

The Lowcountry Mental Health Conference

2025 Schedule ~ In-Person

Wednesday, July 30, 2025

The Gaillard Performance Hall ~ Charleston, SC

Pre-Conference Sessions

Time	Event
5:00pm - 6:00pm	Pre-Conference Session Registration
<u>Session Format</u>	<u>Session Choices</u>
6:00pm - 7:00pm (15-Minute Break)	(1) The No Nonsense and Life-Transforming Cognitive, Behavioral and Emotional Approach of Rational Emotive Behavior Therapy Dr. Debbie Joffe Ellis <i>Renowned Mental Health Counselor/Therapist, Author, and Professor at Columbia University</i>
7:15pm - 8:15pm	
(2 Contact Hours Earned)	(2) “Do You See Me and Can You Help Me?” Honoring Client Race and Culture In Assessment and Psychotherapy Jenna Leonore, Ph.D.; Jerez Mitchell, Ph.D.; Karen Hammack, Ph.D.; Omega Roberson
	(3) Ethics of Somatic Integration in Clinical and Therapeutic Settings Unique Stress Management Interventions and the Ethical Considerations for Implementation LCDR Brian F. Reiner, Psy.D. and Neil C. Tucker, M.Ed., EMT (Earn 2 Ethics Hours!)

The Lowcountry Mental Health Conference

2025 Schedule ~ In-Person

Thursday, July 31, 2025

The Gaillard Performance Hall ~ Charleston, SC

Time	Event	Presenter
7:30am - 8:30am	Registration, Networking, Breakfast	
8:30am - 9:00am	Welcome and Opening Remarks	Robert L. Bank, M.D. <i>Interim State Director SC Department of Mental Health</i>
9:00am - 10:00am (1 contact hour)	Solution Focused Brief Therapy An Approach As Lasting As A Diamond	Elliott Connie, M.S., LPC <i>Leading Psychotherapist, Author, Founder of the Solution Focused Universe</i>
10:00am - 10:15am	Break	
10:15am - 11:15am (1 contact hour)	Care of the Soul A Therapeutic Way of Life (No NBCC Hours for this Session)	Thomas Moore, Ph.D. <i>Psychotherapist, Professor, NY Times Bestselling Author</i>
11:15am - 11:30am	Break	
11:30am - 12:30pm (1 contact hour)	When Ungrieved Sorrow Pervades Personality Working with Depressive and Self-Defeating Patterns	Nancy McWilliams, Ph.D., ABPP <i>Leading Psychotherapist, Author, Professor, Expert in Psychodynamic Psychotherapy</i>
12:30pm - 2:30pm	Lunch (on your own)	
Lunch Sessions (12:45pm - 2:00pm) 1.25 contact hours	<div> Countertransference w/ Self-Defeating Patients Using Therapists' Emotional Reactions to Facilitate Treatment Nancy McWilliams, Ph.D. (Auditorium - Live Streamed) </div> <div> Discover the Best Version of Yourself and Others Within the Clinical Process Elliott Connie, LPC </div> <div> Myth, Dream and Magic in the Practice of Therapy Thomas Moore, Ph.D. </div> <div> Engaging Metaphors & ACT Exercises for the Clinician's Toolbox Lauren H. Carter, Ph.D. </div>	
2:30pm - 3:30pm (1 contact hour)	The Fastest Route to a More Productive Practice Target the Most Important Skillset in All of Mental Health	Steven C. Hayes, Ph.D. <i>World-Renowned Psychologist, University Professor, Researcher, Originator of Acceptance Commitment Therapy (ACT)</i>
3:30pm - 3:45pm	Break	
3:45pm - 4:45pm (1 contact hour)	Treating Anxiety in 2025 Are We As Stuck As Our Clients?	Lynn Lyons, LICSW <i>Psychotherapist, Licensed Clinical Social Worker, Author, International Speaker on Anxiety Disorders</i>

The Lowcountry Mental Health Conference

2025 Schedule ~ In-Person

Friday, August 1, 2025

The Gaillard Performance Hall ~ Charleston, SC

Time	Event	Presenter
7:30am - 8:15am	Registration, Networking, Breakfast	
8:15am - 8:30am	Welcome & Opening Remarks	Deborah S. Blalock, LPC-S <i>Deputy Director, Community MH Services SC Department of Mental Health</i>
8:30am - 9:45am (1.25 contact hours)	Bringing Clients Back to Themselves Working with Clients Experiencing Narcissistic Abuse	Ramani Durvasula, Ph.D. <i>Narcissism Treatment Expert, Professor Emerita of Psychology at CSU-Los Angeles, Licensed Clinical Psychologist, NY Times Bestselling Author</i>
9:45am - 10:00am	Break	
10:00am - 11:15am (1.25 contact hours)	Core Principles for Any Practice The Art and Science of Psychoanalytic Therapy in the 21st Century	Jonathan Shedler, Ph.D. <i>Internationally Acclaimed Clinical Consultant, Author, Speaker, Researcher, Clinical Professor</i>
11:15am - 1:00pm	Lunch	
Lunch Sessions (11:15am - 12:30pm) (1.25 contact hours)	<div> Exploring All Things Psychotherapy! An Interview & Conversation with Dr. Joffe Ellis Dr. Debbie Joffe Ellis (Auditorium - Live Streamed) </div> <div> The Shift Into Action Helping Anxious & Depressed People with a Process-Based Approach Lynn Lyons, LICSW </div> <div> Clinical Case Consultation What to Do When Therapy Feels Stuck Jonathan Shedler, Ph.D. </div> <div> Walking Backwards The Role of Emotional Regression in the Treatment of Anger, Grief, & Addiction Aaron Olson, CMHC, SUDC </div>	
1:00pm - 5:30pm	One Size Fits None Acceptance Commitment Therapy (ACT) and a Process Based Approach	Steven C. Hayes, Ph.D. <i>World-Renowned Psychologist, University Professor, Researcher, Originator of Acceptance Commitment Therapy (ACT)</i>
An Afternoon Talk & Workshop		
<i>Several Breaks Included</i> (4 Contact Hours)	A unique and interactive afternoon workshop!	