

RE • IMAGINING BOE HOUSE SEMINAR SERIES

SPRING CONNECTION
IN A TIME OF
DISTANCE

Virtual seminars are on Monday and Thursday from 4:15-5:15 pm and can be accessed at
Zoom Meeting ID: 927 9337 9414 Passcode: 133294

March 2021		
Date	Presenter	Title/Topic
3/8/21 Monday	Huy Le PsyD, LMFT	Understanding Anxiety 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.
3/11/21 Thursday	Meg Witt Graduate Intern	Self-Compassion Feeling like you're stuck in a loop of self-critical thinking? Are you treating yourself as your own worst critic? Come to this seminar to learn more about how you can cultivate treating yourself with kindness, learning to be your own greatest supporter. We will explore how negative thought patterns can affect how you feel and look for ways to rewrite that internal narrative that leads to greater self-compassion.
3/15/21 Monday	Saras Bhadri PsyD, LP	Calming the Anxious Body and Mind 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.
3/18/21 Thursday	Steve O'Neill MA, LP	Communication Styles What's my communication style? Do I tend to be passive, passive-aggressive, aggressive or assertive? Learn about these communication styles, their impact on you and your relationships.
3/22/21 Monday	Huy Le PsyD, LMFT	Understanding Anxiety 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.
3/25/21 Thursday	Katie Lovrien Graduate Intern	Grief and Loss This seminar will help you understand the experience of grief and loss as well as healthy strategies for dealing with grief. You will learn about both navigating your own personal experiences of loss as well as how to support a friend or loved one who is grieving.
3/29/21 Monday	Saras Bhadri PsyD, LP	Calming the Anxious Body and Mind 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.

April 2021		
Date	Presenter	Title/Topic
4/1/21 Thursday	Huy Le PsyD, LMFT	Explore Your Inner Love Languages 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.)
4/5/21 Monday	Anne Breckbill MSW, LICSW, LADC	Working with Anxious Thoughts 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.
4/8/21 Thursday	Sarah Swanson Graduate Intern	Brainstorm: What Our Brains Look like on Stress Ever wonder why stress feels so overwhelming? Looking at the brain can help us understand why we react to stress the way we do. It can also help us understand some mindfulness techniques and stress-relieving steps we can take that help our brains simmer down from the brainstorm of stress. Together, we will learn how to put our brain back online in the face of stress.
4/12/21 Monday	Saras Bhadri PsyD, LP	Calming the Anxious Body and Mind 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.
4/15/21 Thursday	Meg Witt Graduate Intern & Saras Bhadri PsyD, LP	Emotional Self-Awareness Emotion plays a critical role in our lives. In this seminar, you will learn the functions of emotions and we will discuss ten basic emotions and what they do for us.
4/19/21 Monday	Anne Breckbill MSW, LICSW, LADC	Working with Anxious Thoughts 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.
4/22/21 Thursday	Huy Le PsyD, LMFT	Break the Cycle of Perfectionism This seminar will help you to understand perfectionism, recognize the feelings/thoughts/beliefs that are connected with perfectionism, and identify strategies to break from the vicious cycle of perfectionism.
4/26/21 Monday	Saras Bhadri PsyD, LP	Calming the Anxious Body and Mind 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.
4/29/21 Thursday	Steve O'Neill MA, LP	Managing Depression This seminar will review the primary symptoms of depression and will focus on coping strategies to best manage the impact depression can have on your thoughts, feelings and behaviors.

May 2021		
Date	Presenter	Title/Topic
5/3/21 Monday	Anne Breckbill MSW, LICSW, LADC	Working with Anxious Thoughts 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.
5/6/21 Thursday	Saras Bhadri PsyD, LP	Relax and Recharge with Contemplative Practices Due to the COVID-19 pandemic, for many of us our stress level and mental health symptoms have reached an all-time high. One of the simple ways to reduce the stress and bring balance into our lives is to engage in contemplative practices, which helps to balance our entire system. In this seminar, we will focus on some gentle stretches, breathing practices and meditating together to create a collective healing space.
5/10/21 Monday	Saras Bhadri PsyD, LP	Calming the Anxious Body and Mind 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.
5/13/21 Thursday	Anne Breckbill MSW, LICSW, LADC	COVID-19 Costs: Dealing with Grief and Loss 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.

