

Kathleen Heinlen, Ph.D.

Assistant Professor, Counseling

Dr. Kathleen Heinlen has served as an Assistant Professor of Counseling at Cuyahoga Community College (Tri-C®) since 2010.

Dr. Heinlen is a licensed psychologist and a licensed professional clinical counselor with supervision endorsement. She has presented at state and national conferences on the topics of Traumatic Brain Injury, Veterans, Caregiver Issues, Grief, Attachment Disorder, Clinical Ethics, Telepsychology, Trauma, Mindfulness, Suicide and Self-Care.

Speech Topics:

- **Grieving: A Time to Mourn** – Psychologist Dr. Ky Heinlen gives an informative and interactive presentation about the process of grieving. This talk will help provide a space for participants to reflect on the meaning loss has in their lives and tools for dealing with the feelings that come up as a result.
- **What the world needs now is MORE caregivers** – Psychologist Dr. Ky Heinlen gives an informative and interactive presentation about care giving. With so many people able to continue living with help from medical science, oftentimes we find people in need of home care. Sometimes this is simply doing the grocery shopping or providing meals, and other times it includes activities of daily living and companionship. Learn strategies to help you take care of yourself while taking care of someone else.
- **Are you mindful of this moment?** Psychologist Dr. Ky Heinlen provides an informative and interactive presentation on being mindful. What does it look like when you aren't paying attention? What can you do to slow down the precious moments of today and embrace each and every moment? Come learn some techniques for being in this moment now.