



An association of resources and advocacy for children, youth and families
 1919 University Avenue, Suite 450, St. Paul, MN 55104
www.aspiremn.org

Professional Development Opportunity from AspireMN.
 Support for Clinicians Serving Children, Youth and Families During the Pandemic:
Facilitated Conversations with Field Experts

Clinicians are making a world of difference for children, youth and families across Minnesota during this challenging time. Leaders from the AspireMN CTSS and Day Treatment committees have designed the following series of web-based, facilitated conversations to support clinicians as they innovate and adapt to our evolving pandemic environment.

With the goals of learning, skill-building and sharing through facilitated dialogue, session leaders will share knowledge and support discussion between participants. The six-session series schedule is designed so that clinicians can attend one, a few or all sessions. Each session will be 1 hour long and will be held via Zoom. (Zoom log-in information will be sent out to registrants prior to each session.) A registration link is posted by each session description. You can also register at www.aspiremn.org.



Mindfulness for You and Your Clients

Thursday, May 28, noon – 1:00 pm

With Matt Lindberg

Lee Carlson Center for Mental Health and Wellbeing

What is Mindfulness? How can it be helpful? The session will focus on mindfulness practices that you can use with kids and parents.

Key words/concepts for this session include: experiential, problem solving, moving forward, developing your practice, and sharing resources.

REGISTER HERE: <https://www.aspiremn.org/events/register.aspx?id=1382812>

MATTHEW LINDBERG, M.A. LPCC is employed as a Manager of Service Integration/Clinical Supervisor/Therapist for ages 10 and up at Lee Carlson Center for Mental Health and Wellbeing. Mindfulness is a core practice that I have integrated into my practice and supervision since 1998.



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Supporting Telehealth Play Therapy with Young Children

Tuesday, June 2, noon – 1:00 pm

With Nicole Rohrer

Lee Carlson Center for Mental Health and Wellbeing

Learn strategies for conducting tele-play therapy sessions with young children and their parents. Discuss challenges and successes to utilizing tele-play therapy with clients. Create your own “cheat sheet” of activities to use with clients.

REGISTER HERE: <https://www.aspiremn.org/events/register.aspx?id=1382814>

NICOLE ROHRER works at Lee Carlson Center as a school based mental health therapist working with children ages 2-16 and their families. Her approach to therapy is child centered through the use of play therapy, including nondirective, experiential, Cognitive behavioral, and Theraplay techniques. She believes that play is a natural medium of communication that allows children to fully express and explore their thoughts, feelings, experiences, and behaviors. When she’s not at work Nicole enjoys crocheting, playing Dungeons & Dragons, and cuddling with her dog.



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