



# 12th Annual Health & Spirituality Workshop

Community of Christ Temple  
201 S. River Blvd.  
Independence, MO 64050

August 21 & 22, 2014  
(Thursday evening and all day Friday)

### Discounts for:

- ◆ TMC Employees
- ◆ Seniors
- ◆ Yg. Adults 18-30 yrs

### Skill-building Opportunity for:

- Nurses
- Hospice Workers
- Health Professionals
- Social Workers
- Family Therapists
- Pastoral Ministers
- Caregivers
- Students
- Counselors
- Seminarians

### Nursing Continuing Education

and professional certificates of attendance available  
Scholarships may be available.

### For more information, contact:

Health Ministries Assn.  
816-833-1000 ext. 1262  
HMA@CofChrist.org  
www.HMAcofchrist.org

## “Self-Renewal During Crisis”

*Some call it Crisis; Some call it a Challenge; Others just call it Life.*

This Workshop is designed to help each of us realize and develop skills for handling crises in healthy ways. Learn to find personal peace and create spiritual growth in the midst of crisis.

### Thursday Evening Keynote Address

**Open to Public at no charge!**

*“Five Crises that Heal”*

Family Psychologist  
Wes Crenshaw, PhD



Dr. Wes believes in the premise: Crises are inevitable; Healing is optional. From the time we're born, life poses one problem after another. Our job is to cope, survive and thrive. Dr. Wes will identify five human crises we all share, and how they can bring about positive change in our lives.

### Friday Skill-building Sessions

14 presenters

Registration required

**Morning:** *Exploring Crises/Life Transitions*

**Afternoon:** *Exploring Self-renewal/Healing Approaches*

Co-sponsored by

Community of Christ  
HEALTH  
MINISTRIES  
ASSOCIATION



**TMC**  
TRUMAN MEDICAL CENTER

Community of Christ  
TEMPLE STRATEGY TEAM

# SKILL-BUILDING SESSIONS - FRIDAY, AUGUST 22

## Morning Sessions - May attend 2



Terri Rathbun, BS

### Thriving in a New Physical Reality

A life-changing diagnosis can be a curse or a blessing, a disaster or a challenge, a tragedy or a new normal. Learn strategies, coping mechanisms, and ways to thrive when the body is targeted for a new reality.

### Eldercare Housing By Calculation or Crisis

Planning and preparation can make a housing move in later years a healthy experience. Learn to assess housing needs from a practical and personal standpoint. Discover options and outcomes of long term care and facilities.



Denise Leichter, RN

### Youth in Despair

Teens are more likely to die from suicide than cancer or heart disease. Teen suicides can be prevented; help is available. Learn common myths and risk factors, and ways to reduce risks based on scientific evidence.



Shayla Sullivant, MD

### Crisis of Faith

Experiencing internal conflict or turmoil about one's beliefs or life decisions can create a crisis of faith. What are the sources and root causes of these internal conflicts and how do we overcome these times of intense doubt to find healing of the spirit?



Pam Cress, MA

### Anticipatory Grief: Living with Prolonged Illness

Anticipatory grief is both the easiest and the hardest kind of grief to experience. It can be an emotional roller coaster. Learn ways to cope with the impending loss.



Deb Babbitt, LMSW

### Impact of Trauma in Families

While some crises bring families together, others can destroy them. Divorce, for instance, can be a source of trauma or the start of healing. Learn what resources are available for safety, services, and recovery to help both children and adults cope.



Rita Witt, MA

## Afternoon Sessions - May attend 2



Joy Weydert, MD

### Healing Under Stress

When something goes wrong, do you bounce back or fall apart? Looking at physical, emotional, mental, and spiritual needs and

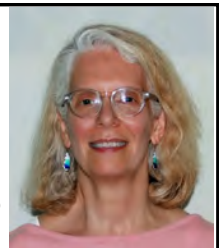


changes under stress, we will explore strategies with conventional and alternative therapies to promote resilience.

Alice Brink, MS

### Ecotherapy: Mental Health Through Nature

Ecotherapy, or Nature Therapy, is an adjunct to conventional therapy practiced outdoors and using the natural world. Explore the history of this approach to healing and learn the contemporary use of "Vitamin N".



Sue Westwind, AADP

### Spiritual Practices to Nurture the Whole Person

The realities of life form a continuum line stretching from joy to crisis. With methods and practices we can bend this line of extremes into a circle creating balance and equilibrium.



Marvin Rice, MAR

### Stillness in Motion

Be still and know... but how? In our busy, stress-inducing culture we lose connection with ourselves and each other. Learn why yoga is becoming so popular and is now often recommended. Experience a brief yoga session and enjoy your journey.



