

Equipping Faith Leaders to Respond to Mental Health Challenges

The Inaugural American Psychiatric Association (APA)
Conference on Mental Health for Faith Leaders

Sponsored by the APA Caucus on Spirituality, Religion and Psychiatry

Locally organized by



**Working Group for the Promotion
of
Mental Health in Faith Communities**



Tuesday, May 19, 2015
9:00 a.m. – 4:00 p.m.

Tyndale University College & Seminary
Toronto, Ontario, Canada

Agenda

- 8:15 - 9:00am Registration, Refreshment and Book Table
- 9:00 - 9:05am Introduction to the Conference
Rev. Sheila Stevens, MDiv
- 9:05 - 9:10am Welcoming remarks from the American Psychiatric Association
Dr. Alan Fung, MD, ScD
- 9:10 - 9:15am Welcoming remarks from the Senior Vice President Academic and Dean of Tyndale Seminary
Dr. Janet Clark, PhD
- 9:15 - 9:45am The Story of Our Life: Written by the God Who Suffers For Us and With Us
Rev. Victor Shepherd, ThD
- 9:45 - 12:00pm An Introduction to Mental Health Ministry
Rev. Craig Rennebohm, DMin
- 12:00 - 12:45pm Lunch
- 12:45 - 1:15pm Rethinking the Good Samaritan Story: Who is left by the road side today?
Sr. Nancy Kehoe, RSCJ, PhD
- 1:15 - 1:45pm What About the Children? Clergy Kids in 2015
Dr. Mary Lynn Dell, MD, DMin
- 1:45 - 2:15pm Professional Support of Clergy: Attending to Physical, Developmental, Spiritual Arenas in a Minister's Life
Dr. Mark Biddle, MDiv, PhD
- 2:15 - 2:45pm Addressing Practical Problems at the Faith and Mental Health Interface
Dr. John R. Peteet, MD
- 2:45 - 3:00pm Break
- 3:00 - 4:00pm Panel Discussion with All Speakers
Discussant: Dr. Alexander Moreira-Almeida, MD, PhD
Moderator: Dr. Alan Fung, MD, ScD
- 4:00 - 4:15pm Closing Remarks, Evaluation and Certificate of Attendance
Rev. Sheila Stevens, MDiv and Dr. Alan Fung, MD, ScD

Overall Objectives of the APA Conference on Mental Health for Faith Leaders

Because religion and spirituality often play a vital role in healing, people experiencing mental health concerns often turn first to a faith leader. Faith community leaders are often gatekeepers or “first responders” when individuals and families face mental health or substance use problems. In that role they can help dispel misunderstandings, reduce stigma associated with mental illness and treatment, and facilitate access to treatment for those in need.

This conference aims at equipping local clergy members/faith leaders with the knowledge and skills to provide care to those with mental health issues, as well as for faith leaders to attend to their own mental health.

American Psychiatric Association (APA)

The American Psychiatric Association, founded in 1844, is the world’s largest psychiatric organization. It is a medical specialty society representing growing membership of more than 36,000 psychiatrists. Its member physicians work together to ensure humane care and effective treatment for all persons with mental disorders, including intellectual disabilities and substance use disorders. APA is the voice and conscience of modern psychiatry.

APA Caucus on Spirituality, Religion and Psychiatry

Succeeding the APA’s Corresponding Committee on Religion and Psychiatry as a group of members interested in the interface between religion/spirituality and psychiatry, the Caucus members meet at the APA annual meetings and the Institute on Psychiatric Services to foster communication and collaboration. Products of this collaboration include sponsored workshops and symposia at these annual meetings - amongst other endeavours. More recently, the Caucus has been undertaking a prominent role in realizing the visions of the Mental Health and Faith Community Partnership, as well as increasing its collaborations with groups with similar scope - such as the World Psychiatric Association (WPA) Section on Religion, Spirituality and Psychiatry.

