STRESS AND ANXIETY SYMPOSIUM JANUARY 26 & 27 2019
Workshop Descriptions by Day and Time

SATURDAY, JANUARY 26 from 10:15 - 11:30 am

1. Resilient Self Care Practices: Weaving A Tapestry Of Wellness
Presenter: Debbie Steinmann, Guild Certified Feldenkrais Practitioner & Physical Therapist
Moving Through Milestones
Type: More Experiential
Age Recommendations: 9 and Older

Workshop Description: This workshop gives you simple ways to decrease stress and anxiety by participating in up to three 10-minute self-care movement lessons using the Feldenkrais Method. You will learn to sit, walk and breathe with awareness into patterns that create more comfort, ease, openness, curiosity, vitality and general well-being. Throughout the lessons there will be opportunities for Q and A and general discussion about the neurology of habitual patterns, brain function and how to create choices that decrease stress and anxiety.

Bio: Debbie enjoys listening thoroughly and supporting clients of all ages in reaching their wellness goals on every level. Debbie works privately with clients and has presented various workshops on such topics as self-care practices and improved function at local schools, colleges and medical facilities. Additional specialties include conflict resolution, restorative justice, and mediation. As a mom, a friend, a student, trail marathoner and beekeeper, Debbie practices what she teaches in all roles in life.

2. Moving From Pressure To Peace
Presenter: Kimberly Braun, M.A., Minister, meditation coach, keynote speaker, author, retreat leader and former Carmelite nun
Type: Equal Educational & Experiential
Age Recommendations: 14 and Older

Workshop Description: This workshop will be bursting with investigation into the challenges of pressure and finding/maintaining peace. It will not only lay out the nature of the problem but offer tips and practices to help you become a person that stays peaceful moment by moment. Throughout the workshop you will gain an understanding of what happens to your body and mind when you are pressured, progress towards increasing your equanimity and 5 tips you can put into practice when pressure is unavoidable. This workshop is for you if you experience stress and pressure, want to become a force of good in your environment, and/or wish you could feel free, clear and peaceful in under any circumstance.

Bio: Kimberly Braun, Minister, M.A., CSP, retreat facilitator and meditation coach has been impelled from and within her contemplative experiences from the age of 5, with over ten of her years spent as a Carmelite monastic nun. Her Masters in theology and psycho-spiritual development was completed in 2001 in Washington D.C. As a CSP, keynote presentations are a primary tool in her personal mission to inspire others to live from the power and wisdom within
them. Her style is playful, deeply inquiring, and intelligent in the synthesis of not only how to access this part of ourselves, but how to live from that place more consistently. She was meditation faculty at the renowned Omega Institute for 7 years, is a TEDx speaker and has 3 CDs and a book entitled, *Love Calls, Insights of a former Carmelite nun*.

3. Putting Your Own Mask On First: Tools To Help You Be The Kind Of Help You'd Like To Be

**Presenter:** Brooks Witter, MA, LPC  
Luminous Counseling  
**Type:** More Experiential  
**Age Recommendations:** 14 and Older  

**Workshop Description:** This workshop will give parents, teachers, and teens the tools to be more effective helpers. You will learn to effectively engage in emotionally stressful situations by adapting and managing your own thoughts, feelings and impulses. The presenter draws from extensive professional experience with teens and families, as well as findings from interpersonal neurobiology, contextual behavioral science, and attachment theory to provide you with the skills you need to manage the emotional triggers that act as precursors to engaging in stressful interpersonal interactions. You will also learn and practice skills to defuse difficult thoughts and tame intense emotions and impulses. Electronic copies of material, a one-page summarizing of key points, and worksheets with workshop exercises provided.

**Bio:** Brooks is a counselor, parent coach, clinical supervisor and Acceptance and Commitment Therapy trainer based in Boulder, Colorado. He currently runs a small private practice, supervises interns at Naropa Community Counseling Center and has an extensive professional background supporting individuals, couples, families, and teams in transforming challenges into strength building opportunities. When not working, you will find him on his bike, spending time with his family, getting outside, playing improv or fiddling with saws and wood.

4. Better Food for Better Mood: Tips to Ease Stress and Anxiety

**Presenter:** Mary Kay Irving, LCSW, CNTP  
Owner of Boulder Center for Health and Nutrition  
**Type:** More Educational  
**Age Recommendations:** Adults Only  

**Workshop Description:** This workshop will address the 6 Pillars to Optimal Mental Health with a major focus on the first pillar, nutrition. We'll discuss the relationship between food and mood, including: (1) the roles of fat, sugar, protein and vitamins on brain health, (2) the gut-brain connection, (3) reading food/nutrition labels, (4) mindfulness and eating, and (5) practical tips for healthy eating in a busy world. You will engage in 2 exercises, including mindful breathing practices and reading and comparing food labels to make healthy choices. You will receive a handout summarizing dietary and lifestyle recommendation, including nutritional supplements for consideration. Mary Kay is not a medical practitioner and cannot offer medical advice. The coaching offered is not intended to be used to diagnose, treat, cure or prevent disease, nor should it be used as a substitute professional advice.
Bio: Mary Kay Irving, LCSW, CNTP is an EMDR therapist, nutrition educator, lifestyle coach, speaker, and longtime practitioner of mindfulness meditation and the Diamond Approach. She specializes in ancestral health and nutrition including gluten free, paleo and ketogenic lifestyles. These lifestyle practices inform her integrative approach to healing from trauma, anxiety, depression, cancer treatment, pre-diabetes, and sugar and alcohol addictions. Mary Kay is passionate about blending her professional skill and training, knowledge of the latest nutritional science and lifestyle practices, and unique personal recovery experience to provide the best in holistic and integrative services for healing mind, body and spirit.

