

2021 Dare to Believe Mental Health Conference - Free Virtual Workshops

Celebrating 20 years of service to the community!

Dr. Keasha Hawkins, Th. D.



Workshop Title: **Relief for Grief**

- Defining grief
- Explore various grief processes
- Strategies to find relief in grief

Tuesday
May 18, 2021
3-4 pm

Register Here: <https://us02web.zoom.us/meeting/register/tZ0qc-CqrDltHNBLOXHvnQ8ivbfQDW6Z30I9>

Terissa Upchurch-Butler, Ph. D., NCC, LIMHP, LPC

Workshop Title: **Defining, Understanding, and Disarming racial macroaggressions.**

- Identify racial macroaggressions
- The potential impact of racial macroaggression therapeutic interventions and outcomes
- Possible responses to racial macroaggressions

Register Here: <https://us02web.zoom.us/meeting/register/tZYrd-msrj0sGdzurjbBXD4TnnPI27i1Ln0j>



Thursday
May 20, 2021
12-1 pm

Charmayne R. Adams, Ph. D.

Workshop Title: **Where Did These Wounds Come From? A Conversation about the Complexity of Intergenerational and Personal Trauma in Communities of Color.**

- Intergenerational trauma and resilience
- The complexities of personal and intergenerational trauma
- Ways to work with clients with histories of trauma

Register Here: <https://us02web.zoom.us/meeting/register/tZEKde-gpj8iHNJ24KNUlcaRWHsfM312h1qj>



Monday
May 24, 2021
11 am-12:30 pm

Ashley Salem

Workshop Title: **Meditation and Elevation**

- How to honor our past
- The practice of Cognitive Behavioral Therapy circle of control
- Experience a guided meditation

Register Here:

<https://us02web.zoom.us/meeting/register/tZMkc-ih74uG9KXdwWJuhvdTSWOZV-ii-pK>



Thursday
May 27, 2021
12- 1 pm

Registration is limited. questions? contact CHD @ 402-502-9788