



Faith and Flourishing AACC Mega National Conference 2026
American Association of Christian Counselors
September 10-12, 2026
Arlington, Texas



Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Christian Medical & Dental Associations and American Association of Christian Counselors. The Christian Medical & Dental Associations is accredited by the ACCME to provide continuing medical education for physicians.

The Christian Medical & Dental Associations designates this live activity for a maximum of 12.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ACCME
ACCREDITED

AAFP

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Nursing

This activity has been submitted to Georgia Nurses Association for approval to award contact hours. Georgia Nurses Association is an accredited approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Determination of credit is pending.

Physician Assistant

AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credits™* by an organization accredited by the ACCME or a recognized state medical society. Physician assistants may receive up to 12.0 credits for completing this activity.

Nurse Practitioner

The American Academy of Nurse Practitioners Certification Program (AANPCP) accepts *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCP for further guidelines. Nurse practitioners may receive up to 12.0 credits for completing this activity.

American Midwifery Certification Board

American Midwifery Certification Board (AMCB) accepts *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME. Individuals are responsible for checking with the AMCB for further guidelines.

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TIME	TOPIC TITLE	FACULTY NAME	NUMBER OF CREDITS
6.0 Max. Credits Available for September 10, 2026			
9/10/26			
8:30-4:45 PM			
8:30- 10:00, 15 min break, 10:15-11:45 then lunch break 1:30 pm to 3:00, 15 min break, 3:15-4:45 pm	Attachment and Relational Trauma Treatment Specialists: Evidence-based Skills to Repair Trauma and Attachment Wounds	Anderson, Ph.D., Shannae and Sibcy, Ph.D., Gary	6.0
8:30- 10:00, 15 min break, 10:15-11:45 then lunch break 1:30 pm to 3:00, 15 min break, 3:15-4:45 pm	Evidence-based Treatments to Rewire the Anxious Brain	Mintle, Ph.D., Linda	Concurrent
9/10/26 8:30 – 11:45 AM			
8:30-10am, 15 min break, 10:15-11:45am	Decision-making for Flourishing: Integrating Faith, Science, and the Spirit–Mind–Body Framework	Benzio, M.D., Karl	Concurrent
8:30-10am, 15 min break, 10:15-11:45am	The Power of Social Connection: Assessing and Addressing Loneliness, Social Isolation, and Disconnection	Mayfield, Ph.D., Mark, Kelley, Ph.D., Brian, and Fraser, M.S., Blake	Concurrent
8:30-10am, 15 min break, 10:15-11:45am	Neurotheology in Mental Health: Applying Brain-based Principles for Resilience, Recovery, and Human Flourishing	Koenig, M.D., Harold and Hawkins, Ed.D., D.Min., Ron	Concurrent
8:30-10am, 15 min break, 10:15-11:45am	From Burnout to Breakthrough: Proven Strategies to Restore Energy, Focus, and Flourishing in Leadership	Crear, Ph.D. Mark and Parker, D.S.L., Johnny	Concurrent
9/10/26 1:30 – 4:45 PM			
1:30-3:00pm, 15 min break, 3:15-4:45pm	Parenting Under Pressure: Helping Parents Navigate Their Children’s Mental Health Journey	Williams, Ph.D., Chinwe and Connors, Ph.D., Mercy	Concurrent
1:30-3:00pm, 15 min break, 3:15-4:45pm	The Neurobiology of Grief and Loss: Somatic and Experiential Treatment Interventions	Ellers, M.A., Jennifer and Ellers, D.Min., Kevin	Concurrent
1:30-3:00pm, 15 min break, 3:15-4:45pm	Abuse, Trauma, and the Emotionally Destructive Relationship	Vernick, M.S.W., Leslie	Concurrent
1:30-3:00pm, 15 min break, 3:15-4:45pm	Wired for (Dis)connection: How Attachment, Trauma, and ADHD Shape the Emotional Brain	Kuhnley, M.D., E. John, Kuhnley, Ph.D., Anita and Compton, Ph.D., Lisa	Concurrent