5. Creating Authentic Connections With Your Teen
Presenter: Adriana Balentine, LCSW, CACII, EMDR
Founder of Strength in Motion Counseling, LLC
Type: Equal Educational and Experiential
Age Recommendations: Adult

Workshop Description: This workshop explores the patterns that contribute to feelings of disconnect and proactive tools for families seeking more connection, balance and stability. As people become increasingly connected to their devices, they can become less connected to their families, communities, and themselves. If you feel that your teen is more connected to their virtual reality than then they are to themselves and those around them, you are not alone. By exploring boundaries, communication, mindfulness, regulation techniques, and tools for crisis moments, you will learn ways to have the relationships you want with your teen. You will participate in 3 exercises, including mindful listening, practical grounding techniques and a self inquiry exercise. leave this workshop empowered with tools to create change, deeper connection, and a closer relationship between you and your teen!

Bio: Adriana Balentine is a Licensed Clinical Social Worker in the state of Colorado, a level two certified addiction counselor (CACII) and a facilitator of Eye Movement Desensitization and Reprocessing (EMDR). With over a decade of experience, she has a diverse background that ranges from working in hospital crisis settings, outpatient community mental health centers, substance abuse facilities, residential treatment, and public school settings. Currently she runs the Strength in Motion Counseling Center, is the clinical team lead, and sees clients in individual and group setting where she specializes in working with clients with addictive behaviors, trauma, physical illnesses and other challenging life transitions. She believes in a holistic approach to healing and wellness, and has programs focused on wilderness therapy, hiking, somatic and dance movement therapy, and therapeutic yoga.

6. Thought Distortions: The Lies Anxiety Tells (Spanish Presentation)
Presenter: Raul Galindo, Licensed Professional Counselor
Kaiser Hidden Lake Office
Length: 1 hr. 15 min
Type: More Experiential
Age Recommendations: Adults Only
**Workshop Description:** This workshop will help you explore and identify thought distortions and their impact on anxiety. You will engage in experiential exercises to learn to reframe these thought distortions. You will also learn mindfulness practices to help you manage anxiety.

**Bio:** Raul came to Colorado in 2005 to complete his graduate studies in Contemplative Psychotherapy at Naropa University in Boulder. His previous work as a school teacher allowed him to see how parenting and various environmental factors can impact a child’s mental health and their ability to learn and thrive. He became interested in working with families, couples, children, teens, and the GLBTQ community. After completing graduate studies, he worked as a school-based therapist for St. Vrain Valley Schools. He also got involved in bringing Restorative Justice Practices to schools in Aurora. His work with the people he serves is primarily informed by attachment theory, which informs the way he communicates with patients by being the “secure base” that allows for safe exploration of the challenges they face. If patients become overwhelmed he is able to meet them where they are by being the “safe haven” that allows them to reconnect with their inner strengths.

**SATURDAY, JANUARY 26 from 12:15 - 1:30 pm**

1. **Nourishing Stress Vs. Junk Food Stress**

**Presenter:** Paige Trevor, Certified Parent Educator

**Balancing Act, LLC**

**Type:** More Experiential

**Age Recommendations:** Adults Only

**Workshop Description:** This workshop distinguishes the difference between stress that is nourishing, age appropriate, life enhancing and junk food stress that is addictive, non-productive and can turn into into anxiety. Stress is a part of life; much like food, we can't live without it. Examine you and your child's stressors and determine which are healthy and which are junk food. Together we will dissect our problems and through exercises, reflection and sharing you will go home with new tools to focus on healthy stress and letting go of, or minimizing, junk food stress. You will leave with a hearty list of healthy and renewable energy sources, along with plenty of resources to continue learning and getting support for yourself and your kids. Link to brief blog post on the topic: [http://balancingactllc.net/blog/2018/1/22/stress](http://balancingactllc.net/blog/2018/1/22/stress)

**Bio:** Speaker and parent educator, Paige Trevor, has trained over 1,000 parents in multi-week classes and seminars as a Certified Parent Educator with D.C. area, much-lauded Parent Encouragement Program. She has crafted a message that helps parents clear the mental and physical clutter that can frustrate and separate family members. Paige has appeared on the Kojo Nnamdi Show, PBS News Hour and Fox 5’s "Good Day D.C." She has also given talks on parenting and time management techniques for: Bloomberg, MITRE Corporation, Discovery Communications Inc, Inter-American Development Bank, Mothers of North Arlington (MONA), Center for Growing Families, Healthy Directions, and dozens of public, private, and charter schools in Virginia, Maryland, and Washington, D.C.
2. QPR Training (Question, Persuade, Refer)

**Presenter:** Kevin Braney, PhD  
Director of Employee Engagement, Safety & Training, Mental Health Partners  
**Type:** More Educational  
**Age Recommendations:** 14 and Older

**Workshop Description:** This workshop will teach you QPR, which stands for Question, Persuade, and Refer, the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis, offer hope and options, and help the person to get help. This training is designed for anyone: parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, attorneys, coaches and many others who are strategically positioned to recognize and refer someone at risk of suicide.

**Bio:** Kevin has been the Director of Training and Employee Engagement at Mental Health Partners since 2015 and prior to this assignment was principal of Boulder High School from 2009 - 2014. Kevin is a certified mental health first aid, suicide prevention, and trauma trainer.

