

# Cohen Institute Mental Health Conference in Evanston to Focus on Managing Stress



20th Year of Bringing Together Caregivers & Professionals

NEWS RELEASE BY THE CHICAGO SCHOOL OF PROFESSIONAL PSYCHOLOGY

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The Naomi Ruth Cohen Institute for Mental Health Education (NRCI) at The Chicago School of Professional Psychology (TCSP) will bring together the community and professionals on June 10, 2023 to discuss "Untying the Human Knot: Managing Stress & Anxiety in Today's World."

The conference is set for 9:30am-3:30pm at Evanston Township High School (1600 Dodge Ave., Evanston, Ill., 60201). Registration is available at the door.

The 90-minute opening panel presentation features Gabriela Diaz, Orson Morrison, PhD, and Paula R. Young, PhD, ACT. The panel will be moderated by Michael Horowitz, PhD, President of The Community Solution Education System. The panel will be followed by three rounds of professional-led breakout sessions as well as a post-event networking session. Lunch is included.

- **Gabriela Diaz** is a Chicago-based actor, teaching artist, and mental health advocate. She received her BFA at Webster University's Leigh Gerding College of Fine Arts. She has worked with The Art Institute, Steppenwolf Theatre, Firebrand Theatre, Jackalope Theatre, and others. Gabriela has found a creative home at Erasing The Distance (ETD), where she combines her passion for the arts and mental health. As a person living with anxiety, Gabriela finds immense joy in sharing her story to spark dialogue about the human experience.
- **Orson Morrison, PhD**, is a licensed clinical psychologist and the co-owner of LifeSpan Counseling and Psychological Services. He is also the Associate Director of Clinical Services for DePaul University Counseling & Psychological Services. He has worked in a variety of clinical settings including college counseling centers, community mental health centers, medical settings, private practice, and in academic-clinical research units. His professional interests and areas of expertise include psychotherapy with children, adolescents, adults, and

families; racial and intergenerational trauma; psychological assessment; and contemplative practices.

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- **Paula R. Young, PhD, ACT**, is a licensed clinical psychologist and senior clinical director at Rogers Behavioral Health. There, she leads the clinicians who are focused on adolescent and adult mental health. Dr. Young, who received her doctorate from Finch University of Health Sciences/The Chicago Medical School, has extensive experience working with those with depression and anxiety disorders. She has presented to numerous clinical and academic audiences across the country.
- **Michael Horowitz, PhD**, is the President of The Community Solution Education System. Dr. Horowitz leads The Community Solution and its system of nonprofit colleges and universities including The Chicago School of Professional Psychology (TCSPP). Dr. Horowitz received his Ph.D. in Clinical Psychology from Northwestern University in 1986.

The professional-led breakout sessions include informative presentations on topics like managing stress and anxiety at different stages of one's life, building resilience, developing healthy coping mechanisms, and other topics.

The conference is open to all community members and offers CEUs to licensed mental health and other professionals. Tickets will be available for \$45 (with an added \$25 for those seeking CEUs). Partial and full scholarships are available.

Since 2002, NRCI has hosted an annual community mental health conference in Evanston, Ill., to bring together those with lived experience, their caregivers, supporters, and treatment professionals as well as members of the community interested in learning more about a specific mental health challenge or issue.

NRCI is committed to providing mental health education and training in the Chicagoland area, and reducing the stigma often associated with mental health challenges and suicide, a cause the organization's founders, Larry and Marilyn Cohen, embraced after their daughter Naomi died by suicide after living with bipolar disorder.

About The Chicago School of Professional Psychology:

Integrating theory with hands-on experience, The Chicago School of Professional Psychology provides education rooted in a commitment to innovation, service, and community for thousands of diverse students across the United States and globally. Founded in 1979, the nonprofit, regionally accredited university now features campuses in iconic locations across the country (Chicago, Southern California, Washington, D.C., New

Orleans, Dallas) and online. To spark positive change in the world where it matters most, The Chicago School has continued to expand its educational offerings beyond the field of psychology to offer more than 30 degrees and certificates in the professional fields of health services, education, counseling, business, and more. Through its engaged professional model of education, commitment to diversity and inclusion, and an extensive network of domestic and international professional partnerships, The Chicago School's students receive real-world training opportunities that reflect their future careers. The Chicago School is proud to be a part of TCS Education System, a nonprofit, integrated system of colleges and universities that works collaboratively to advance student success and community impact. To learn more, visit [www.thechicagoschool.edu](http://www.thechicagoschool.edu).

## Contact Details

Vivien Hao

+1 323-893-4743

[vhao@thechicagoschool.edu](mailto:vhao@thechicagoschool.edu)

## Tags

MENTAL HEALTH