The Working Group for the Promotion of Mental Health in Faith Communities

The Working Group is a group of mental health care professionals and people of faith who are interested and dedicated to promote dialogue between healthcare professionals and faith leaders, provide education and trainings to faith communities and promote a supportive recovery environment in faith communities. The vision of the Working Group is” Calling, educating and equipping the people of faith to stand with those who suffer from mental illness”.

Presentation Abstracts, Learning Objectives, and Speaker Biographies

Rev. Victor Shepherd, ThD

The Story of Our Life: Written by the God Who Suffers For Us and With Us

Learning Objectives

At the conclusion of the presentation, participants should be able to:

- 1) Understanding the theology of suffering in the context of mental illness
- 2) The four spiritual themes of mental illness

Biography

Prior to joining the Tyndale faculty in 1993, Dr. Shepherd was Adjunct Professor in the Department of Church History, Emmanuel College, University of Toronto, the Department of Religious Studies, McMaster University and the Department of Religious Studies, Memorial University of Newfoundland. A frequent lecturer, he has addressed learned societies both in Canada and abroad, including the North American Calvin Studies Society and the Oxford Institute of Methodist Theological Studies.

An adjunct professor at the Toronto School of Theology (University of Toronto) Dr. Shepherd supervises PhD comprehensive examinations and dissertations on themes related to the Sixteenth Century Reformation and to the tradition arising from it.

Dr. Shepherd earned his Th.D. from Emmanuel College, University of Toronto, in 1978. In 1995 he was awarded an honorary doctorate from Roberts Wesleyan College in Rochester, N.Y., in recognition of his contribution to Wesley studies.

A Presbyterian, ordained in 1970 to the ministry of Word, Sacrament and Pastoral Care, Dr. Shepherd has served four pastorates in New Brunswick and Ontario. He is the author of nine books and numerous journal articles that reflect his extensive pastoral and academic experience. A long-time advocate for the mentally ill and the underhoused, he has served on the board of the Peel Mental Health Housing Coalition and Pathway Community Developments.

He belongs to several professional societies, including the Canadian Philosophical Association, the Sixteenth Century Studies Society, the Canadian Methodist Historical Society, the Toronto Renaissance and Reformation Colloquium, and The Writers' Union of Canada.

Rev. Craig Rennebohm, DMin

An Introduction to Mental Health Ministry

Learning Objectives

At the conclusion of the presentation, participants should be able to:

- 1) Name four basic spiritual care responsibilities in working with individuals and families facing mental illness
- 2) Describe the five core practices of companionship supportive of recovery
- 3) Discuss the work of a congregational mental health team

Abstract

This presentation offers a framework for understanding and implementing three components of mental health ministry in a local congregation, the role of clergy; the development of lay companions providing one to one support to individuals in their recovery journey; and the work of laity in a congregational mental health team. Four basic spiritual care tasks are illuminated for clergy. The five core practices of companionship and the life of a companionship support group are described. The educational, service and advocacy work of a congregational mental health team are located in an annual calendar of activity centered on May as mental health month, recovery month in September, and Mental Illness Awareness Week in October.

Biography

Craig Rennebohm is a retired UCC minister who served congregations in Lowell, MA and Seattle WA. Craig is a graduate of the Chicago Theological Seminary and the Pacific School of Religion. For 25 years he served as community mental health chaplain with the Mental Health Chaplaincy in Seattle with a fourfold mission: outreach on the streets with individuals who were homeless and facing issues of mental illness, trauma and substance use; spiritual care on the psychiatric units of Harborview Medical Center; education and consultation with clergy and local congregations; and advocacy for a readily accessible and effective community mental health system. Craig is the author of "Souls in the Hands of a Tender God," and a booklet series on mental health ministry in the local congregation. Contact: wcrenne@comcast.net

Sr. Nancy Kehoe, RSCJ, PhD

Rethinking the Good Samaritan Story: Who is left by the road side today?

Learning Objectives

At the conclusion of the presentation, participants should be able to:

- 1) Understand some of the realities of mental illness
- 2) Understand some ways in which a faith community can reach out to those who live with mental illness
- 3) Consider ways to address the issue of stigma within the faith community.

Abstract

Christian communities are all too familiar with the story of the Good Samaritan, but we have the story lived in our reality today. The person left by the roadside, often abandoned by family and underserved by society is the one who lives with serious mental illness. In this presentation we will look at the story again and learn ways to "not walk by," but to be today faith communities who can be Good Samaritans.

Biography

Nancy C. Kehoe, RSCJ, PhD., is a member of the Religious of the Sacred Heart. She is an Assistant Clinical Professor of Psychology in the Department of Psychiatry at Harvard Medical School, part time. Her area of expertise is religion and spirituality in the clinical context. For thirty-four years, using a model she created, Dr. Kehoe has led groups on spiritual beliefs and values for adults with psychiatric disabilities. She currently consults with healthcare providers in mental health and geriatric settings. She has presented at regional, national, and international conferences and published on the subject of religion and psychotherapy. In 2009, her book "Wrestling with Our Inner Angels: Faith, Mental Illness and the Journey to Wholeness" was published by Jossey-Bass/Wiley. She has recently published six You Tubes, "Conversations on religion and mental illness." Additional information can be found on her web site at: www.expandingconnections.com

Dr. Mary Lynn Dell, MD, MTS, ThM, DMin

What About the Children? Clergy Kids in 2015

Learning Objectives

At the conclusion of the presentation, participants should be able to:

- 1) Understand the historical descriptions and stereotypes of clergy children and the implications of those for clergy kids today.
- 2) Discuss the unique stresses children of religious professionals face in contemporary society.
- 3) Be familiar with medical and psychiatric diagnoses most common in clergy children.

Abstract

Children of clergy and other religious professionals have unique psychosocial stresses and family dynamics due to the very public vocations of their clergy parents. As most major world faith traditions hold their professional religious to be public examples of morality and right, ethical living, the children of religious leaders can feel significant societal, family, and even personal expectations to be perfect in behavior, academics, personal relationships, and other endeavors. The parents give significant amounts of time, emotional and physical energy to serving others outside the home, often leaving them little time and energy for their own children. Clergy kids often have to move at times in their lives that are disruptive to healthy social and academic development, and must live on relatively low household incomes. Some clergy children then grow to resent the religious organizations their parents lead and even all forms of religion and spirituality. This talk will examine these concerns in depth, and discuss assessment and treatment approaches for clinicians working with offspring of clergy and religious professionals.

Biography

The Rev. Dr. Mary Lynn Dell is Professor of Clinical Psychiatry and Pediatrics at The Ohio State University and Director of Psychosomatic Medicine at Nationwide Children's Hospital in Columbus, Ohio. A graduate of Milligan College and the Indiana University School of Medicine, she completed a general psychiatry residency at the Indiana University Medical Center in Indianapolis, a child and adolescent psychiatry fellowship at Emory University in Atlanta, Georgia, and a research fellowship at the National Institute of Mental Health in Bethesda, Maryland. She is board certified in general, child and adolescent, and forensic psychiatry, and psychosomatic medicine. She came to The Ohio State University in 2013 after serving on the faculties of Emory University, the University of Pennsylvania and Philadelphia Children's Hospital, George Washington University and Children's National Medical Center in Washington, DC, and University Hospitals Case Medical Center and Rainbow Babies and Children's Hospital in Cleveland, Ohio.

Dr. Dell is trained in theology and is active as an Episcopal priest. She holds Master of Theological Studies (MTS) and Master of Theology (ThM) degrees from Candler School of Theology at Emory University, a post-graduate diploma in Anglican Studies from Virginia Theological Seminary, and a Doctor of Ministry (DMin) degree from Columbia Theological Seminary in Decatur, Georgia. She currently serves as Priest Associate at St. Mark's Episcopal Church in Columbus, Ohio.

Dr. Dell's academic interests include ethical issues in psychiatry, pediatrics, end-of-life care, the interface of medicine and theology, and ethics education for medical education. She is the founding chair of the Religion and Spirituality Committee of the American Academy of Child and Adolescent Psychiatry and serves as vice president of the American Psychiatric Association Caucus on Religion and Spirituality.

