

2020 Mega National “All Things Possible” Christian Counseling Conference
September 17-19
VIRTUAL

Plenary Session Abstracts and Learning Objectives

Thursday, September 17

6:15 – 8:30 PM ET

081. The End of Mental Illness

Daniel Amen, M.D.

Amen Clinics

3150 Bristol St., Ste. 400

Costa Mesa, CA 92626

Summary

We are on the cusp of a new revolution that will change mental health care forever. The End of Mental Illness discards an outdated, stigmatizing paradigm and replaces it with a modern, brain-based, whole-person program rooted in science and hope. No one is shamed for cancer or diabetes; likewise, no one should be shamed for depression and other brain health/mental health issues. Based on the world’s largest functional brain imaging database, Dr. Amen will give you a completely new way to think about, and treat, issues such as anxiety, depression, bipolar disorders, ADHD, addictions, OCD, PTSD, schizophrenia, and even personality disorders. Based on the unique Amen Clinics 4 Circles BRIGHT MINDS program, which shows you that to have a healthy mind you must first have a healthy brain, and to do that you must optimize the four circles of whole life (biological, psychological, social, and spiritual), as well as prevent or treat the 11 major risk factors that damage the brain and steal your mind. The BRIGHT MINDS risk factors are Blood flow, Retirement/Aging, Inflammation, Genetics, Head trauma, Toxins, Mind-storms, Immunity and Infections, Neurohormone abnormalities, Diabetes, and Sleep. Once you optimize these four circles and 11 risk factors, your brain, mind, and life will be healthier; and we can all stop talking about mental illnesses and call them what they really are—brain issues that steal your mind and can be helped when we heal your brain.

Learning Objectives

Participants will:

1. Learn five reasons why the term, mental illness, is stigmatizing, outdated, and does more harm than good
2. Discuss how to assess the 11 BRIGHT MINDS Risk Factors involved in brain health/mental health issues
3. Describe the five brain SPECT patterns that inform diagnosis and treatment

082. Understanding Racial Trauma: The Relevance for Churches and Therapists

Michael R. Lyles, M.D.
Lyles and Crawford Clinical Consulting
11111 Houze Rd., #320
Roswell, GA 30076

Summary

As mental health professionals, we know that trauma usually is tied to the abuse of power and boundaries in relationships. Trauma can be expressed in the context of physical, psychological, sexual, verbal, and economic variables. Far less discussed is the reality of trauma occurring in a racial context. Individuals and churches struggle to articulate and understand racial trauma for a variety of personal and systemic reasons. However, it is critical for therapists to have the personal and clinical acumen to provide well thought-out help to people who have concluded that their experiences and lives do not matter. For Christians, loving people in pain, including racial trauma, is the DNA of our identity (John 13:35; 15:13).

Learning Objectives

Participants will:

1. Describe what racially-based trauma looks like clinically in the counseling scenario
2. List the factors that inhibit counselees, therapists, and churches from engaging in meaningful dialogue about racial trauma
3. Understand the language of racial trauma in a manner that allows therapists to develop a therapeutic relationship with victims of racial trauma
4. Discuss the types of activities that will broaden a therapist's cultural worldview so that the delivery of help to victims of racial trauma will be facilitated

Friday, September 18

1:30 – 3:15 PM ET

083. God Speaks Your Love Language

Gary Chapman, Ph.D.
Calvary Baptist Church
134 S Peace Haven Rd.
Winston-Salem, NC 27104

Summary

What is God's Love Language? This question led me to search the Scriptures, church history, and interviews with contemporary Christians looking for an explanation as to why people have such various "conversion experiences." My research led me to three conclusions: 1) God speaks all five love languages fluently, and people tend to be drawn to God when they sense His love in their love language, 2) Once we respond to the love of God, we tend to naturally express our

love to Him in our primary love language, and 3) When we limit our expressions of love toward God to our primary love language, it can become routine and diminish our sense of intimacy with Him. This was never God's intention. So, we must learn to express love toward God in languages and dialects that are new for us.

Learning Objectives

Participants will:

1. Learn greater empathy for others who have had a much different conversion experience
2. Discuss a great understanding as to why some individuals respond more readily to various challenges made by church leaders
3. Describe a better way to be equipped to keep their own walk with God vibrant, and never allow their relationship to become simply routine

084. The Beauty of Transformation: Interpersonal Neurobiology and Mental Health

Curt Thompson, M.D.

Being Known

6400 Arlington Blvd., Ste. 650

Falls Church, VA 22042

Summary

It is common for healthcare providers to frame the nature of our work in terms of pathology, problems, and mental illness. Our tacit way of engaging our work is by first, and often primarily, answering the question, "What is the problem and how do we solve it?" This is not unhelpful insofar as it provides one way of interpreting the world as it is. However, we can become over-committed to this plausibility structure so much that we are disabled from, or at the very least, limited in, our ability to imagine a different way of understanding the work we do with patients. This workshop invites us to consider the additional question, "What is the next, new, beautiful thing that you want to create?" This query harnesses fundamental elements of interpersonal neurobiology, emphasizing the place and role of beauty in drawing our attention, and then our imagination, toward that which we long for ourselves and want our world to become. We will explore the practical applications and benefits of developing the practice of faithfully putting ourselves in the path of oncoming beauty and witness the embodied, relational transformation that emerges as a result.

Learning Objectives

Participants will:

1. Identify fundamental principles of interpersonal neurobiology
2. Recognize the significance of the nature of the mind's domain of narration
3. Identify the place and role of beauty as a significant element in the healing process
4. Provide practical applications of the experience of beauty as a way of emotional healing and transformation

Friday, September 18

1:30 – 3:15 PM ET

085. Suffering and Spiritual Community: Starting Blocks to Emotional Health***

Joni Eareckson Tada

Joni and Friends

P.O. Box 3333

Agoura Hills, CA 91376

Summary

Through years of hardships and heartache, Joni Eareckson Tada will discuss ways to help clients move from pain and suffering to new life. Based on her personal story, Joni offers new insights to help mental health professionals grow in their personal and professional lives and help clients move from suffering to an “All Things Possible” mentality.

Learning Objectives

Participants will:

1. Learn ways to help clients move toward emotional health
2. Describe ways faith-based counseling can help clients cope with hardship
3. Discuss ways to turn moments of pain and suffering into hope and healing

086. What Counselors Need to Know about COVID-19 and Societal Stressors, Religious Faith, and Mental Health

Harold Koenig, M.D.

Duke University Center for Spirituality, Theology, and Health

Box 3400 Duke University Medical Center

Durham, NC 27710

Summary

Dr. Koenig will examine the effects of the COVID-19 pandemic and other societal stressors on mental health, and the role that religious beliefs, attitudes, and practices have on exacerbating or buffering those effects on mental health, reviewing the latest research on susceptibility to the coronavirus and religious faith. He will provide recommendations on what Christian counselors can do to help relieve the fear and anxiety that these stressors are causing among the patients we are seeing, and how to use their faith resources to protect them both from the physical and the emotional dangers of our time.

Learning Objectives

Participants will:

1. Learn about the effects that COVID-19 (and the social isolation recommendations) is having on the mental health of patients and counselors

2. Learn about the effects that societal unrest is having on mental health, and how their religious faith can guide their response
3. Learn about how patients (and counselors) can utilize their faith resources to deal with these physical, emotional, and social threats to their health

Saturday, September 19

10:00 – 11:45 AM ET

087. A Non-pharmacological Approach to Anxiety and Depression

Caroline Leaf, Ph.D.

Switch on Your Brain International, LLC

2140 E. Southlake Blvd., Ste. L #809

Southlake, TX 76092

Summary

The current drug-oriented biomedical model of diagnosis and treatment for non-medical problems is reductionist and potentially dangerous. While the biomedical model is an effective approach in treating medical illnesses, such as heart disease, diabetes, cancer, and so on, it is unhelpful, and even damaging, in matters to do with consciousness and the mind, such as depression and anxiety. The “treatment” of these so-called diseases is predominated by psychotropic drugs, E.C.T. and T.M.S., which have been shown to be ineffective in the long-term, potentially harmful, disempowering, and even stigmatizing. Calling for a bigger budget for drug-oriented psychiatry “medicalizes misery” and dehumanizes people, ignoring the context surrounding why a person chooses to act or speak in a certain way. In this session, Dr. Leaf presents an alternative model based on her research and clinical experience.

Learning Objectives

Participants will:

1. Review the current biomedical model for mental health showing that it is reductionistic and potentially dangerous
2. Describe the dangers of psychotropic drugs, E.C.T., T.M.S., and the lack of evidence-based efficacy
3. Discuss the Geodesic model—an alternative approach to mental health

088. The Act and Art of Bonus Parenting

Stephen Arterburn, M.Ed.

New Life Ministries

401 Glenneyre St., 1st Fl.

Laguna Beach, CA 92651

Summary

Statistics and stories paint a picture of pain and conflict for the children in a blended family. The couple getting married blindly believe it will be wonderful for everyone, while the children see it as a hostile takeover or being held, hostage. A change of attitudes and actions can lead to a great outcome where being blended becomes a blessing.

Learning Objectives

Participants will:

1. Recognize the reality that is perceived in a blended family
2. Learn how to help someone be prepared and prep the children for the challenges ahead
3. Discover the essentials of a healthy blended family

Saturday, September 19

1:30 – 3:15 PM ET

089. The Daily Five-point Checklist: What You and Your Clients Need for Optimal Health

John Townsend, Ph.D.

Townsend Institute for Leadership and Counseling

260 Newport Center Dr., Ste. 100

Newport Beach, CA 92660

Summary

In a time of stress and crisis, counselees need anchors—simple structures to perform daily to keep their emotions, thoughts, and behaviors regulated. Dr. Townsend's SMERF (Spiritual, Mental, Emotional, Relational, Functional) system helps people move from being overwhelmed, depressed, or acting out to being more positive, focused, and having more productive days. This checklist is highly useful for counselors, as well.

Learning Objectives

Participants will:

1. Learn to practice the use of spiritual practices applicable to Christian leaders and their clients that can be used in their daily leadership practices
2. Analyze daily emotional health practices that they can use in their leadership practices that will help their clients feel encouraged and supported daily
3. Identify the connection between support and structure and optimal health

090. Mental Illness: Our Silent Epidemic

Matthew Stanford, Ph.D.

