

2008 DAY OF HEALING WORKSHOPS

Not approved for CEU

10:45 AM WORKSHOPS

- 1. REDEEMING YOUR EMOTIONS Honeywell Room (main level, west);
Sponsored by Autumn Ridge Rehabilitation Center**
*Dr. Wayne Priest, Licensed Psychologist HSPP, Professor of Psychology,
Huntington University*
Many of us study scripture and understand how we should put particular commands into practice but we get "stuck" when it comes to the actual "doing" of it. Often we feel like Paul did when he said that he desired to do the good but did not do it (Rom. 7:18). Frequently emotions get in the way of our most reasoned intentions. This workshop will help you understand how a person's emotions can be redeemed and used for the good rather than hindering them in their pursuit of godliness. We will differentiate between healthy and unhealthy responses to some basic emotions and discuss how these emotions can be used to advance spiritual growth as well as those you attempt to help.
- 2. PASSIVITY: HOW BEING NICE CAN RUIN YOUR LIFE Board Room
(second floor, west), Sponsored by Angel Food Ministries and Brandt's
Harley Davidson**
Mary Adams, Licensed Mental Health Counselor, Carmel
Sometimes we can be so nice, it's impossible for others to trust us! Our "niceness" becomes a way to hide from conflict and unpleasantness, and we slip into a life of deception that shocks us when we come face-to-face with the reality of its consequences in our relationships and our lives. Learn when speaking up is vital to your health, your reputation and your relationships. Material presented for both those struggling in this area and the counselors who help them.
- 3. WOMEN AND DEPRESSION Skating Rink (lower level, west), Sponsored
by Wabash County Hospital and Eugenia's Restaurant**
*Dr. Robyn Geelhoed, Licensed Psychologist HSPP, Ball State Counseling Center,
Co-Director, Still Waters Professional Counseling*
*Dr. Robin Lett, Licensed Psychologist HSPP, Associate Director of Clinical
Services, Ball State Counseling Center, Co-Director, Still Waters Professional
Counseling*
Depression is a debilitating illness that affects over 19 million Americans per year, and women are twice as likely as men to experience an episode of clinical depression in their lifetime. Using a relational perspective, this interactive presentation will: (a) address the biological, psychosocial, and cultural factors that increase women's risk of depression; (b) present recent research regarding prevention and treatment of depression for women; (c) discuss spiritual issues as they relate to the experience of depression in women.
- 4. HOW TO BE ANGRY WITHOUT BEING DESTRUCTIVE Gymnasium
Stage (first floor, southwest), Sponsored by First Farmers Bank and
Trust**

- **Julie Withrow-Dodson**, *Licensed Clinical Social Worker, Grace Consulting, Indianapolis*

Many of us believe anger is a problem. Anger, in and of itself, is not the issue -- if Jesus can be angry, so can we. It is how we handle our anger that is often inappropriate. Join us in looking at anger to determine if it is truly anger, or some other emotion; and how to effectively process and express genuine anger in ways which are not destructive to ourselves or others. Material presented will help both those who are working through this issue and counselors who are helping others in this area.

5. **#CHOCOLATE-LAYER CAKE FAITH AND THE FRIENDSHIP THAT OFFER IT – FOR WOMEN ONLY Dressing Room 4 (lower level, southeast), Sponsored by *Tree of Life Bookstore***

Stacey Ruberg, *Licensed Mental Health Counselor, Wabash Friends Counseling Center*

Part cooking demonstration and part inspiration. This workshop will help you develop comfort and confidence in your own faith. And give some practical ideas on how to lend your faith to nurture your friendships. Plus, a tasty treat to sample and a take-home recipe.

6. **MAKING CONNECTIONS: SPEAKING SO PEOPLE WILL LISTEN. Second Floor South Lobby, Sponsored by *Mosier Tarps***

Dr. G. Lee Griffith, *Licensed Psychologist HSP, Professor of Psychology, Anderson University*

In this workshop participants will practice with a partner communication skills like: responding to anger, saying "No", identifying feelings, and clarifying mixed messages. Skills will be modeled by a group of trainers, who will then assist partners to work on specific skills in small groups. Situations practiced will be realistic and fun. Individuals, friends and couples are all welcome. Counselors will also gain empathetic attunement skills.

