

# The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

## FIRST FRIDAY FORUM

### Friday, March 4, 2022

#### African American Adolescents: Building Resilience and Self-Efficacy

Henry Emmons, M.D.; Aimee Prasek, Ph.D.

**Program:**

9:00 a.m. – 12:00 p.m.

*This session is at the intermediate level and is designed for psychologists and other mental health professionals.*

**Location:**

Registrants will receive a Zoom link to access the webinar online.

Attendees are encouraged to join the webinar five to ten minutes prior to the start.

### ABOUT THE PROGRAM:

*This program qualifies for 3.0 continuing education credits.*

Recent events have seriously challenged our collective well-being. Stress-related disorders, including anxiety and depression, have never been so prevalent. Even before these crises, our nation's approach to mental health has begged for renewal. We need to think in fresh ways, to develop new models, and to reach large numbers of people in strategic, cost-effective ways. We need innovators in the mental health field to address this growing crisis from a model of resilience, using safe, natural approaches as much as possible, building healthy emotional skills, and exploring ways to thrive even in the face of major challenges. We will discuss one such model, an online program called Joy Lab, aimed at helping people not just recover from mental health challenges, but flourish to a degree that future illness is less likely. Join us as we consider how we might shape the future to help us all restore resilience and cultivate joy.

**Participants will be able to:**

1. Describe the resilience model and the key factors that help sustain a lifetime of resilience.
2. Explain how the new neuroscience can help sustain longer periods of recovery from mental illness.
3. Discuss how to integrate cognitive behavioral therapy with positive psychology and the science of mindfulness.

### ABOUT THE PRESENTERS:

**Henry Emmons, M.D.**, is a psychiatrist who integrates mind-body and natural therapies, mindfulness and neuroscience into his clinical work. He

is the co-founder of both NaturalMentalHealth.com and JoyLab.coach, an online program to help participants develop the essential elements of joy. Henry is the author of *The Chemistry of Joy*, *The Chemistry of Calm*, and *Staying Sharp*, and is in demand as a speaker and workshop leader for both healthcare professionals and the general public.

**Aimee Prasek, Ph.D.**, received her Ph.D. from the University of Minnesota in integrative therapies and digital health. Dr. Prasek is an integrative therapies researcher and educator, focused on the use of technology solutions to reduce symptoms of chronic stress, anxiety, and depression. Her expertise and in-the-field work is particularly centered around the use of online programs, mobile apps, and digital communications that deliver scalable, integrative mental health support in more meaningful and effective ways.

Her research and practice is also bolstered by an MA in Health Communications and an MA in Holistic Health Studies, and she is certified in a variety of wellness systems & practices (NASM CPT, E-RYT 500, PYT-500, Healing Touch, Reiki, & group fitness). Her work has been supported and shaped by organizations and awards such as: Stanford's Compassion and Technology Award, SOFIA public health award, the National Science Foundation, MIN-CORPS, and several research fellowships. Dr. Prasek was also awarded a Dalai Lama Fellowship, a global initiative that aims to build and support a network of social innovators who skillfully blend ethics, contemplative values, and compassion into social innovation. The fellowship is personally authorized by the Fourteenth Dalai Lama.

Conflict of Interest: Dr. Emmons and Dr. Prasek are affiliated with Natural Mental Health and will be referring to their podcast/program, more specifically Joy Lab.

**PLEASE NOTE:** You must attend the full program to get continuing education credit for the event.

### About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

**CONFIRMATION/CANCELLATION:** You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.



# MPA First Friday Forum • March 4, 2022

Name: \_\_\_\_\_ Degree: \_\_\_\_\_ Licensure: \_\_\_\_\_

Institution/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Please check:  Home  Work

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Please check:  Home  Work Fax: \_\_\_\_\_

## Registration is available until the event begins.

Fee:  MPA member: **\$60**  Non-member: **\$95**  Student: **\$15**  Retired-member: **\$30** (No CE Credit)\*

*\*Retired members have the option to pay the regular member rate to receive CE credit or take advantage of the discounted price with no CE.*

Total Amount Enclosed: \$ \_\_\_\_\_

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or Register online @ [www.mnpsych.org](http://www.mnpsych.org)

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### Minnesota Psychological Association

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