Hope and Healing Center

717 Sage Rd.

Houston, TX 77056

Summary

The statistics are truly overwhelming. In the United States, one out of every five adults (18.6%) struggles with a mental disorder in a given year. The annual prevalence of mental illness in adolescents 13 to 18 years old is even greater, at 21.4%. More disturbing is the fact that 60% of adults and 50% of children/adolescents diagnosed with a mental disorder will receive no treatment. This last statistic is perhaps the most significant evidence of our broken mental healthcare system. For those struggling with a serious mental health condition, even in one of the world's richest and most developed countries, obtaining proper care is hindered by a wide range of barriers that are difficult and often impossible to overcome. This inability to access proper care leaves the afflicted and their families confused, frustrated, and hopeless. In this presentation, Dr. Stanford will discuss the dysfunctional state of the mental healthcare system, describe how this already overwhelmed system is being affected by the pandemic, and explain how the Church is the key to transforming the system.

Learning Objectives

Participants will:

1. Recognize the dysfunctional state of our current mental healthcare system
2. Learn the devastating effects of the pandemic on this already overwhelmed system
3. Understand the foundational role the Church can play in transforming the system

091. Creating a New Ending to Your Story

Leslie Vernick, M.S.W.
Christ-Centered Counseling and Coaching
P.O. Box 5312
Sun City West, AZ 85376

Summary

Today more than ever, people feel stuck in their current difficulties or their past hurts. This mindset leads to feeling helpless and powerless over their emotions, choices, and own life story.

Learning Objectives

Participants will:

1. Identify the difference between a victim mindset and an owner mindset
2. Make decisions from who you are rather than how you feel
3. Be empowered to create a different ending to your story in any situation

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Specialization Counselor Training AND Coaching Intensives: Thursday – Saturday

■ **030. Complex Trauma: The Healing Gateway to New Life and Real Relationships**

Heather Gingrich, Ph.D.
Denver Seminary
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Littleton, CO 80120

Shannon Wolf, Ph.D.
B.H. Carroll Theological Institute
6500 N. Belt Line Rd.
Irving, TX 75063

Summary

Mental health professionals often care for individuals in the aftermath of a traumatic event. Indeed, the symptoms following these events frequently disrupt every aspect of a person’s life and typically lead to difficulties in daily functioning and, at times, even suicidal ideation and behaviors. These traumatic events are often prolonged or repetitive, leaving the victim deeply wounded while producing complex symptoms that require treatment. This intensive workshop is designed to give mental health professionals foundational knowledge and vital skills for effectively treating individuals who suffer from traumatic reactions, specifically, complex trauma.

Training Modules

Session 1: The Nature of Trauma: An In-depth Examination of Psychological Wounds
Session 2: The Impact of Trauma on Development
Session 3: Trauma and Healing the Soul
Session 4: Treatment of Complex Trauma: Phase I – Safety and Symptom Stabilization
Session 5: Treatment of Complex Trauma: Phases II and III – Trauma Processing, Consolidation, and Restoration
Session 6: Secondary Trauma: Reducing the Risks

Learning Objectives

Participants will:

1. Describe the nature and definitions of trauma, its expected symptoms with selected treatments, and the criteria for a PTSD diagnosis
2. Identify the effects of trauma on development
3. Summarize a biblical understanding of trauma with applications for today’s client
4. Observe specific techniques for use in treating complex trauma

5. Implement aspects of the three-phase treatment model for complex PTSD
6. Explain risk factors for secondary trauma and summarize methods for developing resistance to it

■ **040. Love, Sex, and Attachment: Building and Strengthening Emotional Closeness with Couples**

W. Jesse Gill, Psy.D.
Psychological Health Affiliates
108 South Main St.
Manheim, PA 17545

Sharon May, Ph.D.
Safe Haven Relationship Center
2888 Locker Ave. East, Ste. 110
Carlsbad, CA 92009

Summary

Attachment is God's design for human relationships from infancy throughout our lives. Attachment theory informs us of the vital ingredients needed to forge strong and secure bonds within marriages at the emotional and sexual levels. Emotionally Focused Couples Therapy harnesses the power of attachment to help heal the daily wounds created by attachment insecurity. It also specifically addresses deeper wounds that are struck through relationship betrayals of all kinds. Learn the map for this important work among marital partners. Strengthen your capacity to be an incarnational presence in hurting lives, motivating clients to take steps of faith toward healing.

Training Modules

Session 1: Secure Attachment – The Foundation of an Emotionally and Sexually Healthy Marriage

Session 2: Attachment Gone Awry – Understand the Negative Interactional Cycles which Keep Couples Apart and the Steps of Emotionally Focused Couples Therapy which are Needed to Restore Closeness

Session 3: Healing Attachment Insecurity in Couples through Enactments

Session 4: Restoring Sexual Closeness by Embracing the Power of Attachment

Session 5: Healing Attachment Injuries in Couples Therapy

Session 6: Healing the Wounds of Sexual Betrayal in Couples Therapy

Learning Objectives

Participants will:

1. Describe ways that securely attached marital partners approach their spouses in times of emotional and sexual need
2. Study key principles of Emotionally Focused Couples Therapy to address the patterned barriers to emotional and sexual intimacy in married couples

3. Become familiar with essential therapist and client ingredients needed to guide couples to take emotional risks in the context of enactments
4. Understand and address barriers to sexual intimacy in marriage by catalyzing the power of attachment in the couple's bond
5. Identify specific attachment needs that are violated through an attachment injury, along with the specialized tools required to mend these (attendees will become familiar with the steps of the Attachment Injury Resolution Model)
6. Name two dimensions of the corrective emotional experience that must be created to restore a betrayed marriage, along with ways to activate the power of attachment to promote this healing

■ 050. Brain Health, Neuroscience, and Therapy

Timothy R. Jennings, M.D.
Come and Reason Ministries
P.O. Box 21548
Chattanooga, TN 37424

Curt Thompson, M.D.
Being Known, LLC
4822 24th St. N
Arlington, VA 22207

Summary

Experience changes brain structure and function. Beginning before conception, continuing in utero and throughout life, explore how environment, experience, and choice alter human DNA and impact brain structure and function. The human brain is pliable and changeable, and our experiences cause our brains to change. This change begins in our parents' genes before our conception, continues in the womb, and persists throughout life. In the first part of this presentation, we will explore how parental choices affect the developing brain and follow that into childhood to explore how healthy nurturing, traumatic experience, diet, addictive substances, television, and even belief in God alter our genes, brain structure, and brain function. In the second part, we will explore God's design parameters for life and health and how deviations from these parameters damage the brain and contribute to mental and relational illness. Understanding these principles will be vital to understanding treatments of mood and anxiety disorders.

Training Modules

- Session 1: The Developing Brain and God's Design Protocols
- Session 2: Interpersonal Neurobiology: From Imagination to Integration
- Session 3: The Salience Network and Mood and Anxiety Disorders
- Session 4: INPB: Shame and the Polyvagal Theory in Anxiety and Depression
- Session 5: Case Presentations I: Diagnosis, Contributing Factors, and Treatment Interventions
- Session 6: Case Presentations II: Diagnosis, Contributing Factors, and Treatment Interventions

Learning Objectives

Participants will:

1. Discuss environmental influences on brain development; identify testable design parameters which life and health are built to operate upon and how deviations contribute to disease; identify specific interventions to promote healthy brain function; and discuss the cultural impact on mood and anxiety
2. Identify fundamental elements of an interpersonal neurobiological approach to the mind; and identify the nine domains of integration and their role in the development and healing of anxiety and depression states
3. Apply spiritual practices that support the integration of the mind and healing process of anxiety and depression states; and identify the ethical limits of the application of neuroscience findings in the treatment of mental and spiritual maladies
4. Describe the basic features of Stephen Porges' Polyvagal Theory and apply them to regulating emotional responses of anxiety and depression; identify the fundamental role of shame and implement tactics for its resolution; and employ mindfulness-based spiritual practices that facilitate the regulation of shame and activate the social engagement system of the brain as a means of healing
5. Practice differential diagnosis consistent with *DSM-5* standards and identify factors in each case that contribute current presentation
6. Formulate interventions that restore the person to harmony with God's design and, thus, bring health

■ 060. Treating Compulsive Sexual Behavioral Disorder and Infidelity***

Marnie Ferree, M.A.
Bethesda Workshops
1035 Acorn Dr.
Nashville, TN 37210

Jim Cress, M.A.
Jim Cress Counseling and Consulting
1136 Sam Newell Rd.
Matthews, NC 28105

Summary

Sexual compulsivity, including pornography usage and infidelity, continues to devastate individuals, couples, and families. The statistics are tragically high regarding the impact of the trauma of all types of sexual betrayal. The amount of pornography viewing, with a significant increase during the COVID-19 pandemic, has brought about a virtual "porndemic." The field of Partner Trauma continues to inform us about the impact of discovery and disclosure of sexual infidelity, including the "PTSD" effect on partners of those involved in sexual compulsivity. Amid this crisis, there is significant help and hope for the recovery of individuals, couples, and

families. This intensive workshop will provide up-to-date statistical and proven, practical, clinical information, as well as a treatment plan for recovery and healthy sexuality.

Training Modules

Session 1: Compulsive Sexual Behavior and Infidelity 101, and Roots of Addictions

Session 2: Partners of Sexual Compulsivity

Session 3: Couples Recovery 101, and Recovery 101

Session 4: Couples Recovery 201 "Rebuilding Trust"

Session 5: Family Recovery

Session 6: Healthy Sexuality, Individuals, and Organizations

Learning Objectives

Participants will:

1. Learn the foundations, etiology, and assessment of Compulsive Sexual Behavior Disorder and infidelity
2. Identify, analyze, and understand the trauma and impact of Compulsive Sexual Behavior on partners and families, and explore partners' coping cycles and the different models of treating Partner Trauma
3. Explore the impact of attachment, family of origin trauma, and neurochemistry on developing an intimacy disorder and Compulsive Sexual Behavior Disorder
4. Gain knowledge and application principles regarding the dynamics of a proven treatment plan of trust-rebuilding recovery for couples, including how the brain gets "hijacked," and the importance of non-sexual intimacy
5. Learn and practice a proven researched-based treatment plan for disclosure of sexual infidelity
6. Discover and explore models of healthy sexuality for individuals and couples

■ 070. Building and Maintaining a Thriving Coaching Practice***

Georgia Shaffer, M.A.

