

# Educational Forum

Please join us for this **FREE** educational event.

## INTERSECTION BETWEEN THOUGHTS, FEELINGS, AND EMOTIONAL WELL-BEING

Date: Tuesday July 18th, 2017 7 PM - 9 PM  
Location: Evergreen Health Medical Center, Suite Tan 100  
12303 NE 130th Lane, Kirkland, WA 98034  
Guest Speaker: Dr. Cheryl Lamin & Dr. Jannie Driver

In this presentation, Dr. Cheryl Lamin and Dr. Jannie Driver will discuss how thoughts and feelings influence each other in ways that impact our interpersonal relationships, our goals, and our decision-making. They will focus on practical ways to manage the bi-directional nature of thoughts and emotions using the concept of Present Moment as a stabilizing influence.



Cheryl Lamin, Ph.D. has been a licensed clinical psychologist for twenty years. She utilizes Acceptance and Commitment Therapy (ACT), which is a mindfulness based behavioral therapy clinically proven to be successful with a wide range of psychological problems. Through this model, she teaches her clients skills in order to improve quality of life. In addition to private practice, she has been recognized by her peers as a leader, having served in multiple roles in the Washington State Psychological Association, including president for 2013. Her tenure as president was characterized by robust membership growth and a marked improvement in financial organizational health.

Jannie Driver, Ph.D. is an applied psychologist who uses her rare expertise in interpersonal effectiveness to educate executives and their employees toward successful interactions in the workplace. Using her 25 years of research and evidence-based practices, Dr. Driver provides clear and practical training in emotional competence and interpersonal effectiveness. She approaches these topics with optimism and humor.