

# Virtual Forum March 22-23, 2024- Ready, Set, RESTORE!

Friday 3/22/24 12:00-1:00 PM EST

## "Jesus Leads the Brokenhearted Towards Healing"

**Charles Lorbeer**

Dr. Charles Lorbeer founded the social work department at Capella University after teaching at El Quds University, Jerusalem, and Salem State University. His areas of social work practice range from health care services, addictions, administration, international social work, and clinical services. He has championed the integration of "Jesus as the first social worker" into social work classes at Liberty University.

**Workshop Abstract:** Strategies and illustrations related to integrating faith and spirituality in the social work curriculum. The presentation will depict Jesus leading the brokenhearted towards healing. Goal is to discuss the integration of Christianity into social work education and into our professional identity as social workers.

### Learning Objectives:

- 1: Understand student's responsibility to demonstrate "biblical integration" into college courses.
- 2: Redefine the atheistic social work profession's view of social work, and introduce Jesus as the first social worker.
- 3: Encourage students to integrate what is taught from the Bible into their coursework.

**Workshop Description:** The presentation will depict Jesus leading the brokenhearted towards healing. Goal is to discuss the integration of Christianity into social work education and into our professional identity as social workers. It is no exaggeration to say that Jesus was the first social worker. No other person had ever made it a lifestyle and vocation to live among the poor, the sick, the needy and exclusively work among them. He also operated the first school of social work as he trained 12 would be social workers to see the poor and needy the same way he did. Participants will learn the historical roots of charity and will be empowered to change the narrative of the incompatibility of Christianity and social work. Participants minds are transformed to see the significance of their healing work as social workers. An application of this connection will be shown with addictions treatment and Cognitive Behavioral Therapy.

**Level of Presentation:** Basic (Students and BSW Level), Intermediate (MSW Level), Advanced (LCSW or LICSW level)

**Target Audience:** Social Workers, Church Leaders, Educators, Students

**Bibliography:** Cognitive behavioral therapy. (2019, March 16). Retrieved October 05, 2020, from <https://www.mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610>

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Friday 3/22/24

1:00-2:00 PM EST

## “Sankofa: Lessons on Leadership for Christians by Women”

**Abstract:** Female voices have been an essential aspect of the community development and well-being for centuries (Garcia & Lee, 2019; Nguyen & Martinez, 2021). Although not always recognized or embraced for their contributions, female leaders including those who have embraced the Christian faith and those who identify as Black, have left an indelible and undeniable mark on congregations and communities (Roberts & Phillips, 2021; Thompson & Harris, 2022). This presentation will consider the lived experiences of two Christian women leaders, will explore how the intersections of faith, race, gender, and cultural values shaped their leadership, and will explore some of the lessons on leadership that they conveyed for contemporary leaders who embrace faith who are committed to community development and well-being.

### Learning Objectives:

After this session, attendees will be able to:

- describe how the historical context and lived experiences of women leaders including Shirley Chisholm and Dorothy Height.
- explore how the intersections of faith, race, gender, and cultural values shaped the leadership styles and agendas of these Christian women.
- consider best practices and lessons learned for providing congregational and community care that are stepped in an understanding of Black Christian Women leaders experiences.

## Kesslyn Brade Stennis

Kesslyn Brade Stennis, PhD, MSW, MDiv is the interim Executive Director of the North American Association of Christians in Social Work. Prior to this recent appointment she served in social work education for nearly 25 years, achieved the rank of Full Professor (tenured) at Coppin State University and transitioned to serve as Director of the Minority Fellowship Program at the Council on Social Work Education. Her research considers the intersection of faith communities, abuse and oppression, people of color, and women’s wellbeing and her most-important role is serving as mom to her children.

**Level of Presentation:** Basic (Students and BSW Level), Intermediate (MSW Level), Advanced (LCSW or LICSW level)

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**Target Audience:** Social Workers, Church Leaders, Educators, Students

**References:**

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Kim, H., & Park, L. (2018). Christian Women Leaders and Community Health Promotion: A Qualitative Study in Urban Centers. \*Health Promotion Practice, 19\*(4), 432-448.

