



**mindspring**  
MENTAL HEALTH ALLIANCE

[formerly NAMI Greater Des Moines]

# September Webinars

understanding mental health and maximizing self-care

## **Workshops & Resources**

Delivering comprehensive outreach & education is the heart of our mission. Our goal is to ensure that mental health services and supports are readily accessible to everyone in need.

We've developed a platform created specifically for the issues facing our community. And we've transformed the way our programs are delivered by launching new virtual sessions to improve accessibility and maximize community impact.

**These events are absolutely free and everyone is welcome**



## September Webinars

### **Understanding Narcissistic Personality Disorder | Wed 9/1 | 12-1:00p CDT**

People often label others as narcissists without having a clear understanding what this diagnosis really means. Separate myths and facts and explore the signs and symptoms, prevalence, and treatment of this often-misunderstood diagnosis. Learn practical tips to manage symptoms and support loved ones with a licensed therapist during this one-hour webinar.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_PAZoiNbQ5ifFwsJPI4pjA](https://zoom.us/webinar/register/1316068330420/WN_PAZoiNbQ5ifFwsJPI4pjA)

### **Understanding Borderline Personality Disorder | Thurs 9/2 | 12-1:00p CDT**

Of the major mental illnesses, borderline personality disorder is among the most stigmatized. Separate myths and facts and explore the signs and symptoms, causation, and treatment of this often-misunderstood diagnosis. Learn practical tips to manage symptoms and support loved ones in this one-hour webinar led by a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_fF-54uXGSB2AiJiUF92Qjw](https://zoom.us/webinar/register/1316068330420/WN_fF-54uXGSB2AiJiUF92Qjw)

### **Understanding Depression | Tues 9/7 | 12-1:00p CDT**

How is depression different from sadness? An accessible guide to understanding causation, symptoms and treatment options for depressive disorders. Discuss treatment options and learn practical tips for managing symptoms and helping others.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_Jyw-rbNYRiKuqxFnzxA1rQ](https://zoom.us/webinar/register/1316068330420/WN_Jyw-rbNYRiKuqxFnzxA1rQ)

### **Understanding Anxiety | Wed 9/8 | 12-1:00p CDT**

Occasional anxiety is an expected part of life. But anxiety disorders involve more than temporary worry. An accessible guide to understanding what causes anxiety disorders and the types of anxiety, their symptoms, common misconceptions, and how relationships are impacted. Discuss co-occurring disorders, treatment options, and learn practical tips for managing symptoms and helping others.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_F9iUDe-ZRny1qJ7F2GRHBQ](https://zoom.us/webinar/register/1316068330420/WN_F9iUDe-ZRny1qJ7F2GRHBQ)

### **Self-Care & The Impact of Mental Illness on Loved Ones | Thurs 9/9 | 12-1:00p CDT**

The complicated nature of mental illnesses can make living or working with a person experiencing a mental illness especially taxing. Learn strategies to respond to problem behaviors, set boundaries, and manage your own stress in this one-hour webinar.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_yVTkBtxtQ\\_6-axXKhnrUw](https://zoom.us/webinar/register/1316068330420/WN_yVTkBtxtQ_6-axXKhnrUw)

### **Understanding Body Dysmorphic Disorder | Tues 9/14 | 12-1:00p CDT**

Body Dysmorphic Disorder is defined by negative self-evaluation and misperceptions about one's appearance. Preoccupation and hyper focus on perceived flaws can result in depression, anxiety, and social isolation -- and many people with BDD do not talk to others about it, which leads to further isolation, stigmatization and suffering. Explore the diagnostic criteria, symptoms, common misconceptions in this one-hour session. Discuss treatment options and learn practical tips for managing symptoms and helping others with a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_y65TY4soSG6ZDNikWJh0bw](https://zoom.us/webinar/register/1316068330420/WN_y65TY4soSG6ZDNikWJh0bw)

### **Understanding Eating Disorders | Wed 9/15 | 12-1:00p CDT**

Although our culture is decidedly preoccupied with food and weight, and disordered patterns of eating are very common, clinical diagnosis of eating disorders is less common. Even for professionals who have been treating them for years, eating disorders can be baffling and confusing illnesses. Explore the types of eating disorders, their signs, symptoms, risk factors, and treatment in this one-hour session. The webinar includes practical steps for supporting loved ones and tips for discussing this often-misunderstood topic.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_WsbNiaDUShWUaogNEoGk\\_g](https://zoom.us/webinar/register/1316068330420/WN_WsbNiaDUShWUaogNEoGk_g)

### **Understanding Avoidant/Restrictive Food Intake Disorder | Thurs 9/16 | 12-1:00p CDT**

Avoidant/Restrictive Food Intake Disorder is an eating disorder characterized by very selective eating habits, a disturbance in eating patterns, or both. Separate myths and facts and explore the signs and

symptoms, prevalence, and treatment of this often-misunderstood diagnosis. Learn practical tips to manage symptoms and support loved ones in this one-hour session.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_ihkST4PpRxqo91HIA24EEw](https://zoom.us/webinar/register/1316068330420/WN_ihkST4PpRxqo91HIA24EEw)

