

Plenary #1, Thursday Evening
The Way Forward Exemplified by Jesus: Humility
Scott Shaum

Summary:

It is notable that the Bible never teaches us to pray for humility. It simply states: Be humble; Humble yourself before others. We are to look to Jesus's posture as we "seek to build depth and humility into our multicultural competence."

Presenter Bio:

Scott Shaum, along with his wife Beth, have served with Barnabas International for 20 years, where he is currently Associate Director. They have lived in Asia and Scott has been a pastor at two local churches. They have 3 married sons and two granddaughters. Scott loves long conversations over well-prepared meals, a stack of books, and long walks in the forests near their home in Colorado.

Plenary #2, Friday Morning

Culturally Sensitive Service Provision: Towards More Effective Care by Identifying Cultural and Philosophical Foundations of Mental Health Beliefs and Treatment

Charles (Chuck) Liu, Diane Tehan, Angkarin (Tik) Pimpaeng, Paweena (Ying) Woothitha

CE Hours Available: 0.75

Summary:

Modern psychological theory and practice is primarily grounded in Western philosophical assumptions about the self, the mind, and the body. Such assumptions may create barriers when working with global workers who do not share the same cultural background. Using East/Southeast Asian cultures as an example, attendees will examine their own assumptions and hear from therapists working in a non-Western context.

Learning Objective #1:

Participants will be able to identify their own cultural and philosophical assumptions impacting how they provide care.

Learning Objective #2:

Through examples, participants will describe how cultural and philosophical assumptions shape beliefs about mental health and clinical practice in an East and Southeast Asian context.

Learning Objective #3:

Participants will have a set of questions to ask themselves, and of their clients, to better understand culturally informed mental health beliefs.

Presenter Bios:

Chuck Liu, Ph.D. is a clinical psychologist and assistant professor in Wheaton College's school of Psychology, Counseling, and Family Therapy. He has taught courses in abnormal psychology, social psychology, multicultural psychology, research methods, and introductory psychology. Dr. Liu's research focuses on the intersection of culture and mental health in an Asian and Asian American context. During the COVID-19 pandemic, he is also tracking the mental health effects of anti-Asian racism. He maintains a telehealth private practice.

Diane first moved from the USA in 1991, when she and her husband began working for SIL in Thailand. Living, working, and raising five children cross-culturally in Thailand provided many rich and varied international experiences, and observing the needs of international workers led her to earn a psychology degree and begin serving as a counselor twenty years ago. Diane has advanced training in trauma, grief, body awareness, and brain and gut health. She is passionate about how wonderful multicultural collaboration can be.

Tik is a bilingual counselor at Cornerstone Counseling Foundation. Tik's first introduction to the world of counseling was through a member care conference which she attended hoping to learn how to support those in her workplace. The conference sparked something deeper – a desire to learn, grow, and help others in a larger sphere of influence, particularly for the Thai community – so she decided to pursue a counseling degree. Tik is also involved in the Christian Counseling Association of Thailand (CCAT)'s lay counselor training program, and she has continued to navigate how to integrate multicultural counseling in cross-cultural settings.

Ying grew up in Northeast Thailand and taught for 12 years before transitioning to counseling ministry in 2016. Ying is passionate about training lay counselors and creating a safe and authentic supportive community for them as they walk alongside people with deep struggles. Ying is also passionate about creating new resources and customizing approaches to promote self-growth, wholeness, and well-being. (e.g., a Self-Discovery Manual for teens, and a Self-Care Manual for Thai Christian workers). Ying is currently serving as a counselor, and the Director of Thai Clinical Services and Development at Cornerstone Counseling Foundation (CCF), and the President of Christian Counseling Association Thailand (CCAT).

Plenary #3, Saturday Morning
Understanding and Treating Moral Injury in Global Workers - A Multidisciplinary Approach
Frauke C. Schaefer, Jim Ritchie, Charles A. Schaefer
CE Hours Available: 0.75

Summary:

Moral injury remains an under-recognized contributor to missionary distress. Cross-cultural work inevitably produces moral tensions and distress when deeply held personal values clash. This is particularly true for global healthcare workers due to the trauma, urgent needs, and limited resources they frequently encounter in ministry. Due to Moral Distress and Injury they may experience guilt, shame, and a sense of betrayal. Research shows that moral injury leads to worse mental health and increased risk of suicide. It also leads to spiritual confusion and a feeling of disconnection from God. Effective clinical and pastoral interventions can address these injuries.

Learning Objective #1:

Define Moral Injury and learn common causes of moral distress in cross-cultural work, with specific reference to the healthcare context.

Learning Objective #2:

Identify the various impacts of moral injury on mental health and spiritual vitality.

Learning Objective #3:

Design interventions for moral injury that address the various dimensions of its impact.

