

The Lowcountry Mental Health Conference

2026 Schedule ~ Virtual

Thursday, July 30, 2026

The Gaillard Performance Hall ~ Charleston, SC

Time	Event	Presenter
7:30am - 8:30am	Registration, Networking, Breakfast	
8:30am - 9:00am	Welcome and Opening Remarks	Jennifer Brush, LPC <i>Executive Director, Charleston Dorchester MHC SC Office of Mental Health</i>
9:00am - 10:00am (1 contact hour)	Transforming Suffering Into Wisdom A Chan-Informed Perspective For Therapeutic Practice	Shi Heng Yi <i>Teacher, Author, and Founder of the Shaolin Temple Europe - A Zen Based Community</i>
10:00am - 10:30am	Break and Networking	
10:30am - 11:45am (1.25 contact hour)	Traumatic Grief Releasing Pain and Finding Meaning	David Kessler <i>Leading Author and the World's Foremost Expert on Grief and Loss</i>
11:45pm - 1:45pm	Lunch (<i>on your own</i>)	
Lunch Sessions (11:45pm - 1:00pm) 1.25 contact hours	Practical Tools For Working With Loss, Anger, and Emotional Stuckness David Kessler and Paul Denniston (Auditorium - Live Streamed)	
1:45pm - 3:00pm (1.25 contact hour)	Advanced Applications and Interventions in Solution Focused Brief Therapy	Elliott Connie, M.A., LPC <i>Solution Focused Brief Therapy Expert, Leading Psychotherapist, Author, and Podcaster</i>
3:00pm - 3:15pm	Break and Networking	
3:15pm - 4:30pm (1.25 contact hour)	Addressing Eating Disorders in Your Practice Evolving Clinical and Research Perspectives on the Etiology and Treatment of Eating Disorders	Tim Brewerton, M.D. <i>Prominent Board Certified Psychiatrist, Affiliate Professor at MUSC and Leading Eating Disorder and Trauma Researcher</i>

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Time	Event	Presenter
7:30am - 8:30am	Registration, Networking, Breakfast	
8:30am - 8:45am	Welcome & Opening Remarks	Deborah S. Blalock, LPC-S <i>Deputy Director, Community MH Services SC Office of Mental Health</i>
8:45am - 10:00am (1.25 contact hours)	Beyond One Model Integrative Tools and Techniques for Trauma Treatment	Frank Anderson, M.D. <i>World Renowned Trauma Expert, Author, and Harvard Trained Psychiatrist</i>
10:00am - 10:15am	Break	
10:15am - 11:30am (1.25 contact hours)	Come Closer Childhood Wounds, Adult Love, and the Secrets of Intimacy	Dr. Galit Atlas <i>Internationally Acclaimed Psychoanalyst, Researcher, and Author</i>
11:30am - 1:00pm	Lunch	
Lunch Sessions (11:30am - 12:30pm) (1 contact hour)	Embodied Spirituality An Exploration In Personal Transformation Shi Heng Yi (Auditorium - Live Streamed)	
1:00pm - 2:45pm (1.75 Contact Hours)	The Diamond Approach Clarity, Courage, and the Power of What's Possible	Elliott Connie, M.A., LPC <i>Solution Focused Brief Therapy Expert, Leading Psychotherapist, Author, and Podcaster</i>
2:45pm - 3:00pm	Break	
3:00pm - 4:00pm (1 Contact Hour)	Losing A Loved One To Suicide An Interview, Conversation, and Message of Hope and Healing	Tessa Spencer <i>ABC News Four Anchor, Gulf-War Veteran, and Mother of a Child Lost to Suicide</i> Matt Dorman, M.Ed., LPC <i>Live Oak Mental Health & Wellness Clinical Director</i>

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