

## Re-Imagining Boe House Seminar Series: Connection in a Time of Distance

All seminars are held virtually via Zoom from 3:30-4:30 pm CST and can be accessed as follows:

**Zoom Meeting ID:** 936 5661 3085

**Passcode:** 195065

<b>Week One: January 4-8, 2021</b>		
<b>Date</b>	<b>Presenter</b>	<b>Title/Topic</b>
1/4/21	Anne Breckbill, MSW LICSW, LADC	<b>COVID-19 Costs: Dealing with Grief and Loss</b> COVID-19 is a deadly illness, but its price tag is bigger than physical health alone. The secondary losses of this pandemic are painful and far-reaching. This seminar helps students find ways to approach grief about their COVID-19 losses.
1/5/21	Huy Le, PsyD LP, LMFT	<b>Understanding Anxiety</b> This seminar helps students understand what anxiety is, how it differs from feeling stressed or overwhelmed, how anxiety hi-jacks the part of the brain designed to keep us safe, and what the physiological aspects of anxiety are.
1/6/21	Saras Bhadri, PsyD LP	<b>Calming the Anxious Body and Mind</b> This seminar gives students techniques and practice in settling their bodies and central nervous systems when anxious as well as maintaining practices that help the body remain settled. Techniques and practices include breathing, mindfulness, yoga, meditation, and more.
1/7/21	Anne Breckbill, MSW LICSW, LADC	<b>Working with Anxious Thoughts</b> Anxious thoughts play an important role in maintaining a state of heightened anxiety. Using Acceptance and Commitment Therapy (ACT) concepts of mindfulness, de-fusion, and expansion, students will learn how to change their relationship to the thought that feed anxiety.
1/8/21	Anne Breckbill, MSW LICSW, LADC	<b>Rat Park: Thriving, Not Just Surviving!</b> Some struggles we face come from internal problems. But sometimes we struggle because we are in situations that are simply not good for us. This seminar helps students discover what they need to thrive and how to establish a life conducive to thriving.

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<b>Week Two: January 11-15, 2021</b>		
<b>Date</b>	<b>Presenter</b>	<b>Title/Topic</b>
1/11/21	Huy Le, PsyD LP, LMFT	<b>Explore Your Inner Love Languages</b> This seminar will provide information on the theory of love languages, assist you to gain insight into your own love language, explore factors that influence your love language, and explore how your love language impacts various relationships (e.g. peer-to-peer relationships, romantic relationships, etc.)
1/12/21	Huy Le, PsyD LP, LMFT	<b>Understanding Anxiety</b> This seminar helps students understand what anxiety is, how it differs from feeling stressed or overwhelmed, how anxiety hi-jacks the part of the brain designed to keep us safe, and what the physiological aspects of anxiety are.
1/13/21	Saras Bhadri, PsyD LP	<b>Calming the Anxious Body and Mind</b> This seminar gives students techniques and practice in settling their bodies and central nervous systems when anxious as well as maintaining practices that help the body remain settled. Techniques and practices include breathing, mindfulness, yoga, meditation, and more.
1/14/21	Anne Breckbill, MSW LICSW, LADC	<b>Working with Anxious Thoughts</b> Anxious thoughts play an important role in maintaining a state of heightened anxiety. Using Acceptance and Commitment Therapy (ACT) concepts of mindfulness, de-fusion, and expansion, students will learn how to change their relationship to the thought that feed anxiety.
1/15/21	Huy Le, PsyD LP, LMFT	<b>Make a Long-Distance Relationship Work</b> Being in a long-distance relationship can be difficult for many couples, especially in a time of restrictions required during the COVID-19 pandemic. The seminar will explore helpful and creative ways for couples to stay connected while being physically apart.

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<b>Week Three: January 18-22, 2021</b>		
<b>Date</b>	<b>Presenter</b>	<b>Title/Topic</b>
1/18/21	Saras Bhadri, PsyD LP	<b>Redefining Success</b> This seminar will focus on challenging our narrow definition of success and take a deeper look on what it means to be “successful.”
1/19/21	Huy Le, PsyD LP, LMFT	<b>Understanding Anxiety</b> This seminar helps students understand what anxiety is, how it differs from feeling stressed or overwhelmed, how anxiety hi-jacks the part of the brain designed to keep us safe, and what the physiological aspects of anxiety are.
1/20/21	Saras Bhadri, PsyD LP	<b>Calming the Anxious Body and Mind</b> This seminar gives students techniques and practice in settling their bodies and central nervous systems when anxious as well as maintaining practices that help the body remain settled. Techniques and practices include breathing, mindfulness, yoga, meditation, and more.
1/21/21	Anne Breckbill, MSW LICSW, LADC	<b>Working with Anxious Thoughts</b> Anxious thoughts play an important role in maintaining a state of heightened anxiety. Using Acceptance and Commitment Therapy (ACT) concepts of mindfulness, de-fusion, and expansion, students will learn how to change their relationship to the thought that feed anxiety.
1/22/21	Saras Bhadri, PsyD LP	<b>Practicing Self-Compassion</b> This seminar will focus on teaching practical skills to practice self-compassion to help form a better relationship with ourselves and challenge our “critical inner voice” to live a better quality of life.

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<b>Week Four: January 25-29, 2021</b>		
<b>Date</b>	<b>Presenter</b>	<b>Title/Topic</b>
1/25/21	Steve O'Neill MA LP	<b>Our Many Moods</b> Learn about the signs and symptoms of depression, bipolar disorder, seasonal affective disorder (S.A.D.), the blues, and much more.
1/26/21	Huy Le, PsyD LP, LMFT	<b>Understanding Anxiety</b> This seminar helps students understand what anxiety is, how it differs from feeling stressed or overwhelmed, how anxiety hi-jacks the part of the brain designed to keep us safe, and what the physiological aspects of anxiety are.
1/27/21	Saras Bhadri, PsyD LP	<b>Calming the Anxious Body and Mind</b> This seminar gives students techniques and practice in settling their bodies and central nervous systems when anxious as well as maintaining practices that help the body remain settled. Techniques and practices include breathing, mindfulness, yoga, meditation, and more.
1/28/21	Anne Breckbill, MSW LICSW, LADC	<b>Working with Anxious Thoughts</b> Anxious thoughts play an important role in maintaining a state of heightened anxiety. Using Acceptance and Commitment Therapy (ACT) concepts of mindfulness, de-fusion, and expansion, students will learn how to change their relationship to the thought that feed anxiety.
1/29/21	Steve O'Neill MA LP	<b>How Do I Respond?</b> How do you respond to situations? Do you tend to be passive, passive-aggressive, aggressive, or assertive? Learn about these response styles, their impact on you and on your relationships.