Presenter Bios:

Frauke Schaefer, MD a German family physician, served in a leprosy hospital in Nepal from 1990-1997, then trained in psychotherapy in Germany. She married Charlie Schaefer, PhD in 2000 and moved to NC in the USA. During her psychiatry residency at Duke University, she researched trauma and resilience in cross-cultural mission as well as spiritual factors in traumatic stress and growth, basis for the book "Trauma & Resilience: Effectively Supporting Those, Who Serve God." She is staff of Barnabas International and serves in psychiatric support, psychotherapy, training, and consultation. In recent years her focus has shifted to global healthcare workers.

Dr. Jim Ritchie is an Emergency Physician who served 25 years in the US Navy including two deployments to the war in Afghanistan, and seven years as Emergency Medicine Residency Director. He then served six years as a medical missionary in Chogoria, Kenya, helping start a Christian Family Medicine program. He has a personal interest in helping healthcare missionaries thrive in the difficult context of cross-cultural medicine. He now serves with MedSend in the Longevity project. He and his wife, Martha, have six children, ages 32 to 17.

Dr. Charlie Schaefer is a licensed psychologist, staff with Barnabas International, and a member of the Alongside MedTeam. Charlie has lived in West Africa and served Christian workers there in addition to Europe, Central Asia, East Asia and the Middle East. His special interests include serving global healthcare workers, trauma and resilience, and integrating the relationship with God with emotional and mental health needs. Charlie and his wife, Dr. Frauke Schaefer, co-edited Trauma and Resilience: Effectively Supporting Those Who Serve God. Charlie has a private practice in North Carolina where he primarily works with people in Christian service.

Plenary #4, Saturday Evening
Otherness: Working with Non-Western Missionaries
Sandy Lee
CE Hours Available: 0.75

Summary:

As an Asian-American woman, I never felt so reminded of my ethnicity until I went to the mission field. As Asian-Americans, we are asked to enter into the dominant culture and in order to be accepted, included and seen, we quickly adapt and assimilate. This ability to be a "model" minority who tends to function well in the system comes at a cost--often hidden and not realized until much later. This loss can feel immediate and result in loneliness, isolation and grief. This workshop will discuss concepts of cultural privilege and microaggressions and will prompt participants to examine their own worldviews in working on intercultural teams.

Learning Objective #1:

Dialogue about cultural privilege, cultural assumptions, and potential for microaggressions in the mission field.

Learning Objective #2:

Recognize their own tendencies and worldviews and identify actions towards correcting certain words and behaviors.

Learning Objective #3:

Plan next steps to reconcile with those they might have hurt or who have felt silenced, and create a forum to discuss their own journeys.

Presenter Bio:

Sandy Lee currently serves as the CMDA DC Area Director. CMDA DC serves four medical schools, George Washington, Georgetown, Howard and the military medical school USUHS. Also, for the past five years Sandy has led a women's program targeting missionary women who serve overseas in a medical context. Also, Sandy served at Rift Valley Academy (RVA) in Kijabe, Kenya with her family from 2010-2016, with Africa Inland Mission. At Kijabe, Sandy served on staff at RVA first teaching in the high school English Department and then transitioning to the Guidance Department acting as the College Counselor for graduating seniors. College counseling gave her opportunities to talk about MK transitions. She continues to try to stay in touch with RVA alumni to continue the transition and wellness conversation. Through her life experience, she has witnessed first-hand how mental health and wellness can affect women and young people on the field and in the U.S. She received a M.Ed. in Secondary Education from University of California, Los Angeles and a BS in English Literature from University of California, Los Angeles. She has been married to her husband Burton for 35 years and has two adult children, Kyle married to Hope, and Aly.

Plenary #5, Sunday Evening
A Father-Sourced Vocational Posture: Wisdom from Above
Scott Shaum

Summary:

The Biblical author James makes it strikingly clear - there is a wisdom from above, while that which is from below is "earthly, demonic." History shows that it is possible to operate in either arena as we seek to fulfill our calling. How do we know that we are living from God's wisdom? How will this impact us as we increasingly engage those from other member care contexts?

Presenter Bio:

Scott Shaum, along with his wife Beth, have served with Barnabas International for 20 years, where he is currently Associate Director. They have lived in Asia and Scott has been a pastor at two local churches. They have 3 married sons and two granddaughters. Scott loves long conversations over well-prepared meals, a stack of books, and long walks in the forests near their home in Colorado.

Workshop #1

Confucianism, Traditional Chinese Medicine, Daoism, and Buddhism: Cultural Mental Health Beliefs in an East Asian Context

Charles (Chuck) Liu, Angkarin (Tik) Pimpaeng, Paweena (Ying) Woothitha

CE Hours Available: 1.25

Summary:

Although Western-trained clinicians may learn about different cultural groups, training seldom attends to the philosophical foundations that give rise to different practices. This workshop raises awareness of East Asian philosophies, helping clinicians address stigma and provide culturally appropriate interventions for East Asian clients. Concepts will be applied to a case study and may be transferrable to working in other cultures.