3.0 Max. Credits Available for September 11, 2026			
9/11/2026 8:00-9:30 AM			
	The Increase in Covert Teenage Suicide Ideation and Self-injury: Practical Ideas for Changing Dynamics	Mayfield, Ph.D., Mark	1.5
	Faith as the Anchor of Patient Care: Analyzed Research and Treatment Outcomes	Koenig, M.D., Harold	Concurrent
	Treating the Anxious Generation: Understanding Gen Z and What Really Works	Mintle, Ph.D., Linda	Concurrent
	Challenging Issues in the Treatment of Complex Trauma	Davediuk -Gingrich, Ph.D., Heather	Concurrent
	The Faith and Science of Gratitude: Evidence-Based Pathways to Resilience and a Flourishing Life	Hart-Weber, Ph.D., Catherine	Concurrent
	Flourishing and the Recovery Journey: What We Know, Where to Go, How to Get There	Jenkins, Psy.D., David	Concurrent
9/11/2026 2:00-3:30 PM			
	Flourishing Under Pressure: A Christian Neuroscience Approach to Resilient Decision-Making	Benizio, M.D. Karl	1.5
	Strengthening Families: Clinical Tools for Addressing Childhood Emotional Dysregulation and Anxiety	Williams, Ph.D., Chinwe	Concurrent
	In Bondage to Food: A Biblical Model for Compulsive Eating Recovery	Epstein, Psy.D., Rhona	Concurrent
	Ethical Cyberpsychology: How to Work with AI in Clinical Practice	Connors, Ph.D., Mercy and VanRuler, M.A., Jason	Concurrent
	Love After Trauma: Counseling Couples When One Has Survived Sexual Abuse	Gilbert, Ph.D., Corey	Concurrent
	When is the Line Crossed in Marriage? From Difficult to Destructive	Vernick, M.S.W., Leslie	Concurrent
	Find a Way: The Connection between Relationships, Performance, Resilience, and Flourishing in Sports and Life	Clinton, Ph.D., Zach	Concurrent
	Religion and Health: Empirical Evidence and Clinical Applications from a Christian Perspective	Tan, Ph.D., Siang Yang	Concurrent
	Addiction, Hope, and Recovery in Tolkien's The Lord of the Rings	Berry, D.O., Jerry and Terris, Ph.D., Lisa	Concurrent
3.0 Max. Credits Available for September 12, 2026			
9/12/26 8:00-9:30 AM			
	Alone: Anxiety and the Absence of Presence	Thompson, M.D., Curt	1.5
	From Chaos to Clarity: Understanding and Treating ADHD, Mood, Anxiety, and Behavioral Disorders from Childhood through the Transition to Adulthood	Kuhnley, M.D., E. John	Concurrent
	OCD and Religious Scrupulosity/Doubt: Game-Changing Transdiagnostic Techniques for Difficult Issues	Sibcy, Ph.D., Gary	Concurrent
	The Invisible Scars of Emotional Abuse: Clinical Conceptualization, Assessment, and Empirically-Supported Treatment Strategies	Feigel, M.A., Amy	Concurrent
	Traumatic Memory: Tools for Helping Clients Tolerate and Integrate the Past	Cisney-Ellers, M.A., Jennifer and Ellers, D.Min., Kevin	Concurrent

