

Upcoming Webinar

Mental Health Self-Care: Practical Ways to Improve Your Well-Being

Thursday, May 14, 2020
2:00-3:00 PM Eastern

Presenter:
Dr. Michael Levin



Michael Levin is an associate professor in the department of psychology at Utah State University and a licensed psychologist. Dr. Levin's research focuses on how self-guided online programs and books can be used to improve access to effective mental health resources. His work emphasizes core therapeutic strategies that people can learn and practice on their own based on Acceptance and Commitment Therapy (ACT), including how to be mindfully aware of the present, open up to difficult thoughts and feelings, and actively engage in doing what matters. Dr. Levin has published over 100 peer-reviewed articles and book chapters, primarily on ACT.

Register here: https://uky.az1.qualtrics.com/jfe/form/SV_0GIVZOlgXN3XGu1

CEU information:

Association of Social Work Boards (ASWB)
KY Board of Social Work*
KY Psychology Board of Examiners*
KY Board of Nursing*

*Please check your state chapter for continuing education reciprocity

During the webinar, attendees will:

- Learn about the ACT model and how it can be used to support mental health for all individuals
- Explore skills which can be practiced on your own to improve mental health and well-being.
- Identify evidence-based self-help resources to continue learning ACT skills and improving mental well-being