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AMHCA Newsletter: Professional Development Edition

Upcoming Events

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AMHCA 2021 - 2022 WEBINAR SERIES

REDESIGN YOUR MIND: The Breakthrough Program for Real Cognitive Change

ERIC MAISEL, PH.D.

OCTOBER 6, 2021 | 1:00 PM EDT // 10:00 AM PDT

REDESIGN YOUR MIND: The Breakthrough Program for Real Cognitive Change

October 6, 2021 from 1:00 to 2:30 PM Eastern (10:00 to 11:30 AM Pacific)

with Eric Maisel, Ph.D.

Philosophers from Marcus Aurelius to the Buddha have concerned themselves with the idea that "you are what you think." Today, this age-old notion is explored via complex cognitive-behavioral therapy (CBT) techniques. Dr. Eric Maisel moves cognitive change a giant step forward by analyzing and explaining the room that is your mind—what it is and how human consciousness is experienced there. You will learn not only how to change what you think but how to change how you think. Maisel's techniques address major challenges like depression, addiction, procrastination, and loneliness, and promote cognitive growth, trauma healing, and fundamental change. Your mind is yours to redesign, redecorate, and recreate—learn how!

Objectives:

- Learn how redesign your mind
- Learn how to create rapid, fundamental cognitive change
- Learn how to improve your indwelling style and change how you experience "the room that is your mind"

Pricing: Current AMHCA Members: \$10, Non-Members: \$20

AMHCA will provide 1.5 CE for this webinar to all attendees who are registered and attend for 1 hour and 15 minutes or longer.

[Register](#)

AMHCA 2021 - 2022 WEBINAR SERIES

The Need for Culturally Competent Treatment: African American Women & Depression

BERNICE ROBERTS KENNEDY, PH.D., MSN, APRN, PMH-CNS, BC
CHALICE C. RHODES, PH.D., LPC, NCC, BC-TAH, TPAC

OCTOBER 22, 2021 | 12:00 PM EDT // 9:00 AM PDT

The Need for Culturally Competent Treatment: African American Women & Depression

October 22, 2021 from 12:00 to 1:00 PM Eastern (9:00 to 10:00 AM Pacific)

with Bernice Roberts Kennedy, Ph.D., MSN, APRN, PMH-CNS, BC and Chalice C. Rhodes, Ph.D., LPC, NCC, BC-TMH, TPMC

According to Villarroel & Terizzi (2020), in 2019, 1 in 5 adults aged 18 and older experienced depressive symptoms in the past 2 weeks; women were more likely than men to experience depressive symptoms; 19.3% of non-Hispanic Black adults experienced any severity of depressive symptoms in the past two weeks. One might make an educated guess to surmise that depression rates are likely higher among African-American women as depression may be underreported among African American women due to the Strong Black Woman archetype and may be undetected by healthcare providers. There is a need for culturally competent treatment in assessing and diagnosing depression among African American women. Dr. Kennedy and Dr. Rhodes will help participants analyze the historical perspectives of African American women and challenges they have faced. The Multifaceted Model of Depression in African American Women will be explained. Participants will have the opportunity to explore strategies for improving health outcomes of African American women with depression.

Objectives:

- Define depression
- Analyze the historical perspective of African American women and challenges associated with various struggles, forms of oppression and negative character stereotypes
- Explain the Multifaceted Model of Depression African American women
- Explore strategies for improving health outcomes of African American women with depression

Pricing: Current AMHCA Members: \$10, Non-Members: \$20

AMHCA will provide 1 CE for this webinar to all attendees who are registered and attend for 45 minutes or longer.

[Register](#)

Fall Summit: Registration Open!



Join AMHCA November 1 - 5, 2021 for the 2021 Fall Summit! This 5 day summit will focus on healing for the community, clients and counselors.

Our keynote speaker, Brandon Johnson, MHS, MCHES will get us started with **Suicide Prevention for the Black Community**. Check out his session details, descriptions of all the sessions and more information about the week-long event at www.amhca.org/fallsummit.

[More Information](#)

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Chapter Events

2022 Florida Mental Health Counselors Association (FMHCA) Virtual Summit

February 3, 2022 from 08:00 to 17:00 (ET)

Alongside our 2022 Annual FMHCA Conference, we are hosting a co-occurring Virtual Summit through March. Intended for registrants who are unable to travel to meet us in person, our Virtual Summit is the perfect "add-on" for those interested in our workshops. Each workshop is available "a la carte" for the ultimate tailored lineup. In 2021 over 700 participants enjoyed our Virtual Summit lineup, do not miss out this year!

[Register](#)

2022 Annual Florida Mental Health Counselors Association (FMHCA) Conference

February 4-5, 2021

We are returning to Lake Mary, Florida for our 2022 Annual FMHCA Conference! Registrants can return home with up to 29.5* CE credits earned over 3 days of learning (February 3rd-5th)
*Attendees have access to up to 21.5 CE credits in Conference sessions and up to an additional 8 CE credits in the Pre-Conference Learning Institutes. (Additional Fees Apply)

[Register](#)

Chapter Leaders: List your chapter event on AMHCA.org and here!

Widen your audience to the entire AMHCA membership! Register your event with AMHCA and have it listed on our calendar.

[List Your Event](#)

New Home Studies Added

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<p>Distance Clinical Supervision During a Pandemic</p> <p>\$10.00 member \$20.00 non-member</p> <p>INFORMATION</p>	<p>A Beginner's Guide to Navigating Trauma-Informed Care</p> <p>\$10.00 member \$20.00 non-member</p> <p>INFORMATION</p>
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- Certifications, and much more!

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107 S. West Street, Suite 779, Alexandria, VA, 22314

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The vision of the American Mental Health Counselors Association is to position clinical mental health counselors to meet the health care needs of those we serve while advancing the profession.