7. **EATING DISORDERS: THE COUNSELOR AND CLIENT'S JOURNEY FROM DARKNESS TO FREEDOM Green Room (main level, southeast), Sponsored by *Indiana Tech***

Misty Rees, *Certified Eating Disorder Specialist, Program Director, Selah House: Eating Disorder Treatment Center, Anderson*

This presentation focuses on how the counselor/client relationship can be a positive instrument of healing for people who are experiencing an eating disorder.

8. **#FINANCIAL PEACE: HOW TO STRETCH YOUR DOLLAR DURING THE ECONOMIC CRISIS. Lobby Area Outside of Nixon Room and the Skating Rink (lower level, west), Sponsored by *Honeywell Golf Course and Knights Inn***

Aaron Makin, *Process Engineer, Avery Dennison, Ft. Wayne*

This information-packed session will equip you with tools and tips to wisely manage your money during these tough financial times so you remain financially stable. Developed from materials written by Dave Ramsey and Crown Financial Ministries, this biblically based information is supported by years of research and will teach you how God's money works in today's world. Among the topics discussed will be: how to negotiate everything (from cars to appliances), how to

make a budget that actually works (tell your money what to do instead of it telling you what to do), how to talk with your spouse about money (without fighting!), how to get out of debt fast and stay out of debt (using the Debt Snowball!), how to choose the right insurance for you (not the right insurance for the salesperson), how to save for retirement and college (making friends with Uncle Sam), and last but not least, how to give to charity (to help those less fortunate). By the end of the class, we will have outlined each of these principals and the estimated potential savings be well over \$1,000.

9. **CAN YOU BE ANXIOUS FOR NOTHING? Dressing Room 2 (lower level, southeast), Sponsored by Shelley G. Jones, Author, Speaker Sally Kennedy, Licensed Mental Health Counselor, Meridian Psychological Associates, Indianapolis**

Anxiety is usually discussed in the context of mental health issues, uncomfortable feelings, and as something to eliminate. But can we really live without it? In this workshop we will discuss the implications of anxiety from health, to illness, to wholeness.

10. **OBSESSIVE COMPULSIVE DISORDERS: THE BRILLIANT MIND THAT NEVER STOPS - Dressing Room 3 (lower level, southeast), Sponsored by Grace Graduate Department of Counseling and Interpersonal Relations**

Amy Aldrich, Counselor, Family Care Center, Ft. Wayne

Does your mind ever freeze on certain thoughts or behaviors that you can't seem to break free from despite many efforts? Do you feel driven to keep thinking or doing them even knowing they are irrational? Come find hope and freedom to experience the fullness of life by unleashing the true brilliance of your mind and break the never-ending cycle! Material presented for both those struggling in this area and the counselors who help people with these issues.

STRONG MARRIAGE TRACK

11. **MARRIAGE: FROM ANGER TO INTIMACY Haist Room (main level, west), Sponsored by Uptown Style Salon**
Dr. Joe Graham, Licensed Psychologist, HSPP, Director of Counseling Services, Warsaw Community Church

This workshop will focus on the predictable pattern that couples go through in conflict resolution that leads to frustration and anger. You will leave with practical ideas of how to utilize gender, personality strengths, and healthy conflict resolution skills to increase opportunities for intimacy in a marriage.

SMART PARENTING TRACK

12. **#HELP! I'M THE PARENT OF ADULT CHILDREN Nixon Room (lower level, west), Sponsored by St. Joseph Behavioral Health and Remedy.fm Char Binkley, Mid-Morning Host, WBCL Radio, Ft. Wayne**

Why doesn't my daughter take my grandchildren to church? Should I loan my son more money? Why don't my kids call me every day? Where's my Mother's Day card? Hear Ye! Hear Ye! It is possible to live happily ever after with adult children. Counselors will also learn skills in helping clients struggling with adult children.

