

You're Already Good Enough

How Embracing Imperfection and Cultivating Confidence Frees You to Influence & Lead!

Utah Women's Leadership Speaker & Dialogue Series

November 3, 2015 (6:30-8:30 p.m.)
Ragan Theater, Sorensen Center, Utah Valley University

Panelists



Dr. Julie de Azevedo
Hanks, PhD, LCSW



Dr. Kris Doty,
PhD, LCSW



Dr. Julie Clark,
PhD



Dr. Ruth Gerritsen-
McKane, PhD, LCSW

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Perfectionism, depression, anxiety, and feeling “not good enough” can halt your positive growth and development. Dr. Susan R. Madsen, founder of the Utah Women & Leadership Project, will moderate a lively and engaging panel of therapists, authors, and experts on this topic. The panel will discuss how embracing imperfection can increase self-worth, improve academic achievement, and inspire you to be engaged in your community (locally, nationally, globally) as a resource to other women and girls. Panelists will also discuss how to increase confidence, find your unique voice, and develop leadership skills in order to expand your positive influence. Come and learn how you can be a positive influence on others who may struggle with feeling “never good enough.” Women and those who influence them are invited (this means men are welcome too)!

This event will conclude with light refreshments as attendees move into dialogue groups. The event will live stream as well (more info to come). Video recordings of the event will also be available at www.uen.org and also rebroadcast on UEN-TV channel 9.1. Come listen, ask questions, and learn!

Panelist Bios

Julie de Azevedo Hanks, PhD, LCSW

Dr. Hanks holds a PhD in marriage and family therapy, an MSW from the University of Utah, and has 20 years' experience counseling women and families. She is the owner/director of Wasatch Family Therapy, a blogger and top online mental health influencer, and a local and national media contributor. Her research interests are gender and family life, women's creativity, and the intersection of Mormon culture and mental health. Dr. Hanks's first book *The Burnout Cure* addresses common cultural myths that leave women feeling "never good enough" and contribute to perfectionism, body issues, and mental health problems. Julie and her husband are the parents of four children. Visit DrJulieHanks.com

Kris Doty, PhD, LCSW

Dr. Doty has a doctorate in social work from the University of Utah, a Master of Social Work from BYU, and a bachelor's degree in behavioral science from UVU. Her current research interests include LDS women with depression and perfectionism and also early returning missionaries. Kris is a licensed clinical social worker with a specialty in crisis intervention. She has done crisis counseling in the emergency room at Utah Valley Regional Medical Center and does individual and group therapy. She is also a popular speaker and trainer and is currently the Chair of the Department of Behavioral Science at Utah Valley University. She has five children and six grandchildren.

Julie Clark, PhD

Dr. Clark is one of the co-founders of Center for Change. She received her PhD in Counseling Psychology with a minor in Marriage and Family Therapy from Brigham Young University in August 1984. She received a Master's Degree in School Psychology as well. She has specialized in women's issues for 21 years in both outpatient and inpatient settings. These issues include depression, anxiety, eating disorders, abuse, dissociative disorders, and self-esteem difficulties. She also provides individual, group, and family therapy. Dr. Clark is the Clinical Director over the Dietary Department, Experiential Therapies, and Cascade Mountain High School, the on-site school program at Center for Change.

Ruth Gerritsen-McKane, PhD, LCSW

Dr. Gerritsen-McKane works within the College of Social Work at the University of Utah. She oversees the development of internships globally as well as engaging in global research. Emerging herself from an upbringing in poverty, she has lived internationally while developing global stakeholders and doing meaningful research in places like Ghana. Her passion is to provide students with opportunities for greater understanding of the plight of vulnerable populations wherever they are found. She is committed to impacting the lives of girls and women globally from basic needs to altruistic empowerment, encouraging the changes needed in the world by women who impact every walk of life.

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*Jeffery & Katie
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