Learning Objective #1: Participants will demonstrate knowledge of specific East Asian philosophies (Confucianism, Traditional Chinese Medicine, Daoism, and Buddhism) and how they shape beliefs about mental health.

Learning Objective #2:

Participants will identify how such philosophies contribute to mental illness stigma and shape expectations on receiving mental health care.

Learning Objective #3:

Participants will describe ways in which they may shift their treatment approach to individuals with East Asian (or other) backgrounds.

Presenter Bios:

Chuck Liu, Ph.D. is a clinical psychologist and assistant professor in Wheaton College's school of Psychology, Counseling, and Family Therapy. He has taught courses in abnormal psychology, social psychology, multicultural psychology, research methods, and introductory psychology. Dr. Liu's research focuses on the intersection of culture and mental health in an Asian and Asian American context. During the COVID-19 pandemic, he is also tracking the mental health effects of anti-Asian racism. He maintains a telehealth private practice.

Tik is a bilingual counselor at Cornerstone Counseling Foundation. Tik's first introduction to the world of counseling was through a member care conference which she attended hoping to learn how to support those in her workplace. The conference sparked something deeper – a desire to learn, grow, and help others in a larger sphere of influence, particularly for Thai community – so she decided to pursue a counseling degree. Tik is also involved in the Christian Counseling Association of Thailand (CCAT)'s lay counselor training program, and she has continued to navigate how to integrate multicultural counseling in cross-cultural settings.

Ying grew up in Northeast Thailand and has a background in teaching for 12 years before transitioning to counseling ministry in 2016. Ying is passionate about training lay counselors and creating a safe and authentic supportive community for them as they walk alongside people with deep struggles. Ying is also passionate about creating new resources and customizing approaches to promote self-growth, wholeness, and well-being. (e.g., a Self-Discovery Manual for teens, and a Self-Care Manual for Thai Christian workers)

Workshop #2
Lament for the Wounded: Considering New Ways to Heal Historical Harm
Ruth Van Reken
CE Hours Available: 1.25

Summary:

Reports of historical harm among adult missionary kids (MKs) began surfacing in the late 1980's. Initially, missions often disregarded the reports as 'False Memory Syndrome.' Despite more recent organizational apologies, many adult MKs remain seriously wounded. This workshop will explore new ways missions can more effectively join Christ's mission to bind up the brokenhearted and 'restore the places long devastated' for them (Isaiah 61:1-4).

Learning Objective #1:

Discuss why 'harm' is a more appropriate and helpful word than 'abuse' for many things that happened to MKs.

Learning Objective #2:

Explain the cultural context that made it easy initially for missions to generally disregard early reports of harm.

Learning Objective #3:

Identify strategies to address this harm as a systemic issue for missions as a whole, not just something for individual missions to deal with on a case-by-case report alone.

Presenter Bio:

Ruth Van Reken is a second generation Third Culture Kid (TCK), mother of three adult TCKs, co-author of *Third Culture Kids: Growing Up Among Worlds*, 3rd ed., and author of *Letters Never Sent*. For more than thirty-five years (pre-Covid19!) Ruth traveled extensively speaking about the impact of global mobility on individuals, families, and societies, including those she now calls Cross-Cultural Kids (CCKs)—children who grow up cross-culturally for any reason. She is co-founder and past chairperson of Families in Global Transition. In 2019 she received an Honorary Doctor of Letters degree from Wheaton College for her life's work. She lives in Indianapolis, IN with her husband, David.

Workshop #3
The Integration of Spiritual Formation with the Traumatized Client
James Covey
CE Hours Available: 1.25

Summary:

Mental health professionals in missionary care work with a unique population of people from many different backgrounds, cultures, and streams of faith. Trauma Informed Spiritual Formation will look at the intersection of psychology and theology through the lens of trauma. Our roles in missions and the clients we work with creates an environment where spiritual formation is happening through the therapeutic process. How we attend to that formational process is essential in regard to the impact of trauma on the minds, bodies and soul.

Learning Objective #1:

Define Trauma and Spiritual Formation.

Learning Objective #2:

Articulate why spiritual formation can be an integral part of the therapeutic process with traumatized clients.

Learning Objective #3:

Compile and apply practical trauma informed spiritual formation tools to use in therapy.

Presenter Bio:

James serves as the SIL Eurasia Staff Care Coordinator and a SIL Eurasia Counselor. He joined in 2011 spending a year at working stateside with Wycliffe before moving to Nairobi Kenya to work at Tumaini Counseling Center. After five years at Tumaini James and his wife shifted to SIL Eurasia and have lived in North Africa and now are based in Malaga, Spain. They partner with Sentwell to provide care to workers from many organizations across the MENA region in addition to their SIL roles.