Dr. Mark Biddle, MDiv, PhD

Professional Support of Clergy: Attending to Physical, Developmental, Spiritual Arenas in a Minister's Life

Biography

Mark Biddle is the Founder of Dalton Corner Coaching-- a partnership built on trust, support, and growth. His work targets not-for-profit leaders and organizations interested in finding pathways to transformation and change. Mark has a demonstrated record of helping persons and organizations have greater involvement and community impact.

- At Emory University Mark launched a pioneer program focused on clergy health developing Emory Clergy Care, an educational program pioneering medical and wellness care, career education, and mental health care for clergy.
- Mark pastored The United Church of Hyde Park, a diverse, urban, and inter-denominational parish (UCC, UPUSA, and UMC).
- As an educator he was the John Rehm Director of Experiential Learning at the F.W. Olin School of Management at Babson College.

His coaching practice includes a developmental interview unique in its ability to describe the underlying form of an adult's meaning system along three developmental mindsets. These mindsets are used in both the Faith Development research of James Fowler, the Adult Development research of Robert Kegan. The assessment process (the Subject Object Interview) is used by the Davos World Economic Forum (WEC) to predict performance strengths and weaknesses of the WEC Fellows.

Mark is ordained as an Elder in the United Methodist Church and has a Master of Divinity from St. Paul School of Theology (UMC) and a D. Min. from Chicago Theological Seminary (UCC). In addition, his academic credentials include a Master of Science in Education (Community Counseling) from Georgia State University and a PhD in Educational Administration and Leadership from the University of Alberta. His thesis studied organizational learning in high reliability organizations. He is a licensed professional counselor (National Board of Certified Counselors #47674) and certified to use 360 assessments by the Center for Creative Leadership as well as the Myers Briggs Type Indicator. He currently is in the 2015 Immunity to Change Coaching Certification Program of Minds at Work.

His recent presentations include a faculty leadership role In April 2015 in the Chautauqua Clergy Leadership Program designed to help clergy develop their public leadership capacities. In October of 2014 he was a presenter at the United Methodist National Summit: Clergy Families in Crisis.

The consciousness of being understood by someone lifts to the level of awareness the basic fact of unity that sustains and guarantees all of life.

Howard Thurman in *Deep is the Hunger*

Dr. John R. Peteet, MD

Addressing Practical Problems at the Faith and Mental Health Interface

Learning Objectives

At the conclusion of the presentation, participants should be able to:

- 1) Recognize three problematic manifestations of psychiatric illness presenting within faith communities
- 2) Identify helpful immediate approaches to psychiatric emergencies and disruptive behavior
- 3) Envision preventative approaches appropriate to their particular faith context

Abstract

This session explores ways to approach practical problems at the interface between psychiatry and faith. Participants will discuss cases illustrating psychiatric emergencies, disruptive and dangerous behavior, religious resistance to treatment and problematic transferences toward faith leaders.

Biography

After receiving his M.D. degree at Columbia and a medical internship at UNC in Chapel Hill, he completed his residency in psychiatry at the Massachusetts Mental Health Center, and a fellowship at the Peter Bent Brigham Hospital, in Boston. For 36 years he has been a psychiatrist at Brigham and Women's Hospital and Dana-Farber Cancer Institute, where he is an Associate Professor of Psychiatry at Harvard Medical School. Board certified in psychiatry and psychosomatic medicine, he has received awards for teaching and has published numerous papers in the areas of psychosocial oncology, addiction, and the clinical interface between spirituality/religion and psychiatry. In 2004 the American Psychiatric Association Press published his book *Doing the Right Thing: An Approach to Moral Issues in Mental Health Treatment*, and another that he co-edited, the *Handbook of Spirituality and World View in Clinical Practice*. More recently he has published *Depression and the Soul: A Guide to Spiritually Integrated Treatment*, and co-edited *Spiritual and Religious Issues in Psychiatric Diagnosis: A Research Agenda for DSM-5*, and *The Soul of Medicine: Spiritual Perspectives and Clinical Practice*. He serves as president of the American Psychiatric Association's Caucus on Religion, Spirituality and Psychiatry.

