness It	<b>Ethan Kross, Ph.D.</b> <i>Award Winning Professor, Scientist, and Author University of Michigan</i>
10:45am - 11:00am	Break	
11:00am - 12:15pm (1.25 contact hours)	<b>Depression, Suicide, and Hope for Better Days</b> An Interview & Musical Performance	<b>Chase Bryant</b> <i>Country Musician and Mental Health Advocate</i>  <b>Kelly Holes-Lewis, M.D.</b> <i>Board Certified Psychiatrist and Psychotherapist at Modern Minds</i>
12:15pm - 2:00pm	Lunch	
<b>Lunch Sessions</b> (12:15 - 1:15pm) 1 contact hour	<b>Happiness</b> Find What You Love & Let It Kill You (A Conversation with James Hollis Ph.D.) <i>Auditorium - Virtual Guest</i>	<b>James Hollis, Ph.D.</b> <i>Leading Jungian Analyst and Best Selling Author</i>
2:00pm - 3:00pm 1 contact hour	<b>Cultivating Resilience</b> Becoming a Worthy Opponent	<b>Lisa A. Marchiano, LCSW</b> <i>Certified Jungian Analyst, Author and Podcaster</i>
3:00pm - 3:15pm	Break	
3:15pm - 4:15pm 1 contact hour	<b>In Our Own Voices</b> Mental Health Through the Lens of Our Youth	<b>Student Showcase</b> <i>South Carolina High School Student Performances</i>