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AMHCA.org **Upcoming Events**

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AMHCA Newsletter: Professional Development Edition

Upcoming Events

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 American Mental Health

Counselors Association

REDESIGN YOUR MIND: The Breakthrough Program for Real Cognitive

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

with Eric Maisel, Ph.D.

that "you are what you think." Today, this age-old notion is explored via complex cognitivebehavioral 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!

Philosophers from Marcus Aurelius to the Buddha have concerned themselves with the idea

- 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

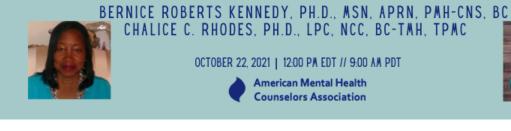
AMHCA will provide 1.5 CE for this webinar to all attendees who are registered and attend for 1 hour and 15 minutes or longer.

Register

& Depression

AMHCA 2021 - 2022 WEBINAR SERIES

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.,

The Need for Culturally Competent Treatment: African American Women

LPC, NCC, BC-TMH, TPMC

According to Villarroel & Terlizzi (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 to 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

Pricing: Current AMHCA Members: \$10, Non-Members: \$20 AMHCA will provide 1 CEs for this webinar to all attendees who are registered and attend for 45 minutes or longer.

Register

depression

Fall Summit: Registration Open!



healing for the community, clients and counselors. Our keynote speaker, Brandon Johnson, MHS, MCHES will get us started with **Suicide Prevention**

information about the week-long event at www.amhca.org/fallsummit. More Information

Advertisement

for the Black Community. Check out his session details, descriptions of all the sessions and more

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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

*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

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)

List Your Event

have it listed on our calendar.

February 4-5, 2021

Distance Clinical Supervision During a **Pandemic**

\$10.00 member

\$20.00 non-member

New Home Studies Added

A Beginner's Guide to Navigating

View all



MORE INFO

Trauma-Informed Care

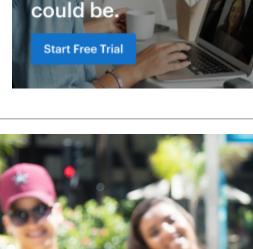
\$10.00 member

\$20.00 non-member

INFORMATION



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contact list. 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.