

LIVING HEALTH • BALANCE • HOPE SYMPOSIUM

Hosted annually by the Porter-Starke Services Foundation, the **Living Health•Balance•Hope Symposium** educates, advocates and celebrates **health and wellness**. Featuring **leaders and innovators** from the field of mental health, our **forum** of clinicians, sponsors and the community creates a **ripple effect of health, balance and hope** within and beyond Northwest Indiana!

Premier Sponsor

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Health • Balance • Hope

Sponsorships Available
Call 219.531.3580

CEU Information

The Indiana Behavioral Health and Human Services Licensing Board has approved this organization to provide Category I Continuing Education for LSW, LCSW, LMFT, LMHC, LAC, LCAC and HSPP. However, licensees must judge the program's relevance to their professional practice. Indiana CEU Provider #98000555A. HSPP Provider #98000597A.

Only Full Day Conference attendees receive 6 CEUs, which include:

- Keynote Breakfast (1 CEU)
- Full Day Conference (5 CEUs)

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foundation

Mind Over Mood

*simple & practical tools
for everyday living*



Mind Over Mood

Simple & Practical Tools for Everyday Living

Keynote Breakfast with Christine A. Padesky, Ph.D.

Thursday, May 25, 2017 • 8:00 a.m. - 9:30 a.m. **CENTRAL DAYLIGHT TIME!**

Harre Union/Valparaiso University • 1509 Chapel Drive • Valparaiso, IN

Learn seven practical skills to improve your mood and boost happiness.

These skills are research-tested, simple to learn and can be mastered in a few weeks. Dr. Padesky shows how to use these skills and offers a way to

measure your moods so you can track your progress over time. Whether you struggle with particular moods or just want to increase your sense of well-being, this presentation is for you!

For Best Outcomes, Teach Mood-Specific Skills

Full Day Conference with Christine A. Padesky, Ph.D.

Depression: Engaging Clients to Use Skills that Reduce Relapse

Breakout Session 1 • 10:00 a.m. - 11:30 a.m.

Depression is often recurrent. Therefore, if we want to help our clients most effectively, we teach clients skills that research shows lower relapse risk. Learn two skills associated with lower relapse for depression and three other skills that show promise. Observe Padesky's live demonstrations that show you how to engage depressed clients so they are willing to learn and practice these skills.

Anger, Guilt & Shame: How can I forgive you... or myself?

Breakout Session 2 • 12:15 p.m. - 1:45 p.m.

Anger, guilt and shame are emotions that can be problematic when they are experienced either too little or too much. Learn several interventions for each drawn from the 2nd Edition of *Mind Over Mood*. Forgiveness is often considered a valuable treatment path – forgiving others (anger) or forgiving oneself (guilt and shame). Explore the multifaceted nature of forgiveness to consider when forgiveness could be therapeutic and when it is not.

Anxiety: Keep the Focus on Central Fears

Breakout Session 3 • 2:00 p.m. - 4:00 p.m.

The success of brief therapy with anxiety disorders largely depends on how well and consistently the therapy *targets the central fears that are maintaining anxiety*. Live demonstrations and guided clinical exercises show participants how to a) use imagery to help identify the central thoughts and images that maintain anxiety disorders, b) set up behavioral experiments to help clients test out anxious underlying assumptions, and c) avoid common therapist errors that limit the effectiveness of anxiety interventions.

REGISTER BY WEDNESDAY, MAY 10

Visit porterstarke.org/registration

▶ NEW: GROUP DISCOUNT!
SEE BACK FOR DETAILS



- Author of *Mind Over Mood* - over 1 million copies sold in 23 languages!
- Co-developer of Strengths-Based Cognitive Behavioral Therapy
- Leading Cognitive Behavioral Therapy Workshop Presenter

Featuring Christine A. Padesky, Ph.D.

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REGISTER BY WEDNESDAY, MAY 10!

▶ NEW: Register 3+ people and receive a Group Discount!*

- Receive a **\$15 per person discount** when you register **THREE (3) OR MORE!**
- \$135 Full Day Conference fee with Group Discount = **\$120 per person!**
- *Group Discount only applies to 3 or more Full Day Conference registrations.
- To register with a Group Discount, please call 219.531.3580 or email foundation@porterstarke.org so we may process your registration directly.

▶ Register 1-2 people online at porterstarke.org/registration.

Questions? Call 219.531.3580 or email foundation@porterstarke.org

Choose Your Track

- Full Day Conference • \$135 • 8:00 a.m. - 4:00 p.m. • 6 CEUs**
 - Keynote Breakfast Mind Over Mood • Simple & Practical Tools for Everyday Living
 - Full Day Session For Best Outcomes, Teach Mood-Specific Skills
 - Lunch Included
- Partial Day Conference • \$120 • 10:00 a.m. - 4:00 p.m. • 5 CEUs**
 - Full Day Session For Best Outcomes, Teach Mood-Specific Skills
 - Lunch Included
- Keynote Breakfast • \$35 • 8:00 a.m. - 9:30 a.m. • 1 CEU**
 - Keynote Breakfast Mind Over Mood • Simple & Practical Tools for Everyday Living

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Learn More Online at
porterstarke.org/symposium

- Registration
- Speaker Biography
- Learning Objectives
- Lunch Options
- CEU Information
- Cancellation Policy

CENTRAL DAYLIGHT TIME!



2017 Living Health•Balance•Hope Symposium
Conveniently Located in Northwest Indiana!

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