Clergy Mental Health Lunch and Learn Series

Working Effectively with People who have a Mental Illness Part I
March 9, 2016: 11:00-1:00, Denver Community Church, 1101 South Washington St, Denver

Working Effectively with People who have a Mental Illness Part II
April 13, 2016: 11:00-1:00, Denver Community Church, 1101 South Washington St, Denver

Creating and Sustaining a Lifestyle of Wellbeing
May 5, 2016: 11:00-1:00, Mental Health Center of Denver, 4141 East Dickenson Pl. Denver

Grieving and Mourning Losses
June 2, 2016: 11:00-2:00, Mental Health Center of Denver 4141, East Dickenson Pl. Denver

Presenter:
Steve Fisher M. Div, MA, LPC. Steve has a Master’s of Divinity and a Master’s of Arts in Counseling from Denver Seminary. Steve began his career by working for 15 years in ministry—5 years in Young Life and 10 years in two churches as the Director of Student Ministries. After 15 years of ministry, Steve went back to Denver Seminary and earned a Master’s Degree in Counseling. Upon graduation, Steve began working at the Mental Health Center of Denver where he has worked as a case manager, a therapist, a clinical trainer, and a program manager. Steve has also worked for 10 years at a Denver Metro area hospital facilitating grief and loss support groups for recently bereaved parents. During his 15 years in the counseling field, Steve has provided clinical services to hundreds of clients and provided supervision to over a hundred therapists.

Training Descriptions:

Working Effectively with People who have a Mental Illness Part I
Working Effectively with People who have a Mental Illness Part II
Have you ever thought that if you work harder, the person you are trying to help will get better? Have you ever tried to ‘will’ someone well? Have you ever felt burnt out when trying to help others? Have you ever been confused why some people don’t seem to get better? Have you ever wondered what impact mental illness, substance abuse and trauma has on a person? Do you struggle setting healthy limits with some people that you are trying to help? If so, then this two-part training on working effectively with people who have a mental illness is for you! Knowing how to demonstrate love, respect and help to people in a way that is ultimately helpful to them can be challenging when those people have a mental illness. This training will provide a brief summary of the common mental illnesses (thought disorders, mood disorders, addiction and personality disorders) and then zero in on how to be effective when working with individuals and families where some of these illnesses are present. The majority of time in this training will be dedicated to explaining personality disorders and how people working in ministry settings can work effectively with people who have personality disorder traits.

Attending both of these trainings will be helpful in your understanding and skillfulness in working with this group of people.
Creating and Sustaining a Lifestyle of Wellbeing

Creating and sustaining a lifestyle of wellbeing is crucial for everyone working in the helping profession. This training will explore the importance of proactively developing and maintaining a lifestyle that enhances one’s overall well-being. This lifestyle begins with a plan that is unique to each person and comprehensive in nature—including the physical, psychological, emotional, intellectual, spiritual, financial, career, environmental, community and interpersonal dimensions of one’s life. Each attendee will walk away from this training with a template for creating his or her own wellbeing plan, as well as the motivation to create a lifestyle of wellbeing.

Grieving and Mourning Losses

Grieving and mourning is a natural and important part of everyone’s life. Understanding the grieving and mourning process can dramatically help each person as they navigate their own grief and loss journey. Furthermore, understanding the grieving and mourning process is critical for those working in the helping profession. This training will provide an overview of the human experience of grieving and mourning including the following themes:

- Gain an understanding of the universal and individual aspects of grieving
- Review the stages of grief
- Learn the value of creating a safe therapeutic environment for those grieving/mourning
- Develop an awareness of the appropriate role of support, validation, education and therapy in aiding recently bereaved individuals and families
- Differentiate between uncomplicated and complicated grief
- Equip trainees to provide appropriate supportive care for individuals and families facing personal losses
- Examine the importance of self-care for the professional provider

Each trainee will be empowered in their ability to take care of themselves in the midst of their own grieving and mourning experiences, as well as their ability to care for others as they process their own losses.

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