13. OPPOSITIONAL AND DEFIANT YOUTH: AKA, THE PRODIGALS

Dressing Room 1 (lower level, southeast), Sponsored by *Brandt's Harley-Davidson*

Dr. Gregory Sowles, Neuropsychologist, HSPP, LMHC, Clinical Director, Cornerstone Vision Counseling Center, Ft. Wayne

Oppositionality! and Defiance!, often referred to as “prodigal” behaviors. Who are they really, these individuals who are seemingly born rebellious and bent on harming themselves or others, often shattering our hopes and dreams for them? This workshop will focus on helping those who cross paths with them or who find they are sharing life with one on a ‘prodigal path’. Though the typical approaches seem lost on them, we will discover valuable insights and strategies to help us travel along more peacefully with them.

EMOTIONAL INTELLIGENCE LEADERSHIP TRACK

14. MAXIMIZING EMOTIONAL INTELLIGENCE Eugenia's Restaurant (main floor, north); Sponsored by *Pathfinders Service*

Dr. Tim Gardner, Licensed Mental Health Counselor, CEO of Marriage Ministries, Indianapolis

Research has overwhelmingly demonstrated that the key to personal, professional, and counseling success is not I.Q. or personality (two things that are constant), but it is E.I.: your Emotional Intelligence (something that you can intentionally improve). This lively seminar provides an in depth introduction to the world of emotional intelligence, and answers the questions: What is E.I.? What are the benefits of increasing my E.I.? And how can I improve this vital, God-designed competence in my own life?

MENTAL HEALTH WORKERS' TRACK

15. BIRTH ORDER: WHY YOU ARE THE WAY YOU ARE Ford Theater, Sponsored by *Wells Fargo Bank*

Dr. Kevin Leman

Learn how birth order powerfully influences the kind of person a client becomes, their relationships, their occupational choice, and what kind of parent they'll be. Learn to appreciate the strengths of different birth orders. Discover how to help clients overcome the weaknesses that are unique to each birth order and for them to enjoy and benefit from their own uniqueness. Learn which birth orders make the best marriages and how people can find the right partner? Recognize and understand the differences between siblings raised in the same home. Learn how to teach parenting strategies for each child's birth order.

CHURCH LEADERS' TRACK

16. COMPASSION FATIGUE: FILLING BACK UP WHAT HAS BEEN GIVEN AWAY. Crystal Room, (lower level, west), Sponsored by *Beacon Credit Union*

Leann Martens, Licensed Mental Health Counselor, The Aldersgate Center, Indiana Wesleyan University, Marion; Wabash Friends Counseling Center
Sandi Duecker, Licensed Mental Health Counselor, Sexual Abuse Treatment Coordinator/Therapist, Family Service Society, Inc., Marion

Compassion fatigue affects professionals as well as others in ministry. This workshop will focus on presenting practical, experiential tools to assist helpers in

coping with the ongoing physical, emotional, spiritual "drain" that inevitably results from giving to others in need.

1:45 PM WORKSHOPS

17. **OVERCOMING THE EFFECTS OF YOUR PAST** **Gymnasium Stage**
(main level, west), Sponsored by *Community Connections*
Dr. G. Lee Griffith, Licensed Psychologist HSPP, Professor of Psychology, Anderson University
Past damage in our relationships can strongly influence our current lives. This workshop will review a variety of strategies that have been shown to help people overcome this kind of damage. Participants will be asked to privately respond to the material presented. Information for both counselors and those seeking help.

18. **#LIVING AT PEACE WITH THE DIFFICULT PEOPLE IN YOUR LIFE.**
Nixon Room (lower level, west), Sponsored by Crossroads Bank
Char Binkley, Mid-Morning Host, WBCL Radio, Ft. Wayne
Difficult people can be found everywhere – at the office, in the church, and even in your own family. It is possible to live as a loving person while simultaneously dealing with their difficult nature. This is applicable for counselors as they help clients in conflict resolution skills.

19. **FORGIVING YOURSELF: UNDERSTANDING AND OVERCOMING GUILT** **Dressing Room 1 (lower level, southeast), Sponsored by Halderman Real Estate and Farm Management**
Dr. Joe Graham, Licensed Psychologist, HSPP, Director of Counseling Services, Warsaw Community Church
If you want to be released from the powerful grip that guilt holds on you or understand how to deal with people that try to make you feel guilty, then this workshop is for you. In this workshop you will learn about the different types of guilt and how they work as useful psychological tools to help us to cope with life's relationship and personal difficulties. A practical and commonsense pathway to freedom from guilt will be provided for both those struggling in this area and the counselors who help people with these issues.

