



What Matters Now: Emotional Balance and Core Needs in the Post-Pandemic Era Nancy Burgoyne, Ph.D.

Chief Clinical Officer, The Family Institute at Northwestern University.

Maru Torres-Gregory, J.D., Ph.D., LMFT

Licensed marriage and family therapist and Core Faculty, Marriage and Family Therapy Program, The Family Institute at Northwestern University.

Monday, March 1, 2021, 7:00 PM Central

www.bit.ly/TFIFANWebinar

Presented by **Family Action Network (FAN)**,

in partnership with Baker Demonstration School, Beacon Academy, Compass Health Center, Countryside Day School, Evanston Township High School D202, Family Service of Glencoe, Fusion Academy, Glencoe D35, Haven Youth and Family Services, Lake Forest Country Day School, Lake Forest D67, Loyola Academy, Loyola University Chicago School of Law, Mindful Psychology Associates, Near North Montessori School, New Trier High School D203, New Trier Parents' Association, North Shore Country Day School, Regina Dominican High School, Roycemore School, Sacred Heart Schools, the School of Education and Social Policy at Northwestern University, Science and Arts Academy, ServerCentral Turing Group, Spirit of 67, Stevenson High School D125, The Alliance for Early Childhood, The Family Institute at Northwestern University, VillageMD, Wolcott College Prep, and Woodlands Academy.

This event is #freeandopentothe public and will be recorded. Suitable for youth 12+ familyactionnetwork.net
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FOR IMMEDIATE RELEASE: NANCY BURGOYNE, Ph.D. and MARU TORRES-GREGORY, J.D., Ph.D., LMFT
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Monday, March 1, 2021, 7:00-8:00 PM, What Matters Now: Emotional Balance and Core Needs in the Post-Pandemic Era, a FAN webinar feat. Nancy Burgoyne, Ph.D. and Maru Torres-Gregory, JD, Ph.D., LMFT.

REGISTER: www.bit.ly/TFIFANWebinar.

The results of the American Psychological Association’s 2020 survey on stress led the organization to sound a devastating alarm: “We are facing a national mental health crisis that could yield serious health and social consequences for years to come.” Mental health professionals have a front row seat to this crisis. They have the privilege and the challenge of having profound conversations within which themes of helplessness, loss, isolation, uncertainty, and polarization are pervasive. Less expected and often generative are the “what matters now?” conversations that our unprecedented and chronic circumstances have pushed into the fore. The changes that we have been pressed to make have had unanticipated consequences; people are reevaluating their priorities.

Nancy Burgoyne, Ph.D. and Maru Torres-Gregory, J.D., Ph.D., LMFT from **The Family Institute at Northwestern University (TFI)**, both clinicians and educators with decades of experience, will share their experience and expertise. Their perspectives are deeply informed by their work on the “emotional frontlines” of the pandemic. They will reflect on the substantial mental health challenges we face, the themes woven in this crisis, and the opportunities to access meaning and increase resilience.

Dr. Burgoyne is the Chief Clinical Officer at TFI. A licensed clinical psychologist and family therapist, she teaches and supervises in TFI’s academic programs and has been a practicing clinician for over 30 years. As part of the organization’s executive leadership team, she focuses on the Institute’s mission to provide high quality, scientifically informed care by leading practice-wide clinical quality improvement initiatives that advance clinical skills and client care.

Dr. Torres-Gregory (“Dr. Maru”) is a Core Faculty member in the Master Program in Marriage and Family Therapy at TFI, where she teaches, supervises, and mentors therapists and supervisors in training. She holds an active clinical practice, helping couples, families and individuals struggling with relational, individual, cultural, and systemic difficulties. Dr. Maru maintains a media presence through frequent interviews for Noticias Univisión Chicago, as well as her contributions to publications such as Medium, *Women’s Health Magazine Online*, *Bustle*, and *The Wall Street Journal*.

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