

The Lowcountry Mental Health Conference

2026 Schedule ~ In-Person

Wednesday, July 29, 2026

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) Moving With Grief and the Body An Experiential Workshop for Clinicians and Clients Paul Denniston
7:15pm - 8:15pm	
(2 Contact Hours Earned)	(2) Spirituality and Psychotherapy Exploring Spirituality Within the Clinical Process Rick Lawhon, LPC, LPC-S, NCAC
	(3) Autism and Mental Health Key Strategies And Approaches To Treatment Stephanie Turner, LMSW, MPH, BCBA

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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 (11:45am - 1:00pm) 1.25 contact hours	<table border="0"> <tr> <td style="vertical-align: top;"> When Talk Isn't Enough: Practical Tools for Working With Loss, Anger, and Emotional Stuckness David Kessler & Paul Denniston (Auditorium - Live Streamed) </td> <td style="vertical-align: top;"> Interstate Compact: New Opportunities to Practice Across State Lines for LPCs Barbara Melton, LPCS, LACS, NCC/MAC </td> <td style="vertical-align: top;"> Beyond Medications: The Expanding Role of Interventional Psychiatry Brittany Albright, M.D. </td> <td style="vertical-align: top;"> Small Group Q & A (Raffle Awarded Only) Shi Heng Yi </td> </tr> </table>	When Talk Isn't Enough: Practical Tools for Working With Loss, Anger, and Emotional Stuckness David Kessler & Paul Denniston (Auditorium - Live Streamed)	Interstate Compact: New Opportunities to Practice Across State Lines for LPCs Barbara Melton, LPCS, LACS, NCC/MAC	Beyond Medications: The Expanding Role of Interventional Psychiatry Brittany Albright, M.D.	Small Group Q & A (Raffle Awarded Only) Shi Heng Yi	
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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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Friday, July 31, 2026

The Gaillard Performance Hall ~ Charleston, SC

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)	<table border="0"> <tr> <td style="vertical-align: top;"> Embodied Spirituality An Exploration In Personal Transformation Shi Heng Yi (Auditorium - Live Streamed) </td> <td style="vertical-align: top;"> Self, Soul, & Spirituality in Healing Trauma Practical Ways to Work with Meaning Frank Anderson, M.D. </td> <td style="vertical-align: top;"> Emotional Inheritance: A Workshop on the Legacy of Trauma Dr. Galit Atlas </td> <td style="vertical-align: top;"> The Role of Adverse Childhood Experiences & Other Traumas in the Assessment & TX of Eating Disorders Tim Brewerton, M.D. </td> </tr> </table>	Embodied Spirituality An Exploration In Personal Transformation Shi Heng Yi (Auditorium - Live Streamed)	Self, Soul, & Spirituality in Healing Trauma Practical Ways to Work with Meaning Frank Anderson, M.D.	Emotional Inheritance: A Workshop on the Legacy of Trauma Dr. Galit Atlas	The Role of Adverse Childhood Experiences & Other Traumas in the Assessment & TX of Eating Disorders Tim Brewerton, M.D.	
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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> Matthew Dorman, M.Ed., LPC <i>Live Oak Mental Health & Wellness Clinical Director</i>				

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