



The Gathering of Spiritually Integrated Practitioners

Workshop Descriptions

Friday October 22, 2021

Engaging Uncomfortable Discoveries: Wisdom-Directed Care for African American Grievors **Presenter: Patricia Williams**

Grief often satisfies the definition of complicated mourning for African Americans. The experiences of pre-existing unreconciled injury, communal trauma regarding death, and generalized suspicion relative to respect for black lives provide a hermeneutic of distrust in grief recovery. Grief care in the African American context, therefore, requires employment of wisdom that uncovers pre-existing injury that complicates the grief and the use of strategic, culturally sensitive techniques. Drawing upon the experiences of African American clinicians, clergy, and seminary professors, this workshop will offer tested techniques and proven strategies for restoration of African Americans from the brokenness of grief. This workshop will focus these strategies using a conceptual framework of wisdom-directed pastoral therapy and provide participants an opportunity to apply the techniques discussed in a simulated case study.

The aim of utilizing the simulated case study is to allow participants to gain experience in applying the following strategies and techniques:

- Uncovering pre-existing injury that complicates grief.
- Sharing narratives of wisdom as a tool in the healing process.
- Engaging culturally specific skills applicable to wisdom-directed grief care.
- Employing spiritual practices, such as prayer, to facilitate wisdom-directed care.
- Utilizing wisdom-directed insights to demonstrate cultural sensitivity during uncomfortable discoveries in the grief care process.

Presenter Biography

Dr. Williams uses wisdom-oriented therapeutic practices to draw out the concerns of clients, dedicating her efforts to marginalized individuals who are shattered, broken, fearful, and hopeless. She is disseminating her current work in these areas through speaking engagements and workshops. A former English Professor with Ph.D. credentials in nineteenth century British literature and descriptive linguistics, Dr. Williams is author of works in the area of pastoral psychotherapy using the trademark, Wisdom Pages.

Religious/Spiritual Implications in Functional Angering

Presenter: Carol McGinnis

As an emotion that is associated with many DSM5 diagnoses, anger has long been considered a target for reduction in counseling. Many times, clients struggle with cultural implications related to religious or spiritual beliefs and anger and can benefit from specific processing of that emotion within an inter-theoretical model.



Counselors who work with angry clients are always looking for new ways to approach this emotion and this interactive presentation will offer specific interventions for that purpose.

Presenter Biography

Carol ZA McGinnis is a Spiritually Integrated Psychotherapist (SIP) and trainer for ACPE, practices as a Licensed Clinical Professional Counselor (LCPC) and Board Certified Telemental Health (BC-TMH), and is listed as a state-approved supervisor in the State of Maryland. She also works full time as Associate Professor and Clinical Mental Health Track Coordinator at Messiah University in their CACREP accredited Graduate Counseling Program. Since the completion of Carol's PhD in Pastoral Counseling, her research interests have consistently focused on religious and spiritual implications of anger and online Xbox video gaming which has led to many conference presentations and publications in the counseling field.

Saturday, October 23, 2021

The CHARIS Model: The Art of Forgiveness in a Group Context

Presenter: Jaye Peabody

Forgiveness is an essential part of a spiritual journey as well as a healing journey. Derived from the Greek word charis, meaning grace, love, and kindness, the CHARIS Model is a uniquely developed psychoeducational group curriculum that addresses spiritual and psychological aspects of interpersonal forgiveness. The CHARIS model includes six steps: Choosing to forgive, Holding the Hurt, Asking introspecting questions, Releasing the hurt to God, Identifying the response, and Serenity. Each session focuses on one step and engages aspects of forgiveness through biblical stories, psychoeducation, therapeutic exercises, and the sharing of personal experiences.

This workshop will present the CHARIS model of forgiveness and will share highlights and insights from a recent pilot study that explored the potential effectiveness of the CHARIS curriculum in the process of interpersonal forgiveness. Through presentation and discussion, workshop participants will also consider frequent barriers to forgiveness, and the way that a group process can provide a sacred community for those seeking psychological and spiritual healing.

Presenter Biography

Jaye Lynn Peabody Smith, MPA, MDIV, MS, LPC is an Associate Pastor at the Redemptive Life Christian Fellowship in Conyers, GA. She is also the President & CEO of The Peabody Practice, LLC. She is a National Certified Counselor, a Licensed Professional Counselor, and a Pastoral Counselor. She earned a Master of Divinity in Pastoral Counseling and a Master of Science in Clinical Mental Health from Mercer University. Jaye provides individual, family, couple and group counseling. She enjoys working with young adults, adults, and the seasoned age demographics.

