

**The Spirituality Factor:
Weaving Behavioral Health and Spirituality Using Evidence and Practice**
Thursday Oct. 9, 2014; all workshops are scheduled @1:30pm

	Workshops Title	Name of Agency	Facilitator	Workshop Narrative	Room Assignment
1	Towards A New Theoretical, Problem-Specific Approach: Spiritual and Cultural Considerations in Reconstructing a Culture of Psychosis	Alameda County Health Systems	Rehab Counselor II Tim Dreby, MFT	Learn about an emerging theoretical approach to working with "psychosis" that cuts across diagnostic categories. This presentation explores how broad spiritual solutions honoring diverse cultures and traditions can be used. Decide for yourself if understanding "psychosis" in a cultural way can lead to new spiritual (and trauma and science) solutions	C110
2	Turning Away from Lives of Crimes: The Role played by Spirit, God, Prayer and Surrender	Welcome Home Project	Micky Duxbury, MFT , Project Coord.	The Welcome Hope Project has interviewed 20 formerly incarcerated Alameda County residents who were involved in major criminal activities and addiction for 10-20 years and have completely transformed their lives. Many testify to the power of God or a higher power beyond themselves that allowed them the strength and surrendering capacity to let go of their addiction to drugs and crime. Three panel members will share their compelling stories of their deeply spiritual epiphany, both gradual and sudden that allowed the possibility of change on both a spiritual and psychological level.	216B
3	Genesis Worship Center- Synergizing Therapeutic Modalities with Spiritual Principles	Bonita House and Telecare STAGES	Minister Isaac Frederick, Personal Services Coordinator and Min. Sheryl Perdue, Case Manager	Clinicians have struggled withholding pertinent spiritual skills that can serve as beneficial tools for consumers that rely on faith as a real source of recovery. This presentation will begin pioneering conversations about the imperativeness of utilizing spiritual skills as a vital, measurable and fact based structure of treatment	216C

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4	The Clergy Academy: The Spirit of Innovation	LA County DMH	Adrienne Cedro Hament, LCSW, Training Coordinator, Board Liaison	This presentation will be on the development of the Clergy Academy as a program of the Los Angeles County Department of Mental Health(LACDMH). It will be an exploration of an innovative mental health prevention programs.	216D
5	Balance of Spiritual Practices and Emotional Wellness in the South Asian Population	Hume Center	Ramandeep Kular, PhD Clinical Psychologist/ Program Manager	This presentation will focus on how to work with the South Asian community. It will discuss various aspects of the program and types of services. The main focus will be how to work with this community by using a preventative model. It will highlight culture, spirituality, stigma, and psycho-education	C203
6	Mindfulness and Compassion Coping Skills: For Adolescents Girls	San Mateo County Behavioral Health and Recovery Services	Gabriella Breton,MFT II and Diane Marquez, MFT II -Therapists	To create an atmosphere of trust and acceptance so that adolescents can learn how to get in touch with their inner spiritual self, through mindfulness, compassion and yoga based exercises. These exercises re wire brain to enhance Mental Health and Wellness.	C204
7	Spirituality: Creating a safe place for spiritual exploration in an in-patient hospital? Yes, it can be done.	Villa Fairmont MHRC	Marti Winterhalter, Director, Tan Hutchinson	The integration of spirituality as a component of an in patient based recovery program for those who have been diagnosed with serious mental health challenges. Providing a forum to meet an individual spiritual needs, is key to creating a safe, welcoming, and healing environment.	C205

