



**SOLACE COUNSELING
AND CONSULTING LLC**

THE GO TO PROVIDER FOR CHURCHES
WITH MENTAL HEALTH INITIATIVES!

CHURCH LEADER MENTAL HEALTH RESPONSE TRAINING

STAFF & LEADERSHIP TRAINING



Mental Health Overview

Mental health basic questions answered, common symptoms and disorders.



Crisis & Triage Planning

Identify and triage mental health crises in your ministry. Explore church planning considerations.



Compassionate Response

Explore theological and therapeutic approaches to caring for others struggling with mental health challenges.

Training Led By
Dr. Ca Trice Glenn, LPC, ACS

SeekSolaceNow.com/staff



CHURCH STAFF AND LEADERSHIP TRAINING

This training is designed to support church staff and leaders who directly interact with members, visitors, and the community. This interactive training equips leaders with strategies to respond to persons with mental health challenges.

WHAT TO EXPECT?

- A** Trainings will be informative, interactive, and scenario-based
- B** Topics developed by a pastoral counselor with over a decade of experience leading church counseling centers
- C** Discuss considerations and resources for supporting or launching a counseling ministry

Contact Us :

 (770) 609-5920

 SeekSolaceNow.com/ChurchTraining



CHURCH LEADER MENTAL HEALTH

RESPONSE TRAINING

THE CHURCH AND MENTAL HEALTH

Today, we are challenged yet again to expand our vision to see God's process of healing continually as it relates to mental illness. Just as we would not tell a person with diabetes or hypertension to ignore the warning signs of illness, we should not discourage persons who struggle with thoughts, emotions, or behavioral challenges from seeking God's healing through therapy and treatments. Further, as therapy and treatment are discussed, more must be done by the Church to ensure that persons of African descent get the care they need.

In Matthew 4, we find Jesus traveling throughout Galilee, teaching, and preaching the good news of the Kingdom. As he traveled, many began to recognize that God was with him and that he had God's gift of healing. People from all around began bringing their ill and wounded loved ones to Jesus, and Jesus healed them all regardless of their illness. In doing so, Jesus demonstrated God's love and care for all who would come to God with their needs.

Emmanuel Lartey, in his book *In Living Color*, builds on the axiom that in some ways we are all "like all others, like some others, and like no other." In essence, no human can escape all of the ails that beset humanity. Each of us has our own set of unique gifts and challenges, but the gifts and challenges present in our lives in some respect mirror the gifts and challenges in others. Though we may not share the woes of everyone we encounter, some aspect of ourselves can identify with or be reflected in each person we encounter. Therefore, to hold another in disdain is to hold an aspect of ourselves in disdain, and to judge or discriminate against another is to judge or discriminate against an aspect of ourselves. Though it is hard to conceptualize, we all share aspects of ourselves that are similar to a mentally healthy person and a mentally unhealthy person. We each have the potential to be both caring and hurtful, benevolent, and dangerous, sane and insane.

Individuals who suffer from unmanageable behaviors, thoughts, and emotions experience significant "dis-ease." Having a disease differs from being "unwell." In life, each of us will encounter times when we do not feel well. When sudden transitions happen or chaotic events occur, many of us might experience feeling off-kilter or not well, but this differs from being in a continual state that interferes with the way we function in the world. Dis-ease, which is the debilitating experience of being not at ease in the world, can cause one's life to appear absent of God's presence, particularly if we struggle to see where God is at work in our lives. Instead of calling these struggles 'weakness' or labeling them as 'a lack of faith,' we, as others made in Christ's image, need to begin seeing our encounters with these persons as opportunities to encourage and demonstrate Christ's love. These encounters become opportunities to empower rather than to correct or redirect.

(Excerpt from *The African American Lectionary*, Health Day Compact Unit, Ca Trice Glenn Author)

CHURCH LEADER MENTAL HEALTH

RESPONSE TRAINING

TRAINING

WHAT IS INCLUDED

What is included:	3 – Hour Training	5 – Hour Training
Informative Topics: Disorders, Crisis and Triage, Theological Responses	Included	Included
Group Exercises: Scenario-based group discussions, theological integration	Included	Included
Best Practices: Strategies to engage members and the community	Included	Included
Resource Guide: Regional and State Specific Guides	Included	Included
Handouts: Church will print copies for participants	Electronic file provided	Electronic file provided
Counseling Ministry: Church-specific ministry development discussion	N/A	1 – Hour Best Practices Session
Planning Session: Church-specific mental health response planning session	N/A	1 – Hour Planning Session