



## MENTAL HEALTH EMPOWERMENT

# JOIN AUTHOR, THERAPIST & SPEAKER

CLINICAL MENTAL HEALTH COUNSELOR

## TALKS ON YOUR BRAIN

As seen in TEDx Park City and on KSL TV  
Learn more at [dr.christykane.com](http://dr.christykane.com)



**DR. CHRISTY KANE**  
PsyD, CMHC, CEO

### SPEAKING TOPICS

#### YOUR BRAIN ON ELECTRONICS

Delve into the neurology of the brain in a down-to-earth conversation. Learn how screens impact our minds and change our physical brains. Get tips to digitally detox—because electronics aren't going away.

#### MENTAL HEALTH EMPOWERMENT

1 in 5 Americans faces a mental health crisis. Join Dr. Kane to define mental health, explore common illnesses and solutions, and feel empowered in your life once more.

#### TRAUMA-INFORMED BEST PRACTICES

Untreated mental illness cost employers \$105 billion annually in the United States. Dr. Kane will equip corporate decision makers to understand the connection between a happy, healthy, productive workforce and trauma.

#### HEALTHY SEXUALITY IN AN ELECTRONIC WORLD

Find out how to have age-appropriate conversations about sexuality and how pornography is changing intimacy in relationships today.

*"Everyone should see this presentation and learn from it."*

*- Merrilee Boyack Director  
Family Watch International*

*"No discussion is complete without the puzzle piece that Dr. Kane presents."*

*-Amanda Oaks Canyon School Board*

*"Useful for audiences of all ages. I highly recommend her."*

*- Cedar Hills Mayor Rees*

*"She got on my level. She really left an impression on us and we loved the information about neurotransmitters and 8 second hugs." - Erin Cantalini Director  
Whestone Academy*

### CONTACT INFORMATION

For more detailed information on Dr. Kane's presentations, discuss pricing, or to book her for your next event, please contact us at:

**385-223-0777**

[hello@drchristykane.com](mailto:hello@drchristykane.com)  
[drchristykane.com](http://drchristykane.com)