

Rest

National Conference, Chattanooga, TN

October 3-6, 2024

Sponsor: Christian Counseling and Educational Foundation (CCEF), Glenside, PA

Conference Objectives and Overview

This continuing education program is designed to enhance the attendee's (whether social workers, marriage and family therapists, or professional counselors) knowledge and practice skills related to helping people achieve productive personal, interpersonal, and social adjustments in their lives, families and community. Specifically, the program pertains to issues of rest and ways to assist a counselee use and apply his or her faith in everyday life. For reasons of space, the information listed below is a brief summary of each session. More detailed information can be found on CCEF's National Conference page of its website.

Pre-conference sessions are also offered to help build specific skills as described below.

<u>Start</u>	<u>End</u>	<u>Conference Session and Description</u>	<u>Instructor</u>
Pre-Conference – October 3, 2024 (Thursday)			
9:00 am (A 15 min. break will be taken)	12:00 pm	<u>Option 1:</u> <u>Mobilizing Church-Based Counseling: Creating Sustainable Models of Care</u> This session will discuss necessary categories for an in-house counseling program in the local church.	Brad Hambrick, Ed.D., M. Div., Th.M.
		<u>Option 2:</u> <u>Bringing Scripture to Life</u> This session will discuss the intersection of life and Scripture in counseling others.	Aaron Sironi, M.FT, B.S., LCPC
2:00 pm (A 15 min. break will be taken)	5:00 pm	<u>Option 3:</u> <u>How Jesus Closes the Discipleship Gaps in Your Church</u> This session will discuss increasing the fruit of counseling ministry programs.	Robert Cheong, Ph.D., M.Div., B.S
		<u>Option 4:</u> <u>Navigating Time, Anxiety, & the Goodness of Process</u> This session will discuss our clock-driven age and being content with process rather than just finished product.	Kelly Kapic, Ph.D.

<u>Start</u>	<u>End</u>	<u>Conference Session and Description</u>	<u>Instructor</u>
		<u>Acedia and the Affliction of Restlessness</u> This breakout will discuss the ancient ide of acedia and its perpetual sloth, restlessness, and dissatisfaction.	Eamon Wilson, Psy. D., M.Div., LCP
4:00 pm	5:00 pm	Breakout Sessions – Block 2 <u>How Expectations Ruin Rest</u> This breakout will discuss addressing expectations to find contentment and peace.	Mark Vroegop, M.Div., B.A.
		<u>Fostering Embodied Routines in Youth</u> This breakout will discuss helping the next generation learn about restful living and how much of their restless anxiety is connect to a lack of tactile experiences.	John Perritt, D.Min., M.Div.
		<u>Neurodiversity and Rest</u> This breakout will discuss the challenges of rest in a neurotypical world for neurodivergent people.	Michael Gembola, M.A., M.A.R., B.A.
		<u>Creating a Culture of Rest in Your Ministry</u> This breakout will discuss how best to cultivate a culture of rest and dependence in a ministry team.	Jonathan Holmes, M.A., B.A.
		<u>Resting in Your Role: Principles and Practices for New Counselors</u> This breakout will discuss being a new counselor and offer advice, provide orientation, and lay out some basic principle to offer a new counselor rest in his/her new role.	Todd Stryd, Ph.D, M.Div.
		<u>Soul Rest for Today</u> This breakout will discuss how to find a soul rest amidst the busy pace of today.	Cecelia Bernhardt, M.Div.
7:15 pm	8:30 pm	<u>General Session 3: Have I Done Enough? Learning to Navigate Limits as a Good of God’s Creation</u> This general session will discuss healthy view of God and our limits to help with stress and anxiety of feeling busy.	Kelly Kapic, Ph.D.

