



CE Presentations

Before booking your presentation, consider the following:

- All presentations can be conducted virtually or in person.
- Presentations can be altered to fit the specific needs of your audience.
- Be aware that presentations are flexible and can be adapted from one hour to six hours according to your schedule.

Presentation #1

“Innovative Tools for Developing Self-Love & Accessing Real Support”

Program Summary: In this dynamic and interactive workshop, attendees participate in exercises to help them explore relationships between self-love, accessing support, financial prosperity, and career satisfaction. From her best-selling book, *The Financial Mindset Fix*, Marter shares innovative, practical resources and exercises that can be utilized right away with clients in any setting. The easy-to-use exercises allow participants and clients to identify and measure areas of need and develop an action plan for taking better care of themselves, thereby welcoming prosperity and career success. Throughout the workshop, Marter provides valuable insights into why accessing support to develop self-love is vital and how to do it.

Learning Objectives:

- Describe the connection between self-love, accessing support, welcoming prosperity, and achieving career success.
- Discuss how to use innovative exercises to help clients promote self-care, financial health, and career satisfaction for overall wellness.
- Practice using innovative tools to identify personal areas of need to prevent professional burnout.

Presentation #2:

“The Financial Mindset Fix: How to Emancipate Yourself and Your Clients with Abundant Thinking”

Program Summary: In this inspiring and thought-provoking workshop, participants discover essential elements for living a truly abundant life that incorporates positive mental health and financial health. Participants learn practical and empirically supported strategies to stop setting their ceilings and create a life of wellness and abundance. The workshop includes a PDF workbook of exercises from Marter’s book, *The Financial Mindset Fix*, to help inspire clients to shift from a mindset of fear and scarcity to abundance.

Learning Objectives:

- Describe the intrinsic relationship between mental and financial health.
- Identify a scarcity mindset and explain how to cultivate abundant thinking using CBT techniques.
- Define and identify the impact of financial trauma and financially triggered PTSD.
- Integrate at least two tools to help improve your clients’ psychology of money and empower them to cultivate an abundant life that incorporates mental wellness and financial prosperity.

Presentation #3

“Mental Wealth: How Improving Your Mental Health Can Promote Financial Wealth”

Program Summary: There is an intrinsic relationship between mental health and financial health. Marter explores how to shift your thinking and change your relationship with money to welcome true prosperity. Marter cites research to illustrate how self-worth is connected to net worth. Self-worth is tied to positive self-esteem, including confidence, self-compassion, and self-care. Attendees discover how to promote financial health for themselves and their clients using techniques from cognitive behavioral therapy, narrative therapy, and mindfulness practices. Finally, participants explore how true prosperity is having both financial wellness and personal prosperity such as health, support, work-life balance, and happiness.

Learning Objectives:

- Describe the relationship between mental health and financial health.
- Explain how low self-esteem and false self-worth can be detrimental to financial life.
- Promote financial health by using tools and techniques from CBT, narrative therapy, and mindfulness practices.

- Identify how true prosperity requires both financial wellness and personal prosperity such as health, support, work-life balance, and happiness.

Presentation #4

“Working with Clients Who Are Experiencing Sexual Harassment in the Workplace”

Program Summary: At some point during their life, [81% of women and 43% of men](#) experience sexual harassment or assault. Sexual harassment in the workplace has been a much-discussed topic in the media, considering all the high-profile scandals in the past couple of years. To support clients who have been the victims of sexual harassment, attendees of this presentation will learn the definition of sexual harassment, the various types of harassment, and legal factors. Marter shares the laws that protect victims and empower clients who are experiencing harassment to advocate for themselves. Participants learn treatment implications and approaches for addressing trauma and other symptomatology related to harassment.

Learning Objectives:

- Understand the definition of sexual harassment, the various types, and legal implications.
- Recognize the verbal, non-verbal, physical, and digital forms of sexual harassment.
- Identify laws that protect victims to empower clients experiencing harassment to speak up, document the abuse, and file a report.
- Provide resources and referrals to assist clients dealing with sexual harassment in the workplace.
- Explain treatment implications and approaches for addressing trauma and other symptomatology related to harassment.

Presentation #5

“Bullying Among Seniors: Prevention & Awareness”

Program Summary: About 10-20% of residents living in senior living communities report bullying. Participants will learn how to support clients and their families through awareness, prevention, and early intervention.

Learning Objectives:

- Discuss the nature of bullying of seniors.
- Identify why people bully and victim risk factors.
- Recognize bullying behavior among seniors.

- Discover how to prevent and address incidents of bullying among seniors.

Presentation #6

“Couples Counseling for Expectant & New Parents”

Program Summary: Becoming a parent is a life-changing experience. Research indicates nearly two-thirds of couples experience a severe decline in relationship satisfaction during the first two years after having a baby. In this workshop, participants learn about the top relationship stressors for new parents. Then, Marter shares how to create a plan to proactively prevent or address these stressors and provide pre-and post-baby couples counseling for expectant and new parents.

Learning Objectives:

- Explore how the transition to becoming a family impacts a couple’s relationship.
- Understand common stressors of becoming a new parent, including conflict over the division of labor, finances, decreased sex, and more.
- Learn how to support new and expectant parents in creating an action plan to prevent or address the common relationship pitfalls during early parenthood.