Workshop #4
Introduction to Motivational Interviewing
Curtis McGown
CE Hours Available: 1.25

Summary:

Motivational Interviewing is an evidence-based collaborative style of communicating that helps decrease resistance and increase motivation toward change. This seminar will address how to use two skills and two tools from Motivational Interviewing in our work with global workers.

Learning Objective #1:

Utilize two skills from Motivational Interviewing.

Learning Objective #2:

Utilize two tools from Motivational Interviewing.

Learning Objective #3:

Apply the skills and tools to working with global workers struggling with ambivalence.

Presenter Bio:

Curtis is a Licensed Professional Counselor in the State of South Carolina, as well as a Licensed Mental Health Counselor in the State of Florida, where he served for fifteen years in a variety of church, governmental, and mental health settings. Curtis, his wife, Lisa, and their two children moved to Thailand in 2012 to serve at The Well Member Care Center, where Curtis became the Director of Member Care. In July of 2015, Curtis assumed leadership of Valeo, as Executive Director. Professionally, Curtis has experience working with children, adolescents, and adults with a variety of mental health disorders as well as common stressors of living and working cross-culturally.

Workshop #5
Incorporating Spiritual Direction, Coaching, Healing Prayer, and Hiking into Trauma Care
Alex Galloway
CE Hours Available: 1.25

Summary:

We can easily become siloed in our individual discipline as mental health counselors and miss out on the rich interventions of other disciplines in the healing arts. This workshop will explore how other modalities can facilitate more rapid and profound change when combined with trauma therapy for missionaries.

Learning Objective #1:

Articulate the differences between the primary healing disciplines (e.g., mental health counseling, coaching, spiritual direction, healing prayer) and how they apply to trauma care.

Learning Objective #2:

Incorporate other disciplines providing more holistic care of trauma survivors.

Learning Objective #3:

Describe how and when to refer and partner with other healing disciplines.

Presenter Bio:

Dr. Alex Galloway is a Clinical Psychologist providing training and counseling to cross-cultural workers in high-risk areas. He leads the SentWell (SentWell.org), a multidisciplinary team of therapists, spiritual directors, coaches and trainers living in community in Southern Spain. Alex has specialized interest in trauma recovery, sexuality and the holistic care of God's people. He is married with three "adulting" daughters.

Workshop #6
Creative Therapy Interventions for Third Culture Kid's College Adjustment
April Pelletier, Patricia Kimball
CE Hours Available: 1.25

Summary:

Third culture Kids (TCK) experience multiple difficulties when transitioning to their parents' culture for college including challenges to their identity, a loss of the sense of home and avoidance engaging in the transition process as a whole. Creative Interventions (CI) have been shown to be effective when working with cross-cultural populations and is the gold standard in working with adolescents. This presentation will review the value of using CIs with transitioning TCKs and guide participants through a CI and planning process to integrate CIs.

Learning Objective #1:

Participants will identify and discuss research-based rationales for using creative interventions (CI) to address TCK needs when transitioning to parental culture.

Learning Objective #2:

Participants will engage in a creative intervention to increase understanding of the process and evaluate the value of utilizing CIs with TCK's.

Learning Objective #3:

Participants will discuss personal experiences where CIs would have been beneficial and create a plan to integrate CIs into their work with TCKs.

Presenter Bios:

April is a current Liberty University graduate student in the Clinical Mental Health Counseling Program. She also works for a mission organization called Greater Europe Mission, and has spent three summer-long stints serving in India, Kosovo, and Spain. April hosts regular gatherings for the community to take part in a time of meditating on the Bible, which happens to include mostly Third Culture College students.

Chloe is currently in her last semester of the Clinical Mental Health Counseling Program at Liberty University. Chloe lived and served in Kosovo for a summer with Greater Europe Mission. She has also attended a trip to Nepal with a team of counselors to provide trauma-informed training for Nepalese social workers and counselors who work with trafficking survivors. Chloe is currently finishing her counseling internship with Liberty University athletes and a local church which provides community counseling services.

Patricia Kimball has worked in the clinical mental health field for over 20 years, provided clinical supervision for over 17 years and has been a full-time professor at Liberty University since 2014. Her specialties include working with children/adolescents and their families, crisis intervention, education and supervision of counselors in training and creative counseling interventions. She has presented over 50 times at national, regional, local, and international counseling conferences, is the president elect for the Association of Creativity in Counseling and is actively involved in multiple committees focused the internationalization of the counseling profession. She lived internationally for two years and continues to enjoy engaging with new counties/cultures as often as possible.