3. The Brain Body Connection

**Presenter:** Kristen Rubow  
Owner of M3Kinctions Studio  
**Type:** More Experiential  
**Age Recommendations:** 14 and Older

**Workshop Description:** This workshop is designed to focus, expand, and enrich our minds and bodies to create the peak zone for continued learning and growth for optimal living. Through the Brain Body Connection, you will learn information, while also physically exploring body regulation strategies, vision and balance exercises, and movement challenges. Together these encourage neural growth, focus and attention, and the practice of being fully present. You will learn at least one exercise from each of the three strategies in the Matrix Top 10, a list of easy to implement movement strategies used at M3Kinctions. Neural science has found that our brains have the capacity to continue growing throughout our lives. The M3Kinctions' approach draws from current research on brain function and the intimacies of the brain/body connection to relax the body, improve vision, and grow the Brain.

**Bio:** Kristen spent 35 years as a professional harpist performing in a variety of venues including orchestral work to Earth Wind and Fire at Red Rocks before starting M3Kinctions. Her attention shifted into music influenced movement work after exposure to the world of executive function, unique learning styles, and brain injury. This work grows from a personal passion and a deep understanding of human potential when recognizing individual learning differences and providing useful tools and encouragement.
4. Using EFT (Tapping) To Ease Your Heart, Mind, Body, And Spirit
Presenter: Kate Satten, MA
HeartWorks
Type: More Experiential
Age Recommendations: All Ages

Workshop Description: The major focus of this workshop is to discover new ways to perceive both challenges and their solutions. Relief from emotional, and sometimes physical pain, is more within reach than you think. Kate will teach in-the-moment, informational, hands-on techniques for immediate and long-term relief which will be done together. She will ask questions about what you are currently facing to personalize how you can use these techniques. You don’t have to talk if you don’t want to. Together, participants will cover the gamut of challenges for parents, children, and families and actually have a lot of fun doing it!

Bio: Kate has studied extensively with Gary Craig, the founder of Emotional Freedom Technique, and is known to be an EFT 'master' with her own successful program. She has multiple awards from 'Imagine! Colorado' for her work with children and families, and decades of experience and success working with children and adults of all ages. She has been told by several practitioners that she is a "Master of the Angelic Realm" that brings palpable soothing to every person she encounters. Recognizing her gift, she has been gathering groups of young children together for movement and healing since she was just eight years old. Kate has also been known to shift 'impossible' and 'hopeless' situations for children of all ages, couples and families experiencing crisis. Having overcome her own adverse childhood, Kate has made it her mission to help heal the world, one person at a time.

5. Toxic Stress and the Events that Impact our Life (Spanish Presentation)
Presenters: Elena P. Aranda, Infant Mental Health Specialist, DBT & EMDR Certified
Leticia Abajo Torrijos, BA, Educadora Familiar, Educadora Infantil
Type: More Experiential
Age Recommendation: Adults Only

Workshop Description: In this workshop, you will learn to identify which events in your life contribute to your present toxic stress, no matter how long ago they happened. These event may become even more prominent as immigrants, requiring special attention. You will learn how stress manifests in our bodies and minds, how to manage those symptoms, and when to ask for professional advise. This workshop will include group dynamics and interactions, self reflection and acknowledgment of our own bodies, and a short written exercises. You will create a sense of hope by centering on new knowledge as a way to build better relationships with your children so they may create a brighter future

Bios: Elena: Elena P. Aranda is a powerful leader in the Boulder community who has gained a reputation for compassion, while garnering widespread respect for her professionalism and energy. She has worked tirelessly to fulfill the Compañeras program’s mission of promoting the well being of women; enhancing their quality of life while expanding access to educational and cultural programs, developing political consciousness and collectively mobilizing social justice
actions. Elena has been a Parent-Infant Specialist in the Community Infant Program at Boulder Mental Health Partners for 21 years.

Leticia: Leticia Abajo earned a BA in Human Development and Family Relations from UCD and a Certificate in Early Childhood Education from Applied Studies Institute in Madrid, Spain. She has a Certificate in Interpretation by the National Council of Medical Interpreters as well. Leticia is a dedicated Family Educator and Community Organizer who has worked in the community since 1999. She has built a wide and strong net of connections which strengthens the community by creating opportunities that increase the well being and access to many different activities for Spanish speaking women in Boulder County. Her work assists in closing the existing equity gap.

SATURDAY, JANUARY 26 from 1:45 - 3:00 pm

1. Introducing The Social Diet For Neurodiverse Kids
Presenter: Stacy Gorekso, PhD & Ylann Goresko (son)
CEO and Author of The Social Diet ®
Type: More Educational
Age Recommendations: 8 and Older

Workshop Description: This workshop examines how every child has been given a "Social Diet" and will provide the 7 key ingredients to raising socially connected, well-balanced, and caring kids. Dr. Goresko takes a sociolinguistic approach to unravel the culture of autism in this country. She has discovered important cultural assumptions and blind spots that may unknowingly undermine our children's full social potential. You will have an opportunity to complete Stacy’s Social Diet wheel of balance so that you have immediate feedback where your life is in balance and where it is not. There will be a thoughtful discussion about ways that parents and professionals can connect on a deeper and more meaningful level with their children. She will show some video of interactions before starting The Social Diet and compare them to ones completed several months later. At the end of the workshop her son, Ylann, will talk to the audience about his experience using The Social Diet.

Bio: Stacy Goresko Ph.D is an author, speaker, life coach, trainer, and certified autism consultant. More importantly, she is a mother of two, one of which is on the autism spectrum. In her new book, The Social Diet ®, Dr. Goresko calls for a more socially based approach to the treatment of ASD. As a trained Sociolinguist, she is an expert in face to face verbal and nonverbal behavior. She has dedicated her life to help and support families with special needs children.

