

# The Lowcountry Mental Health Conference

2021 Schedule

**Wednesday, July 28, 2021**

The Gaillard Performance Hall ~ Charleston, SC

## Pre-Conference Sessions

Time	Event		
5:00pm - 6:00pm	Pre-Conference Session Registration		
	<b>Salon Room 1</b> <b>Salon Room 2</b> <b>Green Room</b>		
6:00pm - 7:00pm (1 contact hour)	<b>Race, Culture, &amp; Society Talk - Part 1</b>  <b>Bayo Akómoláfé, Ph.D.</b> Psychologist, Philosopher, and Professor  <b>Jürgen Kremer, Ph.D.</b> Professor, Author, and Researcher	<b>The Art and Science of Suicide Collaborative Safety Planning and Counseling</b>  <b>Alexandra Karydi, Ph.D.</b> Suicide Prevention Director Project 2025 <i>American Foundation for Suicide Prevention</i>	<b>On Being An Exceptional Therapist: A Small Group Workshop - Part 1</b>  <b>Jeffrey Kottler, Ph.D.</b> Leading Author, Educator, and Therapist
7:00pm - 7:15pm	Break		
7:15pm - 8:15pm (1 contact hour)	<b>Race, Culture, &amp; Society Talk - Part 2</b>  <b>Bayo Akómoláfé, Ph.D.</b> Psychologist, Philosopher, and Professor  <b>Jürgen Kremer, Ph.D.</b> Professor, Author, and Researcher	<b>In the Eye of the Storm: Staying Centered in Crisis</b>  <b>Ashok Bedi, M.D.</b> APA Distinguished Fellow and Board Certified Psychiatrist	<b>On Being An Exceptional Therapist: A Small Group Workshop - Part 2</b>  <b>Jeffrey Kottler, Ph.D.</b> Leading Author, Educator, and Therapist

# The Lowcountry Mental Health Conference

2021 Schedule

**Thursday, July 29, 2021**

The Gaillard Performance Hall ~ Charleston, SC

Time	Event	Presenter
7:30am - 8:30am	Registration, Networking, Breakfast	
8:30am - 9:00am	Welcome & Opening Remarks	
9:00am - 10:15am (1.25 contact hours)	<b>The Burdens of Self-Care for Therapists &amp; Their Clients</b> <b>Why Self-Care Strategies Don't Work and What to Do About It</b>	<b>Jeffrey Kottler, Ph.D.</b> <i>Leading Author, Educator, and Therapist in the Field of Psychotherapy</i>
10:15am - 10:45am	Break	
10:45am - 12:00 noon (1.25 contact hours)	<b>At the Shimmering Edges of the Self</b> <b>Framing Care, Well-being, and Identity as Partnership with a World Alive</b>	<b>Bayo Akómoláfé, Ph.D.</b> <i>Psychologist, Philosopher, and Professor</i> <b>Jürgen W. Kremer, Ph.D.</b> <i>Professor, Author, and Researcher</i>
12:00 - 2:00pm	Lunch (on your own)	
<b>Lunch Sessions</b> (12:00 - 1:15pm) 1.25 contact hours	<b><u>Exploring Our Most Challenging Cases</u></b> <b>Jeffrey Kottler, Ph.D.</b> (Auditorium)	<b><u>Brain Mapping, Boxing &amp; Neuro-feedback</u></b> <b>Dianne Kosto SCN,</b> <b>Beth Matenaer LPC</b> (Salon Room 1)
		<b><u>Narcotics Anonymous &amp; the Benefits of Recovery</u></b> <b>Karen Howard &amp; Panel</b> (Salon Room 2)
2:00pm - 3:15pm (1.25 contact hours)	<b>Functional Analytic Psychotherapy and the Soul of the Clinician</b> <b>Cultivating the Sacred in Therapy and in Life</b>	<b>Mavis Tsai, Ph.D.</b> <i>Clinical Psychologist and Senior Research Scientist at the University of Washington</i>
3:15pm - 3:45pm	Break	
3:45pm - 5:00pm (1.25 contact hours)	<b>Psychotherapy As Care of the Soul</b> <b>Helping the Soul Thrive Through the Therapeutic Process</b>	<b>Thomas Moore, Ph.D.</b> <i>Psychotherapist, Professor, and New York Times Bestselling Author</i>

