

Thursday, May 26, 2022

Minnesota Chamber of Commerce Executives Summer Refresh Conference

Session: Health and Wellbeing in Challenging Times

Presenter: Candace Hoversten, MSW, LGSW (she/her)

Candace Hoversten, MSW, LGSW is a Psychotherapist and Owner of Modern Minds, providing group and individual clinical services to adults, adolescents, and families. Candace utilizes a variety of regulation and relation-based interventions to address stress, trauma, and symptoms of depression, anxiety, and other conditions. Candace also works with organizations, civic, and community groups to actively support authentic conversations around mental health issues, increase compassion for our experiences, and support change to shape.

Overview: This session will focus on increasing our understanding of the impact of stress and how to increase resilience during challenging times. This session will include interactive practices to support participants to identify what has been working for them to manage stress (and why) and to explore new strategies that can help.

Session Outline

- Intro and settling in
- Breaking the stigma – mental health myths, facts, and numbers
- Brain talk – quick overview of how the brain develops, how the brain functions under stress, what happens to our most resourced self and our vulnerabilities
- Stress resiliency – how to access and increase our most resourced self
- Exploring what works
- Wrap up – questions, comments, take aways

Contact information for presenter:
Candace Hoversten, MSW, LGSW
261 Atlantic Avenue West, Dassel, MN 55325
www.modernmindstherapy.com
candace@modernmindstherapy.com
320-583-5797