2. Procrastination: The Allergy to Control and What You Can Do About It
Presenter: Dylan Rivard, MA, LPC
Type: More Experiential
Age Recommendations: 13 and Older

Workshop Description: This workshop is focused on Procrastination! In this highly experiential workshop you will learn: How to distinguish between functional versus dysfunctional
procrastination, the underlying mechanisms that create cycles of procrastination, what you and your family can do to combat procrastination, and how to support someone allergic to control. You will learn how to recognize feelings that come up in response to your child's procrastination, functional vs. dysfunctional procrastination, the functions of procrastination, and how to help someone who doesn’t want support. You will leave with practices and resources that can help you and your child(ren) build the skills to deepen communication and combat perfectionism.

Bio: Dylan Rivard specializes in helping people reclaim a sense of victory and excitement in their lives. Using a variety of experiential approaches, Dylan’s background in wilderness therapy and somatic psychotherapy can help you actually feel change; not just talk about. Dylan struggled with his own challenges around avoidance and frustration throughout college and his early 20s. Connecting with and educating youth in the wilderness led him to a sense of hope and possibility. He completed a Master’s Degree in Wilderness Therapy from Naropa University in 2013, and has since gone on to develop his own private practice as a Licensed Professional Counselor. He and his husband live outside Golden, CO, where they hike in the woods, spending time with their two dogs and cat.

3. Introduction to Mindfulness for Stress Reduction
Presenter: Rona Wilensky, PhD
Director of PassageWorks Institute
Type: More Experiential
Age Recommendations: 14 and Older

Workshop Description: This workshop will give you an experiential and cognitive introduction to mindfulness practices that help you manage stress and increase well-being. You will leave with several practices to incorporate into your daily life.

Bio: Rona Wilensky teaches SMART in Education, a mindfulness program for educators. She also leads mindfulness retreats, and develops and supports other mindfulness teachers. She is a Fellow of the Mind and Life Institute and was a member of the Leadership Council of the Garrison Institute’s Initiative on Contemplative Teaching and Learning. She taught at Williams College and the University of Denver in the early 1980’s, and was the founding principal of New Vista High School in Boulder, Colorado. She has an extensive background as an education policy analyst and her essays on high school reform have appeared in Education Week, The Chronicle of Higher Education, Phi Delta Kappan and Education News Colorado. Rona began her personal meditation practice in 2005 and received her certificate as a Mindfulness Instructor from Naropa University in 2012.

4. Everyone Suffers Traumatic Stress: Calming the Anxious Mind
Presenter: Jane, Chandler, Author and RN
Stop the Cycle Together
Type: More Experiential
Age Recommendations: 14 and Older
Workshop Description: This fun and informative workshop will answer question like, “What is traumatic-stress and who experiences it?”, “How do the brain and body react to traumatic-stress?”, and “How does it affect children differently than adults?” Jane immediately puts her audience at ease with her gentle sense of humor and compassion, while exploring the neurological reactions that happen to the brain and stress hormones when a person encounters traumatic-stress. With this knowledge, you can learn calming techniques, like breathing and tapping, that can literally rewire the brain by interrupting the fight-flight-freeze response. You will leave empowered to act rather than react.

Bio: Jane is a wife, mother, nurse and author. Unless she spoke of it, no one would ever know she has experienced extreme traumatic stress as both a child and as an adult. All of us experience some type of traumatic-stress, but many do not identify it or know how to heal from it. If left unaddressed, it can cause long-term emotional and physical suffering. Jane now speaks and collaborates with other professionals to identify and prevent childhood traumatic events and support adults who have experienced them. Her focus is to empower others by advocating for Trauma-Informed Communities.

5. The Gut - Brain Connection: How To Create The Optimal Relationship
Presenter: Lisa Shanken, AADP, AFI
Tri-Wellness
Type: More Educational
Age Recommendations: 12 and Older

Workshop Description: This workshop is rich with Information on the connection between gut and brain health. Lisa will provide concrete tips for keeping your gut healthy no matter the circumstances.

Bio: Lisa is a Certified Health Counselor, Certified Personal Trainer, Executive Functioning Coach, Healthy Cooking Instructor, and Corporate Wellness Specialist and the founder of Tri-Wellness.
After receiving her B.S. at Cornell University, she completed formal training as an Accredited Health Counselor at the Institute of Integrative Nutrition in New York. She also honed her culinary skills at the Natural Gourmet School and Pratt Institute in New York City. Lisa earned her Personal Training Certification at the American Fitness Institute, and her Corporate Wellness Certification from Vital Advantage Corporate Wellness Consulting. Lisa says she is consistently expanding her expertise with continuing education courses on topics including family therapy, anxiety, panic, and Dialectical Behavior Therapy (DBT).

6. Gender Identity and Sexual Orientation (Spanish Presentation)
Presenter: Leticia Abajo Torrijos, BA, Educadora Familiar, Educadora Infantil
Type: More Educational
Age Recommendations: 12 and Older

Workshop Description: During this workshop, you will learn about the difference between gender identity and sexual orientation, why our children need our support as they learn about
themselves, and how to manage this situation in a way that makes sure everyone in the family is listened to and cared for. The workshop will contain a mix of storytelling and interactions between participants and the presenter.

Bio: Leticia Abajo earned a BA in Human Development and Family Relations from UCD and a Certificate in Early Childhood Education from Applied Studies Institute in Madrid, Spain. She has a Certificate in Interpretation by the National Council of Medical Interpreters as well. Leticia is a dedicated Family Educator and Community Organizer who has worked in the community since 1999. She has built a wide and strong net of connections which strengthens the community by creating opportunities that increase the well being and access to many different activities for Spanish speaking women in Boulder County. Her work assists in closing the existing equity gap.

