

# Ryan M. Sheade, LCSW SPEAKER PACKET



In a world marked by conflict, imbalance, and silence around life's hardest struggles, professionals and communities are left feeling reactive, disconnected, and unsure how to respond.



**Ryan M. Sheade, LCSW**, brings over two decades of clinical expertise to equip leaders and teams with the tools to stay grounded in conflict, cultivate balance across every realm of life, and engage courageously in conversations that matter. His programs blend clinical insight with practical strategies, helping audiences transform reactivity into resilience, disconnection into authentic connection, and uncertainty into clarity and compassionate action.

## Presentations:



### Calm, Clear, Connected: TURNING CONFLICT INTO GROWTH

Develop the tools to manage reactivity, set boundaries, and build resilience to better foster clarity, empathy, and healthier workplace culture.



### The Five Realms: A FRAMEWORK FOR WHOLE-PERSON HEALING

Using the Five Realms Framework, learn how integration fosters balance, authenticity, and resilience through stories, clinical insight, and practical strategies.



### Beyond the Myths: DEMYSTIFYING SUICIDE

Confront the stigma of suicide with compassion and clarity. Learn strategies to recognize risk, foster connection, and support prevention through authentic human presence.

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# Calm, Clear, Connected: TURNING CONFLICT INTO GROWTH

**Too often we find ourselves snapping in conflict, saying yes when we mean no, or feeling drained by the constant tension and division around us.**

*The result?* Exhaustion, disconnection, and a sense that we've lost our footing.

In this transformative session, Ryan M. Sheade, LCSW, introduces audiences to the concept of *differentiation of self*, which is the skillset that equips us to slow down under emotional pressure, think clearly, and choose how to respond instead of reacting automatically. Drawing from 20+ years of clinical experience and 30,000+ therapy sessions, Ryan weaves neuroscience, cognitive-behavioral strategies, and real-world stories into an engaging roadmap for emotional resilience.

Learn how nervous system responses and core beliefs fuel conflict, why empathy and self-compassion are the antidotes to reactivity, and how boundaries can create both safety and deeper connection. Through humor, practical tools, and reflective exercises, Ryan empowers professionals to navigate challenging situations with calm and courage.

*And the impact?* Leaders, teams, and individuals who know how to manage themselves with self-awareness, see others with greater clarity, and shape a healthier, more resilient workplace culture.



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## Learning Objectives

- Define differentiation of self and explain its role in reducing conflict and fostering resilience
- Identify nervous system triggers and core beliefs that fuel reactivity in relationships
- Explain how empathy and self-compassion transform interpersonal dynamics
- Apply the 5 Cs of Differentiation - Calm, Clarity, Courage, Curiosity, and Connection - in professional and personal contexts
- Discover strategies for setting and maintaining boundaries that protect well-being while preserving connection
- Explore real-world conflict scenarios to determine effective, grounded responses
- Develop a plan to cultivate resilience and emotional maturity in daily life

### SUGGESTED AUDIENCE:

All Professionals

### SUGGESTED FORMATS:

Full or Partial Day;  
Lecture, Workshop, Keynote



# The Five Realms:

## A FRAMEWORK FOR WHOLE-PERSON HEALING

**Professionals often pour energy into one area of life while neglecting others, leading to imbalance, disconnection, and a sense that something essential is missing from their well-being.**

True well-being is never one-dimensional. In this transformative session, learn a framework for healing across The Five Realms: *physical, emotional, social, spiritual, and sexual*.

Drawing on more than two decades of clinical experience, Ryan M. Sheade, LCSW helps participants see how the realms are interconnected, everyday choices ripple through each one, and intentional integration cultivates greater balance, strength, and authenticity.

Through powerful stories, clinical insight, and real-world strategies, Ryan offers a fresh perspective on how to move beyond survival and cultivate a life and career rooted in health, authenticity, and meaningful connection.



