

Speakers for the 12th Annual *I CARE* Prevention Summit

Speaker: Carmen Jimenez-Pride, MSW, LCSW, LISW-CP, RPT-S, ICST

Brief Bio: Carmen Jimenez-Pride is the creative mind behind Focus on Feelings®, an emotional literacy program and products line, she is a Licensed Clinical Social Worker, Registered Play Therapist Supervisor, Certified Autoplay® Therapy Provider, Certified EMDR Therapist and Consultant, Registered Children’s Yoga Teacher and Certified Internal Family Systems Therapist, Clinical Consultant, and IFS Lead Trainer.

Carmen is a trauma therapist experienced in the clinical treatment of children, adolescents, and adults with culturally diverse backgrounds addressing a wide range of concerns. Carmen’s career in the mental health field spans more than 20 years. She is trained in Brain spotting and Adlerian Play Therapy.

Carmen is an international speaker, award-winning best-selling author, and business consultant. She is a visionary in the therapeutic community, working to create and develop a wide range of educational tools to assist the clinician, and the client to reach optimum goals. With a focus on cultural humility and cultural diversity, Carmen educates clinical professionals to address racial and cultural trauma within their clinical practices.

Carmen is currently serving on the South Carolina Association for Play Therapy board and the recipient of the 2021 Association for Play Therapy Emerging Leader Award. Carmen also serves as the Director of Multicultural Affairs with the International Sandtray Therapy Association. Carmen is the developer of Diversity in Play Therapy Inc. and the Diversity in Play Therapy Summit.

Topic/Title: “Looking Deeper Underneath the Presenting Problem: Practicing Cultural Humility in the Play Therapy Room” - **3.0 CE Hours**

Summary: This workshop will focus on bringing cultural humility into the therapy setting. The workshop will challenge all therapists and mental health professionals to examine their potential biases, assess how biases show up in their play therapy work, and how they impact the clients served.



Speaker: Joy Duhon, LPP, LPC and Lori Anderson, LPP

Topic/Title: Supporting Students Experiencing Grief- **1.0 CE Hour**

Summary: “Supporting Students Experiencing Grief,” we will explore the concept of grief and its complexities. We will discuss and practice various grief strategies to encourage participants to implement these interventions with the children and students they serve. We will also explore different mindfulness techniques that can be used as a means to support their personal self-care. By the completion of this session, participants will have additional strategies to use when serving students that have experienced various types of loss.



Lori Anderson is a Licensed Prevention Professional with the I CARE Prevention Program in East Baton Rouge Parish. Lori has been in education for 18 years in various roles. She has been servicing the community and advocating for the wellbeing of students, families, and the community since 2006. She received a Bachelor of Science in Psychology from the University of Alabama and a Master’s of Science in Counseling from Grand Canyon University. She plans on getting her doctorate in the area of Sport and Mental Performance Psychology at the University of Western States.

She is trained in Youth Mental Health First Aid, Mindfulness, and Applied Suicide Intervention Skills Training (ASIST). She is a Certified Louisiana Adverse Childhood Experience (ACE) Educator and a Trust Based Relational Intervention (TBRI) Practioner. Lori also serves as the Prevention Program Manager for Set Free Indeed, a nonprofit based in Baton Rouge, LA. She has presented at local and regional conferences with plans on presenting nationally. Overall, Lori is passionate about student-athletes, mental health, prevention education, and discovering the why behind the behavior. Her greatest accolades are being a mother and a wife.



Joy Duhon hails from Baton Rouge, Louisiana. In 2012, she obtained her Bachelors of Science from Louisiana State University, in Early Childhood Education. After educating pre-kindergarten students for nearly a decade, she earned her Master of Arts in Clinical Mental Health Counseling from Southern University A&M in 2022. She is a Licensed Prevention Professional and currently working towards her licensure as a Licensed Professional Counselor. Joy is an I CARE Specialist, providing prevention education in the areas of alcohol, violence, tobacco, and other drugs to students Pre-Kindergarten to 12th grade. The I CARE Prevention Program serves students and families throughout the Baton Rouge Community.

Speaker: Melvin Lawrence Sanders, Jr., M.A., LPP

Topic/Title: "Relevant Relatable and Reliable: Mindfulness and Self-Care in the Workplace" – **1.0 CE Hour**

Brief bio: Melvin L. Sanders, Jr. is an I CARE Specialist with the East Baton Rouge Parish School System and a 21-year educator serving as a model for youth. Melvin received his master's from Southeastern Louisiana University and a Bachelor of Arts in Psychology from Millsaps College in Jackson, Mississippi. Melvin has presented at several conferences and challenges his colleagues to remain motivated. His goal is to educate relevant and relatable information to interest groups. Melvin is the proud father to Malia and shares a wealth of knowledge in the professional community as his mindfulness journey is ever-evolving.

Summary: Mindfulness in the workplace allows one to be intentional and present in the moment in both the mental space and the workplace. This aids in reducing employee stress, brings more balance to work-life and improves engagement as well as work performance.