SUNDAY, JANUARY 27 from 11:45 - 1:00 am

1. How To Create Success Without Stress
Presenter: Isabelle Tierney, M.A., LMFT
Choice Point, Inc.
Type: More Educational
Age Recommendations: 12 and Older

Workshop Description: This workshop is for you if on the outside you seem to "have it all", but on the inside you feel exhausted, depleted and overwhelmed. You might secretly be using unhealthy habits to cope with your stress, and you may feel truly alone in this struggle as you work hard to maintain the facade of perfection. You are not alone! Millions of people struggle with living a life of extraordinary stress. This is actually being called a social epidemic. You will learn how to use the simple and incredibly effective “Feel Good Scale”. This will help you move out of the Stress Response where reactivity, anxiety, and irritation live, and into the Relaxation Response where ease, flow, joy, intimacy, and peace live. Whether you are a parent, a child, a teacher or caregiver, you will walk away from this workshop with actionable tools and practices that can literally change the way you experience your life forever.

Bio: Isabelle Tierney, M.A., LMFT, is a healer, author, and speaker. She is the creator of “The Feel Good Life: How to Create Success without Stress” and has been in private practice internationally since 1996. Her bent is a psycho-spiritual belief that we have to heal mind, body and spirit to become whole. Isabelle works with individuals, couples, and groups. She is on the team of the Unconventional Life, a business accelerator program for entrepreneurs, ranked #1 by Inc. Magazine. She also teaches, consults, trains and presents for various professional groups, businesses and organizations on topics such as stress, addiction, and how to create Heaven on Earth. Isabelle has been an adjunct professor at Naropa University and the Institute for the Psychology of Eating. She has lectured regularly at Core Power Yoga Bootcamp and is a contributing writer at Teen Truth. Isabelle makes her home in beautiful Boulder, Colorado.
2. Journals Quick and Easy: Writing for Healing & Change  
**Presenter:** Kathleen Adams, LPC, PTR  
**Type:** More Experiential  
**Age Recommendations:** 15 and older  

**Workshop Description:** In this experiential workshop, Kathleen, a pioneer in the field of therapeutic writing offers both theory and applied practice to make even the most reluctant writers put pen to paper. Evidence-based research shows that journal writing can be a powerful tool in the healing process. Studies show that those who write demonstrate increased clarity, immune system functioning, insight and overall well-being. But many people self-select out of trying life-based writing because they are not confident about their writing skills, or have other internal or external barriers to success. You will be led through several short writes that demonstrate new and interesting ways to approach the journal for self-discovery, stress management, and creative expression. You will have opportunities, but not an obligation, to share what you’ve written with the group. Particular attention will be paid to the self-soothing and cognitive reframing possibilities of journal writing. You will demonstrate outcomes that surprise and delight you.

**Bio:** Kathleen Adams is a psychotherapist specializing in using life-based writing like journals, poetry, and memoirs as a tool for healing, growth and change. She is the author of 12 books in the field, including the best-selling Journal to the Self and the textbook Expressive Writing: Foundations of Practice. She is the founder/director of the Center for Journal Therapy, based in Wheat Ridge CO. She has written a journal since the age of 10 and can’t wait to share her passion with you.

3. Change Your Brain, Transform Your Life  
**Presenters:** Rachel Ragsdale, LPC, BCN & Carli Torr, LPC, BCN  
**Type:** More Educational  
**Age Recommendations:** Adults  

**Workshop Description:** In this workshop you will learn what neurofeedback is, who the best candidates are, and how it can help you. Rachel and Carli will also share information about other techniques like mindfulness, HRV, deep breathing and exercises people can do for brain health. They will provide resources that will help you integrate this into your own life.

**Bios:** Rachel Ragsdale and Carli Torr are Co-Founders and Owners of NeurOptimize, who are Licensed Professional Counselors (LPC) and Board Certified Neurofeedback Specialists (BCN) Rachel and Carli oversees clinical operations, supervises all team specialists, and is in charge of qEEG analysis, treatment planning, and protocol creation at NeurOptimize locations. Rachel’s life was changed by her own neurofeedback experience over 10 years ago and is thankful to give back to others now. Rachel values each and every client’s personal journey with neurofeedback and aims to make it exceptional for anyone.
Carli Torr, holds her Masters of Arts in Clinical Counseling from Colorado Christian University and received her undergraduate degree in Psychology from the University of New Mexico where she graduated Magna Cum Laude. She believes in the client experience and values customer service, communication, and clear expectations and wants everyone that walks in the door to know that they are valued, cared for, and being treated to the highest of standards. Carli believes that life, especially the challenging parts of it, are not meant to be done alone and is passionate about creating a caring environment and experience. Life change is possible with support and Neurofeedback!

Presenter: Marijke Jones & Kim Gangwish
Authors, Child Decoded
Type: More Educational
Age Recommendations: Adults Only

Workshop Description: All processing differences, social skill struggles or emotional control issues cause anxiety. Anxiety short circuits the brain, making those problems worse. In this workshop, you will learn more about the underlying neurology of this vicious cycle. You will learn how to assess and address deeper issues that might be aggravating problems, making it difficult for interventions to get any traction, or creating anxiety in and of themselves. Session will include activities that will disrupt participants’ sensory systems and demonstrate how this interferes with the ability to learn. These activities will help to bring the nervous system into a calmer, more integrated state.

Bio: Kim Gangwish has been practicing in the fields of mental health and applied physiology for the last 20 years and specializes in a form of acupressure that focuses on neurological integration. She works with both children and adults who have learning or sensory issues, or mild traumatic head injuries. Being an adoptive mother herself, Ms. Gangwish is quite experienced in working with the unique needs of the adopted. She runs her practice, The Life Enrichment Center, in both Louisville and Denver.