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## Learning Objectives

- Define the Five Realms framework and explain how each realm contributes to overall well-being
- Identify the signs of imbalance within and across the physical, emotional, social, spiritual, and sexual dimensions
- Analyze how everyday choices in career, health, and relationships impact multiple realms simultaneously
- Apply practical strategies to restore alignment and strengthen authenticity in personal and professional life
- Develop a plan for cultivating whole-person health using the Five Realms framework

### SUGGESTED AUDIENCE:

All Professionals

### SUGGESTED FORMATS:

Full or Partial Day;  
Lecture, Workshop, Keynote



# Beyond the Myths: DEMYSTIFYING SUICIDE

**Suicide remains one of the most misunderstood and stigmatized human struggles, leaving communities silent, loved ones feeling powerless, and professionals unsure how to respond.**

Suicide is complex, deeply human, and often shrouded in silence. In this powerful session, Ryan M. Sheade, LCSW, draws on decades of clinical experience to illuminate the realities of suicide and provide audiences with grounded strategies for response. Together, we will explore the factors that converge in suicidal thoughts and behaviors - stress, shame, and existential struggle - in a way that emphasizes both understanding and human connection.

Through clinical insight, research-based practices, and real-life examples, participants will gain practical strategies for recognizing risk factors, asking difficult questions, and offering authentic presence without panic or false reassurance. Ryan emphasizes that prevention begins with connection, attunement, and the willingness to stand with someone in despair.

This session leaves audiences not only more informed but also more empowered. It reminds us that we carry the profound power to listen, connect, and help prevent suicide in our families, workplaces, and communities.



**RMS**  
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## Learning Objectives

- Identify common misconceptions about suicide and replace them with research-based understanding
- Explore key risk factors and warning signs that may indicate suicidal ideation
- Explain the role of shame, worthiness, and existential struggle in suicidal thinking
- Demonstrate attunement practices for responding to someone at risk with compassion and clarity
- Understand what questions to ask and how to offer support without judgment or panic
- Learn how to engage in open, supportive conversations about suicide in both personal and professional contexts
- Discover prevention strategies that move beyond crisis response toward connection and long-term resilience

**SUGGESTED AUDIENCE:**  
All Professionals

**SUGGESTED FORMATS:**  
Full or Partial Day;  
Lecture, Workshop, Keynote

# Meet Ryan

**How can we move beyond reactivity, imbalance, and silence to create lives, workplaces, and communities rooted in resilience, connection, and authentic well-being?**

Ryan M. Sheade, LCSW, is a seasoned mental health leader, clinician, and educator who has dedicated more than two decades to advancing emotional well-being in Arizona communities. He is also a sought-after speaker, frequently hired by mental health organizations, universities, school systems, spiritual centers, and healthcare conferences. His presentations are especially valued by leaders and teams, offering practical frameworks that transform conflict, strengthen resilience, and foster whole-person well-being.

Beginning his career in public behavioral health in 1998, Ryan went on to serve in key leadership roles, including Clinical Director at the Southwest Center for HIV/AIDS before founding Integrated Mental Health Associates (IMHA) in 2011. Since 2010 he has served as an adjunct lecturer at Arizona State University. Today, IMHA is a thriving practice of 17 licensed therapists - most personally trained by Ryan. Recognizing the need for deeper clinical education, he co-founded the Arizona Institute for Advanced Psychotherapy Training in 2017 where he continues to develop mental health professionals. In 2020, Ryan was honored to be awarded the NASW Arizona Social Worker of the Year.

In addition to his private practice, Ryan directs the Therapy, Support, and Counseling Ministry at the Franciscan Renewal Center, offering accessible, donation-based mental health services rooted in compassion and presence. He continues to see individuals, couples, and families in his clinical practice while supervising the next generation of therapists. Currently a Doctor of Social Work candidate at the University of Pennsylvania, Ryan's research centers on differentiation of self - the ability to remain grounded in one's truth while staying connected to others in times of conflict.

Known for blending clinical expertise, human insight, and practical tools, Ryan equips audiences with the skills to navigate conflict, cultivate resilience, and foster authentic growth in every realm of life.



## Presentations

Arizona Institute for Advanced Psychotherapy Training  
Brophy College Preparatory  
Dynamic Speaker Institute  
Grand Canyon University  
Mental Health America of Arizona  
Romanian Orthodox Episcopate of North America