Presentation #7

“Mindfulness Practices to Promote Mental Health”

Program Summary: Mindfulness practices decrease stress and improve everything from physical/ mental/financial health to emotional intelligence and work productivity. In this engaging and experiential workshop, participants learn practical tools to practice mindfulness in their personal and professional lives. Marter uses powerful storytelling and empirical support to demonstrate how mindfulness can increase productivity, concentration, decision-making, and mental clarity. In addition, participants discover how to overcome common obstacles to mindfulness, incorporate mindfulness in workplace programming, and implement practical, powerful mindfulness strategies at home and work. In this discussion and experiential workshop, participants will learn tools and exercises to help their clients develop mindfulness.

Learning Objectives:

- Discuss the definition of mindfulness and why it’s so impactful.
- Recognize the obstacles to mindfulness and identify the benefits of practicing mindfulness.
- Implement strategies for increasing mindfulness in both self and clients.

Presentation #8

“Bipolar Disorder: Assessment and Treatment”

Program Summary: According to the National Alliance on Mental Illness (NAMI), over six million American adults live with bipolar disorder. In this presentation, participants learn the signs and symptoms of bipolar disorder and comorbidity with other conditions such as addiction. Receive practical suggestions for treatment and resources. Marter shares how to make a differential diagnosis and explore treatment implications.

Learning Objectives:

- Review DSM-V criteria for Bipolar I and Bipolar II Disorder.
- Explore comorbidity with disorders such as substance abuse or dependence, anxiety disorders, and more.
- Learn how to make a differential diagnosis and develop a comprehensive treatment plan.
- Identify resources for clients and their family members.

Presentation #9

“Preventing Burnout for Helping Professionals”

Program Summary: It is common for behavioral healthcare providers to experience compassion fatigue and professional burnout. Recognizing burnout is the first step toward addressing solutions to it. In this presentation, participants learn how to differentiate burnout from stress. Participants will leave with helpful tools and techniques to create a burnout prevention action plan.

Learning Objectives:

- Describe what burnout is and how to distinguish burnout from stress.
- Participate in a burnout self-assessment.
- Identify tools and techniques to create an action plan to prevent or address burnout.

Presentation #10

“Mental Health Awareness & Advocacy: Recent Trends”

Program Summary: Over 40% of Americans report more [mental distress due to the COVID-19 pandemic](#). As our world continues to experience a mental health epidemic, Marter shares the latest statistics and trends in stress, suicide, depression, anxiety, addiction, and other mental health issues. In this presentation, participants explore treatment implications while responding to changing needs. Attendees leave prepared to become mental health advocates and support clients by promoting education,

stomping out stigma, and supporting legislation that impacts behavioral healthcare providers and clients. Besides that, Marter provides informative resources to attendees about mental health organizations like the National Association of Mental Illness, Hope for the Day, Born This Way, and the Kennedy Forum.

Learning Objectives:

- Explain current statistics and trends in stress, suicide, depression, anxiety, addiction, and other mental health issues.
- Explore treatment implications and changing needs considering the recent trends.
- Learn how to become a mental health advocate and support clients by promoting education, stomping out stigma, and supporting legislation that affects behavioral healthcare providers and clients.
- Identify organizations that can support and be a resource for clinicians and clients seeking services, workplace training, and enforcement of mental health parity.

Presentation #11

“Dual Diagnosis: The Chicken & Egg Relationship Between Mental Illness & Addiction”

Program Summary: [Research](#) reveals many people who develop substance use disorders are also diagnosed with mental disorders and vice versa. In this thought-provoking and powerful workshop, participants learn the “chicken and egg” relationship between mental health and addiction. Marter shares case studies, supportive resources, and essential criteria for proper assessment and treatment planning. Attendees can expect to participate in interactive exercises and lively discussions. Marter has facilitated this popular workshop for The Family Institute at Northwestern University, Credible Behavioral Health, Elderwerks, and the National Alliance on Mental Illness.

Learning Objectives:

- Discover the etiology of addiction and mood/anxiety disorders and their interactive and interdependent relationship. Also, understand the implications for diagnosis and treatment.
- Describe how to assess for an appropriate level of care and facilitate referrals and treatment coordination.
- Learn the importance of ongoing support through 12-step programs and other helpful support groups.

- Identify effective treatment in counseling and the importance of collaborative care with other treatment providers, including the primary care physician and psychiatrist, to achieve best practice.

Presentation #12

“The Psychology of Success: Wellness Principles for Personal & Professional Prosperity”

Program Summary: There’s a certain psychology that goes into success. In her book, *The Financial Mindset Fix*, Marter identifies 12 essential mindsets for transforming your relationship with yourself to welcome a life of wealth. Participants will learn about the positive effects of these practices on mental and physical health. Throughout this presentation, she provides innovative exercises, self-assessment tools, and insights for shifting into a mindset of abundance. Marter shares powerful case presentations from over 20 years of therapeutic practice demonstrating the power of the psychology of success. Participants leave with resources to begin practicing the elements of the psychology of success in both their personal and professional lives. Marter has facilitated this popular training for the American Counseling Association, many state counseling branches, and Fortune 500 Companies.

Learning Objectives:

- Indicate how to teach clients about mindfulness practices, including meditation, deep breathing, progressive muscle relaxation, healthy detachment, and more.
- Explain how to teach clients CBT practices to facilitate positive psychology using the power of intention, gratitude, positive visualization, affirmations, and other tools to welcome personal and professional prosperity.
- Create a wellness plan with resources to help clients build the skills provided in the workshop.