Marijke Jones has been a teacher, performer, world traveler, trauma therapist, writer and editor. She also homeschooled a child who confounded everyone, and somehow found the supports he needed to make his way through high school, college, and life. Whatever you are going through with your child, she understands.

5. Embodied Explorations of Consent
Presenter: Deb Silver, MA, LPC, R-DMT & Griffin Jensen, MA, Registered Psychotherapist
Embodied Explorations with Strength in Motion Counseling
Type: More Experiential
Age Recommendations: 13 and Older

Workshop Description: Our relationship to consent impacts our everyday lives, not just our sexual experiences. This workshop includes several experiential activities, mindfulness practices, and group discussions that will give you an opportunity to develop a stronger
congruence between your inner experiences of consent and your outer understandings and assumptions of consent. Directly working with themes of embodied consent helps to establish a stronger “Yes to My Yes” and a stronger “Yes to My No”. With this practice and understanding, what is expressed outwardly becomes more congruent with what is felt internally. We believe cultivating this congruence is deeply connected to both the development and sustainability of a person’s resilience in a society that often puts out mixed messages. Themes of choice, impulses, boundaries, trust, relationship, discomfort, and safety will be investigated. You will leave with concrete tools to support you and others in fostering resilience and self-expression for both your relationships with others and yourself.

Bio: Deb Silver and Griffin Jensen strive to support the integration of the somatic (what we feel in our bodies) and the psyche (how it relates to the stories of our minds). They are passionate about creating opportunities to explore the messy realms of No and Yes in a society where people are often taught not to listen to themselves. When we acknowledge the potential exposure to trauma, oppression, and the many intersections of each individual, the messy gets very complex. Deb and Griffin work with this complexity by offering body-based experientials that intentionally slow the process of consent down in order to gain awareness of one’s relationship to No and Yes. Both are trained psychotherapists and dance/movement therapists, with a MA in Somatic Counseling. They have provided consent workshops to the greater Denver/Boulder area in several formats, and have presented for Naropa University in Boulder CO, Rocky Mountain American Dance Therapy Association, and the WINGS Foundation.

6. Aprender a Manejar las Emociones: El Poder de Mindfulness (Spanish Presentation)
Presenter: Marinela Maneiro-Goodwin, Family Coach and Facilitator
Intrepid Connections
Type: More Experiential
Age Recommendations: Adults Only
Time: Sunday 11:45am - 1:00pm

Workshop Description: Participants will learn and practice skills to recognize and manage their emotions using mindfulness practices. They will have access to guided mindfulness practices and other materials.

Bio: Marinela Maneiro-Goodwin has a BA in Clinical Psychology and a Master's Degree in Organizational Development. She works as a consultant and mental health professional in areas of parenting, effective communication, mindfulness and substance abuse prevention. She has been working primarily with the Latino community in the Denver/Boulder region in various capacities. She focuses on issues regarding family dynamics and stress reduction and mindfulness, to help improve their quality of life, make better choices, and access culturally appropriate services in the Latino community.

SUNDAY, JANUARY 27 from 1:15 - 2:15 am

1. Changing Your Inner Dialogue: From Critical To Loving
Presenter: Jessica Dancingheart, Personal and Organizational Relationship Consultant
Opening to Possibilities

**Type:** More Experiential

**Age Recommendations:** 12 and Older

**Workshop Description:** Do you find yourself tired? Unmotivated? Sad? Do you compare yourself to others and fall short? Do you feel dissatisfied with who you are and what you accomplish? This workshop will help you become aware of your negative self-talk and explore the needs you are trying to meet in the process. You can transform your negative self-talk to a more life affirming and loving inner dialogue, develop realistic expectations, and leave with a doable action plan.

**Bio:** Jessica Dancingheart is a skilled facilitator, consultant, peacemaker and columnist who brings her sincere and intelligent leadership to you. She is dedicated to creating a more peaceful and productive world by utilizing and sharing her relationship building, sustaining and healing skills. She consults with individuals and organizations that want to add power to their purpose, or when conflict arises and trust and respect need to be rebuilt. Her methodology is grounded in our modern day understanding of how the brain works. She has over fifteen years of experience practicing Nonviolent Communication, The Work of Byron Katie, a variety of spiritual modalities, and body awareness techniques. She also has over a decade of experience as a columnist and restorative justice practitioner.

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2. Rapid Response Guide for Parents of Teens and Preteens

**Presenter:** Shawna Warner, MSW, Parent and Teen Coach

**Founder, Cultivating Resilient Teens**

**Type:** More Experiential

**Age Recommendations:** Adults Only

**Workshop Description:** Parents of teenagers need strategies and tools that are available and ready to go. In this one-hour workshop, you'll design your Personalized Rapid Response Guide so you're ready for anything that comes your way. Shawna will teach you 3 simple go-to strategies that will leave you feeling calm, confident and emotionally available for your teen.

**Bio:** Shawna has her Coaching Certification from Coach Training Alliance (CTA), an International Coach Federation (ICF) recognized program. She earned her Master's Degree in Clinical Social Work (MSW) from the University of Denver, Denver, CO, and her BA in Sociology and Speech Communication from Butler University, Indianapolis, IN. She has been an Advanced Behavioral Health Clinician with Devereaux Cleo Wallace Center, a residential, day treatment center, as well as a social work intern for Louisville Elementary School in Louisville, CO. Currently she is running her own business, Cultivating Resilient Teens, and is an active board member and volunteer for Parent Engagement Network.
3. Shushing the "Shoulds"
Presenter: Autumn McFarland, MA Educational Psychology, Child Development and ECE, CPD (Certified Postpartum Doula) CAPPA
Family Factor
Type: More Experiential
Age Recommendations: Adults Only

Workshop Description: This workshop will be a discussion and informational talk about the ways that we as parents can be proactive and informed about navigating the early academic path for your child/children. Starting with preschool, the stresses and overwhelming amount of choices and pressures surrounding school choice can often leave parents feeling debilitated to make an informed and educated decision about what academic environment is best for their child. This discussion will be a combination of lecture, group roundtable talking and activity based learning and will give you tools and information necessary to ensure that you feel informed and equipped to advocate for your child on their academic path. Don’t let the frustration of school choice prevent you from finding the best academic environment for your family and for your child. Your child deserves the best and you deserve the best.