# The Lowcountry Mental Health Conference

## 2021 Schedule

**Friday, July 30, 2021**

The Gaillard Performance Hall ~ Charleston, SC

Time	Event	Presenter			
7:30am - 8:30am	Registration, Networking, Breakfast				
8:30am - 8:45am	Welcome & Opening Remarks	<b>Jennifer Roberts, LPC</b> <i>Executive Director - CDMHC</i>			
8:45am - 9:45am (1 contact hour)	<b>The Inner Practice of Transforming the World</b> <b><i>Insights on Disbelonging for Your Clinical Practice</i></b>	<b>Rev angel Kyodo williams</b> <i>Zen Priest, Sensei, Author and Activist</i>			
9:45am - 10:00am	Break				
10:00am - 11:30am (1.5 contact hours)	<b>Getting Stuck/Getting Unstuck</b> <b><i>Insights Into How We Help Our Clients Move Forward</i></b>	<b>James Hollis, Ph.D.</b> <i>Leading Jungian Analyst and Author</i>			
11:30am - 1:30pm	Lunch ( <i>on your own</i> )				
<b>Lunch Sessions</b> (11:30am - 12:45pm) 1.25 contact hours	<table border="0"> <tr> <td style="vertical-align: top;"> <p><b><u>What is a Mature Spirituality and Why It Matters</u></b> <b>James Hollis, Ph.D.</b> <i>(Auditorium)</i></p> </td> <td style="vertical-align: top;"> <p><b><u>Creating Extraordinary Interactions in the Therapy Room &amp; Beyond</u></b> <b>Mavis Tsai, Ph.D.</b> <i>(Salon 1)</i></p> </td> <td style="vertical-align: top;"> <p><b><u>Alchemy, Dreamwork and Magic in Therapy</u></b> <b>Thomas Moore, Ph.D.</b> <i>(Salon 2)</i></p> </td> </tr> </table>	<p><b><u>What is a Mature Spirituality and Why It Matters</u></b> <b>James Hollis, Ph.D.</b> <i>(Auditorium)</i></p>	<p><b><u>Creating Extraordinary Interactions in the Therapy Room &amp; Beyond</u></b> <b>Mavis Tsai, Ph.D.</b> <i>(Salon 1)</i></p>	<p><b><u>Alchemy, Dreamwork and Magic in Therapy</u></b> <b>Thomas Moore, Ph.D.</b> <i>(Salon 2)</i></p>	
<p><b><u>What is a Mature Spirituality and Why It Matters</u></b> <b>James Hollis, Ph.D.</b> <i>(Auditorium)</i></p>	<p><b><u>Creating Extraordinary Interactions in the Therapy Room &amp; Beyond</u></b> <b>Mavis Tsai, Ph.D.</b> <i>(Salon 1)</i></p>	<p><b><u>Alchemy, Dreamwork and Magic in Therapy</u></b> <b>Thomas Moore, Ph.D.</b> <i>(Salon 2)</i></p>			
1:30pm - 2:45pm (1.25 contact hours)	<b>Exploring Your Role in Building Suicide Care Pathways</b> <b><i>Essential Insights, Tools &amp; Techniques</i></b>	<b>Alexandra Karydi, Ph.D.</b> <i>Project 2025 Director American Foundation for Suicide Prevention</i>			
2:45pm - 3:00pm	Break				
3:00pm - 4:15pm (1.25 contact hours)	<b>The Spiritual Paradox of Addiction</b> <b><i>Engaging the Spiritual Path to Recovery and Sobriety</i></b>	<b>Ashok Bedi, M.D.</b> <i>Diplomat Jungian Psychoanalyst, Distinguished Fellow of the APA and Board Certified Psychiatrist</i>			