

FALL 2015

Pastoral
Open House

THURSDAY
October 15,
2015

9:00 am-12:00 pm

*Perspectives of
Troy*
888 W. Big Beaver
Suite 1450
Troy, MI 48084

Crossing Paths

Perspectives of Troy Christian Counseling Centers

OF A SOUND MIND:

Equipping Church Leaders to
Identify & Manage Mental Illness
in the Church

Thursday, October 15, 2015

9:00 am—12:00 pm

Perspectives of Troy

KEYNOTE SPEAKERS

LaTanya Carter, PhD, LP
Harry Broomfield, PhD, LPC

Free Seminar!
Full Breakfast Served!

Call today to reserve your seat.

248-244-8644

Pastoral staff invited.

Check out our website at perspectivesoftroy.com

SAVE
THE
DATE



New Perspectives for Pastors: Commentaries on Mental Health in the Church

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

Upcoming Seminars:

December 3, 2015—**Why Don't I Like You? A Discussion of Personality Disorders**

February 4, 2016—**Believe It or Not: Psychosis is More Common Than You Think**

April 7, 2016—**Stopping the Pain: Recognizing the Suicidal Person**

*ALL SEMINARS ARE THURSDAYS, 9:00 AM–10:30 AM AT PERSPECTIVES OF TROY.
SEATING IS LIMITED. PLEASE CALL TO RESERVE YOUR COMPLIMENTARY SEAT.*

ANNOUNCING...

The Perspectives for Pastoral Care and Education Initiative

We have expanded education and training services dedicated to integrating Biblical and psychological principles to provide:

*Psychoeducational seminars and workshops
Confidential individual, couples and family counseling
Psychological assessments for missionary agencies
Emergency consultations
Critical Incident Stress Debriefing
And more...*

FIND OUT MORE AT THE PASTORAL OPEN HOUSE

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Of A Sound Mind PAGE 3

*For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.
~ 2 Timothy 1:7 ~*

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

As a Christian psychologist, this is one of my favorite verses to share with clients. Usually it's with those clients who are anxious and need that reassurance that the fear that is in them is not what the Lord desires for them.

To be honest, I've recited this verse to myself more than once. Working in the mental health field can be quite overwhelming at times...

What issues will my client bring into my office today? Am I equipped to help them? What if I don't know how to help them – who will help me?

These questions of uncertainty are only silenced by the reassurance that I am the Lord's vessel, filled with His Spirit and not of fear.

I would imagine as a church leader you have had more than one of these questions go through your mind as well. Shepherding hundreds, even thousands, of sheep is enough to evoke feelings of fear and questions of uncertainty. This feeling of trepidation may only be heightened when someone from my office walks into yours...

What type of mental health problem is this? Am I equipped to help this person? Who will help me?

Six out of 10 pastors have counseled someone who was eventually diagnosed with a serious

6 out of 10 pastors have counseled someone who was eventually diagnosed with a severe mental illness.

mental illness. If you haven't already asked yourself these questions, then you will likely do so soon.

Let me give you the same reassurance I give my clients (and myself): the Lord has not given you a spirit fear. Even when facing mental health issues in your church, you don't need to feel afraid. The Lord has already given you: Power, Love and a Sound Mind.

POWER

You can help those with mental health issues utilize the healing power of the Holy Spirit. Prayer and studying the Word of God can help people cope with a variety of emotional problems. Your role as spiritual guides is invaluable for the psychological wellbeing of those with mental health issues.

A recent study found that meditating on Scripture about God's love significantly reduced symptoms of anxiety.

LOVE

Jesus said the world would know that we are His disciples by the love that we show one to another (John 13:35). This truth is particularly salient for those with mental health issues. The stigma associated with mental health issues can create

debilitating feelings of shame and isolation. Showing these individuals the love of Christ can help them feel less stigmatized and more accepted by those around them.

A SOUND MIND

A sound mind is logical and deliberate but also knowledgeable. It is prepared to handle a variety of circumstances but also knows when to seek assistance. Some of you may already be of sound mind concerning mental health matters and how to manage them in your church. For those of you who need assistance in this area, fear not, *Perspectives* is here to help. At our Pastoral Open House, we will equip you with information and resources for meeting the mental health needs of your congregation.

OF A SOUND MIND

Equipping Church Leaders to Identify and Manage Mental Illness in the Church

**Thursday, October 15, 2015
9:00 am - 12:00 pm**

Managing mental health issues can be an overwhelming and sometimes intimidating task. As Christians, we have reassurance from God's Word that we have what we need to overcome uncertainties and press forward in our service. Be assured that you can turn to *Perspectives* for assistance with meeting the mental health needs of your membership.

Call today to reserve your seat

248-244-8644

Pastoral staff invited

**PERSPECTIVES OF TROY
CHRISTIAN COUNSELING CENTERS**

Two locations. One great resource.

888 W. Big Beaver, Ste 1450
Troy, MI 48084
248-244-8644

4151 17 Mile Rd., Ste D
Sterling Heights, MI 48310
586-268-6712



Helping You Help Others

Check out our website at perspectivesoftroy.com

DO YOU KNOW?

A recent Lifeway Research study asked pastors and members how mental health issues are managed in the church. The results indicate pastors encounter mental health issues often. How are those issues being managed? The results may surprise you:

- 59% of pastors have counseled someone who was eventually diagnosed with a severe mental illness.
- 27% of churches have a plan for assisting families affected by mental health issues.
- 14% of churches have a skilled mental health counselor on staff or train leaders to recognize mental health issues.
- 68% of churches have a referral list for mental health services but only 28% of families are aware the church has those resources.
- 65% of family members of those with mental health issues want the church to talk more openly about mental health issues.

Attending the **2015 Pastoral Open House** will equip you with more great information to help you better understand, address and intervene in this challenging area of ministry.

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