Workshop #7
Loneliness Among Missionaries: Toward Better Understanding and Strategies for Mitigation
Bruce Cannon
CE Hours Available: 1.25

Summary:

The prevalence of loneliness has continued to increase in recent years, causing both physical and mental health consequences. Though cross-cultural ministry may contribute additional risk factors for loneliness, little research has been done on missionary experiences of loneliness. An integrated understanding of loneliness gives us a starting point to discuss strategies to help missionaries reduce the distress of loneliness.

Learning Objective #1:

Describe different ways of understanding the construct of loneliness through the lens of both psychology and theology and discuss a proposed operational definition.

Learning Objective #2:

Identify aspects of cross-cultural life that contribute additional risk factors for experiencing loneliness, including elements of both home and host cultures.

Learning Objective #3:

Discuss tools and strategies for both clinical and nonclinical interventions to mitigate loneliness and consider the need for additional research.

Presenter Bio:

Bruce is a limited licensed counselor with a part-time practice called Streamside Counseling and has served as guest therapist at Alongside. During the 17 years he and his family lived in Poland, they served with Church Resource Ministries (now Novo) and SEND International as church planters as well as in field leadership. They relocated back to the US in 2011, settling in Michigan where Bruce served as the Director of Personnel and Member Care for the US office of SEND for 12 years. In March 2023 he and his wife transitioned to a new role with SEND as Care & Development Specialists.

Workshop #8
Incorporating Socio-Cultural Competency and Psycho-Spiritual Worldview in
Missionary Planning, Service, and Care
Naji Abi-Hashem
CE Hours Available: 1.25

Summary:

Cultural competency and balanced worldview are essential ingredients/foundations for any creative or successful endeavor in the helping professions, especially Christian service and cross-cultural work. Missionary caregivers need to be fully aware of and equipped to deal with the impact of the mixing of cultures, mentalities, and world customs - all due to the rising trends of globalization and migration, as well as increasing sociopolitical polarization, digital invasion, and ideological radicalization everywhere. Workers in the missionary movement will need to face the challenges of the 21st century with courage, compassion, and creativity.

Learning Objective #1:

Define cultural competency and the concept of worldview.

Learning Objective #2:

Describe the root causes of ideologization, polarization, and radicalization.

Learning Objective #3:

Recite three approaches/interventions for increasing cultural competency skills and incorporating worldview in pastoral care and clinical psychotherapy.

Presenter Bio:

Naji Abi-Hashem is a clinical and cultural psychologist, public speaker, author, visiting professor, cross-cultural worker, consultant, ordained minister, and caregiver at large. He is a Lebanese-American who is involved in international service, teaching-training, humanitarian aid, conference speaking, counseling, editing-writing-publishing, volunteering, global networking-consultation, pastoral care, and caring for the helping-professionals. He is also an active member of many national/international organizations. He has made about 100 professional presentations at various conventions and about 100 publications in the form of journal articles, book chapters, encyclopedia entries, and periodical essays. He usually divides his time between the United States and Beirut, Lebanon.

Workshop #9
Global Healthcare Workers – Unique Challenges Call for a Tapestry of Support
Frauke Schaefer, Jim Ritchie, Charles Schaefer
CE Hours Available: 1.25

Summary:

Unique challenges experienced by global healthcare workers include constant overwork, recurrent traumatic events on the job, deaths of patients occurring in brief succession, and decision making in the crucible of cultural and religious value tensions often in low resource settings. This leads to moral injury, burnout, traumatic stress, unaddressed grief, emotional numbing, boundary dilemmas, and passionate conflicts among strong personalities.

The tapestry of support needed by global healthcare workers needs to weave together prevention, early intervention, and suitable care. It requires collaboration between sending organizations, specialized service providers, and member care agencies. And, it requires the involvement of multiple disciplines: Clinical mental health care, debriefing, and pastoral and spiritual care along with conflict management, or skilled mediation.

Learning Objective #1:

Identify the unique challenges global healthcare workers face on the field and how it may impact their emotional health.

Learning Objective #2:

Learn how mental health distress and spiritual challenges are intertwined in the global healthcare worker's experience and therefore require an integrated mental health approach in caring for them, which addresses both mental health and spiritual vitality.

Learning Objective #3: Engage existing resources for global healthcare workers, identify aspects of support that need further development, and plan next steps to get involved.

Presenter Bios:

Frauke Schaefer, MD a German family physician, served in a leprosy hospital in Nepal from 1990-1997, then trained in psychotherapy in Germany. She married Charlie Schaefer, PhD in 2000 and moved to NC in the USA. During her psychiatry residency at Duke University, she researched trauma and resilience in cross-cultural mission as well as spiritual factors in traumatic stress and growth, basis for the book "Trauma & Resilience: Effectively Supporting Those, Who Serve God." She is staff of Barnabas International and serves in psychiatric support, psychotherapy, training, and consultation. In recent years her focus has shifted to global healthcare workers.

