

KHARA CROSWAITE BRINDLE, MA, LPC, ACS

Catalyzing aha moments to inspire action by providing tools to mental health professionals and the public to help us all thrive

Entrepreneur · Speaker · Author · Innovator · Educator

Khara Croswaite Brindle, MA, LPC, ACS is passionate about giving people aha moments that create goosebumps and catalyze powerful action. Khara is honored to serve young adult professionals in her work in mental health and higher education with an emphasis on healing trauma and supporting personal growth. She is a Licensed Professional Counselor, Approved Clinical Supervisor, and owner of Croswaite Counseling, PLLC, a group private practice in Denver, Colorado. She enjoys inspiring innovation in shared communities through her CACS Suicide Risk App as well as being the Founder of Catalively, a Colorado non-profit cultivating community connections in suicide prevention to support meaningful change.



Topics

Thrive through the top three devastating career challenges for therapists

Medicaid Mastery: Breaking down the barriers of intimidation, panic, and procrastination

Group Practice Power: How to cultivate a team of contractors that invigorates you and inspires clients

Other topics in Suicide Prevention

Testimonials

Khara has been a tremendous resource for Harmony and the community at large. Her recent webinar on Suicide Intervention was highly engaging and supportive to communities looking to identify early identification and intervention techniques for suicide behaviors. Additionally, she has been a featured blogger on the Harmony Blog, posting quality content for readers locally, regionally and nationally.

— Gina de Peralta Thorne,
Chief Marketing Officer and Event Organizer, Harmony Foundation, Inc.

Khara is an event planner's dream. She comes prepared with her slide deck and knowing the type of AV needs that work best with her presentation style. Throughout the planning process, Khara was incredibly helpful by not only providing guidance on topics that needed to be covered, but also writing content for marketing materials to ensure the workshop was appropriately represented.

— Megan Stribling,
Director of Alumni Engagement,
Event Organizer, University of Denver

Khara is a pleasure to work with. She is not only an organized, prepared and confident public speaker - she is engaging and charismatic and each time the participant feedback has been consistently positive. It is evident when you are a participant in one of Khara's trainings that she is an expert on the topic she is presenting. We are grateful to have her as a resource in the community.

— Jess Barry,
Event Organizer, Sandstone Care



“Khara was informative and impactful. She did a beautiful job of answering questions with insight, creativity, and kindness.”

— Paulina Siegel, MSW, LCSW, CAC II

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croswaite
C O U N S E L I N G P L L C

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Topics

Thrive through the top three devastating career challenges for therapists.

Whether you are just starting out or have been in the field for years, there are a few things that can derail your career. Instead of feeling overwhelmed and unprepared, you deserve to feel empowered and ready to respond should any of these happen to you. Protect your career as we tackle the three challenges of client death, suicide, and grievance. School cannot fully

prepare you for these potentially devastating events and as someone who had experience with several of them in my first two months of work, I had to learn to adapt quickly to manage the stress! You will have an action plan and resource checklist to thrive in what otherwise feels like a sink or swim situation.

Medicaid Mastery: Breaking down the barriers of intimidation, panic, and procrastination.

Medicaid insurance can cause discomfort and fear of State retaliation should you make a mistake. Fear leads to panic at the possibility of audits and mountains of paperwork, leaving you in a place of procrastination and avoidance of starting the process. Experience relief by learning how to navigate the Medicaid system competently and ethically. With 8 years of experience serving Medicaid in Colorado

including agency and private practice settings, we can make it painless by transforming mayhem into mastery! By the end of this series, you will have eliminated unnecessary fears, replacing them with a comprehensive checklist and Medicaid-compliant forms to support you feeling prepared and excited to work with Medicaid in your practice!

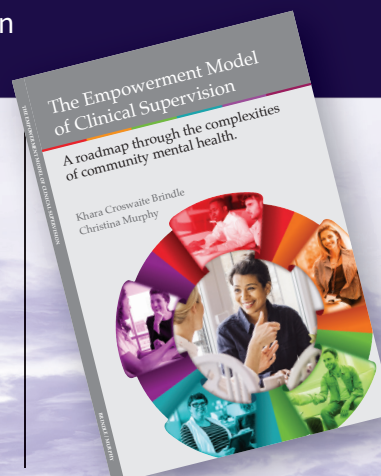
Group Practice Power: How to cultivate a team of contractors that invigorates you and inspires clients.

Are you tired of feeling isolated and overworked in your practice? Boggled down by referrals, paperwork, and business needs? Perhaps you desire to work less and earn more by creating a team of like-minded individuals, thus feeling rejuvenated and passionate with the possibilities! Let us help you identify a value-driven team of contracted therapists, develop your leadership skills, and navigate the nuances of business to support yourself and your clients as your practice grows! Higher education may not have emphasized elements of business in therapeutic practice so learn

from us, fellow entrepreneurs that can help you grow your business in ways you are only just beginning to realize! By the end of this presentation, you will have developed an understanding of contractors versus employees, legal and paperwork requirements of hiring other professionals, and ideas of how to establish a network of professionals from which to consult. You will leave with a glossary of important business terms and an action checklist.

As seen at

International Association of Suicide Prevention (IASP)
American Association of Suicidology (AAS)
University of Colorado, Colorado Springs
Colorado Counseling Association (CCA)
WINGS Foundation
Harmony Foundation, Inc.
University of Denver
Regis University



Check out *The Empowerment Model of Clinical Supervision: A Roadmap through the Complexities of Community Mental Health*, a book Khara co-authored that is available in both paperback and kindle versions on Amazon!