



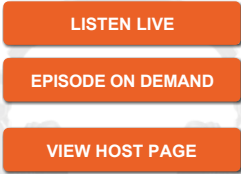
Psych Up Live
Thursday at 11 AM Pacific
April 14th 2022: Who's Mothering Mother? The Power of Authentic Connections Groups

Across time and cultures and against the backdrop of medical, social, economic, political, gender and racial issues, mothers face a lot and give a lot. Whether new mothers, working mothers, single mothers or grandmothers, most could benefit from some of the powerful support and care they offer. This show presents a program that does just that- "Authentic Connections Groups". In this show, Dr. Suniya Luthar, Executive Director of AC Groups, a nonprofit that fosters resilience and well-being, will describe the Authentic Connections Group program which has been empirically validated several tim

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Featured Guests



Dr. Suniya S. Luthar
Dr. Suniya S. Luthar is Founder and Executive Director of AC Groups, a nonprofit that fosters resilience and well-being using the evidence-based Authentic Connections Groups intervention. She is also Professor Emerita at Columbia University's Teachers College, and Co-Founder Emerita at Authentic Connections Co. that surveys school communities. After receiving her Ph.D. from Yale University in 1990, Luthar served on the faculty of the Department of Psychiatry and the Child Study Center at Yale. Between 1997 and 2013, she was at Columbia University's Teachers College, where she also served as Senior Advisor to the Provost (2011-2013). Between 2014 and 2019, she was Foundation Professor of Ps

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Dr. Jewel Kling
Dr. Jewel Kling is an Associate Professor of Medicine, Chair of the Division of Women's Health Internal Medicine, Assistant Director of the Women's Health Center and Associate Chair of Equity, Inclusion and Diversity for the Department of Medicine at the Mayo Clinic in Scottsdale, Arizona. She completed medical school and a master's in public health at the University of Arizona Tucson and Internal Medicine Residency at Mayo Clinic Arizona, followed by a Chief Internal Medicine fellowship year. Her clinical and research interest are in menopause, sexual health and LGBT care. She is a North American Menopause Society (NAMS) Certified Menopause Practitioner and serves on the board of the Intern

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Johanna Callard
Johanna Callard is the Director of Counseling at Northfield Mt. Hermon, MA. For over 20 years she has worked in a variety of settings with children, adolescents, and families. Prior to joining Northfield Mount Hermon in 2014, Johanna worked in community mental health with children and families as an outpatient clinician and a supervisor. During that time, she created "Wise Girls", a community arts group program for adolescent girls. Johanna received her BA from Prescott College and her Master's in clinical social work from Smith College. She is passionate about supporting individuals, groups, and communities in working towards healing and change, and frequently integrates contemplative prac

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