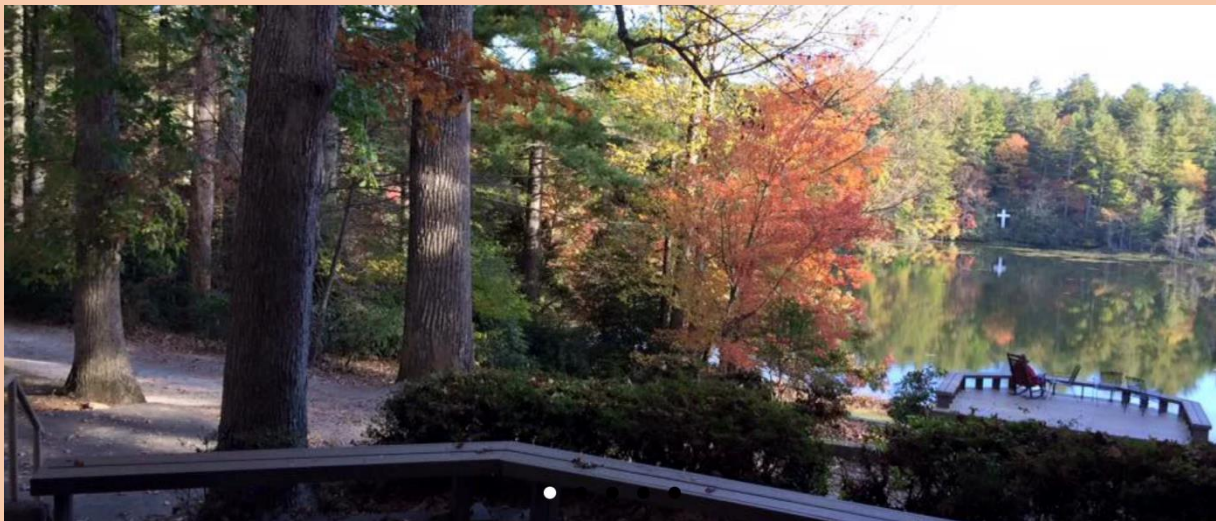


AAPC SOUTHEAST REGION Annual Conference

October 19-21, 2018

**Kanuga Conference Center
Hendersonville, North Carolina**



Learning, networking, and renewal in the mountains of Western North Carolina.

We extend a warm AAPC SE welcome to ALL mental health professionals, ministers, students, and others interested in the intersection of psychotherapy, spirituality, and theology.

Attendees can **earn 14.5 CE HOURS** of NBCC-, AAMFT-, and ASWB-approved continuing education, including **3 Ethics** credits.

**See Below for Information about Conference Program,
Registration, & Lodging**

Visit <https://www.AAPCSE.org> to Register!

Plenary Speaker

Kenneth Pargament, PhD

author of *Spiritually Integrated Psychotherapy; Understanding and Addressing the Sacred*

The greatest problems in living - trauma, death, illness, depression and anxiety, family breakdown - shake people spiritually as well as psychologically, socially, and physically. In recent years, a growing body of research has shown that spiritual struggles have powerful implications for health and well-being. Spiritual struggles are forks in the road that can lead to growth in one direction or decline in the other. Drawing on advances in research and practice, we will consider how to address spiritual struggles in psychotherapy; specifically, how to understand and assess spiritual struggles, and how to help people move through periods of spiritual struggle to achieve greater wholeness. We will focus in particular on the special roles sacred moments, acceptance, love, and forgiveness play in facilitating spiritual transformation in times of struggle.

