

# CAMHI All-Day Training

## February 21, 2024 ~ Speaker Line-up

### Pat Dwyer

For over 20 years Pat Dwyer has inspired and entertained hundreds of audiences all around the world. He came up through the ranks as he worked, toured and performed with comedic institutions The Second City, iO Theater, ComedySportz. Pat now joins this wealth of comedic and sketch comedy experiences to the entrepreneurial and corporate growth mindset he earned while on the front lines in the early days of Groupon. Moving into larger roles within the Chicago tech startup community, Pat discovered a perfect combination of skills that helped these organizations bolster both leadership and effectiveness. You can now find Pat speaking to organizations all across the globe, bringing his energetic, hilarious, seasoned and people driven approach to Leadership and Resilience.



#### Chaotic Goodness:

Change comes with an inherent chaos. That chaos doesn't have to be bad. There's a good in there too. In this uproarious, empowering, and interactive keynote, Pat Dwyer not only shares his hilarious experiences in identifying the chaos, addressing it, owning it and harnessing it for his own betterment, but he lets you discover first-hand tools for the nimble mindset to master it too.



### Bryan Piatt

A former TV news anchor who's sharing his journey with anxiety & OCD. Bryan offers insight, wisdom and comfort for others maneuvering their mental health. Take what serves you, and leave the rest.

#### Take What Serves. Leave The Rest. A Conversation About Mental Health:

Bryan started struggling with anxiety in middle school, and it followed him into a broadcast journalism career. Now, he's sharing his story in hopes of bringing more people into the conversation.



## **Mariya Javed-Payne**

Mariya is a Licensed Independent Clinical Social Worker, Licensed Alcohol and Drug Counselor, Certified Brainspotting Trainer and Consultant, and a Minnesota Board Approved Supervisor.

Mariya is the owner of Awaken Consulting Services. She has a history of serving as co-owner and Chief Clinical Officer at the Institute for Integrative Therapies, a psychedelic assisted therapy clinic.

Mariya has served as the Director of Behavioral Health at a federally qualified health center and has led teams of therapists, psychiatrists, and social workers to provide trauma-responsive, anti-oppressive counseling and addiction therapies for the last 7 years.

Mariya offers therapy intensives for complex PTSD and addictions, as well as consulting services on the topics of race, addictions, and trauma at Awaken Consulting Services. Most recently, she has begun utilizing psychedelic medicines such as ketamine to help people heal from trauma and other mental health concerns. Her 13 years of experience have focused on clients with addictions, medication assisted treatment therapies, complex and developmental trauma, racial trauma, oppression, and chronic pain.

### **Brainspotting:**

Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of challenging symptoms. It is a simultaneous form of diagnosis and treatment, enhanced with BioLateral sound, and can be adaptable to almost all areas of specialization. Brainspotting identifies activated eye positions designated as Brainspots through identifying and locating somatic activation around an issue. Once located, Brainspotting utilizes focus on these eye positions to mindfully observe and process the physiological and emotional experience held within, allowing clients to discharge truncated survival reflexes stored in the body and return to homeostasis. Brainspotting's core foundations includes a strong emphasis on relational and neurobiological attunement, which sets the frame for clients to process difficult issues in a contained way, including clients who experience dissociation. Brainspotting provides therapists with powerful tools to enable their patients to quickly and effectively process through the deep brain sources of many held traumas, emotional, somatic and performance problems.

### **Learning Objectives:**

- 1) Identify 4 ways that trauma can be defined or show itself
- 2) Understand the neurobiological underpinnings of Brainspotting
- 3) Understand the theory and principles of Brainspotting.
- 4) Observe a demonstration of a Brainspotting session and recognize various nervous system states

## **Tina VanSteenbergen**

Tina will say that she learned too late in my life that women need women. Women deserve strong communities full of empathy, kindness, and empowerment at work, at home, and literally everywhere in their lives. That's where she comes in.