20. **MAKING FRIENDS WITH FOOD: WEIGHT LOSS AS A LIFESTYLE**
Dressing Room 4, Sponsored by Indiana Farm Bureau Insurance
Sally Kennedy, Licensed Mental Health Counselor, Meridian Psychological Associates, Indianapolis
Weight loss is a multimillion dollar industry, but are we getting any thinner as a culture? In this workshop we will explore the ideas that keep us focused on fighting the battle, but losing to the bulge.

21. **BIPOLAR DISORDER: LIVING IN THE EXTREMES – Skating Rink**
(lower level, west) Sponsored by *True Value Hardware, Just Ask Rental*
Dr. Timothy Heck, Licensed Marriage and Family Therapist, Founder/Clinical Director, Family Counseling Associates, Indianapolis

Formerly referred to as Manic-Depression, Bipolar Disorder is quite common. You will be given a basic overview of the condition and treatment alternatives, including individual, marital, family and pharmacological interventions.

22. **#GRACE-FULL GRIEVING Honeywell Room (main level, west), Sponsored by *Resource Connection***
Sharon Cecil, Assistant Cataloger for Jackson Library, Indiana Wesleyan University;
Dr Jerry Woodbridge, Assistant Director for MED Online and Assistant Professor of Education, Indiana Wesleyan University;
Christine Curlless, Community Networking Representative for the Center for Life Calling and Leadership, Indiana Wesleyan University;
Vicki Rudicel, Accounting Assistant to the Controller, Indiana Wesleyan University;
Shelley Desper, Light House Mission.

Grace - a favor shown in granting a delay or temporary immunity. We all need God's grace every day, but when your world is turned upside down by the loss of a loved one or family member, you need "temporary immunity" from the whole world. You need "Jesus with skin on". When you are in the midst of overwhelming grief, finding other Christians who are or have been in a similar situation can help. You will hear each of these ladies' loss experiences and testimonies of how they found God's grace in new friendships with people who understood what they were going through and granted them "temporary immunity". Material presented for both those struggling in this area and the counselors who help people with these issues.

23. **GROWING UP IN SPITE OF YOUR PARENTS Dressing Room 3 (lower level, southeast), Sponsored by *Indiana Wesleyan University LEAP Program***
Julie Withrow-Dodson, Licensed Clinical Social Worker, Grace Consulting, Indianapolis

Blaming others never helps us, since the blame takes away our own power to change. However, recognizing the current contribution of past dysfunction, enables us to make the most effective changes in our thoughts, attitudes, and behaviors. We are each impacted by the environments in which we were raised, especially by our parent's neediness, distance, depression, etc. Come learn how the environment created by your parents may be affecting you today, and what you can do about it. Information for both counselors and those seeking help.

24. **ASSERTIVENESS: THE HEALTHY GROUND BETWEEN ANGER AND PASSIVITY Dressing Room 2 (lower level, southeast), Sponsored by *Huntington University Excel Program for Adults***
Dr. Wayne Priest, Licensed Psychologist HSPP, Professor of Psychology, Huntington University

Do you struggle with anger and wonder if you'll ever be able to deal with it in a constructive manner? Or do you retreat inside yourself when someone confronts you and have no outward response to this confrontation? This workshop will define assertiveness, discuss how to be assertive, and examine the limits of assertiveness, including when one should and should not use it.

25. **CHANGE YOUR BRAIN AND CHANGE YOUR LIFE** Green Room (main level, southeast), Sponsored by *Fowler Family Dentistry*
Dr. Gregory Sowles, Neuropsychologist, HSPP, LMHC, Clinical Director, Cornerstone Vision Counseling Center, Ft. Wayne

The complexity of humanity keeps unfolding as the sciences discover what God packed into each creation. Understanding how your brain works and how to best take care of it will change your life. If you need to change your brain to change your life then join others on this adventure into understanding and thriving! Material presented for both those struggling in this area and the counselors who help people with these issues.

