

Otter Creek class: Finding an Emotionally Healthy Life

Class facilitators: Terry Casey & Mike Runcie

<u>Date</u>	<u>Topic & Speaker</u>
Jan.29	Class intro./Helping professionals: Understanding the lay of the land Terry Casey, Lic. Psychologist
Feb. 5	Making sense of thoughts, emotions and behavior Terry Casey, Lic. Psychologist
Feb. 12	Understanding oneself (and others): The Myers-Briggs Type Indicator Mike Runcie, LMFT
Feb. 19	Understanding oneself (and others): The Enneagram Jim Frost, LSPE
Feb. 26	How our family of origin affects us Jim Anderson, LMFT
March 5	Difficult people and how to deal with them Alan Godwin, Lic. Psychologist
March 12	Spirituality and mental health Jim Frost, LSPE
March 19	Counseling/therapy with children Jennifer Lackey, LSPE
March 26	Suicide myths, realities & prevention Adam Graham, LPC/MHSP
April 2	Death & grief related Joy Samuels, LPC/MSHP
April 9	Differentiation Lezlie Owsley, LMFT
April 16	Couples counseling, part 1 LMFT panel: Dave Morgan, Justin Briggs, Chris Gonzalez & Tracy Hall
April 23	Couples counseling & related, part 2 Mike Runcie, LMFT
April 30	Marital Infidelity Jeff Morgan, LMFT
May 7	Self-care for helpers (boundaries) Diana Crawford, LCSW
May 14	Sexual addictions Marnie Ferree, LMFT
May 21	Support groups: Grief Share & Divorce Care Don Rose, Montyne Bliss
May 28	Domestic violence, anxiety & depression, parenting challenges or other topics - Speaker TBD