

# MONEY IN THE THERAPY ROOM

## Mood, Money & Meaning: The Hidden Psychology Behind Financial Habits

**Wednesday, June 17, 2026**  
noon - 1pm (1 clock hour)

**Free for CCA Members**  
**\$15 for Non-Members**



Kelley Hopkins-Alvarez, LPC

### Virtual Training Session

This presentation is the first of a two-part series. This session explores the hidden psychology of financial decision-making, including scarcity and abundance mindsets, intergenerational money narratives, and the impact of anxiety, depression, trauma, impulsivity, and attachment patterns on spending and saving behaviors. Participants will gain a clinical framework for understanding how money functions as an emotional and relational system within individuals, couples, and families.

This foundational session equips clinicians to more confidently conceptualize financial themes when they arise in treatment. Financial behaviors are shaped by family-of-origin modeling, cultural and societal influences, mood dynamics, and attachment patterns, yet many therapists feel underprepared to address them. Because money directly affects communication, intimacy, identity, and power, developing competence in this area is clinically essential.

Financial therapy within counseling practice is limited to exploring the emotional, cognitive, relational, and behavioral aspects of money. Counselors do not provide financial planning, investment, tax, or legal advice. When financial expertise is needed, appropriate referral and interdisciplinary collaboration are encouraged.

- Define the ethical scope of financial therapeutic work, distinguishing between emotional and behavioral exploration of money and financial planning or advisory services, and identify common barriers that prevent therapists from addressing financial issues in treatment.
- Explain how family-of-origin experiences, cultural and societal influences, and generational narratives shape clients' financial beliefs, behaviors, and relational patterns.
- Differentiate scarcity and abundance mindsets and describe how ADHD, mood disorders, and attachment patterns influence financial decision-making and money-related behaviors.

**Kelley Hopkins-Alvarez** is a Licensed Professional Counselor & Board Certified Coach draws from over 30 years of combined experience in psychotherapy, business, coaching and education. Having the innate ability to listen without judgment and sense what her clients may be going through, is a strength that enables her to be supportive and caring.

Connecticut Counseling Association has been approved by NBCC as an approved Continuing Education Provider, ACEP No.2007. Programs that do not qualify for NBCC credit are clearly identified. Connecticut Counseling Association is solely responsible for all aspects of the programs. (Policy J.4)

Clock hours are awarded for sessions attended in full, with confirmed attendance at the start and end of the session, and submission of a completed evaluation form for each session at the end time of the session. All requests related to ADA or any other needs should be directed to CCA: