

More about the Faith & Mental Health Summit

The Faith + Mental Health Summit is a live, in-person experience designed to cultivate connection, reduce isolation, and deepen understanding around the intersection of emotional wellness, spiritual care, and community healing; this event will feature dynamic speakers who bring lived experience and clinical insight, trauma-informed sessions that invite reflection without shame, and intentional spaces for meaningful dialogue, networking, and access to supportive vendors and resources that center the needs of individuals, families, and faith communities navigating mental health challenges. Rather than focusing solely on solutions or symptoms, this summit creates space for shared stories, professional strategies, and collective restoration—because healing happens in relationship, and transformation begins when we feel seen, safe, and supported.

How to Register

Includes:

- Event from 9:00 am- 3:00pm
- Digital Brochure
- Light Refreshments
- CEUs (please request more information)

**GENERAL
REGISTRATION**

\$35

Per Person

SPONSORSHIP & VENDOR OPPORTUNITIES



**Visit our website to register & for
more information**

www.rightdirection.info/store-2/



Breakout Session 1

10am - 11am

Mourning & Meaning: Integrating Clinical Grief Work and Christian Faith for Healing

with Megan Middleton, LPCA

This interactive session will equip mental health professionals, pastoral counselors, and faith-based caregivers with practical tools for supporting grief through both clinical and Christian lenses. Participants will explore evidence-based grief models alongside biblical principles, learning how to honor emotional pain and offer spiritual hope.

Objectives:

1. Analyze and compare evidence-based grief models with Christian theological frameworks to enhance culturally and spiritually responsive grief support.
2. Identify and apply trauma-informed strategies for supporting individuals experiencing grief that honor both psychological needs and spiritual beliefs.
3. Demonstrate an understanding of how to ethically integrate faith-based language and biblical principles into grief support within clinical and pastoral counseling settings.

Emotional Regulation: The Spirit Led Way

with Ashley Merrick, LISW-CP

A faith-integrated approach to understanding and managing emotions through biblical principles and psychological insight. Designed to help attendees understand and regulate their emotions through both psychological insight and the guidance of the Holy Spirit.

Objectives:

1. Define emotional regulation and explain its importance from both psychological and biblical perspectives.
2. Identify key scriptures that support emotional awareness, self-control, and Spirit-led living.
3. Recognize the role of the Holy Spirit in guiding emotional responses and promoting inner peace.
4. Apply practical, Spirit-led strategies for managing emotions such as anger, anxiety, sadness, and frustration.
5. Develop a personal plan to incorporate prayer, scripture, and reflection into their emotional regulation practices.

Breakout Session 2

11am - 12pm

Soul Care for Pastors and Church Leaders

with Min. Marc Himes

Pastors and ministry leaders are often the first to respond to the emotional, spiritual, and practical needs of others—yet they are among the most overlooked when it comes to their own care. Chronic overfunctioning, unresolved trauma, and unrealistic expectations can lead to burnout, compassion fatigue, and spiritual depletion. This session explores the importance of soul care as a vital and ongoing practice—not just for leadership effectiveness, but for personal healing and sustainability. Drawing on trauma-informed principles, spiritual formation, and emotional regulation strategies, participants will learn how to re-center themselves, set healthy boundaries, and reconnect with God outside of performance and productivity.

Objectives:

1. Define soul care and differentiate it from self-care in the context of ministry and leadership.
2. Identify signs of emotional, spiritual, and relational burnout in pastors and church leaders.
3. Apply faith-integrated, trauma-informed practices to support sustainable leadership and personal wholeness.

Rest Isn't a Reward, It's a Rhythm: Reframing Self-Care for Sustainable Wellness

with Nicole Brooks, LPC & Sade Tate, School Psychologist

This training challenges the hustle-and-collapse cycle by reframing rest and self-care as essential rhythms of sustainable wellness, rather than reactive rewards for burnout. Drawing on trauma-informed care, nervous system regulation, and biblical references, participants will examine the narratives that shape beliefs about rest, productivity, and worth. Through a blend of clinical insight and reflective practice, mental health professionals and leaders will explore how to support themselves and those they serve in cultivating consistent, embodied practices of rest that align with long-term emotional, physical, and spiritual well-being.

Objectives:

1. Identify the cultural and psychological narratives that contribute to burnout and overfunctioning, particularly in marginalized and helping communities.
2. Apply evidence-based and values-driven strategies to support clients (and practitioners) in integrating rest and self-care as rhythms for long-term wellness, not just crisis recovery.
3. Describe the role of nervous system regulation and trauma-informed care in establishing rest as a sustainable, embodied practice.