Biography of Discussant

Dr. Alexander Moreira-Almeida, MD, PhD

Alexander Moreira-Almeida (MD, PhD) is Associate Professor of Psychiatry at at Federal University of Juiz de Fora (UFJF) School of Medicine and Founder and Director of the Research Center in Spirituality and Health, Brazil (www.ufjf.br/nupes-eng). He is Chair of the WPA (World Psychiatric Association) Section on Religion, Spirituality and Psychiatry and coordinator of the section on spirituality of the Brazilian Psychiatric Association. He was Vice-Dean of Graduate studies at UFJF. He obtained a medical degree and was trained in psychiatry and cognitive-behavioral therapy at the Institute of Psychiatry of the University of São Paulo, Brazil, where he also obtained his PhD in Health Sciences. Formerly a postdoctoral fellow in religion and health at Duke University his main research interest involves mind-brain relationship and empirical studies of spiritual experiences as well as the methodology and epistemology of this research field.

Biographies of Conference Co-Chairs and Lead Organizer

Dr. W.L. Alan Fung, MD, MPhil, ScD, FRCPC, FAPA

Dr. Fung is a Co-Chair of this Conference. He is an attending psychiatrist and the Medical Director of Research in the North York General Hospital (NYGH) Department of Psychiatry (cross-appointed to the NYGH Genetics Program). He also chairs the NYGH Research Ethics Board. Dr. Fung is an Assistant Professor of Psychiatry at the University of Toronto (U of T) Faculty of Medicine. He co-chairs the U of T Department of Psychiatry Interprofessional Collaboration & Education (IPC/IPE) Working Group. He has a strong interest in promoting IPC/IPE endeavours between mental health and spiritual care professionals, as well as the spiritual and cultural dimensions of psychiatric care. He has initiated and/or co-organized several symposia in the interface of mental health and spiritual care in Toronto - amongst other IPC/IPE endeavours.

At the international level, he serves as secretary and treasurer of the American Psychiatric Association (APA) Caucus on Spirituality, Religion and Psychiatry. He has also been invited to serve on the Steering Committee of the Mental Health and Faith Community Partnership - convened by the APA, the American Psychiatric Foundation (APF) and the Interfaith Disability Advocacy Coalition (IDAC). To date he is the only committee member from outside the United States. He also served as a workgroup chair of the *Mental Health: A Guide for Faith Leaders* & the accompanying *Quick Reference on Mental Health for Faith Leaders* - publications from the Partnership.

Dr. Fung is a medical specialist in Psychiatry board-certified in the subspecialties of Sleep Medicine (American Board of Psychiatry and Neurology), as well as Behavioural Neurology & Neuropsychiatry (United Council for Neurologic Subspecialties, USA). He is a Fellow of the Royal College of Physicians of Canada as well as the American Psychiatric Association. Dr. Fung completed his undergraduate degree, medical degree, residency training in psychiatry and clinician-scientist training program, all at the University of Toronto. He also completed a Master's degree at the University of Cambridge, UK, a Research Doctorate and a Research Fellowship at Harvard University.