	Solomon: The First Positive Psychology Practitioner	Hawkins, Ed.D., D.Min., Ron	Concurrent
	Spinning out of Control: Addictions as a Trauma Response	Anderson, Ph.D. Shannae	Concurrent
9/12/2026 2:00-3:30 PM			
	The Science of Spiritual Healing: An Evidenced-Based Exploration of the Connection between the Mind, Body, and Spirit	Jennings, M.D., Tim	1.5
	The Desecration of Hope: Reframing the Adolescent Mental Health Crisis	Burkhart, Ph.D., Ryan	Concurrent
	When Thrills Can Kill: High Risk Behaviors as Expression and Self-treatment of Post Traumatic Stress Disorder	Murphy, Ph.D., Tim	Concurrent
	The Rising Threat of Suicide: Recognizing, Preventing, and Responding to Suicidality Through Experiential Techniques	Louviere, M.A., Michelle and Louviere, M.A., Marlea	Concurrent
	Bounce Forward: A Whole-Person Care Approach to Resilience and Flourishing	Gibbs, Ph.D., Donna	Concurrent
	The Rapidly Changing Field of Substance Use, Addictions and Life Recovery	Kelley, Ph.D., Brian	Concurrent
			Total Credits-12.0

Objectives

Attachment and Relational Trauma Treatment Specialists: Evidence-based Skills to Repair Trauma and Attachment Wounds

- Identify the different types of adverse childhood experiences and their psychological consequences.
- Describe the nature and function of early attachment and how early traumatic experiences can be impacted by insecure attachment dynamics.
- Outline key findings from research on the impact of attachment trauma on brain and psychological development.
- Examine how attachment trauma can lead to issues with emotion regulation, mentalization, and relationships with self and other.
- Evaluate a transdiagnostic framework for understanding how attachment trauma can lead to a broad array of psychological disorders, from chronic depression and anxiety to PTSD, dissociative disorders, and various personality disorders.
- Apply creative ways to formulate complex cases using a transdiagnostic framework and how to tailor-make treatments using a combination of evidence-based treatment modules.
- Demonstrate how to administer an attachment-oriented developmental history to help clients explore the effects of early relationship disturbances on their social-emotional functioning.
- Identify maladaptive behaviors clients use to avoid emotions and triggers, and identify adaptive alternatives. Analyze the basic skills of emotional exposure and titration within the therapeutic window to increase emotion tolerance with a non-judgmental, present-focused, emotional awareness.
- Examine specific skills for improving mentalization skills by examining transference interactions in therapy. Discuss methods for helping clients modify core attachment schemas by learning to discriminate between the therapy relationship and past toxic relationships.
- Describe strategies to develop an internal secure attachment with self and God for willing Christian clients.

Evidence-Based Treatments to Rewire the Anxious Brain

- Describe the role of the autonomic nervous system and limbic system in anxiety as to how these systems interact during stress and serve as a foundation for clinical interventions.
- Explain how polyvagal theory and somatic techniques activate the parasympathetic nervous system and can be used to alleviate anxiety.
- Compare and contrast the pathways involved in anxiety and apply specific evidence-based strategies tailored to each pathway.

Decision-making for Flourishing: Integrating Faith, Science, and the Spirit–Mind–Body Framework

- Outline how to communicate to with patients/clients about the role of decision-making and neuroplasticity in an integrated Spirit, Mind, and Body full person wellness model to maximally align their decision-making with their faith for willing Christian clients.
- Define and explain the six stages of the SPEARS Decision-Making Progression Tool: Stimulus, Perception, Emotion, Assessment, Response, and Summary Thought.
- Describe steps to aid patients/clients to develop a personal plan using the SPEARS Tool to identify and undo automatic unconscious patterns and replace healthier intentional decisions.

The Power of Social Connection: Assessing and Addressing Loneliness, Social Isolation, and Disconnection

- Describe the current state of loneliness and social connection through the literature and original research data collected since the COVID-19 pandemic.
- Outline how assessing social connection and loneliness in clients and patients and the underlying causal factors that contribute to better treatment planning and enhanced treatment retention.
- Apply evidence-based best practices for addressing loneliness in the context of mental health issues and building positive social connection in non-clinical settings.

Neurotheology in Mental Health: Applying Brain-based Principles for Resilience, Recovery, and Human Flourishing

- Outline the process of neuroplasticity, and learn about the work that neuro-theologians are engaged in.
- Describe the neurological mechanisms by which Christian faith and Christian counseling for willing Christian clients and patients that may influence brain health and cognitive function.
- Examine scientific research that has connected Christian faith with better mental health and cognitive functioning, consistent with neuroplasticity, helping to explain how Christian counseling can improve mental health problems and lead to human flourishing.

