



## Presentations & Trainings from Life Prep Counseling

**Director: Amy Nolan, Ed.S, MA, LPC, ACS, NCC, EAS-C:**

Amy’s experience working in the mental health field includes positions in public education, higher education and clinical settings. She directs Life Prep Counseling including supervision of all staff, curriculum development, presentation and trainings. She enjoys presenting to schools, businesses and other organizations on various psycho-educational topics and clinical trainings.

**Credentials:**

- Education Specialist Degree in Counseling, With Distinction
- Masters Degree, With Distinction in Counseling
- Bachelors Degree, Magna Cum Laude in Psychology
- State of New Jersey Licensed Professional Counselor
- Approved Clinical Supervisor
- National Certified Counselor
- Employee Assistance Specialist-Clinical
- State of New Jersey Certified School Counselor
- State of New Jersey Certified Director of School Counseling

Presentation Topic:	Presentation Audience:	Training Topic:	Training Audience:
<b>Healthy Relationships</b>	9-12 grade students or college level	<b>School Avoidance/Anxiety</b>	Clinical/counseling staff Educational staff
<b>Body Image/Eating Disorders</b>	High School Seniors or College students	<b>Working with Anxiety &amp; Trauma</b>	Clinical/counseling staff Educational staff
<b>Mindfulness &amp; Self care</b>	Any adult audience	<b>Counseling Couples</b>	Clinical/counseling staff Educational staff
<b>Teen Wellness: Stress, Decision Making or Anger</b>	High School students	<b>Eating Disorders/Body Image</b>	Clinical/counseling staff Educational staff
<b>Presentation created at your request</b>	Your audience specification	<b>Grief Counseling</b>	Clinical/counseling staff Educational staff
<b>STEPS:</b>  1. Complete Presentation/Training Request Form  2. Receive a proposal in 5 business days  3. Call Amy Nolan with any questions 732-497-8895  4. Sign and return proposal  5. Date and time is confirmed		<b>Self Injury &amp; Social Media</b>	Clinical/counseling staff Educational staff
		<b>Non-Suicidal Self Injury</b>	Clinical/counseling staff Educational staff
		<b>Trauma in Schools</b>	Clinical/counseling staff Educational staff
		<b>Mental Health in the Classroom</b>	Clinical/counseling staff Educational staff
		<b>Parenting Strategies</b>	Parents
		<b>Counseling Children &amp; Adolescents</b>	Clinical/counseling staff Educational staff

Visit our website for detailed descriptions of presentations/trainings or to request a proposal:

[\*\*Lifeprepcounseling.com/presentation\*\*](http://lifeprepcounseling.com/presentation)

\*Please book your presentation at least 2 months in advance to ensure availability and processing through your organization