

Mind Your Mind: Advancing Mental Wellness
TENTATIVE Workshop Schedule (10/3/16)

Session I: WEDNESDAY, Nov. 2 2:00 – 3:30pm	Session II: WEDNESDAY, Nov. 2 4:00 – 5:30pm	Session III: THURSDAY, Nov. 3 10:00 – 11:30am	Session IV: THURSDAY, Nov. 3 1:15 – 2:45pm
Hoffman Zentangle [®] , the "Art" of Relaxation	Baskerville Mindfulness for Physical, Mental and Emotional Well-being	Bullock Mindful Relationships: Seven Skills for Success--Integrating the Science of Mind, Body & Brain	Elliott/Scott Harnessing Three Critical Resources to Advance Mental Wellness: Leadership, Resilience Science & Hope
	Perkins The Write Remedy: Healing through Writing	Miller Feedback Informed Treatment (FIT): Improving the Quality and Outcome of Behavioral Health	Miller Reach: Pushing your Clinical Skills and Effectiveness to the Next Level
Todman Mental Health Impact Assessments	Rapoport Interpersonal Neurobiology in the Treatment of Trauma: An Experiential Workshop	Metzler/Walters/Miller & Pangburn/Pos Program Showcase	Metzler/Walters/Miller & Pangburn/Pos Program Showcase (continued)
Peterson The Mindful Parent: Strategies from Peaceful Cultures to Raise Compassionate, Competent Kids	Sundborg Trauma Informed Strategies Aimed at Reducing Work-Related Stress and Promoting Mental Wellness Among the Workforce	Brackett Creating an Emotion Revolution in our Nation's Schools	Caughey Art, Jive & MO -- Expressive Resilience
Turner/Crane/Danielsen To Do or Not To Do: What IS the Story? Mental Health, Raising Awareness and the Media		Van Schaack Laughing To Thrive, Experience And Learn About Laughter As An Emerging Wellness Tool	Black/Arnold Developing Resilient Youth through Trauma Informed Positive Youth Development Programming
Shultz The Ultimate Natural Remedy- Nature	Barrett/Spence Canoe Journeys & Healing		Buckland: Appreciative Living Learning Circles and Social Networking: Sustainable Antidotes for Loneliness
Ginsburg Taking Care of Ourselves: Healing the Healer	Ginsburg Reaching Teens	Hristic Care for Caregivers: Moving Beyond Self-Care with Mindfulness & Sustainable Compassion Training	Hornyak Storytelling & Wellness