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## LUNCHTIME LEARNING



 **April 29, 2026**

**MCLE Credits**  
Course ID: 788043  
Total Hours: 1.2

 **12pm – 1pm**

**Speaker:** Dr. Lucy Douglas

**Topic:** “Do you see me? Do you hear me?”

Dr. Douglas is a Crisis Responder for the Veterans Military Crisis Line (VMCL), drawing on decades of leadership in mental health and substance use programs. She has served as Clinical Director, managed inpatient and outpatient programs, and acted as an expert witness for the Probate Court. Her additional experience includes working with the Department of Human Services and Family and Drug Courts, serving as a Behavioral Health Screener at a local hospital, and serving as a Community Mental Health Officer. Dr. Douglas currently instructs and trains police in Crisis Response and Intervention. She is a Licensed Professional Counselor Supervisor (LPC-S) and a Master Addiction Counselor. Her academic credentials include an Ed.D from the University of Missouri-Columbia, an M.S. in Counseling Psychology from Alabama A & M University, and a B.S. from Oakwood College. Originally from Bermuda, she now lives in Huntsville, AL, and has two adult children and two grandchildren.

Listening to reply or evaluate can hinder our comprehension and weaken our connections with individuals and youth. In contrast, listening to understand—truly hearing someone—creates a safe space for their story. While we may expect others to share, we might not have yet earned the right to hear their stories; both individuals and their stories matter. Creating a safe space means giving and receiving the gift of being seen and heard, which allows us to discover who we truly are. This presentation invites us to reflect on whether we genuinely see and hear others or simply let them share. Let us imagine the impact of inviting others to tell their stories.

**REGISTER ONLINE VIA ZOOM**

<https://us02web.zoom.us/meeting/register/c-q1Qs5gTHuFIT3XLKsizQ>