

Presenter Topics for WTAADAC Conference:

Charles Winton LPC, EMDR II

Charles Winton presentation- Discuss how the events in our lives has shaped the negative stories we tell about ourselves, which leads to negative actions “addiction”, and trace current behavior back to the root cause of the behavior.

Charles Winton, Jr. is a dynamic speaker, as well as a therapist, author, musician, whose passion is helping people navigate life’s challenges. By taking a holistic approach to therapy, Charles strives to bring hope, healing, and restoration to those struggling with mental health issues. After graduating from the University of Memphis, Charles has worked as a counselor at the Shelby County Division of Corrections until his retirement. Feeling called to continue working to offer healing to families, Charles went back to school to earn a master’s degree in Marriage and Family Therapy from Capella University. Charles is a Licensed Professional Counselor with state of TN and, a certified EMDR-II trauma therapist. Charles has worked at the Transformation Center for Women and at Delta Specialty Hospital, where he started their first trauma outpatient program. Charles currently serves as the Program Director of The Oaks of Lakeside, a trauma informed outpatient treatment center. He is also the owner of WellSprings Counseling, he specializes in marriage and family, individual, adolescent and trauma counseling. Charles has won numerous awards for his work, including the Top Performer award for the Shelby County Government, the Lakeside Hospital Employee of the Year, the West Tennessee Counseling Association Counselor of the Year and many others. Charles served as the President of the West Tennessee Counseling Association in 2022 and 2023. He is an author of his first book, Psalms of the Heart.

Title: My Event, My Story, My Behavior In this teaching, Charles will discuss how the events in our lives has shaped the negative stories we tell about ourselves, when then leads to the behaviors we participate. Charles wants the letter to travel from the current behavior back to the root of the behare, and that is where the healing takes place. Charles teaches in this lesson how our stories we tell ourselves not only shape our behavior, but how those stories dictate our entire lives.