Dr. Jim Ritchie is an Emergency Physician who served 25 years in the US Navy including two deployments to the war in Afghanistan, and seven years as Emergency Medicine Residency Director. He then served six years as a medical missionary in Chogoria, Kenya, helping start a Christian Family Medicine program. He has a personal interest in helping healthcare missionaries thrive in the difficult context of cross-cultural medicine. He now serves with MedSend in the Longevity project. He and his wife, Martha, have six children, ages 32 to 17.

Dr. Charlie Schaefer is a licensed psychologist, staff with Barnabas International, and a member of the Alongside MedTeam. Charlie has lived in West Africa and served Christian workers there in addition to Europe, Central

Asia, East Asia and the Middle East. His special interests include serving global healthcare workers, trauma and resilience, and integrating the relationship with God with emotional and mental health needs. Charlie and his wife, Dr. Frauke Schaefer, co-edited *Trauma and Resilience: Effectively Supporting Those Who Serve God*. Charlie has a private practice in North Carolina where he primarily works with people in Christian service.

Workshop #10
Weaving an Interdisciplinary Team
Jessie Kuhn, Veta Berry, Beth Walker
CE Hours Available: 1.25

Summary:

The branch directors of our organization will share case studies of working collaboratively among clinical, member care, and prayer to offer a multi-faceted approach to mental health care in a cohesive environment, highlighting the advantages of this approach. We will specifically recall the power and authority of prayer and its rightful place in the process of healing and the bigger picture of mental health.

Learning Objective #1:

Define the three disciplines of clinical, member care, and prayer ministry and how they work in harmony as an interdisciplinary team.

Learning Objective #2:

Compare the values that each discipline carries, based on the Romans 12 picture of one body having many parts, to create a well-rounded and rich experience for clients.

Learning Objective #3:

Apply strategies for staff members to work together to uplift, encourage, and educate one another to increase appreciation of the roles of the various disciplines.

Presenter Bios:

Jessie serves as the Clinical Director of Oaks Counseling. She started serving with the Oaks by offering a percentage of her private practice to missionary referrals from the Oaks in 2012. The Lord called her into working with the Oaks exclusively in 2015. Jessie oversees the Clinical Intake and Counseling Branch of the Oaks, develops and maintains their clinical referral network, offers consultation to network referrals and training and supervision to counseling interns and associates interested in serving cross-cultural workers. Jessie has specific training in Object Relations Therapy and EMDR in which she enjoys doing deep reparative attachment work with clients. She and her husband reside in Round Rock, Texas with their three children.

Veta served in youth and family ministries for over 20 years. In 2002, Veta was in North Africa visiting one of those youth when she saw the great need for care for people called to serve overseas. She received a calling to move overseas and do full-time member care and member care training for workers in North Africa. Veta spent 12 years traveling throughout North Africa, training on Member Care, equipping them to serve each other better, and ministering to many field workers herself. Veta has received Stephen Ministry training as well as training in basic and trauma debriefing from Le Rucher and the Mobile Member Care Team. Upon her return to the US in 2020, Veta joined Oaks Counseling as the Member Care Director. She currently resides in Austin, Texas.

Beth spent five years on the missions field as a young adult before she and her husband moved to England to train in inner healing prayer. She has been trained in a number of different prayer models since that time and is passionate about helping people encounter a loving God who desires to interact on a personal level. Beth and her husband are the missions pastors at their local church and she has been on staff at Oaks Counseling since 2020 as the Spiritual Integration Director. She and her family live in Round Rock, Texas.

Workshop #11

Telehealth and Trauma: Utilizing Co-regulation Strategies to Strengthen the Therapeutic Alliance

Charny Beck, Taylor Patterson

CE Hours Available: 1.25

Summary:

Coregulation is an integral component of treating trauma. While telehealth has enabled clinicians to provide counseling services globally, there is debate regarding its effectiveness in trauma treatment. This workshop will examine the latest research in neuroscience and cultural humility to equip counselors with a toolbox of new skills to foster coregulation through telehealth to promote trauma healing among cross-cultural workers.

Learning Objective #1:

Analyze research on physiological synchrony to promote the development of co-regulating skills with clients through telehealth services.

Learning Objective #2:

Apply effective co-regulation strategies and Christian integration techniques to the treatment of trauma via telehealth.

Learning Objective #3:

Integrate cultural humility concepts into their telehealth practice with cross-cultural workers.