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8	Reflections: Thinking About Spirituality	San Mateo County Behavioral Health and Recovery Services	Chase Montara, R.N, Co-Chair of Spirituality Initiative of Office of Diversity and Equity	To bring spirituality into the San Mateo County Behavioral Health System, a six-week curriculum was developed on spiritual principles such as hope, gratitude, listening and service. The author of the curriculum and facilitator of the pilot groups will discuss content, process, challenges and lessons learned about these "reflections" groups.	C208
9	The Old Testament: Promoting Understanding, Hope and Compassion in Suicide Prevention	Crisis Support Group of Alameda County	Cristina Rita, MA, Community Education Program Coordinator	In this workshop Faith Leaders will learn how their role as a spiritual leader is vital in helping a suicidal person regain the meaning and hope in their lives. Attendees will learn statistical facts related to suicide, suicide warning signs, risk factors and protective factors and how to speak with someone at risk for suicide. We will also have discussion on biblical narratives that relate to suicide and how they can be used to demonstrate hope and recover from a suicidal crisis.	C213
10	Spiritual Experience and Affirmation of Personhood in Women	Latino Commission	Rev. Abraham Ruelas, PhD, Chairperson, Board of Directors	An exploration of how spiritual experience, especially in the holiness and Pentecostal faith traditions, impacts women's sense of personhood and purpose. The role of this spiritual experience as women encounter gender-restricted roles within faith communities, and grapple with the tension between faith and treatment, will also be examined.	C214

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11	Discovering the Power of "Heart Center" through Art and Movement	Arts Unity Movement	Roberta Wetzel-Walter, MA, ATR, BC and Coleen Lorenz, MA, BC-DMT, CGP, Artistic Director, Founder, President	The focus of this workshop is to discover and realize the "heart center" as a doorway into empathy, higher awareness, and peaceful connection with self and others. Guided visualization, movement exploration, and art will be presented to create a direct experience and understanding of the power of the "heart center".	216A
12	Healing the Self within Spiritual Emergency: A Discussion with Graduate Students from CIIS	CA. Inst. Of Integral Studies (CIIS)	Naas Siddiqui, BA, Graduate Student and Steven Fidel, MS a 3rd year candidate for Master's in Integral Counseling	Three graduate students from the California Institute of Integral Studies will present personal experience with the phenomenon of spiritual emergence, their frustrations with the social and standard medical model's pathologizing of the experience, and suggest ways to improve the delivery of psycho-spiritual wellness and recovery.	C215
13	Using Music and Sound to Heal Through the Chakras	The Light Within Therapy	Anneli Virkhaus, MT-BC, Board Certified Music Therapist-	Learn how your thoughts, emotions, and reality are all connected and can be affected by music and sound and how balancing your own energy centers can positively affect your mental health. In this session you will experience firsthand how sound can affect your sense of physical, emotional, mental, and spiritual well-being.	C122

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14	Where is Home for the Pan American as Exemplified through the Baseball Metaphor, Jackie Robinson and Home Plate?	Maafa San Francisco Bay Area	Wanda Sabir, Depth Psychology, Co-founder/ CEO	Jackie Robinson is known for his civil rights activism in sports. What is not interrogated enough is the metaphor of homebase and how it was residency in a spiritual "home" that enabled him to transcend the tyranny of American racism in the locker room, on the field and in the dugout.	C210
15	The Motherline: Healing Female Lineage Trauma Through Ritual and the Creative Arts		Regina Lynne Wallace-Workshop Facilitator/ Ritualist	Motherline work assists and supports the naming of female-identified trauma and systemic oppression using ancestral, cultural, historical, political, socio-economic, and eco-social framework. Subsequently, the use of ritual and restorative practices when applied within the mind, body-heart, spirit construct fosters self-empowerment, agency and resiliency.	C211
16	Embracing Spiritual Practices- The Significance and Importance to Recovering Consumers	Alameda County BHCS Pool of Consumer Champions (POCC)	Jay Mahler, Wellness Coordinator, BHCS CED Consultant and Yaffa Alter, Independent Contractor	POCC will provide a multi-cultural consumer perspective about their spiritual experiences encompassing altered states outlining spiritual practices and involvement with faith communities. A review of CIMH survey regarding spirituality and an updated report of findings for spirituality initiatives in other counties will also be included.	Family Life Center Main Auditorium

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17	Youth, and Spirituality	Family Education Resource Center	Lala Doost, Consultant and Rashad Eady, TAY FM Coordinator	Current and former youth share their experiences of how spirituality impacted them during difficult times in their lives. Hear how they are working to build connections in the community and promoting wellness.	JASF