



The Standard for Spiritual Care & Education

The Gathering of Spiritually Integrated Practitioners Fall Conference Workshop Descriptions

Friday, October 16, 2020

Workshop 1

Dharma Zoom: Developing and maintaining your Spiritual Community Online

The Butler Buddhist Sangha in Butler Pa is learning how to meet as a meditating sangha and dharma practice community online during the pandemic. This short presentation will explain the use of survey technology, delegating technological responsibilities, and learning media craft which is a different skill from meeting one on one or in person with the community. The conclusion will be how these skills and cautionary examples should continue to be useful in the future, whatever the new normal presents.

I am a grief, trauma, hospice, and loss certified counselor in private practice, and I am an ordained Buddhist chaplain.

Dr. Cynthia Marshall, PhD. In Butler PA

Dr. Marshall is a certified grief, loss, and trauma counselor-educator. The first session is free. A compassionate and deep listener, Dr. Marshall will work with the client to achieve relief from the physical and mental burdens of excessive grief, inconsolable loss, and trauma to achieve a balanced and calm and complete inner spirit and fulfilling life.

Workshop 2

"Spiritual Interventions for Clinicians: Working with Spiritual Struggles in Therapy."

Devlyn McCreight

Program Description: Clients frequently come to therapy for help with particular spiritual struggles: how to recover a sense of meaning or purpose when life events have challenged their core beliefs and values; how to make difficult decisions that bring them into conflict with their personal beliefs or their religious community; how to extend or accept forgiveness.

Spiritually Integrated Psychotherapy does not require therapists to provide answers or solutions to clients' spiritual struggles. Instead, it involves therapists meeting clients with empathy, normalizing struggles, and supporting clients in finding their own way forward. This workshop will be comprised of didactic talks, small group work, and clinical case studies to offer attendees general and practical strategies for navigating spiritual struggles in clinical work.

Course Learning Objectives: At the conclusion of this workshop, participants will be able to:

1. Recognize and describe spiritual struggles.

2. Identify spiritual struggles commonly encountered in psychotherapy.
3. Identify therapeutic strategies for addressing spiritual struggles in ethical and effective ways.

Workshop 3

Connecting with the Soul: Online Peer and Collaborative Supervision, David Harris

This supervision model, developed and practiced over the past 10 years in two private-practice organizations, incorporates an easy-to-learn, staged approach to Collaborative Peer Supervision. The model focuses on the practitioner's own fantasies, feelings, images, and associations and how these can be used to benefit the client being presented. The model works well in-person or via Telehealth. Almost any case can be presented and analyzed in 50-60 minutes. This workshop will teach the model and then demonstrate it with the group's participation.

Workshop 4

Theological Case Conference : "What then shall we say in response to these things?": Clinical Reflections on White Identity, Protests, Masks, and Statues

Robert Cook, Dr. Pamela Ayo Yetunde and Rev. Dr. Beth Toler

Saturday, October 17, 2020

Workshop 1

Covid-19: International Perspectives on the Clinical, Spiritual, Religious, and Theological Implications of a Global Pandemic

Presentation and panel discussion facilitated by John Blevins. Dr. John Blevins is the Acting Director of the Interfaith Health Program (IHP) of the Hubert Department of Global Health at the Rollins School of Public Health.

Description:

The COVID-19 pandemic has revealed in new and startling ways, the social, racial, economic, and structural inequities that exist in local and global contexts. These inequities have profound and complex public health, social, spiritual and theological implications that require serious reflection and intentional actions. To that end, the Interfaith Health Program of Emory University's Rollins School of Public Health, the Journal of Pastoral Care and Counseling, the Satcher Health Leadership Institute at the Morehouse School of Medicine, and the World Council of Churches have partnered to create a platform that offers contextually relevant educational and supportive resources to religious leaders and communities around the world. This workshop will outline key points and will feature a panel of participants from around the world who will share their experiences and reflections of the COVID-19 pandemic from social, religious, theological, spiritual, and public health perspectives.

Learning Objectives: Participants will...

1. Learn about the COVID-19 pandemic from a global perspective.
2. Consider the social, religious, theological, spiritual, and public health implications (including mental health) of the COVID-19 pandemic.

3. Identify and explore ways to address the social, religious, theological, spiritual, and public health needs during the COVID-19 pandemic.

Workshop 2

My Grandmother's Hands: Uncovering and Healing the Wounds of Racial Trauma in Therapeutic Contexts

The book, *My Grandmother's Hands: Racialized Trauma and the Pathways to Mending Our Hearts and Bodies* (Menakem, 2017) will be introduced and explored as a means for understanding and engaging racialized trauma within a clinical, community, or classroom setting. Menakem describes racial trauma as soul wounds and encourages a whole-person (mind, body, spirit) approach to uncovering and healing those wounds. The text focuses on the experiences of Black, White, and Blue (police and first responders) bodies and may provide an opportunity for other groups to share their unique and common experiences.