From Burnout to Breakthrough: Proven Strategies to Restore Energy, Focus, and Flourishing in Leadership

- Recognize the psychological, emotional, and organizational factors that contribute to burnout and diminished effectiveness in leadership.
- Describe evidence-based strategies from organizational and performance psychology to enhance resilience, energy management, and emotional regulation.
- Develop a personalized breakthrough plan for clients and patients that integrates a faith-based perspective, self-reflective practices, and organizational wellness strategies to promote sustainable flourishing for both individuals and teams.

Parenting Under Pressure: Helping Parents Navigate Their Children's Mental Health Journey

- Outline new research on the mental health of youth and various aspects of daily life that are exacerbating these issues.
- Describe various techniques to aide parents in helping their children thrive in light of a mental health diagnoses, which include bullying, emotional regulation coaching, and relationship repair.
- Summarize how to help parents differentiate between "red flags" versus developmentally expected behavior.
- Examine various strategies to help parents prioritize their own mental health with stress management and grief processing.

The Neurobiology of Grief and Loss: Somatic and Experiential Treatment Interventions

- Summarize how the brain encodes attachment bonds and why separation creates strong grief responses.
- Differentiate between common grief patterns, prolonged grief, and factors that may derail the process.
- Apply practical strategies such as companioning, rituals, and continuing bonds that support healthy grieving in those they serve.

Abuse, Trauma, and the Emotionally Destructive Relationship

- Evaluate the physical, mental, emotional, and spiritual impact of emotional/mental abuse on the victim with Scriptural support for a willing Christian client.
- Identify the overt/covert strategies of emotional abuse used to maintain power and exert coercive control over an individual or group.
- Examine critical questions to identify red flags which help distinguish the difference between those who sincerely want to change and those who give lip service to change.
- Summarize the five components of trauma informed care and treatment protocol for the victim, the abuser, and the relationship.

Wired for (Dis)connection: How Attachment, Trauma, and ADHD Shape the Emotional Brain

- Identify the impact of attachment experiences and interpersonal history on the activation of various brain regions.
- Describe the impact of traumatic experiences on specific regions of the brain and patterns.
- Summarize how ADHD and attentional deployment challenges impact the brain and relationships.
- Apply a Toolbox of resources to help promote dopamine, attention regulation, attachment, and regulation of the emotional brain.

The Increase in Covert Teenage Suicide Ideation and Self-Injury: Practical Ideas for Changing Dynamics

- Analyze current social and cultural factors contributing to the rise in youth suicide ideation and self-harm.
- Identify new, subtle indicators of distress that often go unnoticed by even the most vigilant caregivers.
- Evaluate the concept of a theology of suffering to build a compassionate and authentic approach to care.

Faith as the Anchor of Patient Care: Analyzed Research and Treatment Outcomes

- Summarize the importance and steps to utilize a patient or client's religious faith or non-religious backgrounds in their treatment.
- Examine the importance and mechanics of taking a mental health spiritual history on all patients or clients.
- Describe ethical boundaries that should be maintained when incorporating faith into medical or mental health treatment.

Treating the Anxious Generation: Understanding Gen Z and What Really Works

- Identify key developmental, contextual, and digital factors contributing to anxiety and depression in Gen Z.
- Describe how Gen Z's communication patterns and digital nativity influence coping and therapeutic engagement.
- Apply targeted, developmentally informed interventions that strengthen resilience and improve treatment outcomes.

Challenging Issues in the Treatment of Complex Trauma

- Describe the issues of safety with complex trauma survivors.
- Outline how to manage posttraumatic and dissociative symptoms in the treatment of complex trauma and the importance of pacing trauma processing to mitigate challenges for the client or patient.
- Summarize common questions complex trauma survivors raise in therapy and how to answer them effectively.

