



NATIONAL CENTER for
YOUTH ISSUES

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



Speakers Bureau

Loren Dittmar

PROFESSIONAL SCHOOL COUNSELOR AND SPEAKER

Dr. Loren Dittmar is currently a Lead Professional Learning Specialist with Hatching Results, where he trains throughout the country in promoting and supporting the development and implementation of innovative, sustainable, data-driven, comprehensive school counseling programs. Loren has over 23 years of professional experience, including 18 years in School Counseling and 5 years in clinical settings. He has also served as an adjunct professor for over 10 years. Loren is the current Director of the Emerging Leaders Program for the Palmetto State School Counselors Association and Co-Director of the PSSCA state conference.

Dr. Dittmar previously served on the Board of Directors of the California Association of School Counselors, and with his PhD in Psychology, he served as their lead expert in the development of the mental health section of the covid19k12counseling.org website.

Dr. Dittmar is a sought-after conference presenter on the topics of school mental health and suicide prevention. With his personal and professional experiences of loss due to suicide, his audiences not only have an incredibly moving experience, but walk away with practical tools and resources.

Loren has been married for 14 years to his wife, Cami, and they have 4 children, ages 11 through 22. Together they have fostered several children and their journey of raising an 'expanded version' of a family has brought a unique and real-world perspective to Loren's presentations on various educational topics.

A BRIEF LOOK AT LOREN'S WORKSHOP / BREAKOUT SESSIONS

The Vulnerability of School Counseling: How Life's Tragedies Shape and Refine Our Work

School Counseling can feel like a daily grind—overwhelming, chaotic, and exhausting—but also incredibly rewarding. We're in a unique position that very few truly understand, constantly pulled in every direction. As natural givers, we pour ourselves into our students, as well as our loved ones at home, but with the candle burning at both ends, burnout can seem inevitable. As counselors, we face some of the most challenging experiences not only at work, but at home as well. Join Loren for an eye-opening experience on the transformative power of vulnerability and discover how to reignite your passion and elevate both your professional and personal life.

A Song for You: The Crucial Roles of Counselors in School Mental Health

The impact of the pandemic is ongoing and our students (and families) need more support for their mental health than ever before. Attendees who are willing to dig deep, and possibly get a bit emotional, are invited to join this session to engage in a valuable discussion about the school counselor's leading role in these preventative efforts, by exploring current research and best practices.

See Next Page for More Sessions

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

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

School Mental Health has become a high priority in society, and the opportunity for School Counselors to lead the way has emerged! Our students need increasing support from a lens that is deeply attuned to the emotional challenges they face. This Trauma-Informed lens can be taught, strengthened, and shared. Join this session to learn how you can train all staff to go beyond the surface and truly see each child from a magnified empathic lens.

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Your Mental Health Matters: Modeling What You Teach!

As School Counselors, we are often pulled in a million directions at once, and it's so easy to get into the habit of giving more than humanly possible. If you're exhausted, overwhelmed, and need to develop better balance, join Dr. Dittmar in this interactive session about modeling the things we teach our students: boundaries, self-care, and optimism. And discover how to sustain this throughout the years of your career.

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

Counseling Groups are the most effective way of providing our services to the maximum number of students every week, yet there are many counselors, especially at the high school level, who miss the opportunity to implement them regularly (or at all). What prevents you from providing groups? Time? Preparation? Fear? Whatever has been your barrier, let's break through that today! Join Dr. Dittmar to learn how you can maximize your effectiveness!

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From Stuck to Ready: Motivational Interviewing for Conversations That Heal

Too often, our instinct is to fix, persuade, or push, especially when someone we care about is struggling. But real change rarely begins with advice. In this interactive training, Dr. Loren Dittmar blends powerful storytelling with evidence-based Motivational Interviewing practices to support meaningful conversations with students across their academic, college/career, and social/emotional needs. Shaped by decades of counseling experience and the personal loss of his brother to suicide, this session focuses on engaging students who feel stuck, resistant, or overwhelmed. Through reflective practice, skill-building, and real-world application, participants will deepen their ability to help students feel truly seen and supported in finding their own motivation and next healthy step.