

Otter Creek class: Finding an Emotionally Healthy Life

Class facilitators: Terry Casey & Dave Morgan

**This class is designed to inform and equip as well as diminish stigma and start helpful conversations.
Many of the class meetings will include interactive discussions.**

<u>Date</u>	<u>Topic</u>	<u>Speaker</u>
Feb. 4	Introduction to class, speakers & topics Sorting Out Our Emotions & Behavior. Pt. 1	Terry Casey, Lic. Psychologist
Feb. 11	Sorting Out Our Emotions & Behavior. Pt. 2	Terry Casey, Lic. Psychologist
Feb. 18	Power and Control and the Cycle of Violence	Amy Alexander, LMFT
Feb. 25	The Scriptures and Depression	Frank Scott, LPC/MHSP

March 4	Effective Conflict Resolution in Relationships	Jeff Morgan, LMFT, CSAT
March 11	Wolves in Sheep's Clothing: Manipulators & Boundary Violators	Alan Godwin, Lic. Psychologist
March 18	The 12 Steps as Model for Spiritual Journey	Jim Frost, LSPE
March 25	Autism: A Better Understanding	Jennifer Lackey, LSPE

April 1	Easter (schedule to be determined)	TBD
April 8	Andy, Opie & More: Understanding child (and child-like) behavior	Terry Casey, Lic. Psychologist
April 15	The Church and Mental Health	Adam Graham, LPC/MHSP
April 22	How Therapy Works (tentative)	Justin Briggs, LMFT
April 29	To be determined	(Lee Camp?)

May 6	Peace & Contentment: Learning from Positive Psychology	Joy Samuels, LPC/MHSP
May 13	Self-care: Caring for Yourself to Better Care for Others	Dave Morgan, LMFT
May 20	Holding onto Yourself in Relationships	Lezlie Owsley, LMFT
May 27	Wrap-up Discussion / Q&A	Terry Casey, Lic. Psychologist Dave Morgan, LMFT