Dr. Pargament's presentations will follow this order:

- Shaken to the Core: Spiritual Struggles along the Pathway to Growth
- Cultivating Sacred Moments in Psychotherapy
- Bringing Acceptance, Love, and Forgiveness into Psychotherapy



Kenneth Pargament, PhD is Professor of Psychology at Bowling Green State University, where he has been on the faculty since 1979. He has published extensively on the vital role of religion and spirituality in coping with stress and trauma including his role as Editor-in-Chief for the APA Handbook of Psychology, Religion, and Spirituality (Vols. 1 and 2), APA Press, 2013. Dr. Pargament has been a leading figure in the effort to bring a balanced view of religion and spirituality to the attention of scientists and professionals. He is a recipient of the William James Award for excellence in research in the psychology of religion, the Virginia Staudt Sexton Mentoring Award for guiding and encouraging others in the field, and the Oskar Pfister Award for his research and practice in religion and mental health. Dr. Pargament is a practicing clinical psychologist who has worked with people from diverse spiritual backgrounds. In 2011-2012, he served as Distinguished Scholar in Residence at the Institute for Spirituality and Health of the Texas Medical Center in Houston.

Dr. Pargament will be speaking Friday October 19, 7-9 pm and Saturday October 20, 9 am – 12 pm and 7 – 9 pm

SCHEDULE OF WORKSHOPS

Friday, October 19, 2018 (1:00-2:30 pm)

- Theological Reflection 101: God Image & Mental Health
- Work of the Soul: An Ethical Process for Helping Clients with Work, Vocation, and Career
- What About Uncle Bob? When Discussions in the Therapy Room Relate to Political Discussions at Home
- Spirituality, Religion, Theology, and Faith: Do we know the difference, does it make a difference, and to whom?

Friday, October, 19, 2018 (2:45-4:45 pm)

- Current Trends In Pastoral Counseling, Part 1

Saturday, October 20, 2018 (1:15-2:15 pm)

- Current Trends In Pastoral Counseling, Part 2

Saturday, October 20, 2018 (3:30-5:00 pm)

- After Lolly and Josh Weed: Coming Out of the Closet on Mixed Orientation Marriages
- Surviving Conversion Therapy
- Teaching Spiritually-Integrative Psychotherapy

Sunday, October 21, 2018 (9:00-10:30 am)

- Intimate Justice: Exploring Narratives of Patriarchal Power, Female Sexuality and Messages in the Church
- An Intimate Journey Toward Self-Forgiveness
- Supervision as Improv: Engaging Unconscious Embodied Expression
- Is Spirituality about Avoidance? Spiritual Bypass and its Relationship to Authentic Spiritual Experience

WORKSHOP Descriptions and Presenters (ALPHABETICALLY)

After Lolly and Josh Weed: Coming Out of the Closet on Mixed Orientation Marriages

Josh and Lolly Weed, parents of four daughters and members of the Church of Jesus Christ of Latter Day Saints, “came out” a few years ago about the status of their marriage as being one of “mixed orientation”. Josh identifies as having same sex attraction while Lolly does not. They asserted their commitment to stay married because of, among other things, their religious beliefs. Four years later they announced that they are ending their marriage and made an apology to the LGBTQ community. What can we learn from Josh and Lolly? How does a therapist provide space for a mixed orientation marriage in whatever way the couple is choosing to navigate their relationship? What presenting issues and needs are particular to these couples? What role does spirituality and spiritual development play in this process? This session will explore this delicate and complex topic, the coming out process for these couples, and specific interventions for this work. Participant discussion and involvement will be encouraged.

Emily Stone, Ph.D., LMFT is currently an Assistant Professor in Marriage & Family Therapy at Pfeiffer University's Graduate School in Charlotte, North Carolina and is an AAMFT Approved Supervisor.

Daniel Stillwell, Ph.D., LMFT is currently an Assistant Professor in Marriage & Family Therapy at Pfeiffer University's Graduate School in Raleigh, North Carolina. He is a Clinical Fellow of AAMFT and an AAMFT Approved Supervisor candidate.

Sarah Causey, MA is a recent graduate of Pfeiffer University (Charlotte) with a Master of Arts in Marriage and Family Therapy.

JoAnn Mullinix, BA is a current student at Pfeiffer University (Charlotte) pursuing a Master of Arts in Marriage and Family Therapy.

A Journey Toward Self-Forgiveness

In this workshop, I want to explore with you a pathway to self-forgiveness. I contend that self-forgiveness is an active process. Learning to forgive ourselves is a rarely discuss process, both in clinical and in non-clinical environments—as in the church, for instance. Self-forgiveness is an arduous process that requires an open and honest search of one’s heart. It requires coming to terms with our challenging life experiences, especially challenging relationships with primary individuals from our family of origin. This challenge continues as we develop our own families and other relationships in adulthood.

