



**"Mental Health:  
Moving Towards Well-being"**

**Saturday, August 21<sup>st</sup> 8:30 a.m. to 4:30 p.m. CDT**

*A live online workshop using Zoom*

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**Morning Keynote: James "Jamie" Copaken, Psychotherapist, LCSW, LSCSW**

The "constant change" of recent years can leave us stressed, on shaky, shifting ground. Covid has threatened our health, finances, and social lives; and we're challenged to reexamine our political, racial, and social beliefs. What can we do to improve our healthy reactions to these and other stressors? How do we bolster our wellness and mental health? We can get back to basics: improving our sleep, eating, and exercise. We can also dig deeper, to focus on how we treat ourselves and others, and improve our self-awareness, emotional regulation, and communication (to ourselves and others). In today's Keynote, Jamie will discuss ways to be more assertive, grateful, and validating, to recognize our needs, and proactively avoid the pitfalls of too much stress.

<b>Stress &amp; Anxiety</b> Ed Fields, Ph.D. Medical Psychology, Retired	<b>Loneliness &amp; Isolation</b> Lara Ashbaugh, MS, LPC, NCC Senior Projects Coordinator, Truman Medical Center
<b>1 A - Causes, Symptoms, and Recognition</b>	<b>2 A - Causes, Symptoms, and Recognition</b>
<b>1 B - Treatment, Outcomes, and Resources</b>	<b>2 B - Treatment, Outcomes, and Resources</b>
<b>Trauma &amp; PTSD</b> Marla Blevins, MSW, LCSW and Carrie Semke, PhD, Clinical Psychologist	<b>Depression &amp; Suicide</b> Lance Foster, M.S., LPC, Licensed Counselor Community Assistance Program Truman Medical Center
<b>3 A - Causes, Symptoms, and Recognition</b>	<b>4 A - Causes, Symptoms, and Recognition</b>
<b>3 B - Treatment, Outcomes, and Resources</b>	<b>4 B - Treatment, Outcomes, and Resources</b>
<b>Schedule</b> 8:00 - 8:30 Check-In 8:30 - 9:00 Welcome, Devotion, & Introductions 9:00 - 10:00 Keynote 10:15 - 11:00 Session 1A and 2A 11:15 - 12:00 Session 1B and 2B 12:00 - 1:00 Lunch Break 1:00 - 1:20 Prayer for Peace 1:30 - 2:15 Session 3A and 4A 2:30 - 3:15 Session 3B and 4B 3:30 - 4:20 Closing Session 4:20 - 4:30 Evaluations and Certificates	<b>Closing Session</b> <b>"Through the Valley of the Shadow"</b> Rev. Dr. Alexander "Alex" Wales, PhD  The closing address will discuss strategies for becoming healthy and whole (in body, mind, and spirit) by using not only therapeutic approaches, but also by using the power of faith to serve as a tool for handling the dark days for the afflicted, the supporters, and the caregivers.

Workshop Fee...July 5 to August 7: \$30....August 8 to August 19: \$35

For more information email: [HEALTH@HMACOFCHRIST.ORG](mailto:HEALTH@HMACOFCHRIST.ORG) registration closes midnight Aug 19

<b>Registration</b>	<b>Choose one AM session</b> <b>Choose one PM session</b> <input type="checkbox"/> 1: Stress/Anxiety <input type="checkbox"/> 3: Trauma/PTSD <input type="checkbox"/> 2: Loneliness/Isolation <input type="checkbox"/> 4: Depression/Suicide
Name: _____	<b>Register and Pay at: <a href="http://HSW.HMACOFCHRIST.ORG">HSW.HMACOFCHRIST.ORG</a> or</b> <b>Mail with check to: HMA, 1001 W Walnut, Indep., MO 64050</b>
Email: _____	
Phone: _____	