26. **CHRIST-CENTERED SELF-ESTEEM** Crystal Room (lower level, west), Sponsored by *Kirtlan Automotive Repair*

Charles Gerber, Director of Christian Counseling Services, Muncie

Discover the four things that most people build their esteem on. Learn about the ten major reasons for low self-esteem. Develop practical concepts and skills for building self-esteem in yourself and others.

27. **MAKING PEACE WITH MOM** Lobby Area Outside of Nixon Room and the Skating Rink (lower level, west), Sponsored by *Windows of Opportunity for Women*

Mary Adams, Licensed Mental Health Counselor, Carmel

From before the moment you drew breath, she was impacting your life. Discover what moms are meant to give to us, how her unique parenting style influences our personality, and how we grow beyond our mom's human limitations.

STRONG MARRIAGE TRACK

28. **THE FIVE KEYS TO AN INCREDIBLE MARRIAGE** Haist Room (main level, west), Sponsored by *Marriage Ministries, Inc.*

Dr. Tim Gardner, Licensed Mental Health Counselor, CEO of Marriage Ministries, Indianapolis

An incredible marriage is exactly what God wants you to have; and getting there is a matter of choice! This seminar is a lively, entertaining and challenging presentation of the keys to a truly great marriage. The Five Keys are Biblically-based, research driven, and relationally effective truths presented in a way you will never forget them, guaranteed!

SMART PARENTING TRACK

29. **COMMUNICATING WITH KIDS, EVEN WHEN IT IS TOUGH** Second Floor South Lobby, Sponsored by *Huntington University MA in Counseling*

Catherine Jantzen, Licensed Mental Health Counselor, Family Care Center, Ft. Wayne

Sometimes parenting presents challenges in the area of parent/child relationships. This is especially true when the child is expressing intense emotion or acting aggressively, and it takes all your strength to simply parent effectively. How do you parent in these situations while at the same time inviting a child into a deeper connection with you? Learn how to build a closeness with your children and how to invite them into relationship without appearing forceful and how to help others do so also.

Material will address both those struggling in this area and the counselors who desire to help them.

EMOTIONAL INTELLIGENCE LEADERSHIP TRACK

- 30. #SMART EMOTIONS: BUILDING RESILIENCE FOR HIGH PERFORMING LEADERS AND ORGANIZATIONS** Eugenia's (main level, north), Sponsored by *The Original Limu Company, Terry and Edna Bassett*

Byron Stock, Executive Leadership Consultant, Byron Stock and Associates, Michigan

Byron Stock, a "recovering engineer" has been teaching applied Emotional Intelligence skill building to people in business and government for the past 12 years. Byron will share brain and heart physiological research that explains why negative emotions keep us from thinking clearly, hamper our performance, and strain our relationships. Using a fingertip sensor and proprietary software, Byron will demonstrate how a volunteer's heart rhythms respond to both positive and negative emotions in real-time. Best of all, he will explain how you can transform negative emotions into positive productive emotions and behavior through the use of a very simple, scientifically proven technique. If you want to see practical applications of Emotional Intelligence skills (and measured results data from organizations like yours) join us for this fascinating and enlightening session. Applicable for counselors who work with clients overwhelmed with emotions.

MENTAL HEALTH WORKERS' TRACK

- 31. EVIDENCE BASED PRACTICES for the TREATMENT OF ANXIETY DISORDERS.** Board Room (second floor, west), Sponsored by *Indiana Wesleyan University Graduate Counseling Program*

Dr. Jerry Davis, Licensed Mental Health Counselor, Director, Graduate Counseling Program, Huntington University

This workshop will focus on the Evidenced Based Practice (EBP) movement and the application of EBP's for the treatment of anxiety disorders. Strengths and limitations of EBP's will be discussed as well as an overview of the anxiety disorders and how counselors can use EBP's for the effective treatment of anxiety.

CHURCH LEADERS' TRACK

- 32. THE DECEPTION OF PERFECTION** Ford Theater, Sponsored by *Focus on the Family*

Dr. Kevin Leman

Matthew 5:48 "Be perfect as your Father in heaven is perfect." Learn the difference between perfectionists and pursuers of excellence. Discover how to flaunt your imperfections and practice forgiveness as a leader. Counselors can apply these principles with clients struggling with perfection and obsessive-compulsive symptoms.

Not available for CEUs