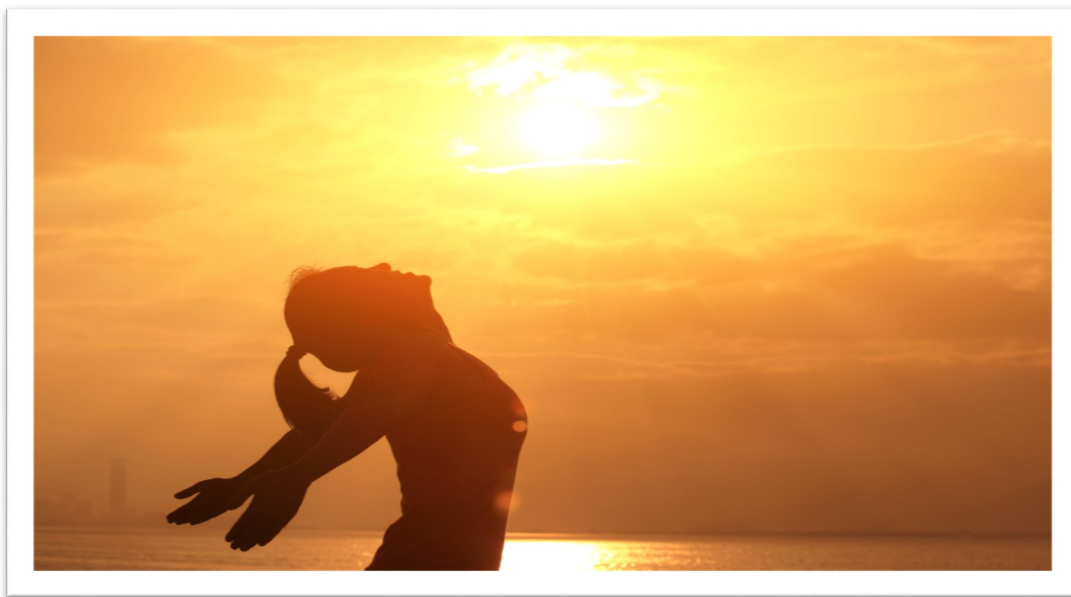


SPRING 2016

Crossing Paths

Perspectives of Troy Christian Counseling Centers

BECOMING AN EMOTIONALLY HEALTHY CHURCH



How Mental Health Awareness Can Facilitate Spiritual Growth



*PERSPECTIVES OF TROY CHRISTIAN
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Upcoming Pastoral Care Seminars

Free, ongoing educational seminars led by Christian psychologists addressing common mental health problems in the church.

April 7, 2016 - **Stopping the Pain: Helping the Suicidal Person Find Healing**

June 2, 2016 - **Entering the Valley: Counseling the Traumatized and Bereaved**

August 4, 2016 - **Compassion Fatigue: Recognizing and Refilling the Caring Soul**

Fall 2016 - **ANNUAL PASTORS' OPEN HOUSE**

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National Mental Health Awareness Month

May is *National Mental Health Awareness Month*. It is the perfect time to hold mental health seminars and workshops to promote emotional and spiritual wellbeing. Perspectives has qualified Christian therapists available to speak to your congregation or small groups about a variety of emotional wellness topics including:

- ◇ DEPRESSION
- ◇ ANXIETY
- ◇ HEALTHY MARRIAGES
- ◇ WOMEN'S OR MEN'S ISSUES
- ◇ PARENTING
- ◇ EMOTIONS AND SPIRITUALITY
- ◇ GRIEF AND TRAUMA
- ◇ LEADERSHIP

Call today to schedule an event!!

(248) 244-8644

Becoming an Emotionally Healthy Church

By LaTanya Carter, PhD, LP
Director of Pastoral Care Services

Being “emotionally healthy” is not something we think much about, especially as a church. However, according to Peter Scazzero, author of *The Emotionally Healthy Church*, to overlook the emotional health of the church is to undermine its spiritual health as well.

Being *emotionally healthy* means recognizing and coping with emotions effectively. God created us as emotional beings; thus, we must understand ourselves holistically which means understanding our emotions. Also, emotions are the key to healthy relationships, even our relationship with God. We need to be aware of our emotions and how they affect us if we are to succeed in relationships.

SEVEN STRATEGIES FOR BECOMING AN EMOTIONALLY HEALTHY CHURCH

1. *Develop Emotional Awareness.*

As a church body it is key to know what members and leaders are feeling and why they feel that way, especially if negative feelings are present. Holding process improvement groups can facilitate emotional awareness in ministry and promote unity.

“It is not possible for a Christian to be spiritually mature while remaining emotionally immature.”

~ Peter Scazzero

The Emotionally Healthy Church

2. *Break Free from the Past.*

Everyone has a past and everyone’s past affects our present and future, both positively and negatively. Organizing mental health workshops focused on forgiving pains of the past and moving forward could improve the emotional wellness of the congregation as a whole.

3. *Embrace Our Weaknesses.*

It is important to create a safe environment in the church where people can be open about their weaknesses, and receive support and assistance with change as necessary. Emotional wellness groups can facilitate this process.

4. *Recognize Our Limitations.*

Setting boundaries and operating in our strengths is key to minimizing leader and volunteer burnout and maximizing participation. Hosting a workshop on self-care for leaders and volunteers can also be effective in promoting emotional health.

5. *Allow Time to Grieve.*

When a church loses a pastor or leader or when membership declines, there is a grieving

process the church body needs to go through. We can facilitate this process through small groups where individuals can safely express their feelings.

6. *Love Well.*

An emotionally healthy church loves well. Its members love each other as themselves. This can only be achieved when members are aware of their own emotions as well as the emotions of their fellow members.

7. *Live with Intentionality.*

Being emotionally healthy needs to be an intentional decision. Strategically organizing mental health workshops into ministry can ensure that our churches will continue to grow spiritually and emotionally.

Spring is the perfect time to introduce emotionally healthy living to the church body. It is the time for new life, new beginnings, and new perspectives!

Call Perspectives to discuss how one of our qualified Christian mental health professionals can tailor emotional wellness seminars specifically to the needs of your congregations.



**PERSPECTIVES OF TROY
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Two locations. One great resource.

888 W. Big Beaver, Ste 1450
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248-244-8644

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Helping You Help Others

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DID YOU KNOW?

To better serve you, we have expanded our education and training services dedicated to integrating Biblical and psychological principles.

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