J. Bernard Kynes Sr., M.Div., LMFT is an Ordained Elder in the Christian Methodist Episcopal Church. Bernard is an Approved Supervisor for the American Association for Marriage and Family Therapy, Clinical Member for the Atlanta Group Psychotherapy Society, and Fellow for the American Association of Pastoral Counselors.

Current Trends in Pastoral Counseling

Bernard Kynes and Kathryn Summers will provide new information regarding the field of Pastoral Counseling. This workshop will be an opportunity to hear from leaders within the field of Pastoral Counseling about the identity and direction of the vocation. The leaders will provide an opportunity for conversation about developments in the American Association of Pastoral Counseling, a professional organization which has provided certification to Pastoral Counselors across the country. Consideration will be given to counselor professional identity and practice, as well as to the future of this professional association.

Kathryn Summers is in private practice in Durham, North Carolina. She has a certificate from the Carolina Institute for Clinical Pastoral Training and is certified by the state of North Carolina as a Fee-Based Practicing Pastoral Counselor. She is Chair for the Southeast Region and is the Vice-Chair for the North Carolina Association of Pastoral Counselors.

J. Bernard Kynes Sr., M.Div., LMFT is an Ordained Elder in the Christian Methodist Episcopal Church. Bernard is an Approved Supervisor for the American Association for Marriage and Family Therapy, Clinical Member for the Atlanta Group Psychotherapy Society, and Fellow for the American Association of Pastoral Counselors.

Intimate Justice: Exploring Narratives of Patriarchal Power, Female Sexuality and Messages in the Church

There is a hidden and not so hidden curriculum throughout spiritual formation in the church, particularly the Evangelical church, that teaches both males and females about power, gender, and expectations for sex. What are some of these messages? How are they the same and different from societal messages? How do these lessons in power, gender, and sex influence males, females, and relationships over time? A panel of individuals who have grown up in the Evangelical church and who are now marriage and family therapists, some with specific training in ministry and/or spirituality, will discuss their own experiences as well as the lessons they have both learned and are trying to unlearn in adulthood. Audience participation will be encouraged at various points.

Susan Perkins, Ph.D., LMFT, LPC is currently an Associate Professor and Clinical Director in Marriage & Family Therapy at Pfeiffer University's Graduate School in Raleigh, North Carolina and is an AAMFT Approved Supervisor.

Emily Stone, Ph.D., LMFT is currently an Assistant Professor in Marriage & Family Therapy at Pfeiffer University's Graduate School in Charlotte, North Carolina and is an AAMFT Approved Supervisor.

Daniel Stillwell, Ph.D., LMFT is currently an Assistant Professor in Marriage & Family Therapy at Pfeiffer University's Graduate School in Raleigh, North Carolina. He is a Clinical Fellow of AAMFT and an AAMFT Approved Supervisor candidate.

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Is Spirituality about Avoidance? Spiritual Bypass and its Relationship to Authentic Spiritual Experience.

Spiritual bypass is a term that was coined by religious psychotherapists who observed in both their clients and their religious communities a capacity for people to avoid facing the harsh realities of life through their spiritual beliefs, practices, and experiences. On its surface, spiritual bypass appears very spiritual. However, upon closer scrutiny there are important distinctions that can be made. This presentation covers several empirical studies conducted by the authors involving the development of an assessment tool and both quantitative and qualitative studies delving into the relationships between spiritual bypass and spirituality. There will also be some discussion about what these findings mean for pastoral counseling.

Jesse Fox, Ph.D., NCC is currently Assistant Professor of Counselor Education at Stetson University in Deland, Florida and most recently spent several years on the faculty at Loyola University, Maryland.

Spirituality, Religion, Theology, and Faith: Do we know the difference, does it make a difference, and to whom?