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Roberts, L. T., & Phillips, E. R. (2021). Empowerment and Agency: Christian Women Leaders' Contributions to Community Development in the United States. \*Journal of Social and Personal Relationships, 38\*(5), 567-582.

Thompson, E. L., & Harris, M. A. (2022). Intersectionality and Community Well-being: Understanding the Role of Women of Color in the United States. \*Race and Social Problems, 14\*(1), 45-60.

**Friday 3/22/24**

**2:00-3:00 PM EST**

## “Active Listening and Community Assessment Training with Ministry Leaders”

**Workshop Abstract:** This workshop will equip ministry leaders, social workers and other helping professionals who care about communities with the micro and macro level practical skills required to listen and translate what was heard into collaborative, asset-based action that leads to flourishing communities.

**Learning Objectives:**

1. Participants will learn basic active listening skills they can practice in community
2. Participants will understand the value of listening to one’s community as a form of caring for community.
3. Participants will apply micro level active listening skills to macro skills in community assessment.

## Elizabeth Patterson Roe

Dr. Elizabeth Patterson Roe, LISW-S, is a Professor of Social Work and the Director of the Center for Intercultural Studies at Malone University in Canton, OH, where she has served for 16 years. Prior to this, she lived overseas in Romania, serving alongside Romanian staff as they grew in their leadership and organizational development. She currently lives intentionally in urban Akron, OH, living and serving alongside a diverse group of neighbors who desire to live out Christian community development principles. Her areas of research include community development, international development, study abroad and anti-oppressive practice.

**Level of Presentation:** Basic (Students and BSW Level), Intermediate (MSW Level), Advanced (LCSW or LICSW level)

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**Target Audience:** Social Workers, Church Leaders, Educators, Students

**Bibliography:**

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**Friday 3/22/24 3:00-4:00 PM EST**

## "Equipping Congregations to Engage Vulnerable Communities"

**Workshop Abstract:** This workshop is designed to introduce attendees to a congregational social work model to serve vulnerable families. This model strengthens communities and families, while also increasing church attendance and relevance in the community.

**Learning Objectives:**

- 1: Participants will see congregational settings as vital partners in efforts to address social issues
- 2: Participants will learn of innovative program models and funding sources to serve vulnerable families in a church context
- 3: Participants will have methods to help churches more effectively engage communities transitioning them from charity work to evidence based social work

## Charles Lee-Johnson

Dr. Charles Lee-Johnson is the Associate Dean of the Division of Social work at California Baptist University. Dr. Lee-Johnson earned his Doctor of Ministry degree from United Theological Seminary, and his Master of Social Welfare degree from University of California, Los Angeles. Dr. Lee-Johnson is the recent co-author of the Inter-Varsity Press book, *Healing Conversations of Race*, and is well-known for his work in congregational social work.

**Workshop Description:** This session will introduce participants to the importance of congregational contexts as areas of social work practice, particularly in serving vulnerable families and marginalized communities. Research demonstrates that many church-based social programs are as effective or more effective than government or privately run services. Too often churches are locked in acts of charity, and lack the knowledge and skills to implement evidence based strategies that can truly address social issues in their community. Attendees will learn how churches can be leaders of social change within their communities, and how strategic partnerships with schools of social work can provide churches with an educated pool of workers to drive ministry in their community. Churches can and should be the center of a community, and this session will equip attendees with the information needed to mobilize pastors, lay leaders,

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and parishioners to serve their communities in an equitable way. The driving scripture for this presentation is Matthew 25:35-40 "35 For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, 36 I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me." 37 "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? 38 When did we see you a stranger and invite you in, or needing clothes and clothe you? 39 When did we see you sick or in prison and go to visit you?' 40 "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

Participants will learn that the call for churches to serve the marginalized is not a suggestion, but a mandate. Participants will learn about innovative program models, funding opportunities, and engagement strategies that can position the church to being the center of community organization and development.