Diane Rogers, RYT

### Fueling for Healing

The healing process is personal and not only a medical event. Some foods assist the healing process; others obstruct it. Fueling for healing requires a whole person healthy approach. Learn how to feed the body when the soul is in turmoil.



Rebecca Blackwell, BSN

**Friday Afternoon PANEL DISCUSSION:  
Congregational Ministry for People in Crisis**

Churches are often the first place people turn when they are in crisis. Various ministry approaches are needed for individuals and families in crisis as an important aspect of healthy congregations. A panel of ministers from different denominations will identify and share approaches to encourage whole person health within congregations. They will highlight various aspects of the day's discussions in terms of meeting physical, psychosocial, and spiritual needs.



**Kathy Robinson, MSN**  
Liberty Street  
Community of Christ



**Rev. Joe Walker**  
Country Club  
Christian Church



**Rev. Sandy Wainright**  
Heaven Sent Outreach  
Ministries

**Thursday Evening**

**Dr. Wes Crenshaw, PhD**

*a licensed psychologist, is Board Certified in Couples and Family Psychology by the American Bd. of Professional Psychology. He specializes in working with adolescents, young adults, and families.*



*Dr. Wes is a lively speaker, author of several books, coauthor of the weekly Double Take advice column and a frequent guest on TV and radio shows across the country. Now you can meet and hear Dr. Wes in person!*

**Continuing Education**

*Truman Medical Center is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver of the American Nurses Credentialing Center's Commission.*

*6.6 contact hours may be awarded for attending this entire program. Workshop planning committee members and speakers have no conflicts of interest to disclose.*

**Workshop Schedule**

**Thursday, August 21, 2014**

5:00 pm Registration opens  
7:00 pm Welcome, Keynote Address  
"5 Crises that Heal" - Wes Crenshaw  
8:30 pm Reception and Networking

**Friday, August 22, 2014**

8:00 am Registration opens  
8:30 am Welcome, Prayer for Peace  
9:00 - 10:15am AM Session 1  
10:15 - 10:30am Break  
10:30 - 11:45am AM Session 2 (AM sessions repeat)  
11:45 - 12:30 Lunch break  
12:30 - 1:45pm PM Session 1  
1:45 - 2:00pm Break  
2:00 - 3:15pm PM Session 2 (PM sessions repeat)  
3:15 - 3:30pm Break  
3:30 - 4:30 pm Panel Discussion  
4:30 - 5:00pm Closing and Evaluation

**Online Registration ♥ [www.hmaCofChrist.org](http://www.hmaCofChrist.org)  
Phone-in ♥ 816-833-1000 ext. 1262 or 1418  
Mail- in Individual Registration**

**Name:** \_\_\_\_\_  
**Email:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City, State, Zip:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_  
**Special Dietary / Physical Needs:** \_\_\_\_\_

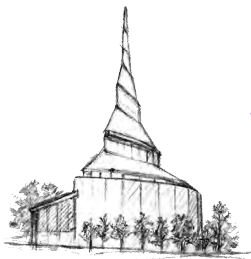
**Occupation:** \_\_\_\_\_  
**Congregation/Organization:** \_\_\_\_\_

**Workshop Registration Fees:**  
**Thursday** Keynote Address - Free of Charge  
**Friday** Sessions (includes Lunch) ..... \$60 \_\_\_\_\_  
Seniors over 65 years of age ..... \$50 \_\_\_\_\_  
Young Adults 18 - 30 years & TMC Employees..\$30 \_\_\_\_\_  
Nursing CE Additional Fee (waived for TMC)..... \$20 \_\_\_\_\_  
RN Lic. # \_\_\_\_\_ St. \_\_\_\_\_  
**Late fee after Aug. 11th** .....Please add \$10 \_\_\_\_\_  
**Total amount due \$ \_\_\_\_\_**

**Make check payable to HMA or charge credit card**

Exp. Date \_\_\_/\_\_\_/\_\_\_ Code \_\_\_\_\_

Mail Form and Check to:  
HMA, 1001 W. Walnut, Independence, MO 64050



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**“Self Renewal During Crisis”**

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**Thursday Evening Keynote- “5 Crises that Heal”**

**Friday - Skill-building Sessions**

- ♥ *Impact of Trauma in Families*
- ♥ *Thriving in a New Physical Reality*
- ♥ *Eldercare by Calculation or Crisis*
- ♥ *Ecotherapy: Mental Health through Nature*
- ♥ *Spiritual Practices Nurture Whole Person*
- ♥ *Anticipatory Grief: Living with Prolonged Illness*
- ♥ *Crisis of Faith*
- ♥ *Youth in Despair*
- ♥ *Healing Under Stress*
- ♥ *Fueling for Healing*
- ♥ *Stillness in Motion*

**Co-sponsored by:**



Community of Christ  
TEMPLE STRATEGY TEAM

**New Days and Dates  
Same Quality Experience**