Tina helps tear down the walls built between women. Her speaking style gives women permission to open up, have honest conversations, and connect. With a combination of authenticity, storytelling, and humor, Tina has been able to help hundreds of thousands of women build relationships with one another, believe in themselves, and take up space at companies, campuses, and organizations around North America.

### **Creating Confidence:**

Confidence has long been an expectation of women\*. And because we're just supposed to have it, we often speak about it as if it is easy to access. "Just be confident!" It doesn't work that way. With the pressures put on us at work, at home, at the gym, the family gathering—how could we possibly, simply "be confident"? Confidence is a journey, a long and at times treacherous hike, one with hills, valleys, twists, turns, and no map. While it's not easy, finding authentic confidence is possible—if we work as a team.

\*Regardless how someone identifies, they can take Tina's message and apply to their own confidence journey.



## **Jack Stahlmann**

Jack Stahlmann's informative and educational presentations are built around his experiences in Los Angeles as an actor, producer, director — and of course, a waiter.

In Hollywood, he launched his own production company which created several films that enjoyed international success and was an Assistant Director for the Margaret Cho stand-up show, Cho Revolution.

As an actor, his shining moment came in a co-star role on the CBS drama Cold Case, where he played a wimpy park ranger. He also appeared on Days of Our Lives and several commercials.

Jack graduated with honors at DePauw University and has been a regular contributor to The Huffington Post. He currently resides in St. Paul, Minnesota.



### **The Upside:**

The human kindness shared nationwide and even worldwide in recent times of crisis has Jack examining the common thread that creates positivity during hardship. And he examines how hard times can bring big things to any organization, if you look in the right place. But as the GI Joe Fallacy (yes, that GI Joe) demonstrates, simply seeing the silver lining is not enough. In fact, that's the bad news of a good economy: it encourages observers who simply sit back and watch their money grow. But it is a downturn where the doers find the upside.

## **James T. Robilotta**

*“It’s my job to make audiences feel, think, and laugh. And I take that seriously.”* – James T. Robilotta

James helps audiences pause and think about the way they lead, the way they connect, and the way they can impact their world. He creates moments that empower teams and individuals to realize they are the only thing standing in the way between the results they want and the results they’re currently seeing. James is an award-winning, recognized professional speaker with a background in stand-up and improv comedy.

James works with corporations, associations, colleges, and individuals with a focus on making people care more creating a workplace culture where people actively choose to care about each other and lead with authenticity and relatability. There is power in hearing other’s stories and talking about imperfection, it has proven to increase trust, innovation and morale in teams. By infusing his thought-provoking talks with comedy and self-awareness, audiences stay engaged from beginning to end.



James’ first book, *Leading Imperfectly: The value of being authentic for leaders, professionals, and human beings* discusses the concepts of how authentic leadership and vulnerability are the driving forces behind conversations about communication, rapport building, engagement, increased productivity, retention, life balance, feedback, and more.

James started facilitating leadership presentations and speeches in 2002 for his peers at the University of North Carolina Wilmington (UNCW), Clemson University, and regional conferences. In 2009, after James presented at a workshop, someone came up to him and asked how much he charged for his speaking services. He told them they could buy him lunch and his paid speaking career was off to the races! Becoming a Professional Speaker has allowed James to do the two things he loves the most: making people think and making people laugh.

### **Do You Even Know Me?: How curiosity creates community in the workplace:**

No organization wants its people to be apathetic—toward the work, the people, or the community. Community ignites loyalty and drives retention in both in-person and hybrid workplaces, and is built with one simple thing: curiosity. Curiosity is the opposite of apathy. Events are ideal opportunities to authentically connect, reflect, validate, and innovate. In this hysterical and motivational keynote we will talk about how to ask better questions, change the way we hear people’s stories and insights, and adapt the mindset of curiosity. Let’s stop the apathy and the assuming and start learning about each other because curiosity creates community.