Presenter Bios:

Charny Beck is a Licensed Clinical Social Worker- Supervisor. She holds a Bachelor of Arts in Social Work from Baylor University and a Master of Science in Social Work from the University of Texas at Arlington. She received her certification as an Educational Diagnostician from the University of Houston. Charny is currently a Ph.D. student in Counselor Education and Supervision at Regent University. Charny counsels clients with trauma, marriage counseling, women's issues, anxiety, depression, and grief with adults. Charny is an EMDR-trained clinician. She is also trained in Pia Melody's Post Induction Model through The Meadows for work in unresolved childhood trauma. She is level 1 and level 2 Gottman trained, a Certified Parenting with Love and Logic facilitator, and certified in Prepare/Enrich and SYMBIS facilitation. Being a pastor's wife/church planter's wife, she works with pastors and missionaries in all areas of burn-out. Charny has spent the last fifteen years doing short-term missions in Belize, Antigua, and the Dominican Republic.

Taylor Patterson graduated with her Master of Arts in Counseling from Reformed Theological Seminary and is currently a Ph.D. student in Counselor Education and Supervision at Regent University. She worked for two years at a nonprofit organization counseling survivors of domestic violence, sexual assault, and human trafficking, and now works in private practice in Charlottesville, VA.

Workshop #12
Counseling those in Later Life and Ministry
Justin Smith
CE Hours Available: 1.25

Summary:

Tell me the stories of Keturah: A TCK reflects on aging and counseling those in the sunset years. In a global culture eager for entrepreneurs, innovative business ventures, and church planting, slowing down or stepping down from leadership, stepping back from ministry, and succession planning can sound defeatist. A third culture perspective is presented on grieving and accepting contracting work and ministry responsibilities, the loss of friends and family, declining health, and finishing one's race when others are still running. Counseling older adults, especially global workers and those in ministry, can be especially rewarding but may also present unique challenges.

Learning Objective #1:

Identify and engage with schemas of vitality (Caleb) and decline (Abraham, Isaac, David) with aging clients.

Learning Objective #2:

Discern when to work toward change/growth and when to sit with finality.

Learning Objective #3:

Describe ways to help aging clients navigate their own mortality including themes of loss and accomplishment.

Presenter Bio:

Justin Smith is a licensed psychologist and marriage and family therapist who specializes in member care, third culture and cross-cultural issues, marriage and sexuality, trauma (including betrayal and childhood issues), depression, anxiety, and spiritual struggles. A TCK himself, Justin grew up in S.E. Asia. He is an Approved Supervisor and former Chair of the Arizona Interest Network of the American Association for Marriage and Family Therapy. Justin is a seminary graduate, ordained pastor, and headed a seminary counseling program for 16 years before returning to full time clinical work. Justin has been married for 30 years with two adult children.

Workshop #13
Navigating Conflict Cross Culturally
James Covey
CE Hours Available: 1.25

Summary:

One of the common roles of mental health professionals in missions is helping individuals, teams and organizations navigate conflict. This seminar will use the research from *The Culture Map*, by Erin Myer, for a modern understanding of cultural differences. Then the Culture Maps will be applied to an interactive look at the underlying sources of cross-cultural conflict and ways to approach them.

Learning Objective #1:

Demonstrate an understanding of the 8 culture maps and how they impact their organizations.

Learning Objective #2:

Identify potential sources of cross-cultural conflict.

Learning Objective #3:

Through an interactive discussion, analyze and apply steps to navigate cross cultural conflict.

Presenter Bio:

James serves as the SIL Eurasia Staff Care Coordinator and a SIL Eurasia Counselor. He joined in SIL 2011, spending a year at working stateside with Wycliffe before moving to Nairobi Kenya to work at Tumaini Counseling Center. After five years at Tumaini, James and his wife shifted to SIL Eurasia, have lived in North Africa, and now are based in Malaga, Spain. They partner with Sentwell to provide care to workers from many organizations across the MENA region in addition to their SIL roles.

Workshop #14

Trauma, Worship, Wellbeing: Whole-brain Cultural Worship as an Instrument for Healing

Beth Argot

Summary:

Within the latest neurobiological research on trauma healing and the arts is hidden a key to knowing God more fully and experiencing healing in the process. Through the use of contextualized arts, we are able to cross cultural barriers to instill in clients/communities tools for ongoing healing while engaging with God in both personal and corporate worship experiences.

Learning Objective #1:

Demonstrate knowledge of the deep spiritual impact of trauma and how this affects missions.

Learning Objective #2:

Describe how contextualized arts can benefit both the processing/healing of trauma as well as spiritual integration.

Learning Objective #3:

Identify strategies to empower clients/communities to participate in their own healing through personal worship activities.

Presenter Bio:

Beth Argot serves with Artists in Christian Testimony, teaching at Dallas International University where she serves as the Arts and Trauma Healing (ATH) Director, PhD Coordinator, and Associate Director for the Center for Excellence in World Arts. She is an ATH Master Facilitator and received training with the Global Trauma Recovery Institute, and Trauma Informed Expressive Arts Therapy [EXAT]. Beth recently received several grants for her multidisciplinary research in historical worship practices, investigating parallels of worship and arts with trauma healing practices. Beth teaches globally at universities and seminaries and also leads Arts & Trauma healing workshops in cross-cultural communities.