Utilizing a book group and experiential format, participants will be introduced to an applicable model of psychotherapy and psychoeducational groups that address racial trauma. By gathering around a common theme and source of information, participants will be able to explore experiences of living in a racialized society that has historically avoided addressing racism and racial trauma in systematic and sustained ways.

As a part of this workshop, participants will:

1. Explore the nature of trauma, symptoms of racial trauma, and clinical considerations when discussing traumatic experiences and traumatic growth in groups.
2. Be introduced to the process of working with the Menakem's practical exercises, personal reflections (cognitive and emotional processing) and somatic processing (body work) as pathways to engage racial trauma in various contexts.
3. Be introduced to the use of questionnaires to assess racial microaggressions (Nadal, 2011) and their clinical implications for engaging racial trauma.
4. Be introduced to (The Compassionate Engagement and Action Scales <https://www.compassionatemind.co.uk/uploads/files/the-compassionate-engagement-and-action-scales.pdf>), and other qualitative and quantitative measures of trauma symptoms as means to understand and engage racial trauma in multiple therapeutic contexts.

Rev. Melissa Lemons, PhD.
Assistant Professor
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Workshop 3

A Cost Too Great To Bear: Black Religious, Community, and Public Health Leaders Speak About Systemic Racism in the Midst of COVID19 and Calls for Racial Justice by

Rev. Dr. Melissa Sexton

America is in crisis. The most glaring aspect of that crisis in this present moment is systemic

racism and racial injustice. The impact of this systemic racism is made clear in the differences in infection rate of COVID19 by race coupled with the murder of Ahmaud Arbery, Breonna Taylor, and George Floyd in just the past few weeks. Researchers in public health and the social sciences have long noted the glaring and persistent racial disparities in various social indicators

In this context, what can religion do? As David Williams, a noted social scientist who studies race and health disparities noted, "Religious institutions can deliberately and intentionally spur compassion, engender empathy, and facilitate the political will for sustained action to initiate and maintain social justice." (Williams, 2012). In March 2020, the Reverend Doctor Melissa Sexton, a Satcher Health Policy Fellow at the Satcher Health Leadership Institute at the Morehouse School of Medicine, began an eight-week practicum with the Interfaith Health Program.

Workshop 4

Black and White: Relational Pathways and Inner Pathways to Racial Healing

The workshop presenters, one Black, one white, have been colleagues and friends since 1991, when they were CPE residents at Grady Memorial Hospital in Atlanta. The supportive container of the CPE experience provided them a safe-enough space to explore, out loud and inwardly, the realities of race and racism in their friendship and the world around. For each of them, their relationship with one another has been a place of discomfort, truth, healing, and joy. They have taken the renewed national attention to issues of race and racism as occasion for ongoing reflection and conversation. In May, Bernard shared a paper with Russell called "*I am Ahmaud Arbery.*" In June, Russell wrote a response to Bernard, "*I am Derek Chauvin.*" They are currently keeping a shared journal, ranging from personal experiences, observations on current events, and vignettes from their work as psychotherapists.

This workshop will invite participants to reflect on their own bio-psycho-social-relational-political-spiritual experience of race and racism and to consider relational and clinical opportunities for engaging practices of anti-racism. It rests on the belief that our personal, social, and professional worlds are continuously and inseparably connected.

Learning Objectives:

Participants in this workshop will:

1. Identify relational (and other) experiences that are sources of hope for racial healing and barriers to hope.
2. Practice listening for and identifying unconscious shadow narratives that contribute to overt and covert racist attitudes and behaviors.
3. Explore possibilities of creating a more racially diverse clinical practice as a way to promote racial healing.

The Rev. J. Bernard Kynes, Sr. is a pastoral counselor and Licensed Marriage and Family Psychotherapist in Atlanta, GA. He one of three counselors in private practice with Crossings Counseling Center, Inc. and provides services to individuals, couples, families and therapy groups. He is a clinical member and Convener in ACPE and a clinical member of AAMFT and an Approved Supervisor.

Russell Siler Jones is a pastoral counselor in Asheville, NC, and author of *Spirit in Session: Working with Your Client's Spirituality (and Your Own) in Psychotherapy*. He directs the Residency in Psychotherapy and Spirituality for CareNet/Wake Forest Baptist Health and is developer of ACPE's Spiritually Integrated Psychotherapy Program.