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Boundaries Workshop for Relationships with Mental Health or Addiction Challenges

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Do you feel like you are having the same frustrations, arguments or dysfunctional cycle in your relationship with a loved one with a mental health or addiction challenge? Do you feel hopeless, tired, and worn out or ready to give up? This workshop is for you. Learn how to identify the relationship cycle that you are experiencing and how to put together a boundary plan in breaking the cycle. You will learn what a boundary is, the difference between a boundary and a threat and how to practice putting healthy emotional boundaries in your life. As a result, you will learn how to better control your thoughts, feelings and behaviors in order to make positive changes in your relationship.

Biography

Erin Ramachandran is an award-winning author of *Mental Health Strong, A Christian's Guide to Walking Resiliently alongside Your Spouse with a Mental Health Condition*. Erin holds a master's degree in Health Care Administration, is a Psychology Doctorate Student and is a certified Mental Health First Aid USA instructor. She has previously spoken at multiple conferences including the Mental Health Matters Conference, the International OCD Annual Conference and multiple others.

Professionally, Erin has worked in the healthcare industry for more than seventeen years and is the Mental Health & Wellness Program Director at one of the largest non-profit health plans in the United States. Besides her professional experience, Erin personally lives this day-in and day-out with her husband, Keith who has been diagnosed with multiple mental health disorders including OCD, Depression and PTSD. Together they have started a non-profit called Mental Health Strong to bring hope to marriages with mental health and addiction challenges. Her and her husband, Keith live in Southern California and have been married for over thirteen years.

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