**Level of Presentation:** Intermediate (MSW Level)

**Target Audience:** Social Workers, Church Leaders, Educators

**Bibliography:** Mason, Eric, Woke Church: An Urgent Call for Christians in America to Confront Racism and Injustice, Intervarsity Press, 2020

Lee-Johnson, C. (et.al) Healing Conversations on Race, Inter-Varsity Press, 2023

Garland, Diana. Congregational Social Work: Christian Perspectives, NACSW, 2014

Viars, Stephen. Loving Your Community: Proven Practices for Community Based Outreach Ministry, Baker Books, 2020

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**Saturday 3/23/24**

**12:00-1:00 PM EST**

## “Enneagram: Self-awareness as Self-care”

**Abstract:** The Enneagram is an ancient symbol used to teach nine personality types and foster self-awareness. The mindful work of self-awareness helps us wrestle with the strengths and struggles of our personality and allows us to practice self-compassion and self-care.

### Learning Objectives:

1. Introduce the Enneagram as a tool for reflection on one’s personality using the 9 types associated with this ancient symbol.
2. Help participants identify their personality type as related to three centers of human intelligence (i.e., head, heart, body).
3. Teach participants to practice non-judgmental self-observation as a means of self-care.

## Jon Singletary

Jon Singletary is the dean of the Diana R. Garland School of Social Work at Baylor University. His research focuses on Christian contemplative practices and the Enneagram as a tool for spiritual formation, leadership development, and social change. His justice-oriented leadership focus is support for marginalized populations, on campus and in the larger community. Before coming to Baylor, he served as a Mennonite Pastor and a community organizer in Richmond, VA. Most importantly to his journey are the

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relationships with his wonderful wife, Wendi, and his five children, Haden, Raul, Harper, Ainsley and Abbott.

**Workshop Description:** A part of what makes us uniquely human are the dimensions of heart, head, and body that shape us. In other words, we have a unique capacity for feeling, thinking, and doing and these characteristics shape how we lead. The Enneagram is an ancient symbol used to teach nine personality types based on these dimensions and inviting further self-reflection. The mindful work of self-awareness helps us wrestle with the strengths and struggles of our personality that allow us to practice self-compassion and self-care.

**Level of Presentation:** Basic (Students and BSW Level), Intermediate (MSW Level), Advanced (LCSW or LICSW level)

**Target Audience:** Social Workers, Church Leaders, Educators, Students

**Bibliography:**

Saturday 3/23/24 1:00-2:00 PM EST

## “That's Under the Blood: Handling Trauma in the Black Church”

**Abstract:**

While Blacks have higher PTSD rates than other groups, trauma is not regularly acknowledged in the Black church. This training opens dialogue on the Black church’s response to trauma. Using case vignettes of church members suffering from trauma, we will discuss what to say, ask, and do as Christian helpers.

**Learning Objectives:**

Following this workshop, participants will be able to:

1. Articulate strategies to encourage a better understanding of the dynamics of trauma and how it may be expressed in Black churches.
2. Identify key barriers faced by church participants suffering from trauma when it comes to obtaining help towards healing.
3. More fully understand how to provide trauma-informed Christian responses to those who are still suffering.

## Jennifer Payne

Jennifer Shepard Payne, Ph.D., LCSW-C, is a Research Scientist at the Kennedy Krieger Institute in the Center for Child and Family Traumatic Stress (CCFTS). She is also an Assistant Professor at the Johns Hopkins University School of Medicine within the Department of Psychiatry. She received her doctorate in Social Welfare from UCLA and is a Licensed Clinical Social Worker with many years of experience in mental health clinical practice and administration.

For several years, Dr. Payne has been working on culturally tailoring Acceptance and Commitment Therapy (ACT) for Black communities experiencing racial trauma. She developed a culturally tailored version of ACT called POOF: [poof-pullingoutoffire.com](http://poof-pullingoutoffire.com). Dr. Payne is actively involved with the Association for Contextual Behavioral Science (ACBS), the premier organization for ACT. She is a Board member of NACSW and of ACBS. In 2023, she was inducted as an ACBS Fellow, one of the highest honors in Contextual Behavioral Science.