Bio: Autumn McFarland, founder of Family Factor and mother of two, earned her Master’s Degree from the University of Colorado at Denver in Educational Psychology with an emphasis on Human Development and Child Psychology. Autumn brings more than a decade of experience working with both academic settings and families. Autumn has taught children both here in America and abroad, and has a rich understanding of what different family units can look like. Autumn found most of her passion for Family Factor in the meditation and learned patience of what it means to be a mother and a partner to her husband Shane. Autumn’s passion for child advocacy drives her work to ensure that every child feels safe and supported in their academic environment and that every parent feels supported and in partnership with those caring for their children.

4. Neutralizing the Earthquakes and Civil Wars: Mastery Tools for Being Effective and Compassionate When You're Pissed Off and Overwhelmed
Presenter: Anne-Alex Packard, MFA, Registered Yoga Teacher, Taijifit Instructor, Personal Trainer
Type: More Experiential
Age Recommendations: 12 and Older

Workshop Description: This workshop illustrates the use of movement, breath, intention and visualization to flow into your unique excellence without fighting the whole Universe. The idea revolves around conflict and resolution. The movements are both soft and smooth, as well as dynamic and powerful. We will experience "follow-along flow" for about 40-45 minutes. The final 15-20 minutes will include stretching and Q & A. No experience or specific knowledge is necessary. The permutations of the practice are explained during a metaphorical story-line of the "peaceful warrior's quest."
Bio: Anne-Alex Packard has been a professional dance performer and choreographer in NYC, Texas, Colorado, and along the eastern seaboard. She was also a professor of dance and theater in Connecticut and North Carolina. She homeschooled and owned a yoga studio in Lafayette, CO called Laughing Yogi for several years. Now she devotes her time to teaching Tai Chi/Chi Gong, yoga, and falls prevention courses. She also helps people with Parkinson's disease throughout Boulder County.

5. When Anxiety Speaks; Cuando la ansiedad habla (Spanish Presentation
Presenter: Eliza Gilmore, MA Clinical Mental Health Counseling Candidate
Type: More Experiential
Age Recommendations: All Ages

Workshop Description: Ofreceré algunas actividades experienciales dentro de mi taller que guiarán a los participantes en diferentes actividades de atención plena. Los ejercicios incluirán visualizaciones guiadas para los participantes y una exploración interna de las sensaciones y las emociones. Me centraré en el "lenguaje" de la ansiedad y del estrés, y cómo trabajar con la ansiedad en el cuerpo. Ofreceré herramientas para que los participantes las utilicen, como técnicas de atención plena para integrarse en la vida diaria, para ayudar a comprender mejor su ansiedad como una emoción y trabajar con ella en lugar de contrarrestarla.

This workshop will offer a few experiential activities that will guide participants in different mindfulness activities. Exercises will included guided visualizations for participants, and an inner exploration of sensations and emotions. There will be a focus on the "language" of anxiety and stress, and how to work with anxiety in the body. Finally, it will offer tools for you to use, such as mindfulness techniques to integrate into daily life You will have a better understanding of your anxiety as an emotion, and will learn to work with it as opposed to against it.

Bio: Eliza es una estudiante de tercer año de postgrado en el programa de terapia en la Universidad de Naropa. Ella trabaja de manera centrada en el cliente, aceptando donde este el cliente sin juzgar. Eliza ofrece una orientación basada en el cuerpo, y valora escuchar al cuerpo y su sabiduría. Eliza apoya a los clientes para crecer su conciencia de sí mismos en sus vidas. Ella cree que esto puede ayudar a sentirse más capacitadas para tomar decisiones que las lleven hacia experiencias de bienestar más grandes y satisfactorias. Eliza también reconoce y honra la bondad básica y la salud intrínseca de todas las personas.

Eliza is a third-year graduate student in the Mindfulness-Based Transpersonal Counseling program at Naropa University. She works in a way that is client-centered, accepting, and non-judgmental. Eliza offers an orientation that is body-based, and believes in listening to the body and its wisdom. Eliza supports clients in growing self-awareness in their lives. She believes that this can help people feel more empowered to make choices that move them toward greater and more satisfying experiences of wellness. Eliza also recognizes and honors the basic sanity and intrinsic health in everyone.
SUNDAY, JANUARY 27 from 2:30 - 3:30 am

1. Connect Before You Correct
Presenter: Jessica Dancingheart, Personal and Organizational Relationship Consultant
Opening to Possibilities
Type: More Experiential
Age Recommendations: 14 and Older

Workshop Description: Do you find yourself in power struggles? Misunderstood? Disconnected? This workshop will help you learn how to Connect Before You Correct! At this highly interactive presentation, you will gain an understanding of how the brain works, and why correction is an ineffective strategy for creating healthy and peaceful relationships. You will practice and gain skills to build mutual understanding, trust and respect so you can have more fulfilling and productive interactions.