GeorgiaShaffer.com

P.O. Box 3113

York, PA 17402

Catherine Hart Weber, Ph.D.

Flourish Center for Wellbeing

P.O. Box 905

Sierra Madre, CA 91025

Sylvia Hart Frejd, D.Min.

Thrive in Life Counseling & Coaching

648 Blue Herron Rd.

Knoxville, TN 37934

Summary

The field of professional coaching continues to be a growing opportunity as a business and for transforming lives. However, maybe the idea of starting a vibrant coaching practice seems overwhelming to you. It also might be harder and take you longer than you imagined. Whether you are beginning your business or have been coaching for years, this interactive intensive will inform you of the latest trends and research and equip you with effective coaching strategies and practices essential to organizing and building a thriving practice.

Training Modules

Session 1: Introduction to the Latest Trends and Reality Check of Professional Coaching

Session 2: Overview of Research and Modeling of Essential Coaching Skills

Session 3: Developing Your Coaching Practice Vision and Mission: Choosing a Promising Coaching Specialization

Session 4: The Vibrant Person of the Coach: The Importance of Living What You Practice and the Mindsets that Hinder Effective Coaching Results

Session 5: Organizing and Growing Your Coaching Practice Like an Entrepreneur

Session 6: Building a Client Base: Creating Visibility and Marketing to Maintain a Vibrant Practice

Learning Objectives

Participants will:

1. Investigate the practice of professional coaching and current updates and trends in the profession
2. Discuss the distinctive role of a coach and coaching as a calling; the differences between coaching and counseling; and ethical liabilities (session includes coaching skills role-play and reviewing research and case studies)
3. Explore the crucial role of a coach and the importance of the person as the coach; recognize the three biggest mistakes most coaches make that prevent results and the biggest barrier to a successful coaching outcome; and discuss the importance of coach mentoring, accountability, and ongoing training
4. Integrate your vision, mission, and dreams of a promising coaching specialization; clarify your target audience; and explore the spiritual considerations of your coaching calling
5. Be provided an overview of coaching practice: fee structure, session flow, intake forms, assessments, and other essential practice resources
6. Learn practical strategies for branding, marketing, and building a client base; distinguish how to avoid the main reasons why life coaching practices fail; and identify three, hidden places to find clients

■ 080. The Unique Role of Emotional and Relational Intelligence and Spiritual Formation in Helping Clients Manage Anger, Anxiety, and Depression

Gary Oliver, Ph.D.

The Center for Healthy Relationships

John Brown University

2000 W. University
Siloam Springs, AR 72761

Fred DiBlasio, Ph.D.
University of Maryland
525 W. Redwood St.
Baltimore, MD 21201

Summary

Christ said, “I’ve come that you might have life and have it more abundantly.” The sad reality is that most people, including Christians, are not living or enjoying the “abundant” life that our Lord designed us to experience. Starting with a sound biblical and theological foundation, then building on the emerging science of Emotional and Relational Intelligence (ERI) and recent developments in Interpersonal Neurobiology, this workshop will address treating the major mental health issues of anxiety, depression, and social isolation. Participants will learn the specific diagnostic criteria for each disorder and then, using the ERI lens, learn biblically informed practical and precise ways to help individuals dealing with these significant mental and emotional concerns. Participants will leave this workshop with a significantly expanded therapeutic “toolkit” to increase their effectiveness with a wide range of clients. Clinicians often provide therapy for religious clients suffering from anger, anxiety, and depression. This workshop will equip participants to utilize their emotional and relational intelligence (ERI), spiritual resources, the insights of interpersonal neurobiology, and best practices of clinical psychological techniques to help their clients. A variety of clinical techniques will be presented, including cognitive-behavioral and systemic approaches.

Training Modules

Session 1: The Surprising Road to Success: From IQ to ERI

Session 2: Spiritual Formation

Session 3: Spiritual Disciplines

Session 4: Deeper Dive into the Wonderful and Fearfully Made Brain

Session 5: Anger and Anxiety

Session 6: Personality Disorders and Selected Techniques

Learning Objectives

Participants will:

1. Understand the practical implications of the Imago Dei and the process of sanctification in helping people change and become growth-focused, as well as review recent research (Killen, Panksepp, Siegel) on how three, specific neural pathways can become dominant in our lives and central to understanding personality development
2. Learn how to articulate the core distinctives of Emotional and Relational Intelligence (ERI)—what it is, what it isn’t, why it matters, and how it relates to personal, interpersonal, and spiritual maturity—and how they can equip and empower us to grow and become more successful

3. Learn the diagnostic criteria for anxiety, depression, and social isolation, as well as specific and practical ways that biblical insights, psychological research, and some recent developments in Interpersonal Neurobiology can, through the ERI lens, help effect meaningful growth and increased health
4. Identify key factors of self-awareness in emotional and relational intelligence (ERI) and spiritual formation that can be utilized to facilitate, connect, and intervene in therapy with clients
5. Be able to understand and apply psychologically oriented neurobiological approaches that empower clients to manage and resolve symptoms of anger, anxiety, and depression
6. Describe and learn techniques that use cognitive-behavioral intervention, spiritual sensitivity to clients' religious beliefs, forgiveness, interpersonal and intra-personal strategies and systemic approaches, and how to engage and treat difficult cases

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Pre-conference Workshops

Morning Workshops

8:30 – 11:45 AM ET

005. Youth Suicide: The Increasing Threat to Children, Teens, and Young Adults

Jennifer Cisney Ellers, M.A.

Good News Jail and Prison Ministry

60 B. West Terra Cotta Ave., #293

Crystal Lake, IL 60014

Kevin Ellers, D.Min.

The Salvation Army

10 West Algonquin Rd.

Des Plaines, IL 60016

Summary

Suicide is a growing threat to our youth. It is the third leading cause of death for those between the ages of 10-24 in the U.S. The suicide rate for youth has nearly tripled since the 1940s and continues to increase and impact younger and younger kids. Anyone who works with a young person, children, or teens needs to be trained to understand the threat of suicide and the best ways to protect those in their care. Our culture and the rapidly changing impact of social media are leveling new threats at young people daily. This workshop will seek to increase awareness of the most recent developments and statistics for youth suicide and highlight factors most highly correlated with suicide risk in children and teens.

Learning Objectives

Participants will:

1. Review current data about suicide in the U.S. among children and teens
2. Explore child and teen suicide cases to gain a better understanding of the factors involved, including bullying, alcohol and drugs, sexual violence, and LGBTQ issues
3. Discuss media and social media factors impacting the youth culture and suicide

006. God, Soul Care, and 21st Century Professional Counseling***

Eric Johnson, Ph.D.

Houston Baptist University

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Houston, TX 77074

Ron Hawkins, Ed.D., D.Min.
AACC
P.O. Box 729
Forest, VA 24551

Ian F. Jones, M.Div., Ph.D., Ph.D., L.P.C., LMFT, BCPCC
New Orleans Baptist Theological Seminary
3939 Gentilly Blvd.
New Orleans, LA 70126

Summary

Observations from Scripture and the historical Church will ground a dialogue regarding research on distinctly Christian psychology/counseling approaches, relevant evidence-based work in psychotherapy, counseling, lay counseling, and church ministry, and the impact such research might have on ministry today.

Learning Objectives

Participants will:

1. Examine Scripture and writings of the historical Church regarding the unique psychological and clinical significance of Christian counseling and psychotherapy
2. Explore how Christian psychology/counseling relates to the current science of psychology and the practice of professional mental health in light of recent evidence-based initiatives
3. Investigate parallels between the latest evidence-based treatment insights from the counseling literature and Christian theology

007. When Love Hurts: Domestic Violence, Trauma Care, and Intervention

Barry Lord, Psy.D.
Southern California Seminary
2075 E. Madison Ave.
El Cajon, CA 92019

Summary

Every four minutes, a spouse is injured as a result of domestic violence. This training will look at violence as a result of chronically angry and dangerous individuals within families. We will look at how anger works within the brain, how various brain parts function, and how the brain talks to itself. We will discuss how perpetrators view themselves and the role of power and control in domestic violence.

Learning Objectives

Participants will:

1. Discuss techniques for working with resistant and dangerous clients, including the development of safety plans for clients and clinicians

2. Learn how the “angry brain” functions (Brain Map)
3. Discuss when anger is toxic and when it is not (Self-control)

008. Christian Counseling Ethics and the Law: 21st Century Developments and Hot Potato Issues***

David Jenkins, Psy.D.
Liberty University
1971 University Blvd.
Lynchburg, VA 24515

John Sandy, J.D.
John Sandy, Attorney at Law
19402 Bridgewater Ln.
Riverside, CA 92508

Summary

In recent years, Christian counselors and counseling students face continued challenges and complex situations requiring careful consideration and balance of faith, law, and ethical issues. This workshop reviews the 2014 update to the AACC Code of Ethics and addresses key legal and ethical issues, challenges, and trends for Christian counselors. The 2014 AACC Code of Ethics will be highlighted in discussing the Christian counselor’s ethical decision-making process. Applications of ethical decision-making components are made through case review to some of the more difficult issues of the day as they pertain to a broad continuum of care from licensed practice to pastoral counselors and lay caregivers. In reviewing the Code, this session identifies challenges in its implementation and provides direction for ethical counseling practice using a case study approach.

Learning Objectives

Participants will:

1. Evaluate the applicability of the 2014 AACC Code of Ethics to 21st century developments and issues for licensed practitioners, pastoral counselors, and lay caregivers
2. Identify and apply, through case review, appropriate ethical Christian counseling practices as they pertain to recent changes in mental health law and public policy trends, as well as common ethical issues for licensed practitioners, pastoral counselors, and lay caregivers
3. Learn to “issue spot” those ethical situations that may lead to legal complications so the counselor can seek additional advice on how to best proceed

009. Control Freaks, Toxic Anger, and Violence

Lynette Hoy, M.A.
Anger Management Institute
1200 Harger Rd., Ste. 602

Oak Brook, IL 60523

Seigel Bartley, Ph.D.
Christ Centered Counseling and Coaching
800 West Arbrook Blvd.
Highpoint Medical Building, Ste. 340
Arlington, TX 76015

Summary

Does interacting with control freaks or angry or violent people make you feel uncomfortable? The truth is, we encounter these individuals regularly and may not be prepared to deal effectively with them. This presentation gives you seven tools that will: 1) assist you with identifying individuals who struggle with controlling, angry, and violent characteristics, and 2) equip you with empirical and biblical approaches to help such individuals learn socially adaptive behavior.

