



NATIONAL CENTER for
YOUTH ISSUES

6101 Preservation Drive • Chattanooga, TN 37416 • www.ncyi.org



Speakers Bureau

Loren Dittmar

NATIONAL SPEAKER, CONSULTANT, & AUTHOR

Once an at-risk youth, Loren Dittmar, PhD, is now a nationally recognized speaker and consultant specializing in school mental health, suicide prevention, and the well-being of the adults who serve youth. He partners with schools and organizations nationwide to expand mental health supports, strengthen staff resilience, and build cultures where people feel seen, supported, and empowered to live authentically.

With over 25 years of combined experience in clinical and educational settings, Loren brings a rare blend of frontline insight and scholarly depth. His background includes five years in the mental health field, 18 years as a school counselor, including service as a Director of School Counseling, and 13 years as an adjunct professor. He served as a Lead Professional Learning Specialist with Hatching Results, supporting districts in implementing data-driven, ASCA-aligned comprehensive school counseling programs. He was also the lead expert for the mental health section of the international resource covid19k12counseling.org. Loren has held various leadership roles within multiple state school counselor associations and currently serves on the Board of Directors for the Palmetto State School Counselor Association.

Through courageous conversations and healthy vulnerability, Loren equips audiences to ignite purpose, inspire change, and transform the way they lead, live, and connect.

A BRIEF LOOK AT LOREN'S KEYNOTE SESSIONS

Your Mental Health Matters: Living and Leading with Intention

A powerful, uplifting and interactive keynote that equips participants with practical tools to protect their own well-being, maintain balance, and stay grounded—so they can continue showing up with compassion, energy, and joy for the individuals and families they support.

A Song for You: Turning Pain Into Purpose

A moving experience through personal story and music that honors the emotional weight of human service work, celebrates the impact of showing up for others, and reminds every staff member that their presence and compassion genuinely change lives.

Breaking the Silence: Hope, Help & a Future Worth Fighting For

A powerful keynote designed to inspire youth to believe in themselves, seek help when they need it, build supportive relationships, and take ownership of their future with courage and confidence.

See Next Page for More Sessions

Contact Robert Rabon at rrabon@ncyi.org or 423-309-4300 to engage Loren for your event

Connect Boldly: Finding Your People, Expanding Your Purpose

Discover how purpose-filled relationships ignite confidence, clarity, and opportunity. This uplifting session invites participants to step out with courage, cultivate meaningful community, and build the connections that expand impact, strengthen well-being, and move purpose forward.

A BRIEF LOOK AT LOREN'S WORKSHOP / BREAKOUT SESSIONS

From Stuck to Ready: Motivational Interviewing for Conversations That Heal

When young people are in pain or struggling, caring adults naturally want to make things easier and solve the problem, yet real meaningful change begins when students feel understood and empowered. In this engaging session, Dr. Loren shares Motivational Interviewing strategies to support students who seem stuck or resistant. Learn how to reduce power struggles, build trust, and spark genuine motivation that moves young people toward true growth and healing.

The Vulnerability of Helping Professionals: How Life's Tragedies Shape & Refine Our Work

Supporting others can be deeply meaningful—and deeply exhausting—especially when personal hardships collide with professional demands. In this powerful session, Loren explores how vulnerability can fuel resilience, deepen connection, and renew your sense of purpose. Walk away with practical tools and a fresh perspective on how life's toughest moments can strengthen both your work and your well-being.

Lean Into The Discomfort: Seeing Students Through a Trauma-Informed Lens

Student mental health needs are rising, and those who work with youth must be equipped to look beyond behavior and recognize what students are really communicating. A trauma-informed lens helps us respond with clarity, empathy, and intention. In this powerful session, Loren shares practical strategies for understanding challenging behaviors, supporting student needs, and creating calm, connected learning environments—while empowering all staff to truly see every student.

Groups, Groups, Groups!!! The Key to Comprehensive School Counseling!

Counseling groups are one of the most effective ways school counselors can reach more students, yet many face barriers such as time, competing demands, or lack of confidence. This practical session provides clear structures and ready-to-use tools that make group implementation realistic, sustainable, and impactful, helping counselors expand student support while strengthening their overall program effectiveness.