Rev. Sheila Stevens, BSM, BRE, MTS, MDiv, RMFT

Rev. Sheila Stevens is a Co-Chair of this Conference. She is a Clinical Fellow and Approved Supervisor with AAMFT/OAMFT (American/Ontario Association for Marriage and Family Therapy), Pastoral Counselling Specialist and Associate Supervisor with CASC (The Canadian Association for Spiritual Care), ordained to the Christian ministry by the CBOQ (Canadian Baptists of Ontario and Quebec), and a certified Focusing Oriented Trainer. Sheila has also trained in Emotional Focused Therapy. She received post-secondary education from Tyndale University College and Seminary (formerly Ontario Bible College and Ontario Theological Seminary), University of Waterloo, McGill University, and University of Guelph. Sheila and her husband were in pastoral work for several years in four congregations from 1979-1993. For many years Sheila has been counselling, supervising and teaching including positions as Staff Counsellor & Marriage Education Coordinator at Montreal Pastoral Institute, 1989-1993; Adjunct Faculty at Tyndale University College & Seminary, teaching psychology and counselling courses, 1995-2004; Clinical Supervisor for the Master of Divinity Counselling Internship Program, Tyndale Seminary, 1997 to present; Supervisor for the Toronto Centre for Pastoral Counselling Education, Toronto School of Theology, University of Toronto, 2002-2012; private marriage and family therapy practice serving individuals, couples and families and offering clinical supervision to therapists in individual, dyadic and group formats, 1995 to present; and Director of Tyndale Counselling Services where she gives administrative and clinical oversight to a staff of about 30, 1996 to present. The centre offers individual, couple and family counselling as well as seminars to Tyndale's undergraduate, graduate, and doctoral students and, as of January 2015, has also opened to the public.

Ms. Purple Yip, B.A, MDiv.

The Lead Organizer of this conference, Ms. Purple Yip is a family worker at Schizophrenia Society of Ontario, Early Psychosis Intervention Program. She also has a private practice in Toronto. Purple has 15 years of experience working with teenagers and adults with mental health/substance use issues.

Purple grew up in Hong Kong and holds a B.A (Hon) degree in Business Studies from the Hong Kong Polytechnic University. She worked in the marketing field for the first ten (10) years of her career. In her spare time, Purple was a youth leader for 12 years working with adolescents and young adults in her church. Before coming to Canada, Purple worked as a parent-worker in a special school providing education and training for adolescents with emotional and mental health needs.

In 2003 Purple came to Canada to pursue her studies in theology and counselling. She graduated from Tyndale University and College and Seminary in 2007 with a Master of Divinity and a major in counselling. Since then, Purple has worked as a mental health worker and addiction therapist in several organizations.

Purple worships at Midtown Alliance Church. Her church has a focus on reaching out to the marginalized population in their local community. Her church has a few compassion ministries in providing respite care to children with intellectual disabilities and breakfast clubs for neighbours.

Purple's passion is to empower people with mental health challenges to live a full life and to provide education to families and friends in supporting recovery.

Equipping Faith Leaders to Respond to Mental Health Challenges

Organizing Committee

The organizers gratefully acknowledge the support from **Tyndale University College and Seminary** with special thanks to the following individuals:

Nathan Bonney	Blessan Cherian	Rainer Halonen
Gina Kim	Sharolyn McLeod	Misa Mochinaga
Rob Patterson	Scott Rough	Robert Weiland

The Conference organizing committee would also like to thank the following individuals for their special contributions to the conference:

Ms. Michelle Lai	Ms. Marva Smith	Mr. James Weber
Mr. David Wu		

amongst many others who have contributed to the success of the conference.

We would also like to draw your attention to the **Mental Health and Faith Community Partnership**, which was created in 2014 to foster dialogue between psychiatrists and faith leaders. The convening organizations are the American Psychiatric Association (APA), the American Psychiatric Foundation (APF) and the Interfaith Disability Advocacy Coalition (IDAC), a program of the American Association of People with Disabilities (AAPD). The Partnership facilitates collaboration among those who work within the different disciplines of faith and psychiatry and who share a common goal of promoting health, healing, and wholeness. It provides a platform for psychiatrists and the faith leaders to learn from each other. Faith leaders can increase their understanding of the best science and evidence-based treatment for psychiatric disorders. Likewise, psychiatrists and the mental health community can learn from spiritual leaders and increase their understanding of the role of spirituality in recovery and the support faith leaders can provide. Further information about the Partnership is available from: www.psychiatry.org/faith. Publications from the Partnership - *Mental Health: A Guide for Faith Leaders* & the accompanying *Quick Reference on Mental Health for Faith Leaders* - are also available for download from this website.

Your Certificate of Attendance at the Conference will be available upon submission of the Conference Evaluation Form.

Thank you for your participation in making the Conference a success!