Bio: Jessica Dancingheart is a skilled facilitator, consultant, peacemaker and columnist who brings her sincere and intelligent leadership to you. She is dedicated to creating a more peaceful and productive world by utilizing and sharing her relationship building, sustaining and healing skills. She consults with individuals and organizations that want to add power to their purpose, or when conflict arises and trust and respect need to be rebuilt. Her methodology is grounded in our modern day understanding of how the brain works. She has over fifteen years of experience practicing Nonviolent Communication, The Work of Byron Katie, a variety of spiritual modalities, and body awareness techniques. She also has over a decade of experience as a columnist and restorative justice practitioner.

2. Stress and Emotional Eating: How it Impacts Your Health and Family Dynamics
Presenter: Denali Lord, MS, RD, NASM CPT, 200-Hr Yoga Instructor
Denali Lord Nutrition and Wellness
Type: More Educational
Age Recommendations: 12 and Older

Workshop Description: Emotional Eating due to stress and anxiety are at all time highs for all ages. In this workshop, you will learn about emotional eating trends in children, adolescents, and adults, and its impact on family dynamics. We will also explore ways in which to identify when you are eating for emotional reasons or hunger, and how to stop this to improve your health and the health of your family.

Bio: Denali is a Registered Dietitian, NASM certified Personal Trainer, Corrective Exercise Specialist, 200-Hour Yoga Instructor, and Wellness/Health Professional. Denali has been practicing as a dietitian since 2010 and specializes in emotional eating, disordered eating and eating disorders, nutrition for gastrointestinal disorders, and nutrition for women, infants, children, and adolescents.

3. Be the Leader of Your Own Life
Presenter: Shelly D. Mahon, PhD & Executive Director of PEN
Type: Equal Educational and Experiential
Age Recommendation: 16 and Older

Workshop Description: This workshop will focus on identifying what it takes to be the leader of your own life. Having personal power over the perpetual messages and circumstances that make us feel stressed and anxious requires understanding ourselves, identifying resources and having strategies when we feel powerless. Have you ever heard the figure of speech, “If you don’t decide, someone will decide for you”? This is true for making day-to-day decisions, setting long-term goals, and determining how you are going to respond to the world around you. You will leave this workshop with a better understanding of yourself and your leadership style, the things that block you from your power, strategies for making decisions, and a plan for taking actions that have a positive effect on your mental health and well-being.

Bio: Dr. Shelly Mahon has a PhD in Human Development and Family Studies from the University of Wisconsin Madison, with a minor in Prevention Science. She has spent over 25 years working with youth and families in such contexts as social services, criminal justice, experiential education, university settings, and private practice. She is currently the Executive Director of Parent Engagement Network, and teaches adjunct at the University of Colorado Denver. Shelly’s expertise include child/adolescent development, parent/child relationships, family functioning, and program development and evaluation. She is passionate about supporting parents. To her, parenting brings an ever-changing spectrum of human emotion. It is filled with moments of love, excitement, anticipation, expectations, fears, hopes, and dreams. Her goal is that parents feel educated, empowered, and supported in their journey.

4. A Rising Tide Lifts All Ships: Building Resiliency And Creativity
Presenter: Jenny Hecht, LCSW, CYT
Karuna Healing
Type: More Educational
Age Recommendations: 12 and Older

Workshop Description: We are not born with an inherent understanding of how to manage stress. This is something we learn from watching those around us manage their own stress. Through this observation, we develop our own tendencies. These tendencies are patterned responses to stress and anxiety and are far more changeable than we often realize. Stress management and distress tolerance are challenging for many of us, not just for young people. In this presentation, we will discuss how stress affects our brains and bodies and how to begin speaking more openly about these challenges in a way that creates space for young people to feel safe in joining in the conversation. We will also talk about effective strategies to downshift our nervous systems and to manage stress and anxiety through engagement, rather than distraction. You will learn the difference between settling down and settling in.

Bio: Jenny Hecht, LCSW, CYT is the owner of Karuna Healing whose mission is to support individuals, schools, and communities in strengthening self-compassion and developing shame resiliency. Through her psychotherapy practice, yoga teaching, presentations, and workshops,
5. Turn Anxiety Into Your Superpower

**Presenter:** Avani G. Dilger, MEd, MA, LPC, BC-DMT, CACIII  
**Natural Highs - Healthy Alternatives to Drugs & Alcohol**  
**Type:** More Experiential  
**Age Recommendations:** All Ages  

**Workshop Description:** In this workshop you will learn and practice hands-on strategies that you can apply in your daily life immediately to turn anxiety & stress into a great source of energy & power. Oftentimes we experience stress and anxiety as negative states and feel exhausted and depressed in dealing with the resulting symptoms. Cutting-edge approaches in Neuroscience and Somatic Psychology show a much deeper understanding of the biology and purpose of stress and anxiety. We can apply this understanding in our daily lives by learning new ways of redirecting the enormous energy that gets mobilized in stress & anxiety and use it as our "Superpower". You will also learn about this new initiative that is currently happening in Boulder high schools training students, teachers and parents in this empowering approach for dealing with mental health symptoms.

**Bio:** Avani G. Dilger is a Licensed Professional Counselor, a Certified Addiction Counselor, a Somatic Psychotherapist, and a Motivational Interviewing Trainer (MINT), who specializes in substance abuse prevention and treatment with adults, teens and their families and provides Motivational Interviewing training for criminal justice, mental health, and substance abuse professionals. She is the founder and director of the non-profit Natural Highs: Healthy Alternatives to Drugs & Alcohol, an innovative, grassroots substance abuse prevention and intervention program that teaches teens and adults to become leaders around healthier lifestyles and positive peer culture. In addition to teaching the Natural Highs program at several high schools in Boulder and at Naropa University, Avani works as a psychotherapist with teens, families and adults with severe issues around substance abuse, addiction and trauma.