

# Mastering the Mind

Steve Carleton

# Who is this guy?

## Early Career

2002 – 2007      **Outward Bound Instructor**  
Roots are in experiential education

2006 – 2008      **University of Denver**  
Masters Degree in Social Work

2007 – 2010      **University of Colorado ARTS**  
In-Home Family Therapist

2010 – 2020      **Department of Veterans Affairs**  
PTSD and Addiction Therapy Specialist

## Leadership Roles

2017 – Present      Professor, University of Denver Graduate School of Social Work

2020 – 2023      Chief Clinical Officer,  
Gallus Medical Detox

2022 – Present      Private Therapy Practice in Cherry Creek

2023 – Present      Chief Clinical Officer,  
Porch Light Health  
(formerly Front Range Clinic)

Have you ever  
felt like a  
*therapist* for a  
client?



# Here's what we're getting into

## 01 Acceptance

Feel your feelings without letting them drive the bus

## 02 Mastering the Mind

Reframe unhelpful thoughts and interrupt mental loops that fuel stress

## 03 Jedi Mind Tricks

Better questions, deeper listening, stronger influencer

## 04 Demons on the Boat

Connect to purpose – for you and your clients – so your actions stay aligned



# Here's what I want to leave you with

Skills to become more resilient and manage reactions to stress

Tools to understand human behavior

Techniques to facilitate challenging conversations

A challenge to reflect on your own “why”