The Faith and Science of Gratitude: Evidence-Based Pathways to Resilience and a Flourishing Life

- Describe the significance of gratitude and the impact of faith-based and scientific research on well-being, resilience, and human flourishing, with specific consideration given to the assessment of gratitude with clients and patients.
- Apply models to cultivate a gratitude mindset, noticing and affirming the goodness in life to counter habitual negativity and strengthen connection with clients and patients.
- Implement practical, personalized gratitude habits and daily spiritual practices for clients to enhance contentment, well-being, and resilience, even in challenging circumstances.

Flourishing and the Recovery Journey: What We Know, Where to Go, How to Get There

- Compare and contrast models of human flourishing and recovery from addiction and other mental health disorders, identifying their unique contributions and areas of overlap.
- Apply evidence-based components, targets, and pathways of flourishing within recovery-oriented care to promote biopsychosociospiritual well-being.
- Utilize Christian spirituality, faith, and biblical principles in ethically and clinically appropriate ways when working with care recipients who desire faith-integrated recovery.

Flourishing Under Pressure: A Christian Neuroscience Approach to Resilient Decision-Making

- Describe the six components of the SPEARS model (Stimuli, Perception, Emotion, Assessment, Response, Summary Thought) and their roles in decision-making for willing Christian clients and patients under stress or adversity.
- List four critical elements of resilience and how to apply SPEARS to harness these elements for innovative growth toward client or patient's full potential.
- Analyze how distorted perception and unprocessed emotions can derail healthy responses, and how SPEARS helps correct these distortions.
- Demonstrate a structured SPEARS-guided mini-intervention, which can be tailored to the setting of the participant

Strengthening Families: Clinical Tools for Addressing Childhood Emotional Dysregulation and Anxiety

- Differentiate developmentally typical behaviors from clinical concerns to better assess when intervention is warranted.
- Apply neuroscience-informed techniques to help children regulate intense emotions and build emotional resilience.
- Describe how to teach parents practical strategies for maintaining calm, grounded, and connected responses during emotional storms.
- Apply empathy, developmental insight, and evidence-based tools in the work with families.

In Bondage to Food: A Biblical Model for Compulsive Eating Recovery

- Describe the physical, emotional, cognitive, and spiritual factors underlying addictive eating.
- Apply evidence-based strategies to help clients retrain neural and behavioral patterns toward healthier eating.
- Utilize faith-informed approaches to support willing Christian clients in achieving improved outcomes in eating behavior and overall well-being.

Ethical Cyberpsychology: How to Work with AI in Clinical Practice

- Identify three main ethical pitfalls when using AI in clinical practice.
- Describe ways to mitigate these ethical pitfalls by utilizing the APA, ACA, and AACCC's guidelines on the ethical use of AI.
- Outline five different ways that clinicians can use AI in their practice without concern for unethical practice and how to determine if an AI tool is ethical to use in clinical care.

Love After Trauma: Counseling Couples When One Has Survived Sexual Abuse

- Describe the impact of past sexual abuse on couples' current relational patterns and functioning.
- Apply strategies to guide partners toward relational repair and ways of loving that can transform the marriage, with special emphasis on faith-based strategies for willing Christian clients.
- Utilize measurable tools to address past harm, strengthen intimacy, and support couples in building a healing and restorative marital relationship.

When is the Line Crossed in Marriage? From Difficult to Destructive

- Recognize the differences between difficult and destructive marriages.
- Apply four key questions to discern patterns of abuse and potential harm.
- Identify three reasons marital counseling may be inappropriate for cases involving addictions, sexual acting out, or abuse.
- Utilize appreciative inquiry to assess a partner's willingness to engage in safety, accountability, and relational repair.