Learning Objectives

Participants will:

1. Examine differences and commonalities that are prevalent with controllers, angry, and violent individuals
2. Describe empirically supported and biblical approaches that motivate controllers, angry, and violent individuals to break the abusive cycle
3. Identify psychological disorders, brain processes, and other dominant characteristics with controllers, angry, and violent individuals

010. His Brain, Her Brain: Maximizing Meaningful Connection and Intimacy in Love and Marriage

Nancy Houston, M.A., L.P.C., C.S.T.
Inside Out Leadership and Coaching
513 Clear Vista Dr.
Trophy Club, TX 76262

Summary

Do love relationships have to be such a mystery? New brain research is transforming our understanding of basic neurological differences and similarities between male and female sexuality and love relationships. Thanks to advances in genetics and non-invasive brain-imaging technology, there has been a revolution in neuroscientific research and theory concerning human sexuality. This workshop will cover the neurobiology of male and female sexuality. Participants will gain an understanding of the neuro-hormones and how those impact sexual relationships. Clinical research regarding attachment and self-differentiation theory will be shown to significantly contribute to healthy sexual functioning. Best practices will guide the clinician and lay counselor in helping couples overcome sexual dysfunctions and learn strategies to maximize marital sexual bliss.

Learning Objectives

Participants will:

1. Identify the most current neurobiology of male and female sexuality and review an analysis of male and female sexual similarities and differences
2. Review clinical theory identifying how healthy attachment and self-differentiation build sexual passion and foster a deeper connection
3. Recognize psychological strategies to overcome sexual dysfunctions and grow marital sexual satisfaction

011. Problematic Internet Use and Mental Health Implications***

Gregory Jantz, Ph.D.

The Center • A Place of HOPE

547 Dayton St.

Edmonds, WA 98020

Summary

Society, with the widespread adoption of technology, could learn from the ancient Greek philosopher and writer, Aesop, popularly credited with the moral conclusion, “be careful what you wish for.” In this presentation on problematic Internet use, Dr. Jantz will review the *DSM-5*, as it relates to Internet-based behavioral disorders; discuss characteristics of problematic Internet use (social media, digital gaming, smartphones, online pornography); outline treatment options through a cognitive-behavioral lens, from consideration of attachment styles, maladaptive coping behaviors for anxiety and depression, and the use of spirituality in recovery; as well as examine the mental health implications of problematic Internet use and the COVID-19 pandemic.

Learning Objectives

Participants will:

1. Identify and list the *DSM-5* symptoms for Internet gaming disorder
2. Identify and list the *DSM-5* symptoms for non-substance addictive behaviors
3. Explore CBT-based recovery strategies for problematic Internet use
4. Identify specific health risks associated with increased screen time

Afternoon Workshops

1:45 – 5:00 PM ET

016. Developing and Maintaining a Thriving Lay Counseling Ministry***

Siang-Yang Tan, Ph.D.

Fuller Theological

Seminary 180 N. Oakland Ave.

Pasadena, CA 91101

Summary

This workshop will cover guidelines for establishing an ethical and effective lay counseling or lay helping ministry in the Church using two major models: informal organized and formal organized. The selection, training, supervision, and evaluation of lay counselors or lay helpers and the role of the mental health professional in lay helping will also be described and discussed.

Learning Objectives

Participants will:

1. Learn how to establish an ethical and effective lay counseling or lay helping ministry in the Church using two major models: informal organized and formal organized
2. Learn how to select, train, supervise, and evaluate lay counselors or lay helpers
3. Become aware of the various roles that a mental health professional can play in developing lay counselors and lay counseling or lay helping ministries

017. Childhood Oppositional Defiance and Rage: Diagnosis Treatment for Severe Mood Regulation

E. John Kuhnley, M.D.
1408 Sabbath Ln.
Chesapeake, VA 23320

Anita K. Kuhnley, Ph.D., LPC
Regent University
School of Psychology and Counseling
Classroom Building 216 A
1000 Regent University Dr.
Virginia Beach, VA 23464

Summary

Effective treatment for childhood oppositional defiance, rage, and other forms of severe mood dysregulation require a neuro-empathetic and developmentally sensitive exploration of the symptoms' etiology. Oppositional Defiant Disorder and other diagnoses of mood dysregulation can be the manifestation of one's response to interpersonal trauma, low-grade trauma (sometimes called "psychological insults"), or other attachment injuries (McCullough, 2019). Insight from gold standard attachment assessments, emotional intelligence dynamics, and a working knowledge of psychopharmacology can provide an explanatory model for the skilled therapist to navigate treatment with confidence.

Learning Objectives

Participants will:

1. Investigate the etiology and pathways to psychopathology, such as ODD, rage, and severe mood dysregulation
2. Discover the link between emotional intelligence, neuroscience, attachment and ODD, rage, and severe mood dysregulation
3. Discover the psychological and neuro-scientific impact of interpersonal trauma on children
4. Explore and identify various developmentally appropriate interventions with children who have manifest symptoms associated with ODD, rage, and severe mood dysregulation

018. Intimate Deception: Healing the Wounds of Sexual Betrayal

Sheri Keffer, Ph.D.

Brave One

901 Dove St., Ste. 140

Newport Beach, CA 92660

Summary

Intimate deception through pornography, affairs, cybersex, and prostitutes creates an unexpected relationship rupture and throws a couple into crisis. Understanding the impact of betrayal trauma and what tools can be used to help clients heal are critical to recovery. This presentation will blend my expertise in trauma and post-traumatic stress, training in neuroscience SPECT imaging, EMDR, and brain optimization to open up the world of betrayal trauma by providing evidence-based interventions and strategies aimed at reversing the impact. I believe we can help those impacted by sexual betrayal live again by recapturing their true identities and restoring their brains, bodies, and minds to health. I will also be presenting a new resource called The Empowerment Wheel and will be giving participants an opportunity to consider how to use it with clients. This tool, and others, will be used in order to help betrayed partners move into greater opportunities for problem-solving and empowered choices. Together, we will explore effective new tools for building resources and empowerment.

Learning Objectives

Participants will:

1. Analyze trends in partner trauma recovery and consider how to use a multi-layered trauma model, "The Dirty Dozen"
2. Discuss myths and depathologize betrayed partners by looking through the lens of present trauma, shame, and wounds of commission
3. Create a plan for intervention by interacting with partner conversations (from powerless to powerful) by using Dr. Keffer's Empowerment Wheel

019. Childhood Trauma, Epigenetics, and Mental Health

Michele Louviere, M.A., M.Div., LMFT

The Refuge 18-2

3525 Hessmer Ave., Ste. 308
Metairie, LA 70002

Daniel Sweeney, Ph.D., LMFT, L.P.C., RPT-S
George Fox University
Graduate School of Counseling
12753 SW 68th Ave.
Portland, OR 97223

Summary

Psychotherapy with traumatized children must consider issues of presenting and comorbid mental health issues, epigenetics, and implementing developmentally appropriate interventions. Understanding the etiology of children's challenges includes awareness of the effect of epigenetics, which create foundations for lifespan mental health challenges. This creates intervention opportunities that are developmentally appropriate.

Learning Objectives

Participants will:

1. Learn basic etiological and epigenetic contributors to children's mental issues
2. Discover the fundamental psychological and neurobiological effects of trauma on children
3. Explore and identify various developmentally appropriate interventions with traumatized children

020. Complicated Grief and Loss: Finding Hope Beyond the Pain and Suffering

H. Norman Wright, M.A., D.Min.
Christian Marriage Enrichment
40022 Jonah Way
Murrieta, CA 92563

Robert C. DeVries, Ph.D.
Getting to the Other Side of Grief
1413 Grovehurst Dr.
Marietta, GA 30062

Susan J. Zonnebelt-Smeenge, Ed.D.
Getting to the Other Side of Grief
1413 Grovehurst Dr.
Marietta, GA 30062

Summary

This workshop will examine factors that can delay grief with little or no forward movement and, therefore, become a challenge for the griever. We will look at complicating factors, including

individual components in various role relationships that are “lost” with a primary focus on spousal and child death. Deaths by suicide, mass violence, accidents, and other traumatic situations will also be examined. We will explain the components and effect of trauma on the brain in rewiring it and the impact on the griever. This workshop will explore the most effective and researched evidence-based treatment approaches to use in your clinical practice or pastoral ministry for complicated grief and traumatic deaths. Through the insights you will gain, you can better assist clients in developing a psychologically and spiritually healthy perspective of loss and build up their resilience with a biblically-based understanding of hope and assurance.

Learning Objectives

Participants will:

1. Determine researched criteria and conditions that contribute to complicated grief wherein little, or no, forward movement is apparent over a lengthy period
2. Enhance the clinician’s knowledge and understanding of the effects of situational trauma within the client’s grief experience, how the brain physiology and function become altered as a result of the trauma, and what that means for the griever
3. Assess the different types of evidence-based treatment protocols related to trauma and complicated grief in order to determine the best practices to be implemented
4. Determine how sound psychological and biblical principles can enlarge and support treatment of complicated grief to increase resilience, hope, and assurance for the client

021. Abuse, Trauma, and the Emotionally Destructive Marriage

Leslie Vernick, M.S.W.
Christ-Centered Counseling and Coaching
P.O. Box 5312
Sun City West, AZ 85376

Summary

There are no perfect marriages, and all relationships contain some sin and suffering. However, most of the training counselors and pastors receive to help troubled couples do not specifically address domestic abuse issues nor identify the subtle dynamics of other emotionally destructive attitudes and behaviors. Studies show that one in four Christian women reports being in an emotionally destructive marriage, yet we are ill-equipped to handle these situations competently and compassionately in a manner that helps both victim and perpetrator.

Learning Objectives

Participants will:

1. Be able to identify the difference between a difficult marriage, a disappointing marriage, and a destructive marriage, and know when the line is crossed
2. Learn three, common mistakes people-helpers make when working with this population that cause more harm to individuals and couples in distress

3. Identify four, distinct stages of therapy and the goals necessary in each stage for destructive patterns to be broken so the marriage can be healed

022. Living Beyond Pain: A Holistic Approach to Manage Pain and Get Your Life Back***

Linda Mintle, Ph.D.

