







DR. REBECA CHOW

SPEAKER/COUNSELOR
EDUCATOR/INFLUENCER

CONTACT

-  913-209-2293
-  dr.rebecachow@gmail.com
-  Dr. Rebeca Chow
-  dr.rebecachow
-  DrRebeca Chow
-  Dr. Rebeca Chow

Cultural Humility in the Classroom

In the school setting, working from a culturally diverse framework requires looking deeper into our awareness. Developing skills for effective cross-cultural connections and communication is critical for developing a strong relationship. This workshop will focus on understanding the role of cultural humility and exercises that create a safe space for clients to explore themselves and others with acceptance and inclusion.



Dr. Rebeca Chow is a Licensed Clinical Professional Counselor in Missouri/Kansas and a Registered Play Therapist Supervisor. Her counseling experience includes 25 years of clinical work in the academic, non-profit and for-profit settings. Dr. Chow's areas of specialty and interests are diversity and inclusion, neurobiology of mental health, leadership, supervision, and resilience. Her passion for helping others achieve their potential and balanced mental health is on a global scale as she presents in counseling and educational conferences.

SPEAKING TOPICS

What's Happening to Us? Managing Mental Health in Challenging Times

Events from the past few years have created many professional challenges, including the need to adjust to daily changes, emotional stressors and team differences. All of these new experiences affect the way we communicate and connect with each other. In this talk participants will learn recovery strategies to manage stress and improve teamwork.

(in)Spire: A Fresh Start for the New Year

Even under "normal" circumstances, the end of the year can be exhausting for leaders, with unique demands that make it difficult to prepare for the year ahead. The experience of a global pandemic has only added to the complexity and challenges of leadership and self-care. During this talk learn tips, tools and techniques to jump-start your planning and self-care for a strong, productive and healthy fiscal year.

Connected: Addressing Social Media Fatigue and Mental Health

Keeping up with social media can be daunting for everyone. Many of us feel overwhelmed and confused on how to effectively utilize social media and manage our mental health. . This presentation will focus on helpful tips from a generational and attachment lens

Healing Together: Nervous System Regulation in the Counseling Room

As therapists, the way we respond to cues of safety and danger influence our capacity for connection. During this session participants will enhance play therapy interventions through a polyvagal and generational lens to incorporate in online or in-person practice.

After the Hurt: Combining Theory, Practice and Play Therapy with Adults and Couples

Play therapy can be challenging with adults, so many ideas and treatment needs! During this workshop participants will explore clinical applications from a neurobiological perspective and learn trauma responsive play therapy interventions to address adult and/or couple's emotional distress during therapy.

OFFERINGS

- ◆ 1 Hour Sessions
- ◆ Keynote Address
- ◆ Half Day Seminar
- ◆ Full Day Seminar

Reigniting your Spark: Growing together through Challenging Times

In the past couple of years, we have experienced many challenges at work, home, and relationships. Marriage is a lifelong adventure of growing together through every age and stage of life, however current events have created some new challenges in our relationships. During this talk participants will explore experiential applications from a neurobiological perspective to promote connection and relationship skills.

Connected: Addressing Mental Health with Tweens and Teens

Creating meaningful connections with our tweens and teens can be challenging these days. Many of us feel excited about connecting with each other only to crash and burn a few hours later feeling empty and confused about social media, parties, and tiktoks to name a few. During this presentation we will discuss helpful tips for creating a safe space to promote communication and connection.

Acculturation, Intersectionality and Cultural Humility: Working with the Latinx Community

In life Latinx communities experience loss at different levels, such as immigration, acculturation, lifestyle changes, language diversity, separation, and biculturalism. Mental Health professionals engaged in working with the Latinx community must become increasingly self-aware and understand the influence of world views and cultural values.

The Neurobiology of Connection: Nervous System Regulation in the Workplace

As professionals, we all have interactions with clients, significant others, colleges or friends where stress creeps in. The way we respond to those stresses is directly connected to our nervous system, which is at the heart of daily living, shaping our experiences of safety, and influencing our capacity for connection. During talk participants will learn ways to "unstuck" from dysregulation and create meaningful connections.