There is an increasing cultural interest in spirituality and a concurrent desire among healthcare professionals to integrate spirituality into psychotherapy treatment. This effort at integration is sometimes made more difficult because clinicians are not clear about what they or their clients are talking about when they use the words, "spirituality", "religion", "theology", and "faith." When discussing these concepts with clients, there is some risk for the clinician of misunderstanding or misinterpreting a client's concern and possibly violating a client's right to his/her own belief system. This possibility is increased if the clinician does not have a conceptional model for understanding how these four terms apply to clients' lives. This workshop will offer a model clinicians can use to help them identify the areas the client is struggling with. While discussing clinical examples of how the model is useful, participants will be invited to offer examples from their own practice of client problems that could be helped by using the model. After attending the workshop participants will have a clearer knowledge of the differences between these four terms/concepts. Participants will be able to identify client problems as belonging to one or more of the four areas/concepts.

John Eddinger, DMin, LMFT is a certified Pastoral Counselor and a certified Trauma Professional. He was a founding member of the Grady Hospital post-partum support group for mothers who suffer intrauterine fetal deaths. He has experience working with people who suffer chronic pain, stroke victims, and paraplegics. He works with individuals, couples, and families. His practice is primarily with adults and adolescents dealing with depression, anxiety, addictions and compulsive behaviors, loss, self-esteem, divorce and remarriage, and step-family issues. In addition, he has over 4000 hours of experience leading groups for chemically dependent people.

Supervision as Improv: Engaging Unconscious Embodied Expressions

Based on the training work of the Norwegian Character Analytic Institute, this session will outline and explore a method of promoting awareness of countertransference in the context of supervision and student clinical training. Non-verbal, embodied ways of presenting and working with cases will be featured and participants will experientially engage the proposed method.

Mary Elizabeth Toler, ThD, LMFT is a counselor at Middleton Center for Pastoral Counseling, Assistant Professor of Pastoral and Theological Studies at Neumann University, Adjunct Professor for Clinical Mental Health Counseling in the College of Continuing and Professional Studies at Mercer University, and Adjunct Professor for Pastoral Care and Counseling in the McAfee School of Theology at Mercer University.

Surviving Conversion Therapy

This workshop will explore the history of conversion therapy and motives behind the process. The workshop will give an overview of its many forms across faith and non faith communities. The workshop will also focus on personal stories related to how the therapy model has affected the lives of the LGBTQ community. Tres is a survivor of conversion therapy.

Tres Adames, MDiv, BCPC is the founder and director of Arizona Christian Counseling, a pastoral counseling private practice located Peoria, Illinois.

Teaching Spiritually-Integrative Psychotherapy

Do you believe that working with spirituality in the context of therapy is a benefit to your clients? Are you interested in helping other therapists learn to work skillfully at the intersection of spirituality and psychotherapy? Would you be more willing to lead trainings in your community if you did not have to generate your own curriculum? The Southeast and Northeast Regions of AAPC have collaborated to develop a 30-hour continuing education curriculum to teach the fundamentals of spiritually-integrative psychotherapy. This workshop will introduce persons interested in teaching this material to PowerPoint presentations and a “teach out of the box” Trainers Manual.

Russell Siler Jones, ThD, LPC-S is a Diplomate in AAPC, a North Carolina Certified Fee-Based Practicing Pastoral Counselor, and North Carolina Licensed Professional Counselor Supervisor. He is Director of CareNet/Wake Forest Baptist Medical Center’s Residency in Psychotherapy and Spirituality.

Theological Reflection 101: God Image & Mental Health

This workshop is an introduction to spiritual assessment and theological reflection in psychotherapy and is intended to assist counselors to become more sensitive to issues of faith and spirituality in the counseling process, to provide a framework for understanding how those issues relate to presenting issues, and to know how to ethically and meaningfully elicit and respond to those issues therapeutically.

Chris O'Rear, MDiv, MAFT, LCPT holds a Master of Divinity in Pastoral Care & Counseling and a Master of Marriage & Family Therapy. He is licensed in Tennessee as a Clinical Pastoral Therapist and was certified as a Diplomat in AAPC. Chris is currently the Owner and Director of the Counseling Center at Belle Meade United Methodist church in Nashville.

