

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”