Liberty University College of Osteopathic Medicine (LUCOM)

306 Liberty View Ln.

Lynchburg, VA 24502

Summary

In order to understand the use of psychotherapy or behavioral treatments, it helps to recognize how chronic pain works and why it is so difficult for patients. Why aren't opioids the answer? When pain moves from acute to chronic, the central nervous system changes, and the brain rewires. Since pain is both a sensory and emotional experience, the brain can modulate it. Pain is in the brain, and perception can be changed with various behavioral interventions. Expertise in behavioral interventions for pain management as part of an interdisciplinary approach is needed to combat the current opioid epidemic. This workshop will focus on mind-body interventions that turn down the volume on pain, alter pain perception, and improve function. The focus is on how a counselor can help with effective psychotherapy treatments and talk to patients about pain management.

Learning Objectives

Participants will:

1. Describe the difference between acute and chronic pain and discuss how chronic pain develops through central sensitization
2. Analyze the role of thoughts, emotions, and behaviors on turning down the volume of pain and explore how mind-body treatments change pain perception
3. Describe evidence-based tools and techniques aimed at reducing chronic pain and increasing patient functioning

023. Neuroscience, Mental Health, Addiction, and the Church: What You Need to Know

Michael Lyles, M.D.

Lyles and Crawford Clinical Consulting

11111 Houze Rd., #320

Roswell, GA 30076

Summary

Nearly 20% of Americans will suffer from a mental illness during their lifetimes. Many of these individuals will seek help first in places of worship, which may or may not be prepared to recognize or assist them. Some churches have taught that psychiatric illness is primarily due to spiritual problems, not anything medical or genetic. Therefore, spiritually healthy Christians should never have these problems, and psychiatric interventions, such as medications, are

unnecessary and invalid. Thus, many believers face various levels of questions about the role of psychiatric treatment in the ministry of the Church. This workshop will help address those questions.

Learning Objectives

Participants will:

1. Contrast the barriers and opportunities that churches face in ministering to those with mental illness
2. Describe the kinds of medical, genetic, and neurological problems that can cause behavioral problems
3. Discuss a biblical view of suffering and the relevance of this to mental illness and define why and when medical interventions may be helpful as a part of the healing plan for a believer

***NOTE: Not all workshops are approved for APA credits**—those that are dually designated with one asterisk are approved for APA credits.

*****NOTE: Not all workshops are approved for NBCC credits**—those that are dually designated with three asterisks are not approved for NBCC credits.

2020 Mega National “All Things Possible” Christian Counseling Conference
September 17-19
VIRTUAL

■ **101: Building Love Together in Blended Families: Understanding and Counseling to the New Traditional Family*****

Gary Chapman, Ph.D.
Calvary Baptist Church
134 S Peace Haven Rd.
Winston-Salem, NC 27104

Ron L. Deal, M.MFT.
Smart Stepfamilies/FamilyLife
5800 Ranch Dr.
Little Rock, AR 72223

Summary

The principles of the Five Love Languages can foster significant relational growth in blended families, but only if they are applied with an awareness of the unique dynamics of stepfamilies because, in blended families, the rules are different. Learn what is going on below the surface in blended families that requires wise counsel and ministry. Useful for mental health professionals in clinical work with step couples and couples in their churches and communities.

Learning Objectives

Participants will:

1. Identify how various “love motivations” and “love associations” create roadblocks to relationship development within stepfamilies
2. Describe how competing attachment needs result in common triangular love conflicts within stepfamilies
3. Describe the differing roles of biological parents and stepparents as they relate to raising children in stepfamilies, and learn a model for teaching stepparents how to move gradually into child behavioral management
4. Analyze how loss and loyalty dynamics impact stepfamily development and the role of stepparenting
5. Name and describe counseling interventions to help both adults and kids in stepfamilies

■ **102: Improving Sleep During a Pandemic**

Michael Lyles, M.D.
Lyles and Crawford Clinical Consulting
11111 Houze Rd., #320
Roswell, GA 30076

Summary

The inability to initiate or maintain sleep is one of the most common complaints in mental health settings, especially during a pandemic. Sleeping less than four hours a night for brief periods can be associated with negative changes in mood, cognition, pain tolerance, immune system function, glucose metabolism, blood pressure, and caloric intake. One-third of Americans are sleeping less than seven to eight hours a night. Sleep disruptions may signal the presence of a formal sleep disorder, such as sleep apnea, or the presence of a variety of psychiatric and medical problems. There are many modifiers of sleep that can formulate the backbone of a sleep improvement plan. Mental health professionals can learn how to screen for these problems and educate patients about treatment options.

Learning Objectives

Participants will:

1. Be able to explain the basics of normal sleep architecture and rhythms
2. Specify how disrupting normal sleep physiology can predispose a patient to psychiatric impairment, especially during a pandemic
3. List the medical and psychiatric problems that are suggested by certain patterns of sleep difficulties
4. Summarize the pros and cons of using medical and non-medical remedies for sleep disruptions

■ 103: When Trust Has Been Broken: The Road Map to Repairs

Leslie Vernick, M.S.W.

Christ-Centered Counseling and Coaching

P.O. Box 5312

Sun City West, AZ 85376

Summary

Pornography, adultery, addictions, and abuse destroy the marital relationship and marital trust. As Christian people-helpers, we all want to see a broken marriage reconciled if possible. However, what specific steps are necessary to repair the relationship and rebuild broken trust? What are the therapeutic and biblical mile-markers that indicate an individual or couple is on the right path to rebuilding that trust? Authentic marital reconciliation is far deeper than forgiveness. Forgiveness is only the first step. Genuine reconciliation must involve repairing the trust that was damaged.

Learning Objectives

Participants will:

1. Discuss six specific areas where trust can break down in a marriage
2. Discover two key indicators that will help you identify old marital history from new marital history so new bridges of trust can be built
3. Identify four specific steps necessary to rebuild broken trust so reconciliation can take place, as well as name and describe when marital trust is irreparably harmed

■ 104: The Role of E.R.I. in Cultivating Mentally and Emotionally Healthy Clients and Community***

Gary Oliver, Ph.D.
The Center for Healthy Relationships
John Brown University
2000 W. University St.
Siloam Springs, AR 72761

Summary

If God's purpose for us is to help our people "become conformed to the Image His Son," then what might that look like? What does it mean to "grow in Christ" and become a "mature" Christian? What impact should sanctification have on our moods, behaviors, and thought patterns? What might Christlikeness look like in our emotional, relational, mental, and spiritual lives? Starting with a sound biblical and theological foundation, this workshop will look at specific and very practical ways that the emerging science of Emotional and Relational Intelligence (E.R.Q.) and recent developments in Interpersonal Neurobiology can help us more effectively impact our clients and community in the process of looking, living, and loving more like our Lord Jesus Christ, and better fulfill the clarion call of Christ in John 12:34-35.

Learning Objectives

Participants will:

1. Understand the practical implications of a meaningfully Biblical Anthropology, Christology, and Soteriology for the process of helping people change and grow
2. Learn how to articulate the core distinctives of Emotional and Relational Intelligence (E.R.Q.)—what it is, what it isn't, why it is essential, and how it relates to personal, interpersonal, and spiritual maturity—in the context of the Great Commandment
3. Learn specific ways that a theology of relationships and spiritual disciplines can be used to help dismantle dysfunctional patterns and identify growth potential

■ 105: Integrity Redeemed: Setting Captives Free from Compulsive Sexual Behavior

Jim Cress, M.A.
Integrity Redeemed
1136 Sam Newell Rd.
Matthews, NC 28105

Summary

Our offices are being impacted by pornography, infidelity, and compulsive sexual behavior like never before. The problem is at pandemic levels, yet there is a great deficit concerning a proven plan to deal with the devastation in the lives of men, women, and families. Surface-level advice, strategies, accountability groups, and sermons only scratch the surface of the depth of this problem of sexual brokenness and bondage. This workshop will help attendees gain a deeper

understanding of the impact of family of origin, neurobiology, attachment, trauma, sin, and Internet pornography. A proven, practical, biblical, research-informed treatment plan for compulsive sexual behavior will be presented.

Learning Objectives

Participants will:

1. Present a clear overview of the scope of the problem of pornography, infidelity, and compulsive sexual behavior
2. Explore how the family of origin, trauma, attachment, sin, and addiction impact the brain, body, and soul of a person, and gain a clearer picture of how sexual acting out is a futile attempt to medicate traumatic wounds
3. Implement a proven clinical and biblical treatment plan for counselors and pastors to safely, effectively, and successfully help those struggling with pornography, infidelity, and compulsive sexual behavior

■ 106: Problematic Internet Use and Mental Health Implications***

Gregory Jantz, Ph.D.
The Center • A Place of HOPE
547 Dayton St.
Edmonds, WA 98020

Summary

Society, with the widespread adoption of technology, could learn from the ancient Greek philosopher and writer, Aesop, popularly credited with the moral conclusion, “be careful what you wish for.” In this presentation on problematic Internet use, Dr. Jantz will review the *DSM-5*, as it relates to Internet-based behavioral disorders; discuss characteristics of problematic Internet use (social media, digital gaming, smartphones, online pornography); outline treatment options through a cognitive-behavioral lens, from consideration of attachment styles, maladaptive coping behaviors for anxiety and depression, and the use of spirituality in recovery; as well as examine the mental health implications of problematic Internet use and the COVID-19 pandemic.

Learning Objectives

Participants will:

1. Identify and list the *DSM-5* symptoms for Internet gaming disorder
2. Identify and list the *DSM-5* symptoms for non-substance addictive behaviors
3. Explore CBT-based recovery strategies for problematic Internet use
4. Identify specific health risks associated with increased screen time

■ 107: Coaching Assessments: Using Emotional Intelligence, Enneagram, StrengthsFinder 2.0, and Personalities***

Georgia Shaffer, M.A.

GeorgiaShaffer.com
P.O. Box 3113
York, PA 17402

Summary

While the simpler coaching inventories are valuable and easy to use, a coach needs to have a greater depth of knowledge to utilize the more advanced assessments effectively and determine which one(s) will benefit your client. This workshop explores how to successfully integrate Emotional Intelligence (also known as E.Q.), StrengthsFinder 2.0, Enneagram, and the personality assessments into your coaching practice.