Workshop #15
Training Programs for Multicultural and Multinational Missionaries
Ann Hamel, Oscar Osindo, Millie Castillo, Amy Whitsett
CE Hours Available: 1.25

Summary:

The majority of missionaries today are sent out from countries other than North America and Europe. The influence of culture on the mind and personality must be taken into consideration as we help non-western missionaries face the inevitable challenges of cross-cultural mission service. As Western mental health professionals and caregivers, we must not assume that our western models of mental health or mental illness can be applied unquestionably to non-Western missionaries. Recognizing that it is difficult to identify the impact of our own culture, the goal of this workshop is to help us identify the impact of non-western cultures on various aspects of cross-cultural mission service.

Learning Objective #1:

Identify the impact of culture in making a successful cross-cultural transition.

Learning Objective #2:

Identify the impact of culture on mental health and well-being.

Learning Objective #3: Identify the impact of culture on religious belief and practice.

Presenter Bios:

Dr. Hamel served as a missionary in Burundi with her husband between 1979 and 1982 and in Rwanda between 1982 and 1990. In 1990, Ann, her husband and their three sons were in a car accident that left Ann widowed. Returning to the states, she went back to school and obtained a PhD in counseling psychology in 1997 and a DMin in Formational Counseling in 2007. She has committed her life to providing mental health care for missionaries serving the Seventh-day Adventist church globally. She remarried in 1995 and is the mother of 7 children and 9 grandchildren.

Dr. Oscar Osindo was born in Mombasa, Kenya, and has worked extensively with Muslims throughout East Africa. He has a Ph.D. from Oxford Centre for Mission Studies in the United Kingdom and has taught at universities in Great Britain, Kenya and the United States. In addition, Oscar and Elizabeth and their three children served as missionaries in Cyprus. He has a passion for bringing Muslims to a saving knowledge of Jesus Christ as Lord and Savior and training missionaries to be effective cross-cultural witnesses for Christ.

Millie grew up as a Cross Culture Kid, has been a missionary for 18 years, and has lived in seven different countries, much of that time working for the Adventist Develop and Relief Agency (ADRA). Having raised two Third-Culture Kids, she is familiar with the joys and challenges of today's global citizens. Her passion for helping young people navigate through their formative years has manifested in various ways: as a trained music teacher utilizing music to reach out to young ones and involve them in ministry and as a missionary, organizing youth groups for outreach and summer camps. Millie has a master's degree in International Development and is pursuing a Ph.D. in Intercultural Studies at Columbia International University. Millie served the Institute of World Mission as Education and Communication Coordinator and teen teacher until she was appointed Associate Director in August 2021. Millie and her husband, Edgar, now reside in Maryland with one of their two

young adult daughters. Her hobbies include caring for her pets, traveling, reading, music, and spending time with friends.

Amy and her family served as cross-cultural missionaries in Southeast Asia for 16 years. While living in Laos, she and her husband opened an English language school which served as a center of influence. They also did ethnographic research and used what they learned to design a discipleship curriculum tailored to meet the needs and worldview of Theravada Buddhists of Southeast Asia. Later, they moved to Thailand where they helped their denomination to create strategy and develop resources to effectively share the Gospel with people groups having Buddhist-influenced worldviews. Amy's passion is helping Christians make the Gospel relevant and appealing to those they are working among - regardless of the local religion or worldview. Amy is currently a DMiss student at Andrew's University in Michigan.

Workshop #16
Mind-Body Approaches - Do They Have a Place in the Mental Health and Missions World?
Hannah Reutter
CE Hours Available: 1.25

Summary:

Johns Hopkins Medical School has found that 70% of disease is psychosomatic. Stress is a factor in at least 75% of all illnesses and diseases. There is a strong connection between our minds and bodies. But mind-body approaches have been met with skepticism and hesitation, especially by Christians. For this presentation we will explore the scientific and biblical support for mind-body approaches. We will also look at how these approaches could greatly benefit being used in the mental health and missions field.

Learning Objective #1:

Demonstrate knowledge of the scientific support behind mind-body approaches.

Learning Objective #2:

Identify ways to approach mind-body approaches with a Biblical worldview.

Learning Objective #3:

Describe how mind-body approaches can be very useful in treatment for missionaries.

Presenter Bio:

Hannah is a Licensed Professional Counselor (LPC) in the state of Colorado. She received her Bachelors in Psychology from Trinity International University and her Masters in Counseling from Denver Seminary. Hannah is a Third Culture Kid who grew up in Illinois until 15 when she moved with her parents to Brasil. Her experience as a missionary kid is where Hannah's passion for missions and working with missionaries and their families started. Hannah enjoys using different modalities including EMDR and Neuro Emotional Technique (NET).