### **Understanding Trauma | Tues 9/21 | 12-1:00p CDT**

Trauma is defined by the emotional and psychological effect an event has on people, and less by the event itself. Explore the science of trauma and discuss how trauma effects physical & mental health with a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_Z0B6D\\_SAS8W1QPxuldeg4g](https://zoom.us/webinar/register/1316068330420/WN_Z0B6D_SAS8W1QPxuldeg4g)

### **Covid Trauma: How Do We Heal? | Wed 9/22 | 12-1:00p CDT**

The COVID-19 pandemic has negatively affected many people's mental health. How do we heal from its impact? This seminar explores what trauma is and how Covid trauma impacted us. Discover practical steps to start the healing process in this one-hour session.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_MykyOUBIQg6nVno2VGS\\_Cg](https://zoom.us/webinar/register/1316068330420/WN_MykyOUBIQg6nVno2VGS_Cg)

### **Understanding PTSD | Thurs 9/23 | 12-1:00p CDT**

Trauma impacts everyone differently, depending on the nature of the trauma, presence or lack of social supports, participation in treatment and coping mechanisms. An accessible guide to understanding what causes Post Traumatic Stress Disorder, it's symptoms, co-occurring disorders and treatment options. Learn practical tips for managing symptoms and helping others in this one-hour webinar led by a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_mWU6s4-iROe\\_Ee64rv\\_ILA](https://zoom.us/webinar/register/1316068330420/WN_mWU6s4-iROe_Ee64rv_ILA)

### **Understanding SAD | Tues 9/28 | 12-1:00p CDT**

Do the winter months get you down more than you think they should? This one-hour session includes information on the signs and symptoms of seasonal affective disorder (SAD), how to identify when symptoms are worsening, treatment options and tips for supporting loved ones who are struggling.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_4DQoUZ4DQZ6K8oKQkUioTg](https://zoom.us/webinar/register/1316068330420/WN_4DQoUZ4DQZ6K8oKQkUioTg)

### **Understanding ADHD | Wed 9/29 | 12-1:00p CDT**

Attention deficit hyperactivity disorder (ADHD) is not just about hyperactive people and short attention spans. An accessible guide to understanding causation, symptoms and treatment options for ADHD. Learn practical tips for managing symptoms and helping others in this one-hour webinar.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_SW14RtUbTHuXw1ygDOmJiA](https://zoom.us/webinar/register/1316068330420/WN_SW14RtUbTHuXw1ygDOmJiA)

## Talking to Children About Mental Illness | Thurs 9/30 | 12-1:00p CDT

Children are curious about their environment and the people around them. How do we answer their questions related to mental health? Learn how help children understand what mental illness is and is not, and how to answer their questions with a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_-37-B1AzT36Ncfk\\_uQ3xcA](https://zoom.us/webinar/register/1316068330420/WN_-37-B1AzT36Ncfk_uQ3xcA)

[Click to browse all upcoming webinars](#)

## Support Community Mental Health

Mental health is health, and the past year has amplified this as stress, isolation, and uncertainty has impacted so many families. In 2020, Mindspring experienced an incredible 2470% increase in demand and served 107,114 people. **These critically important mental health services are made possible through donations from community members like you** and allow us to continue to provide these essential services free of charge.

If you have enjoyed our programming and have the means available, we invite you to support Mindspring with a tax-deductible contribution. Your financial support will help ensure that we can continue to be a beacon of hope in this unique time in the world.

[Click to Donate](#)



# mindspring

MENTAL HEALTH ALLIANCE

## MEET THE INSTRUCTORS

**Susan Dannen** is a Licensed Independent Social Worker with over 25 years of experience in the mental health field. She has held positions as an In-home therapist, Day Treatment Therapist, School-Based Therapist, Outpatient Therapist, Hospital/Clinic Therapist, Program Supervisor, and Director. She was an Adjunct Professor at Adler Graduate School in Minnesota, and a trainer/writer for the Minnesota Child Welfare Training System.

Susan trained at Jane Addams College of Social Work, University of Illinois Chicago for her MSW and specializes in child and adult mental health, anxiety, depression, grief, trauma, play therapy, and foster care/adoption. She is passionate about educating and supporting others to find hope and healing. In her free time, Susan enjoys yoga, nature, making pottery, art, music, sports, and theatre.

**Jaymi Dormaier**, LMSW, holds a master's degree in social work from Michigan State University. In Jaymi's career as a social worker and therapist she has worked with a diverse population focusing on a variety of issues, including homelessness, depression, anxiety, grief, trauma, foster care, adoption, and addiction. She is passionate about helping others live a life they love.

Jaymi is on the board of a non-profit organization focused on bringing more happiness to the world through random acts of kindness. In her free time Jaymi enjoys spending time with her dog, volunteering in her community, and camping.



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