Learning Objectives

Participants will:

1. Discuss several of the Emotional Intelligence assessments available and the factors to consider when choosing one for your client or group
2. Gain a deeper understanding of how to use StrengthsFinder 2.0 to enhance your client's growth and success
3. Compare and contrast the benefits and limitations of three personality assessments along with the Enneagram

■ 108: The God Factor: Dynamic Spirituality and Mental Health

Ron Hawkins, D.Min., Ed.D.
AACC
P.O. Box 729
Forest, VA 24551

Summary

In their classic *Handbook of Psychotherapy and Religious Diversity*, P. Scott Richards and Allen E. Bergin state, "Growing empirical evidence indicates that spirituality and religious commitment tend to be associated with many indicators of physical and mental health and positive social conduct." In this workshop, we will explore how Christian counselors may construct a collaborative approach to working with clients that meets both their spiritual and mental health needs.

Learning Objectives

Participants will:

1. Contribute to the development of a healthy religious and spiritual life
2. Assist clients with the development of greater insight into the relationship between their spiritual and psychological health
3. Describe a paradigm that may be utilized to guide discussion with clients focused on the development of the interrelatedness of mental health and dynamic spirituality

■ 201: Helping Couples and Families Have Three, Hard, Crucial Conversations During COVID-19

John Trent, Ph.D.
Strong Families
4848 E. Cactus Rd., Ste. 505 #300
Phoenix, AZ 85254

Summary

The forced isolation and societal challenges wrought on families by the COVID-19 pandemic are truly unlike any we have faced in more than 100 years. This workshop is built upon three “crucial conversations” that couples and families should have as we slowly emerge from the emotional blanket forced on families. Insights and tools to have these conversations are given to help both clients and mental health professionals gain background and improve their most important relationships. Each “conversation” is laid out as a potential virtual or soon “face-to-face” meeting with a couple or family. In these conversations, you will learn the importance, tools, and techniques for having these conversations, as each one is linked to biblical truth and present application.

Learning Objectives

Participants will:

1. Learn how to have an “attachment/blessing” conversation
2. Explore an “untying the knot” conversation
3. Discover how to have a “bending” as life moves forward conversation

■ 202: How Brain Health Can Save Your Mind

Daniel Amen, M.D.
Amen Clinics
3150 Bristol St., Ste. 400
Costa Mesa, CA 92626

Summary

The end of mental illness will begin with a revolution in brain health. Unfortunately, most psychotherapists get limited information on how the brain works, even though it is the organ of loving, learning, behavior, and every decision made. Understanding the brain is critical to mental health clinical practice. In this workshop, Dr. Daniel Amen will give therapists a working knowledge of brain function and tools to optimize it, including coaching their clients to better brain health.

Learning Objectives

Participants will:

1. Learn five brain systems related to behavior
2. Discover three ways to optimize each brain system

3. Learn the 11 major risk factors that put the brain and mind at risk for illness

■ 203: SAFE Love: How the Empowerment Wheel Helps Couples Say Goodbye to Crazy and Hello to Loving Strong

Sheri Keffer, Ph.D.
Brave One
901 Dove St., Ste. 140
Newport Beach, CA 92660

Summary

All of us have had to wrestle with crazy-making power struggles in relationships at one time or another. Much like getting stuck on an out of control merry-go-round, couples can feel helpless and do not know how to get off. In this workshop, we will uncover the roles that cause couples to react as they give up their power by moving into toxic power struggles. Using Dr. Keffer's Empowerment Wheel, you will learn how to help couples use their voices and make life-giving choices. As each partner learns how to move into these responsive stances, they will find freedom, feel less stuck, and become more empowered about what *they can do*. This creates SAFE love.

Learning Objectives

Participants will:

1. Discuss how shame is the culprit of all chaos, including three general movements of shame caused by trauma
2. Identify the five stages of reactivity that cause toxic power struggles, and the five empowered responsive stances that create robust patterns of connecting
3. Describe through client videos how The Empowerment Wheel can bring quick awareness to reactivity and benefit couples by exploring new patterns of loving strong

■ 204: PTSD, Complex Trauma, and Moral Injury

Jennifer Cisney Ellers, M.A.
Good News Jail and Prison Ministry
60 B. West Terra Cotta Ave., #293
Crystal Lake, IL 60014

Summary

This workshop will focus on how to make churches and Christian caregiving more trauma-informed. Barna's recent research shows that one in five U.S. adults has experienced the effects of trauma in the past 10 years. This rate is similar inside and outside of the Church. Most people are aware of post-traumatic stress disorder (PTSD) but are often unaware of the elements of complex trauma and moral injury related to trauma and healing. This workshop will discuss various disorders resulting from trauma and distinguish between them in terms of diagnosis

and treatment. It is critical to look at the most recent research, helping modalities, and ancient spiritual and God-given natural practices as we seek to help people heal from trauma.

Learning Objectives

Participants will:

1. Review criteria for Complex Trauma/Complex PTSD, how it differs from a traditional PTSD diagnosis, and other distinctions being considered for trauma and stressor-related disorders
2. Discuss the concept of moral injury and the unique impacts on trauma and healing
3. Explore the spiritual implications of trauma and how faith and religious practices can facilitate healing

■ 205: The Transforming Power of Trauma and Addiction

David Jenkins, Psy.D.
Liberty University
1971 University Blvd.
Lynchburg, VA 24515

Adrian Hickmon, Ph.D.
Capstone Treatment Center
120 Meghan Ln.
Judsonia, AR 72081

Summary

Addiction crises continue to grow in their damaging effects. The prevalence and effect of trauma are also increasing, as demonstrated by numerous studies emphasizing adverse childhood experiences (A.C.E.s) and various health outcomes, including substance and behavioral addiction. A growing body of research shows that trauma is one of the underlying core drivers of addiction. Working effectively with addictions means working effectively with trauma, but trauma too often remains undisclosed because of shame, secrecy, and social taboo, especially in the Church. As Joseph said to his brothers in Genesis 50:20, “God turned into good what you meant for evil.” Addiction and trauma are meant for evil, but they can be transformative for good. This session looks at the transforming process of breaking free from the shame and secrecy of trauma and addiction. A model for treating trauma and addiction so that transformation occurs is presented with clinical and biblical support.

Learning Objectives

Participants will:

1. Analyze the connection between trauma and addiction and explain the idea of addiction as a solution to a problem within a model of integrated treatment
2. Formulate strategies for working with someone with addiction and trauma in therapy or triage

3. Be able to articulate a biblical perspective on, and critique of, such therapist factors, emphasizing agape love and humility and prayerful dependence on the Holy Spirit

■ **206: Mindfulness or Christian Meditative Practices: A Christian Worldview Assessment**

Joshua Knabb, Psy.D.
California Baptist University
8432 Magnolia Ave.
Riverside, CA 92504

Eric Johnson, Ph.D.
Houston Baptist University
7502 Fondren Rd.
Houston, TX 77074

Summary

Therapy practices that are developed, empirically investigated, and promoted in the psychology literature are necessarily expressive of their own intrinsic goals. Both therapy practices and therapy goals, therefore, reflect worldview assumptions. Mindfulness-based meditative practices have become very popular in the 21st century, and their efficacy in randomized trials is well documented. Might Christians, nevertheless, legitimately question the appropriation of mindfulness practices into their own daily efforts to pursue and maintain mental health in contemporary society? Are there comparable practices within the Christian tradition, more congruent with a Christian worldview, which warrant empirical investigation? Given the recent emphasis in the psychology literature on the salience of both worldview and diversity, the presenters compare and contrast practices that originate from Buddhism (e.g., mindfulness, loving-kindness) and Christianity (e.g., Bible reading, meditation, prayer), paying particular attention to the goals (*teloi*) of these approaches in addressing psychological suffering and exploring the burgeoning empirical support for Christian-derived strategies.

Learning Objectives

Participants will:

1. Analyze the worldview assumptions that underlie Buddhist (e.g., mindfulness, loving-kindness) and Christian (e.g., meditation, prayer, contemplation) practices
2. Describe some of the latest research on distinctly Christian meditative techniques that promote positive mental health outcomes
3. Practice an evidence-based, two-step, Christian meditative technique for responding to psychological suffering

■ **207: Multi-cultural Life Coaching Skills: Coaching Minority-based Clients*****

Mark Crear, Ph.D.
In The Zone, CCC
9420 Reseda Blvd., Ste. 600

Northridge, CA 91324

Summary

One of the most important qualities of an effective life coach is to meet his/her clients where they are and possess cultural competency and sensitivity. This workshop supports the belief that professional counselors and life coaches should have a strong knowledge of their clients' ethnic and cultural backgrounds. Dr. Crear has laid out a simple-to-follow plan that will provide counselors and coaches with the necessary tools needed to be productive and successful multicultural competent life coaches.

Learning Objectives

Participants will:

1. Compare and contrast the different multicultural/generational communication styles
2. Identify the roles that the Church, race (culture), and diversity play in life coaching
3. Explore culture-specific coaching interventions and techniques to incorporate in their professional life coaching practices
4. Compare and contrast strategies to address sensitive issues such as racism, prejudice, discrimination, and social justice within the Christian counseling setting and society at-large

■ 208: How and Why Some Therapists are Better than Others: Empirical Evidence and Clinical Applications from a Christian Perspective

Siang-Yang Tan, Ph.D.
Fuller Theological
Seminary 180 N. Oakland Ave.
Pasadena, CA 91101

Summary

This presentation will focus on therapist factors in effective counseling and psychotherapy (Tan, 2018). It will briefly summarize the empirical research on therapist effects from a recent book, *How and Why Are Some Therapists Better Than Others*, edited by Castonguay and Hill (2017), as well as another book, *On Being a Master Clinician* (Kottler & Carlson, 2014). It will also briefly cover the latest findings on evidence-based therapist contributions (Norcross & Lambert, 2019) and therapist responsiveness (Norcross & Wampold, 2019) from the third edition of *Psychotherapy Relationships That Work*. A biblical perspective and critique will also be provided, emphasizing agape love and humility, and prayerful dependence on the Holy Spirit in effective Christian counseling and psychotherapy (Tan, 2018).

