

The Lowcountry Mental Health Conference

2025 Schedule ~ Virtual

Thursday, July 31, 2025

The Gaillard Performance Hall ~ Charleston, SC

Time	Event	Presenter
7:30am - 8:30am	Registration, Networking, Breakfast	
8:30am - 9:00am	Welcome and Opening Remarks	Robert L. Bank, M.D. <i>Interim State Director SC Department of Mental Health</i>
9:00am - 10:00am (1 contact hour)	Solution Focused Brief Therapy An Approach As Lasting As A Diamond	Elliott Connie, M.S., LPC <i>Leading Psychotherapist, Author, Founder of the Solution Focused Universe</i>
10:00am - 10:15am	Break	
10:15am - 11:15am (1 contact hour)	Care of the Soul A Therapeutic Way of Life	Thomas Moore, Ph.D. <i>Psychotherapist, Professor, and NY Times Bestselling Author</i>
11:15am - 11:30am	Break	
11:30am - 12:30am (1 contact hour)	When Ungrieved Sorrow Pervades Personality Working with Depressive and Self-Defeating Patterns	Nancy McWilliams, Ph.D., ABPP <i>Leading Psychotherapist, Author, Professor, Expert in Psychodynamic Psychotherapy</i>
12:30pm - 2:30pm	Lunch (on your own)	
Lunch Sessions (12:45pm - 2:00pm) 1.25 contact hours	Countertransference with Self-Defeating Patients Using Therapists' Emotional Reactions to Facilitate Treatment Nancy McWilliams, Ph.D., ABPP	
2:30pm - 3:30pm (1 contact hour)	The Fastest Route to a More Productive Practice Target the Most Important Skillset in All of Mental Health	Steven C. Hayes, Ph.D. <i>World-Renowned Psychologist, University Professor, Researcher, Originator of Acceptance Commitment Therapy (ACT)</i>
3:30pm - 3:45pm	Break	
3:45pm - 4:45pm (1 contact hour)	Treating Anxiety in 2025 Are We As Stuck As Our Clients?	Lynn Lyons, LICSW <i>Psychotherapist, Licensed Clinical Social Worker, Author, International Speaker on Anxiety Disorders</i>

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2025 Schedule ~ Virtual

Friday, August 1, 2025

The Gaillard Performance Hall ~ Charleston, SC

Time	Event	Presenter
7:30am - 8:15am	Registration, Networking, Breakfast	
8:15am - 8:30am	Welcome & Opening Remarks	Deborah S. Blalock, LPC-S <i>Deputy Director, Community MH Services SC Department of Mental Health</i>
8:30am - 9:45am <i>(1.25 contact hours)</i>	Keynote Talk Coming Soon!	Speaker Coming Soon!
9:45am - 10:00am	Break	
10:00am - 11:15am <i>(1.25 contact hours)</i>	Core Principles for Any Practice The Art and Science of Psychoanalytic Therapy in the 21st Century	Jonathan Shedler, Ph.D. <i>Internationally Acclaimed Clinical Consultant, Author, Speaker, Researcher, Clinical Professor</i>
11:15am - 1:00pm	Lunch	
Lunch Sessions <i>(11:15am - 12:30pm)</i> <i>(1.25 contact hours)</i>	Exploring All Things Psychotherapy! An Interview & Conversation with Counseling Legend Dr. Joffe Ellis Dr. Debbie Joffe Ellis	
1:00pm - 4:30pm	One Size Fits None Acceptance Commitment Therapy (ACT) and a Process Based Approach	Steven C. Hayes, Ph.D. <i>World-Renowned Psychologist, University Professor, Researcher, Originator of Acceptance Commitment Therapy (ACT)</i>
An Afternoon Talk & Workshop <i>Several Breaks Included</i> <i>(4 Contact Hours)</i>	A unique opportunity and interactive afternoon educational experience!	