Find a Way: The Connection between Relationships, Performance, Resilience, and Flourishing in Sports and Life

- Identify the ways secure attachment, relational safety, and co-regulation impact stress recovery, emotional regulation, risk taking, and perseverance, both in athletes and in the general population.
- Examine how to incorporate reflective functioning (mentalization) techniques to help clients, athletes, or teams increase self-awareness, identify internal states, interpret interpersonal cues, and make adaptive decisions in high-pressure environments.
- Outline the psychological and spiritual significance of remembrance including recalling past victories, identity anchors, values, and supportive relationships as a tool for strengthening resilience.

Religion and Health: Empirical Evidence and Clinical Applications from a Christian Perspective

- Summarize major empirical findings on the relationship between religion/spirituality and mental health, social health, health behaviors, and physical health.
- Identify implications of research on religion/spirituality and health for clinical practice, public health, and policy.
- Examine a Christian perspective on religion, spirituality, and health within professional clinical practice.

Addiction, Hope, and Recovery in Tolkien's The Lord of the Rings

- Demonstrate how to utilize narrative medicine techniques to help patients contextualize their personal struggles within a larger, hopeful narrative, thereby improving patient empathy and the therapeutic alliance.
- Describe how Tolkien's portrayal of embodied limits may help broaden an understanding of addiction beyond a mere failure of willpower to help cultivate compassion and minimize stigma.
- Identify parallels between Tolkien's themes of recovery and contemporary approaches in evidence-based addiction treatment.

Alone: Anxiety and the Absence of Presence

- Identify anxiety's role as a core signal across multiple forms of psychiatric distress.
- Describe the interpersonal neurobiological mechanisms involved in the experience and regulation of anxiety.
- Apply an understanding of inter- and intrapersonal isolation to clinically effective interventions.
- Utilize spiritually informed practices, when appropriate, to support with willing Christian clients in regulating anxiety.

From Chaos to Clarity: Understanding and Treating ADHD, Mood, Anxiety, and Behavioral Disorders from Childhood through the Transition to Adulthood

- Describe three key aspects of cognitive, emotional, and attachment development from childhood through young adulthood and explain how these influence behavior and clinical decision-making.
- Apply the STOP-LOOK-LISTEN UP framework to at least one youth case vignette to reframe behavior from "defiant/manipulative" to developmentally informed communication.
- Differentiate among common conditions (e.g., ADHD, ODD, DMDD, anxiety, depression, bipolar disorder) and outline a basic, faith-sensitive, ethical treatment plan that includes parent engagement, skill-building interventions, and criteria for psychiatric/medical consultation.

OCD and Religious Scrupulosity/Doubt: Game-Changing Transdiagnostic Techniques for Difficult Issues

- Identify specific compulsive behaviors associated with religious scrupulosity, such as mental review, repeated confessions, seeking reassurance, and multiple trips to the altar for “rededication.”
- Analyze how OCD is often accompanied by co-occurring emotional disorders, including depression, panic disorder, and trauma-related conditions, and how these comorbidities impact treatment approaches.
- Evaluate the Unified Protocol (UP) as a modular, transdiagnostic treatment for OCD and learn how to adapt the treatment, focusing on emotion regulation and exposure, to fit the unique needs of clients with a Christian worldview.

The Invisible Scars of Emotional Abuse: Clinical Conceptualization, Assessment, and Empirically-Supported Treatment Strategies

- Describe core features and clinical consequences of emotional abuse and distinguish it from other forms of violence.
- Apply validated assessment tools and screening questions to identify emotional abuse and trauma symptoms in clients and patients.
- Outline empirically supported, trauma-informed treatment strategies and construct a clear, evidence-based treatment plan that promotes survivor healing and flourishing.

Traumatic Memory: Tools for Helping Clients Tolerate and Integrate the Past

- Review relevant research on how traumatic memories are formed and stored differently from other memories and their impact on mental, physical, and relational health.
- Examine and evaluate evidence-based and emerging treatment modalities, including EMDR, Somatic Experiencing, and Brainspotting, for facilitating memory integration and symptom reduction.
- Discuss foundational principles for establishing and maintaining client safety in trauma therapy and apply them within a structured treatment framework.

