



TLC Services

## Videos of Past Presentations

These are videos of presentations done in the past along with supporting materials such as slides and handouts.

Video Links	Presenter(s)	Date Presented
<a href="#">Overcoming Isolation and Loneliness</a>	Joan Lowitt, LCSW	22-Apr-21
<a href="#">Affirmations: A Tool for Self-Empowerment</a>	Kathleen Kapusta, LISW	25-Mar-21
<a href="#">Compassion Helps Everyone: learn more about the healing power of compassion for both the giver and the receiver.</a>	Bonnie Hovel, LCSW	18-Feb-21
	<a href="#">Link to Slides PDF</a>	
<a href="#">The Power of Gratitude- how to identify and practice gratitude as a coping skill and life enrichment process.</a>	Dr. Karen Haskell, BS, MA, EdD	21-Jan-21
<a href="#">Getting Through the Holidays, 2020: Coping skills to help us through a difficult time.</a>	Dr. M. Terri Devine, EdD, MS, Guidance & Counseling	17-Dec-20
<a href="#">Sadness vs. Depression &amp; Stress vs. Anxiety: Understand what is "normal" and gain coping skills.</a>	Lucille Karatzas, Licensed Clinical Social Worker	22-Oct-20
	<a href="#">Link to Slides PDF</a>	
<a href="#">What I think in my Mind Controls My Life - Improve your life by changing thoughts that are not serving you well.</a>	Elaine Stipetich, Licensed Clinical Social Worker	24-Sep-20
	<a href="#">Link to Thinking Report PDF</a>	

<a href="#"><u>Restoring Balance in Couple Relationships - Calming the stress for couples spending months of 24/7 time with each other.</u></a>	Pat Hayes, Licensed Clinical Social Worker	26-Aug-20
	<a href="#"><u>Link to Slides PDF</u></a>	
<a href="#"><u>How Self-Esteem Affects Your Life - What is self-esteem? How do you get it? How can you increase it to improve your life?</u></a>	Jo Conard, Licensed Mental Health Counselor	12-Aug-20
	<a href="#"><u>Tell Me a Story - Poem by Jo Conard</u></a>	
<a href="#"><u>When is it Time to Seek Memory Care for my Spouse/Partner? Part 1: Caregiver concerns in answering the question of "if it's time".</u></a>	Dr. Jim Deutch, LCSW (Lt. Colonel USAF, Retired)	1-Jul-20
<a href="#"><u>When is it Time to Seek Memory Care for my Spouse/Partner? Part 2: Concerns related to the Partner afflicted with dementia and community resources.</u></a>	Dr. Jim Deutch, LCSW (Lt. Colonel USAF, Retired)	8-Jul-20
<a href="#"><u>Coping When You're at Home - Steps and tools to increase your emotional comfort and reduce stress</u></a>	Bonnie Hovel, Licensed Clinical Social Worker	10-Jun-20
<a href="#"><u>Now's the Time to Make Friends with Ourselves</u></a>	Lucille Karatzas, Licensed Clinical Social Worker	3-Jun-20
<a href="#"><u>Isolated? Anxious? Sad? Irritable? You're Normal! - ideas for dealing with the current uncertainty and life in general.</u></a>	Pat Hayes, Licensed Clinical Social Worker	27-May-20

The following are presentations for mental health professionals and others who may be interested.

<a href="#">Human Trafficking in Florida: A View from the Top</a>	Sue Aboul-Hosn, BSW, FL Regional Coordinator Human Trafficking, Dept of Children and Families, Suncoast Regions	18-Mar-21
<a href="#">A Perspective on The Righteous Mind: Why Good People Are Divided by Politics and Religion (2 CEUs)</a>	David Hovel, BS and Bonnie Hovel, MSW, LCSW	18-Feb-21
<a href="#">Link to Slides PDF</a>		
<a href="#">The Big 5 Personality Model and its Application to Therapy</a>	Bonnie Hovel, Licensed Clinical Social Worker	1/28/2021
<a href="#">Big Five Personality Quiz</a>		
<a href="#">Link to Slides PDF</a>		
<a href="#">Domestic Violence: Understanding Men who Batter and Methods to Treat Them</a>	Elaine Stipetich, LCSW and John Phillips, LSW	15-Oct-20
<a href="#">Link to Slides PDF</a>		
<a href="#">Self-Care for Mental Health Professionals - Methods and tools for improving self-care. A problem-solving method and self-care assessment are included.</a>	Bonnie Hovel, Licensed Clinical Social Worker	16-Jul-20
<a href="#">Self-Care Assessment</a>		
<a href="#">Mayo Clinic 4 As for Stress</a>		
<a href="#">Self-Care Plan Worksheet</a>		
<a href="#">Coping When You Can't Visit a Loved One - Managing the worry, fear, pain and loneliness when a loved one is in a care facility.</a>	Ellen Rainbolt, Licensed Marriage and Family Therapist	17-Jun-20
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<a href="#">Where Did I Put It? Do You Feel More Forgetful? - information for those interested in memory loss.</a>	Lucille Karatzas, Licensed Clinical Social Worker	11-Jun-20
Handout: Alzheimer's - 10 Warning Signs Worksheet	<a href="#">Click here to view document.</a>	
<b>Below are technical presentations for those who would like to learn more about computers and about giving presentations to others.</b>		
<a href="#">Basics of Windows and the Internet, Part One, Basic Windows Concepts</a>	David Hovel, TLC Technology Consultant	23-Sep-20
<a href="#">Link to Slides PDF</a>		
<a href="#">Basics of Windows and the Internet, Part Two, The Internet, web browsers, clouds and system security</a>	David Hovel, TLC Technology Consultant	24-Sep-20
<a href="#">Link to Slides PDF</a>		
<a href="#">Presenting with Zoom, Part 1</a>	David Hovel, TLC Technology Consultant	19-May-20
<a href="#">Presenting with Zoom, Part 2</a>	David Hovel, TLC Technology Consultant	4-Jun-20
<a href="#">Link to Slides PDF</a>		
<a href="#">PowerPoint 101: An introduction to the purpose, design and use of this program</a>	David Hovel, TLC Technology Consultant	2-Oct-20