Learning Objectives

Participants will:

1. Learn about therapist effects, and especially the four variables that have received some empirical support (Castonguay & Hill, 2017): ability to form a positive therapeutic alliance with clients; therapists' facilitative interpersonal skills; professional self-doubt;

and engagement in the deliberative practice of therapy skills outside of treatment sessions with clients, as well as the characteristics of master clinicians and famous therapists (Kottler & Carlson, 2014)

2. Be aware of the latest findings on evidence-based therapist contributions (Norcross & Lambert, 2019) and therapist responsiveness (Norcross & Wampold, 2019) in psychotherapy relationships that work
3. Be able to articulate a biblical perspective on, and critique of, such therapist factors, emphasizing agape love and humility and prayerful dependence on the Holy Spirit

■ 301: Evidence-based Practices for Treatment-resistant Depression

Gary Sibcy, Ph.D.
Centra Health/Liberty University
3300 Rivermont Ave.
Lynchburg, VA 24503

Summary

In today's world of counseling and psychiatry, how do we treat depression? What are "effective" treatments? Medications? Therapy? Self-help? Despite the advances in treatment that have taken place over the last few decades, the STAR*D study and other research suggest that we have a long way to go, especially for chronic, refractory depression. In this presentation, Dr. Sibcy defines and discusses the issue of Persistent Depressive Disorder and the status of treatment options that are available today.

Learning Objectives

Participants will:

1. Identify and define the core symptoms of depression
2. Evaluate the scope of the problem and evaluate the current treatment methods
3. Analyze the results of the STAR*D study and its impact on further treatment needs

■ 302: His Brain, Her Brain: Maximizing Meaningful Connection and Intimacy in Love and Marriage

Nancy Houston, M.A., L.P.C., C.S.T.
Inside Out Leadership and Coaching
513 Clear Vista Dr.
Trophy Club, TX 76262

Summary

Do love relationships have to be such a mystery? New brain research is transforming our understanding of basic neurological differences and similarities between male and female sexuality and love relationships. Thanks to advances in genetics and non-invasive brain-imaging technology, there has been a revolution in neuroscientific research and theory concerning human sexuality. This workshop will cover the neurobiology of male and female sexuality.

Participants will gain an understanding of the neuro-hormones and how those impact sexual relationships. Clinical research regarding attachment and self-differentiation theory will be shown to significantly contribute to healthy sexual functioning. Best practices will guide the clinician and lay counselor in helping couples overcome sexual dysfunctions and learn strategies to maximize marital sexual bliss.

Learning Objectives

Participants will:

1. Identify the most current neurobiology of male and female sexuality and review an analysis of male and female sexual similarities and differences
2. Review clinical theory identifying how healthy attachment and self-differentiation build sexual passion and foster a deeper connection
3. Recognize psychological strategies to overcome sexual dysfunctions and grow marital sexual satisfaction

■ 303: When Loving Him is Hurting You: Hope and Help for Women Dealing with Narcissism and Emotional Abuse

David Hawkins, M.B.A., M.S.W., M.A., Ph.D.

Marriage Recovery Center
10800 NE Broomgerrie Rd.
Bainbridge Island, WA 98110

Sharmen Kimbrough, M.A.

Marriage Recovery Center
17791 Fjord Dr., NE
Poulsbo, WA 98370

Summary

We live in a “me-centered” culture, where many individuals selfishly extend beyond healthy boundaries to assert perceived “rights,” overpowering others in the process. This epidemic of selfishness, entitlement, and emotional immaturity fuels narcissism and marital sexual abuse, traumatizing many and eroding the delicate fabric of marriage. Dr. Hawkins’ workshop explores not only the culture of narcissism, but also individual character pathology, its impact on marriage, and strategies clinicians can employ to assist individuals and couples as they navigate their way to relational health. He will discuss interventions needed to facilitate growth in the narcissist and healing strategies for the victim of narcissistic abuse. Finally, this workshop will address sexual power and control (often an aspect of narcissism), how it permeates the narcissistic marriage, and interventions and boundaries needed to bring sexual healing. This portion of the training will help attendees understand the role of sexual abuse in narcissistic relationships and steps that can be taken to intervene in this destructive process.

Learning Objectives

Participants will:

1. Understand and identify traits of narcissism, Narcissistic Personality Disorder (NPD), as well as Narcissistic Victim Syndrome
2. Analyze myths being promoted regarding NPD
3. Investigate best practices for treating those with NPD, narcissistic traits, as well as victims of narcissistic abuse

■ **304: When the Loss Isn't Death: Grieving Unrecognized Losses**

H. Norman Wright, M.A., D.Min.
Christian Marriage Enrichment
40022 Jonah Way
Murrieta, CA 92563

Summary

We face loss every day of our lives. How we adapt to a lifetime of losses shapes who we become. With each loss, we reinvent our identities in light of the new absence. Too often, when the loss is not death, we ignore or bury the injury we incur. Consider the following: material loss; threatened health; decreased function with aging; congregational losses; faith crises; unachieved personal dreams and goals; and changing roles in family, career, and community. Grief of this nature is frequently ambiguous and disenfranchised. The impact of secondary losses, which stem from death losses, will be considered. This workshop will give participants a new perspective on losses in their lives and the lives of those they serve in their ministries.

Learning Objectives

Participants will:

1. Identify the multitude of non-death losses
2. Discover the best approaches to walk through the current and past impact of these losses
3. Help others become aware of, and prepare for, the inevitability of loss

■ **305: Take Your Life Back: Core Steps on the Road to Recovery**

David Stoop, Ph.D.
Center for Family Therapy
1151 Dove St.
Newport Beach, CA 92660

Stephen Arterburn, M.Ed.
New Life Ministries
401 Glenneyre St., 1st Fl.
Laguna Beach, CA 92651

Summary

Take Your Life Back will help each participant understand who or what owns them and how to be liberated from whatever is preventing them from living the life God intended. Whether it is abuse from the past and the lingering effects of the trauma, an addiction, or an abusive and emotionally destructive relationship, participants will understand how to deal with each issue and help others do the same.

Learning Objectives

Participants will:

1. Identify the difference between reactive and responsive living
2. Explore what a life taken back looks like and what the identifiable characteristics are
3. Discover how to help a person regain ownership of his or her life

■ 306: Anxiety, Mental Health, and the Brain

Linda Mintle, Ph.D.

Liberty University College of Osteopathic Medicine (LUCOM)

306 Liberty View Ln.

Lynchburg, VA 24502

Summary

Anxiety is one of the leading causes of mental illness in the U.S. This workshop will focus on understanding how the brain and nervous system respond to anxiety and the impact they have on body, mind, and spirit. Several evidenced-based treatment approaches will be presented that are used to both activate and calm down the sympathetic nervous system and help people manage anxious thoughts and behavior.

Learning Objectives

Participants will:

1. Describe the various parts of the brain involved in anxiety responses and how they work together to activate the sympathetic nervous system
2. Explain how to stop the amygdala hijack and reengage the prefrontal cortex
3. Compare and contrast the use of activating interventions, like exposure to other types of anxiety treatments that calm the nervous system such as C.B.T. and relaxation
4. Discuss the role of social connection and spiritual remedies as they relate to anxiety

■ 307: The Diversified Coach: Make a Great Living Doing What You Love!***

Shannon Etheridge, M.A.

Shannon Ethridge Ministries

3020 Woodfield Circle

Richmond, KY 40475

Summary

Do you aspire to be so successful as a coach that you can eventually quit your day job? Making a full-time career out of coaching can be scary. Still, you CAN turn the seemingly “impossible” into “I’m possible!” by discovering your natural strengths, building a platform that meets the deeply felt needs of others, and working smarter instead of harder to market your business. You can turn your passion into far more than just a “pass-time!”

Learning Objectives

Participants will:

1. Explore how to build your life coaching practice around your natural strengths so that it all feels like play vs. work
2. Identify four distinct ways to build your credibility and create a “bread crumb trail” to your coaching office door
3. Learn practical marketing strategies that inspire clients to invest more into the coaching relationship, and therefore more into their own personal growth

■ 308: Developing a Biblical Foundation: A Christocentric Model for Counseling

Ian F. Jones, M.Div., Ph.D., Ph.D., L.P.C., LMFT, BCPCC
New Orleans Baptist Theological Seminary
3939 Gentilly Blvd.
New Orleans, LA 70126

Summary

This workshop will examine the biblical foundation and historical roots of Christian counseling, including unique features and historical examples. The role of faith and spirituality will be explored in the development of a Christocentric model of counseling.

Learning Objectives

Participants will:

1. Be able to identify biblical characteristics and historical examples that contribute to the uniqueness of Christian counseling
2. Study the role of faith and spirituality in effective counseling
3. Examine a uniquely Christian approach to counseling

■ 401: Creative Arts Counseling: Interventions with Adolescents

Daniel Sweeney, Ph.D., LMFT, L.P.C., RPT-S
George Fox University
Graduate School of Counseling
12753 SW 68th Ave.
Portland, OR 97223

Summary

Adolescents face a variety of mental health challenges ranging from adjustment difficulties to trauma. Creative arts therapies (such as art, sand tray, and drama therapies, etc.) can provide hurting adolescents a safe relationship and place in which to abreact: 1) through the use of metaphors and symbols, where the projective medium may represent issues of crisis and trauma, 2) through the use of projection, where intense and frightening emotions may be projected onto the creative/expressive medium, and 3) through sublimation, where the emotions from and toward people may be displaced onto creative/expressive media. Adolescents experiencing emotional issues need a therapeutic experience that is physically, emotionally, and relationally secure. Creative arts therapies provide a therapeutic distance and kinesthetic nature that helps adolescent clients process the intra- and inter-personal pain of crisis and trauma and, thus, experience abreaction in a safe environment. Creative arts therapies have established developmental, psychological, and neurobiological benefits. This workshop will explore the theory and practice of creative arts therapies, including specific examples and suggested interventions.

Learning Objectives

Participants will:

1. Explore the fundamental effects of crisis and trauma on adolescents
2. Articulate the rationale for using creative arts therapies with adolescents
3. Articulate several forms of creative arts interventions for use with adolescents

■ 402: The Angry and Emotional vs. the Rational Thinking Brain

Barry Lord, Psy.D.
Southern California Seminary
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El Cajon, CA 92019

Summary

Anger is a difficult emotion for any person to control. Whether it is our anger or the anger of someone else, it can be frightening. It can be the leading cause of abuse and violence in relationships. In this presentation, attendees will learn brain structures and what they do. From this overview, we will learn about how the brain talks to itself, processes threats, and uses manipulation and control techniques to work others instead of problems. (The masks we wear.)

