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AMHCA Newsletter: Professional Development Edition

Upcoming Events

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Town Hall with AMHCA President, Dr. Beverly Smith

Thursday, August 12, 2021, 7-8 PM Eastern (4-5 PM Pacific)

Join us for a town hall discussion with 2021-2022 AMHCA President, Dr. Beverly Smith.

During this first town hall we will discuss a recap of the last few months as well as what comes next for the future of our association. We hope to see you there! Click "Register" below to reserve your spot!

[REGISTER](#)

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!

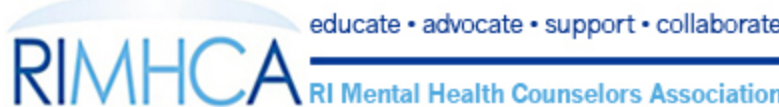
Objectives:

- 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"

[More Information](#)

Chapter News and Events

Shout out to RIMHCA! The Rhode Island Mental Health Counselors Association



In May, as part of May is Mental Health Month (sponsored by Mental Health America of RI), RIMHCA board members hosted two Mental Health Mondays drop-in sessions for consumers and professionals on the topics: Mental Health Disparities for Communities of Color in RI (5/17/21) and Neurodivergence and Mental Health (5/24/21).

They also joined up with MHARI to collaborate on legislative efforts to increase access to care and advocate for pay equality for LMHCs in the state, including legislative testimony by board President, Michele Crossley.

In addition, they have sponsored current members in developing an ACT Peer Supervisor Group and created a scholarship for RI members to obtain training in Supervision (via a graduate level course at RI College) to increase the number of LMHCs who are qualified to meet the approved supervisor designation according to the State Regulations.

Way to go Rhode Island Mental Health Counselors Association!

[Rhode Island Mental Health Counselors Association](#)

2022 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 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](#)

2021 AMHCA Webinars: Call For Proposals Open For Fall and Winter

CALL FOR PROPOSALS

2021 AMHCA Webinars

[www.amhca.org](#)

Are you looking to share your expertise with Clinical Mental Health Counselors across the country? AMHCA is looking for new presentations to add to the **Fall and Winter 2021** webinar series! Submit your proposal today at using our [2021 Call for Webinar Proposals form!](#) For more information, please contact AMHCA's Office of Credentialing and Continuing Education at 703-548-6002 Option 2 or [education@amhca.org](#).

[2021 Call for Webinar Proposals Form](#)

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A Beginner's Guide to Navigating Trauma-Informed Care

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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.