**Presentation Summary:**

*“God is able to do an operation on our hearts and to restore what the cankerworm has eaten. But we need to be authentically willing to undergo the surgery in order to be healed”.* – Jennifer Payne

Blacks in America more frequently meet criteria for PTSD than any other racial group (Asnaani, Richey, Dimaite, Hinton, & Hofmann, 2010). In spite of the high rates of trauma experienced, trauma is not always discussed effectively in the Black church. There are several reasons for this, which include cultural,

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systemic, and spiritual barriers to effective discussion and treatment Culturally, African Americans with emotional issues may not always seek help (Powell et al. 2016; Taylor & Kuo 2019). For those who seek help when their symptoms are severe, they may seek help most often from non-health care professionals like clergy (Tarver 2016). For instance, one study found that the percentage of Black women seeking help from clergy was twice as high for those experiencing severe intimate partner violence (IPV) versus those who did not report IPV (Lacey, Jiwatram-Negron & Sears 2021). The Black church has historic significance; in the midst of longstanding oppressive experiences, it became the cultural womb of many communities (Lincoln and Mamiya 1990).

The purpose of this training is to open a discussion and dialogue regarding the Black church's response to trauma of a variety of types – physical, sexual, mental, racial, structural, and spiritual. The importance of having trauma-informed churches (and what that looks like) will be discussed. Throughout, our aim is to discover in what ways our own churches can become more trauma-informed. Information is presented from academic literature and the presenter's prior research to inform answers. Three vignettes of scenarios of church members suffering from trauma will be explored. We will examine each scenario from the perspective of a Black church leader, minister, or active congregant and ask ourselves in each of these situations: 1) what should I say?, 2) what should I ask?, 3) what should I do?, and 4) who else should get involved?

**Level of Presentation:** Basic (Students and BSW Level), Intermediate (MSW Level), Advanced (LCSW or LICSW level)

**Target Audience:** Social Workers, Church Leaders, Educators, Students

## **References:**

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Saturday 3/23/24 2:00-3:00 PM EST

## "Safety Planning: A matter of Life and Death"

**Abstract:** More than 50, 000 people died by suicide in 2023 in the US. This is a major social problem, and the problem is getting bigger. We as social workers, Faith Communities, Clergy and Caregivers must rise to the challenge of helping this population. This challenge is finding its way into even more communities such as the Church, people who live in rural areas, sexual and gender minorities, middle-aged adults, people of color, and tribal populations. The Safety Plan of this presentation can be used by us all to help this population.

### Learning Objectives:

1. Participants will explore the stages of the Safety Plan.
2. Participants will understand various useful frameworks to help this population.
3. Participants will be able to create a Safety Plan that is helpful.
4. Participants will understand how to apply spiritual aspects of the Safety Plan.
5. Participants will be able to apply coping skills in the Safety Plan.

**Description:** More than 50, 000 people died by suicide in 2023 in the US. This is a major social problem, and the problem is getting bigger. We as social workers, Faith Communities, Clergy and Caregivers must rise to the challenge of helping this population. This challenge is finding its way into even more communities such as the Church, people who live in rural areas, sexual and gender minorities, middle-aged adults, people of color, and tribal populations. Safety planning is an effective way for people of the helping professions to assist people in this population. This presentation will discuss the how to help people who are experiencing suicidal ideation and have a history of suicidal attempts by using a Christian framework and foundation. The presentation will demonstrate the usefulness of tapping into one's spirituality to give them hope and help to reconsider the idea of suicide.

The presentation will discuss the steps included in a Safety Plan. In doing so, we will explore the importance and usefulness of each step. Because the Safety Plan is helpful, it is important to implement it in all our interactions with people who are in danger. Danger can come from one's own hand or someone else's and an effective Safety Plan can save a life.

## June Tyson

Dr. June Tyson comes to you from Brooklyn, NY. She is a License Clinical Social Worker (LCSW-R) and a member of the Academy of Certified Social Workers, (ACSW). She practices psychotherapy at Community Counselling and Mediation (CCM) in Brooklyn. Dr. Tyson is also License Independent Social worker of Clinical Practice (LISW-CP) and works for the Costal Samaritan Counseling Center, in Myrtle Beach SC. She is also the CEO of Creating Meaning Counseling Services. Her MSW is from Fordham University and her PhD is in Human Services from Capella University. She is an adjunct professor for the master's degree in Counseling Program and Social Work Program at Liberty University, Indiana Wesleyan University and Winthrop University. Dr. Tyson has worked with the HIV/AIDS population, the elderly, children, the homeless, the mentally ill chemically addicted population and the LGBTQIA community over the course of her work of nearly 30 years. She also currently works for the National 988 Suicide and Crisis Hotline.