Broken Gods: Hope, Healing and the Seven Longings of the Human Heart

Presenter: Dr. Greg Popcak

"What I do, I do not understand. For I do not do what I want, but I do what I hate" (Romans 7:15).



It is a question as old as time. Why do we repeat the same mistakes again and again? Why is it that the harder we try, the harder we fail? This dynamic workshop reveals the surprising answers—and more importantly, offers a way out. Drawing from his book, *Broken Gods: Hope, Healing, and the Seven Longings of the Human Heart* (Doubleday/Image), pastoral counselor, author, and radio host, Greg Popcak blends classic spiritual theology with research on neuroplasticity to outline an effective, empirically based, 4 step plan for healing the parts of ourselves we find hardest to love. In this workshop, you'll discover the Seven Divine Longings that rest at the core of every human heart and explore how those longings reveal a blueprint for graceful, loving transformation from the inside out. *Broken Gods* will reveal how we can learn to love ourselves, not despite our flaws, but through them. Whether you are looking for ways to be a more compassionate, effective clinician, or are longing to overcome hurdles in your own life, you'll come away from this workshop with the tools you need to succeed.

Presenter Biography

Dr. Greg Popcak is the director of the Pastoral Solutions Institute, a group, pastoral-behavioral tele-health practice providing spiritually integrated counseling services to clients around the world. He is the author of over 20 popular books and the host of *More2Life Radio*, a call-in advice program airing each weekday (M-F) at 10am E on SiriusXM 130 as well as on over 300 terrestrial radio stations affiliated with the EWTN Radio Network. He is a Board-Certified Diplomate of the American Board of Clinical Social Work, a Fellow of the former American Association of Pastoral Counseling, and an ACPE Certified Spiritually-Integrated Psychotherapy Trainer.

Model Minority or the Chinese Virus?: The Effects of Stereotypes on Asian American Families

Presenter: Sophia Park

In Western society, Asian Americans have long been identified and perceived through the lens of stereotyped labels that are undergirded by white supremacist ideologies. Stereotypes have many purposes, one of which is creating scapegoats to find relief from societal anxiety and fear. During the last two years, these stereotypes have turned deadly as fear and anxiety from an unknown virus and uncontrolled infections directed it's way into villainizing Asian Americans. Asian Americans have been accused of spreading or even causing the disease, now making them objects to be feared and eradicated. In this workshop, we will take closer look at some harmful Asian-American stereotypes and their white supremacist origins and examine how they continue to be perpetuated into US popular culture and absorbed into the collective consciousness of Americans. Unless these stereotypes are shattered, the cultural contributions that Asian Americans bring as bi-cultural and bi-lingual people bring will be ignored, limiting the flourishing of all people.

Presenter Biography

Sophia Park, Th.D., LMFT is an Associate Professor of Pastoral Clinical Mental Health Counseling at Neumann University, Aston, PA. Her research and writings focus on the challenges faced by immigrant families, especially the identity formation of children growing up in multi-cultural contexts. She brings over 15 years of professional experience in marriage and family counseling, psychiatric in-patient units, addiction clinics, hospital chaplaincy, academic teaching, and church ministry.

A Somatic Path to Presence

Presenters: Lori Christine Young and Heather Ruce



Meditation has become the go-to practice of another way to "be" that takes us beyond the confines of the ego. Mindful meditation, a top-down approach, focuses on control of thought with a goal of being less attached to the agenda of the ego. Embodiment and somatic practice are other ways to explore an alternative entry point. Informed by Organic Intelligence, Polyvagal Theory and the Wisdom Work of Cynthia Bourgeault, this workshop will offer a sneak peek into understanding non-egoic states through the experience of a somatic-or bottom up-approach.

Presenter Biographies

Lori Christine Young, LPC, SEP, Spiritual Director is a full-time therapist in private practice who specializes in spirituality, trauma and the nervous system. While her foundation is rooted in the interconnection of therapy, spiritual direction and somatic practices, her true love is in understanding who we are as human beings and what it means to be alive.

Heather Ruce, M.A., Spiritual Director, SEP is a wisdom spiritual director with a background as a therapist and training in neurophysiology-based approach to trauma resolution. She loves working with individuals as well as facilitating groups and retreats focused on learning and practicing the Wisdom Tradition.