What about Uncle Bob? When Discussions in the Therapy Room Relate to Political Discussions at Home

Whether it is a holiday or weekend dinner, clients often experience stress in their families and other relationships over polarizing political discussions. How does a clinician help a client manage these discussions and emotions while establishing healthy boundaries without cutting off from their family? How does a clinician guide these discussions with clients when the clinician's political beliefs are in conflict with their own ideology? This session will discuss the role of politics in the therapeutic process from a variety of vantage points as well as specific approaches for how to navigate potential pitfalls and even how to create healing space around and within places of conflict. Presentation will include role playing and audience participation.

Susan Perkins, Ph.D., LMFT, LPC is currently an Associate Professor and Clinical Director in Marriage & Family Therapy at Pfeiffer University's Graduate School in Raleigh, North Carolina and is an AAMFT Approved Supervisor.

Emily Stone, Ph.D., LMFT is currently an Assistant Professor in Marriage & Family Therapy at Pfeiffer University's Graduate School in Charlotte, North Carolina and is an AAMFT Approved Supervisor.

Sarah Causey, MA is a recent graduate of Pfeiffer University (Charlotte) with a Master of Arts in Marriage and Family Therapy.

Work and the Soul: An Ethical Process For Helping Clients With Work, Vocation, and Career

Learn how to help you client define a soulful approach to work and finding work. How do YOU work with your own sense of professional vocational identity? How can career development theories help both your clients AND your practice? How might vocational identity inform your life and the lives of clients? In this workshop, we'll look at motivational skills, career beliefs and values, and personality models to see how these relate to career development. We'll also offer an introduction to a proven approach of working with clients that "works for work!" We'll examine the ethical guidelines around effectively using career instruments and assessments and how they can help navigate the different stages of career development. (Resources and informational handouts will be available that guide Helping Professionals through our process.)

David Harris, MTS, MS is the co-founder of Rock Springs Positive Coaching, Caring, and Counseling, Inc and its Executive Director. He is an active participant in the therapeutic professionals' community, speaking frequently at local, state, and regional meetings and conferences on topics ranging from career transitions to new trends and developments in psychotherapy.

Complete Conference Schedule

Friday

10:30 am: Registration begins

12 pm: Lunch

1:00-2:30 pm: Workshop (1.5 hours of instruction)

2:45 – 4:45 pm: Current Trends in Pastoral Counseling Part 1—
Bernard Kynes and Kathryn Summers (2 hours of instruction)

5:00-6:00 pm: reception

6:00 pm: Dinner

7:00-9:00 pm: Plenary Session (2 hours of instruction)

Saturday

9:00 am-12:00 pm: plenary (3 hours of instruction)

12 pm: Lunch

1:15 pm-2:15 pm: Current Trends in Pastoral Counseling Part 2—Bernard Kynes and Kathryn
Summers (1 hour of instruction)

2:15-3:15 pm: Business meeting (1 hour)

3:30-5:00 pm: Workshop (1.5 hours of instruction)

6:00 pm: Dinner

7:00-9:00 pm: Plenary Session (2 hours of instruction)

9:00 pm: Toast and Jam- Fireplace Room

Sunday

9:00 -10:30 am: Workshop (1.5 hours of instruction)

11:00 am CHECKOUT

10:45 – 11:45 am: Worship (in Kanuga chapel)

12 pm: Lunch & Depart

Conference Fees

(not including accommodations)

\$140 for AAPC members (25% discount)

\$180 for non-members

\$95: Retirees

\$50: full-time student (will be asked to help with some conference work)

One day pass: \$95

Need continuing education credit? \$30

Need a Scholarship?

If you are a full-time student, unemployed, or can provide some reason for financial need, you are encouraged to apply for a scholarship! All decisions will be made by the program committee. Please send an email with your request to Will Eads, program chair, at veruach@hotmail.com. We will ask that you volunteer with the program committee during the weekend. Examples of volunteer activities include helping at registration, assisting the speakers, or planning worship.

Click [Here](#) to Register!

Or visit <https://www.aapcse.org>