In addition to being a proud and active member of Alpha Kappa Alpha Sorority Incorporated, (AKA), Dr. Tyson is also a part of a Global Health Group, in which she travels yearly, sharing Social Work techniques with doctors and nurses of various hospitals and universities in Nigeria and Haiti. She has also worked and taught in Mexico, Thailand. She is a member of Phi Alpha Honor Society for Social workers. Dr. Tyson is a United States Army Veteran, service as an NCO and a Spiritual Advisor to her unit in New York.

Dr. Tyson believes that social workers should stretch themselves by volunteering to do overseas work, learning another language and other creative activities that bring them out of their communities and their comfort zones. This way the world can experience their talent, skill and love for mankind.



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The Safety Plan of this presentation can be used by us all to help this population live. It will show ways one can become and remain safe. It can save lives.

**Level of Presentation:** Basic (Students and BSW Level), Intermediate (MSW Level), Advanced (LCSW or LICSW level)

**Target Audience:** Social Workers, Church Leaders, Educators, Students

## **Bibliography:**

- Kelly, K. T., & Knudson, M. P. (2020). Are no-suicide contracts effective in preventing suicide in suicidal patients seen by primary care physicians? *Archives of Family Medicine*, 9, 1119–1121.
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**Saturday 3/23/24**

**3:00-4:00 PM EST**

## **“Compassion Fatigue, Burnout and Christian Mindfulness”**

**Abstract:** Cumulative stress can lead to adverse health and mental health outcomes. Christian mindfulness has been shown to improve emotional regulatory states, which helps calm the stress response in the body, mind, and soul. This webinar will help social workers understand the differences as well as areas of synthesis between mindfulness and Christian mindfulness. Experiential exercises will be used to help social workers understand how to use Christian mindfulness in their own self care, as well as how to use it in work with clients in clinical practice.

### **Learning Objectives:**

1. After completing this training, participants will be able to **define Christian mindfulness** and distinguish this practice from secular and Buddhist models of mindfulness.
2. After completing this training, participants will be able to **define stress & burnout**.

## **Regina Chow Trammel**

Regina Chow Trammel, Ph.D., LCSW, is an associate professor in the Master of Social Work program at Azusa Pacific University. She has spent more than a decade in private practice, as well as experience in psychiatric and medical social work settings. She is an avid mindfulness practitioner, has academic research publications on Christian mindfulness, a popular TEDx talk on mindfulness, and has a just-released book, *A Counselor's Guide to Christian Mindfulness*, *A Counselor's Guide to Christian Mindfulness: Engaging the Mind, Body, and Soul in Biblical Practices and Therapies with Zondervan/Harper Collins Christian*

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3. After completing this training, participants will be able to **gain experiential knowledge of Christian mindfulness practices** and how to incorporate them in direct practice with individuals, family, and groups.

## Workshop Description:

- Definition and background/history of mindfulness and Christian mindfulness
- Mind, body and soul factors for Christian mindfulness
- A tea-drinking exercise
- How to use mindfulness in session, body, mind and soul-work: exercises and clinical case example

**Level of Presentation:** Basic (Students and BSW Level), Intermediate (MSW Level), Advanced (LCSW or LICSW level)

**Target Audience:** Social Workers, Church Leaders, Educators, Students

**Bibliography:** Crowder, R., & Sears, A. (2017). Building Resilience in Social Workers: An Exploratory Study on the Impacts of a Mindfulness-based Intervention. *Australian Social Work*, 70(1), 17–29.  
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Trammel, R. C. & Trent, J. (2021). *A Counselor's Guide to Christian Mindfulness: Engaging the Mind, Body & Soul in Biblical Practices and Therapies*. Zondervan.