Learning Objectives

Participants will:

1. Discuss various brain parts and their functions
2. Present how we think (from events to consequences)
3. Learn the function of the five “F” commands of the amygdala
4. Discuss how we become stuck working others instead of our problems

■ 403: A Love that Laughs: Lighten Up, Cut Loose, and Enjoy Life Together

Ted Cunningham, MACE
Woodland Hills Family Church
3953 Green Mountain Dr.
Branson, MO 65616

Summary

A marriage that laughs lasts. Studies show that couples who use laughter to manage stress and work through difficult conversations enjoy higher levels of marital satisfaction and stay together longer. Laughter bonds us, eases tension, defuses anger, lightens the mood, and makes us more attractive and relatable. Our genuine laughter signals to family, friends, and strangers, “This couple enjoys life together.” God did not give you a spouse to beat you down and suck the life out of you. Ecclesiastes 9:9 says, “Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun—all your meaningless days. For this is your lot in life and your toilsome labor under the sun.” Enjoying life together is a choice, not an outcome. You do not need to choose between life and a wife. God gave you your spouse to be your teammate and companion through the grind of life, not to be the grind of life. Marital satisfaction depends on factors and skills couples can do something about in any season or stage of life. It does not matter how old you were when you got married, how long you knew each other before you got married, or how long you had been married. You can enjoy life together, starting now.

Learning Objectives

Participants will:

1. Recognize early warning signs of marital drift and the decisions necessary to enjoy high levels of marital satisfaction
2. Identify more than 20 mental, physical, emotional, relational, and spiritual benefits of laughter for marriage
3. Explore strategies to help honor, enjoy, and prioritize marriage in the home

■ 404: Dealing with the Shocking Aftermath: Grief Following the Death of a Loved One from COVID-19

Robert DeVries, D.Min., Ph.D.
Getting to the Other Side of Grief
1413 Grovehurst Dr.
Marietta, GA 30062

Susan Zonnebelt-Smeenge, R.N., Ed.D.
Getting to the Other Side of Grief
1413 Grovehurst Dr.
Marietta, GA 30062

Summary

Very few families were able to be with their loved ones during the coronavirus pandemic when they were hospitalized for treatment. They were not able to say a final goodbye or be present at the time of death. The trauma of thinking about their loved one being “deserted” by them and dying alone is very emotional for most families. Furthermore, after death, many family and friends were not allowed to gather at all or with more than 10 people for a funeral or memorial service, robbing them of this critical step in beginning their grief journey. This workshop will discuss the trauma involved with several factors that could potentially complicate the grief journey. Also, we will present methods to be supportive by educating participants on how to deliver hope and what they can do now to help those who are grieving work through this unfortunate, challenging situation.

Learning Objectives

Participants will:

1. Describe some ways in which a death during a pandemic differs dramatically in its nature from a death before a pandemic
2. Identify evidence-based protocols from complicated grief research which will effectively address the primary issues that were unmet during the loved one’s illness, death, and following the death during a pandemic
3. Select methodologies that will assist grievers in embracing a psychologically and biblically-sound perspective to encourage them as they work through their grief

■ 405: The War on Addiction: The Path to Healing and New Life

Rick Amato, M.A.
Dream Believe Institute
1035 S. State Rd. 7
Wellington, FL 33414

Summary

The most recent data from 2018 reveals that nearly 128 people in the United States die every day from an opioid overdose, and 10.3 million people misused opioids. The opioid epidemic is still a severe problem today. Individuals struggling with addiction need support, guidance, and compassion. This workshop will discuss ways mental health professionals can help clients reclaim their lives and experience hope and freedom.

Learning Objectives

Participants will:

1. Describe the process of addiction and how clients can take control and move forward toward new life
2. Explore and build an awareness to the common factors of addiction
3. Discuss the role of faith-based interventions and prevention

■ 406: Promoting Political Humility and Positivity in Relationships

Ev Worthington, Jr., Ph.D.
Virginia Commonwealth University
Box 842018
Richmond, VA 23284

Summary

During the 2016 presidential elections, one-sixth of all adults in the U.S.A. reported losing an important relationship with a close friend or family member over political discussions. Clients can ill-afford to lose members of their social support network. None of us can. The science of humility has blossomed recently (for reviews, see Van Tongeren et al., 2019; Worthington & Allison, 2018; Worthington et al., 2017). Dr. Worthington presents an update on the research on humility and interventions to promote humility, describe a theory of political humility, summarize an intervention to promote political humility, and a randomized controlled trial on an intervention study on a workbook to promote political humility (compared to a positivity workbook and retested controls). He concludes by providing 10 practical guidelines to teach clients so they can have political discussions without losing valuable social support relationships.

Learning Objectives

Participants will:

1. Summarize up-to-the-minute research on humility
2. Direct clients to a workbook to promote political humility
3. Describe five of the 10 ways people can have political discussions without provoking a fight

■ 407: Building Your Counseling Business or Ministry Practice through Online Marketing and Promotions: Best Practices***

Ben Allison, Esq., M.B.A.
AACC
P.O. Box 729
Forest, VA 24551

Summary

Counselors, therapists, pastors, life coaches, and other business owners frequently have an “aha” moment where they realize that online marketing is critical to the growth and success of their practices or ministries. However, what is not so clear is the “where, what, and how” of online marketing. In this workshop, Ben Allison will give you the tools, strategies, and a few free bonus items that you can take home and use to enhance your practice while having a larger impact on your community. Bonuses include step-by-step training on how to run online ads on both Facebook and Instagram (and more) AND an electronic list of industry-leading software that will take your practices to the next level.

Learning Objectives

Participants will:

1. Be introduced to different online platforms that most practices need for promoting their services
2. Learn the concept of the value ladder and how it applies to almost any practice to increase its value and revenue
3. Learn how to make a marketing funnel that constantly pays for new leads and fuels your practices

■ **408: Deep Calling to Deep: Understanding and Ministering to Broken Core Longings in Individuals**

Robert Shaw, D.Min.

AACC

P.O. Box 729

Forest, VA 24551

Summary

Every human being has deep desires, six basic core longings, which were created by God. All cultures have these core longings in common. God's design was to have every one of these deep desires be satisfied through relationship with Him. However, the fall of mankind in Genesis 3 dramatically altered how these human desires become fulfilled. The resulting brokenness leads to our own attempts to fulfill these longings, often leading to disappointment and dysfunction. The antidote is leading the client on a pathway back to a healing and redeeming God.

Learning Objectives

Participants will:

1. Discover and discuss the six basic core longings that God created in humans
2. Explore biblical truths and insights that can have practical and transformational application in the fulfilling of core longings
3. Identify some of the essential roots of a counselee's pathology that can help develop strategies, from a biblical perspective, to supplement treatment plans

Bonus Workshops

■ **501: Boys to Men: Understanding Their Need and Influencing Their World**

Roy Smith, Ph.D.

Pennsylvania Counseling Services

200 N. 7th St.

Lebanon, PA 17046

Summary

What does “being a man” really mean? Our culture defines men simplistically, resulting in many males who are directionless, bored, passive, emotionally unavailable, and violent. However, the Church and the Christian counselor can resist this crisis by learning to influence men in ways that help them understand their God-given design and encourage them to change. This workshop acts as a model to help counselors and church leaders guide the men they work with to recognize their great value and strength, to face life’s challenges successfully, and to positively impact the world.

Learning Objectives

Participants will:

1. Explore the environmental context of a man they are counseling to help him recognize how he needs to redefine himself
2. Identify issues that cause men to resist the process of relational improvement, including therapy resistances
3. Discuss God’s true design of manhood, which can be used in counseling to help men understand themselves and become more emotionally effective in their families

■ 503: The Enneagram through the Lens of Internal Family Systems (I.F.S.): A Gospel-centered Path to Growth

Alison Cook, Ph.D.
Leading Wholeheartedly
301 N. Indian Hill Blvd., Ste. 506
Claremont, CA 91711

Beth McCord, A.A.
Your Enneagram Coach
106 Founders Pointe Blvd.
Franklin, TN 37064

Summary

The Enneagram is an ancient personality tool rooted deeply in spirituality. The Internal Family Systems (I.F.S.) model is a fast-growing, evidence-based model of therapy rooted deeply in spirituality. Both reveal a non-pathologizing, Christ-centered path to growth and are effective tools for increasing awareness, compassion, intimacy, and empathy. When combined, the Enneagram and I.F.S. help you skillfully identify a challenging aspect of your personality and provide a road map to unburdening and healing to become more aligned with the truth of the Gospel. This workshop will provide an overview of the basics of the Enneagram and I.F.S., as well as a glimpse into how counselors and their clients can use the Enneagram through the lens of I.F.S. to more quickly identify aspects of the soul in need of God’s care; decrease self-condemnation, fear, and shame; and increase a deep understanding of unconditional love, forgiveness, and freedom they have in Christ. Enneagram speaker, author, and coach, Beth McCord, and Internal Family Systems therapist, speaker, and author, Alison Cook, will offer their years of experience and expertise as they integrate these two compelling tools.

Learning Objectives

Participants will:

1. Identify foundational principles of the Enneagram and the Internal Family Systems Model (I.F.S.) from a Gospel-centered perspective
2. Explore strategies that combine the Enneagram with I.F.S. to increase compassion, intimacy, and understanding
3. Practice key interventions, such as identifying a challenging aspect of their Enneagram type and working through an IFS-informed exercise

■ 506: Emotional Regulation for Your Clients: The Self-and-Other Approach

John Townsend, Ph.D.

Townsend Institute for Leadership and Counseling

260 Newport Center Dr., Ste. 100

Newport Beach, CA 92660

Summary

Emotional dysregulation can paralyze a counselee's ability to deal with feelings, cause disruptive thoughts, affect relationships, and impact work. Dr. Townsend's self-and-other approach provides techniques that counselors can use to show clients how to regulate themselves and apply these in session. This approach is integrated with Dr. Townsend's Four Quadrants of Relational Nutrients, from his newest book, *People Fuel*.

Learning Objectives

Participants will:

1. Be able to identify different kinds of emotional dysregulation that interrupt self, relationship, and functioning for the clients they serve and can be incorporated into their assessment of mental health needs
2. Be able to name four quadrants of relational needs when faced with emotionally dysregulated clients and assist them with implementation in their daily lives
3. Explore strategies for applying emotional regulation skill building applicable to Christian counsees that can be implemented in their treatment

***NOTE: Not all workshops are approved for APA credits**—those that are dually designated with one asterisk are approved for APA credits.

*****NOTE: Not all workshops are approved for NBCC credits**—those that are dually designated with three asterisks are not approved for NBCC credits.