Solomon: The First Positive Psychology Practitioner

- Identify and describe the contributions of Positive Psychology to the scientific study of human flourishing and personal well-being, and how these principles support individuals and communities in thriving.
- Examine current research on the role of positive emotions in achieving and maintaining human flourishing and explore their significance in promoting long-term well-being.
- Explore the convergence between Solomonian Wisdom and Positive Psychology, discussing its clinical relevance and how this integration can inform practices when working with clients who value religious faith.

Spinning out of Control: Addictions as a Trauma Response

- Describe the biological, psychological, and spiritual consequences of trauma.
- Articulate how and why addictions are created in response to traumatic consequences.
- List the treatment protocols for treating trauma and addictions.

The Science of Spiritual Healing: An Evidenced-Based Exploration of the Connection between the Mind, Body, and Spirit

- Differentiate Newtonian physics from quantum physics.
- Examine brain science that supports the brain functions as a quantum processor.
- Demonstrate from research that quantum energy (spiritual energy) can be directed by individual choice to cause measurable outcomes in mental and physical health.
- Discuss the evidence that client or patient choices, beliefs, values, practices and worship change their brain structure which changes their quantum resonance.
- Correlate quantum explanations with ancient biblical accounts of various supernatural events.

The Desecration of Hope: Reframing the Adolescent Mental Health Crisis

- Outline how hope and adolescent mental wellness influence each other, recognizing that the breakdown of developmental wellness anchors is driving today's unprecedented adolescent mental illness rates, not a lack of access to services.
- Apply Charles Snyder's Psychology of Hope framework with adolescent clients, using age-appropriate interventions to build agency and pathways during identity formation.
- Utilize wellness-based assessment and intervention strategies with adolescent clients struggling with anxiety and depression, bringing in existential approaches to tackle hopelessness and loss of meaning, while working alongside families to rebuild the protective wellness anchors this generation has lost.

When Thrills Can Kill: High Risk Behaviors as Expression and Self-treatment of Post Traumatic Stress Disorder

- Identify spectrum of risk behaviors associated with PTSD.
- Examine role of brain physiology and emotional dysregulation contributing to risk.
- Describe psychometric measures and therapeutic interventions to reduce risk behaviors.

The Rising Threat of Suicide: Recognizing, Preventing, and Responding to Suicidality Through Experiential Techniques

- Identify key warning signs, risk factors, and current trends in suicidality across age groups.
- Examine how trauma, dysregulation, and the nervous system contribute to suicidal thoughts and behaviors.
- Apply experiential techniques to prevent escalation and stabilize clients in crisis.
- Outline how trauma-informed response strategies and safety planning that integrate experiential, relational, and somatic approaches.

Bounce Forward: A Whole-Person Care Approach to Resilience and Flourishing

- Outline the theoretical and research-based foundations for using innate whole-person tools, including their relevance to human flourishing and their physiological and emotional impact.
- Identify and utilize a variety of accessible, non-intrusive tools that support grounding, resilience and flourishing when walking with individuals through stress, trauma, or challenging life seasons.
- Demonstrate experiential techniques that reduce distress and increase hope, motivation, and whole-person resilience, and describe how these practices can be effectively integrated into professional or educational settings.

The Rapidly Changing Field of Substance Use, Addictions and Life Recovery

- Describe how drug availability and social media impact current use trends across the lifespan.
- Develop a deeper understand of local, state, and federal drug policies with special focus on pharmacotherapies (like psychedelics, cannabis, and ketamine) and AI-based therapies.
- Apply evidence-based best practices for substance use to addiction across the entire continuum of care from prevention to recovery management.

Disclosures

Disclosures for all those in control of the content of this activity. The names of the ineligible companies (within the last 24 months) and the nature of the financial relationship(s). There is no minimum financial threshold. Disclosure of all financial relationships with ineligible companies regardless of the potential relevance of each relationship to the education.

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