<u>Start</u>	<u>End</u>	<u>Conference Session and Description</u>	<u>Instructor</u>
9:00 am	10:15 am	<u>Conference: Saturday, October 5, 2024</u> <u>General Session 4: How Lament Leads to Rest</u> This general session will discuss how pain-filled prayers can provide a pathway to rest.	Mark Vroegop, M.Div., B.A.
10:45 am	11:45 am	<u>Breakout Sessions – Block 3</u> <u>A Biblical Theology of Rest</u> This breakout will discuss experiencing rest in the present day of suffering and struggle. <u>Rest, Sleep, and the God Who Never Slumbers</u> This breakout will discuss the problem of insomnia and how to offer hope for this debilitating problem. <u>The Restless Nature of Technology</u> This breakout will discuss how technology wars with one's rest and how to combat such effects. <u>Finding Rest in the Hard Cases</u> This breakout will discuss how to find hope and rest in the hardest and darkest counseling cases. <u>Mercy in Darkness: Gospel Rest for Downcast Moms</u> This breakout will discuss help for exhausted and depressed moms.	Jeremy Pierre, Ph.D., M.Div., M.A. Jonathan Holmes, M.A., B.A. John Perritt, D.Min., M.Div. Eamon Wilson, Psy. D., M.Div., LCP Christine Chappell
1:45 pm	2:45 pm	<u>Breakout Sessions – Block 4</u> <u>Finding rest in OCD</u> This breakout will discuss how to help those who struggle with obsession and compulsion to find rest. <u>Resting in Chaos: Bringing Order to Emotion Dysregulation</u> This breakout will discuss the experience of emotion dysregulation and the possibility of finding restful regulation. <u>Friendship: The Rest of Being Genuinely Known</u> This workshop will discuss the rest from genuine friendship and its cultivation.	Steve Midgley, Dip. Min., M.B., M.A., B.S. Todd Stryd, Ph.D, M.Div. Brad Hambrick, Ed.D., M. Div., Th.M.

		<u>Rest for the Caregiver: Creating space for what your heart needs</u>	Heather Nelson, M.A., B.A.
		This workshop will discuss finding rest for those carrying the heavy burden of caregiving.	
		<u>Transforming Weariness into Wisdom</u>	Robyn Huck, B.S.
		This workshop will discuss the oft-experienced problem of weariness in ministry and how to cultivate wisdom instead.	
3:15 pm	4:30 pm	<u>General Session 5: Cultivating Rest Amid Ruptured Relationships</u>	Darby, Strickland, M.Div., B.S.
		This general session will discuss what it means to rest when those we love are a source of pain.	
7:00 pm	8:30 pm	<u>Special Event</u>	Gammage, Sarah, B.S.
		This session will involve a personal story by Sarah Gammage about rest during a diagnosis of cancer.	
		<u>Conference: Sunday, October 6, 2024</u>	
9:00 am	9:45 am	<u>General Session 6: Created to Do Good Work</u>	Aaron Sironi, M.S., B.S., LCPC
		This general session will discuss the importance of work and how it fits with rest.	
10:15 am	11:30 am	<u>General Session 7: Eternal Rest Today: Practicing Sabbath as a Foretaste of Our Future</u>	Michael R. Emlet, M.D., M.Div.
		This general session will discuss the redemptive nature of a sabbath rest.	

Conference Faculty

Welch, Edward T., Ph.D., M.Div., LPsy.

- Faculty and licensed professional counselor, CCEF; PA license # PS 4557L
- Adjunct professor of Practical Theology, Westminster Theological Seminary
- M.Div., Biblical Theological Seminary
- Ph.D., Counseling Psychology and Neuropsychology, University of Utah
- Author: Addictions: a Banquet in the Grave; Blame it on the Brain; Depression: A Stubborn Darkness; When People are Big and God is Small, Running Scared: Fear, Worry and the God of Rest; Crossroads: A Step-by-Step Guide Away from Addiction.

Sironi, Aaron, M.S., B.S., LCPC

- Faculty and counselor, Christian Counseling & Educational Foundation
- Licensed Clinical Professional Counselor, MT License No. 1308
- President, CrossWord Counseling, P.C.
- M.S. in Marital and Family Therapy, Fuller Theological Seminary

Wilson, Eamon, Psy. D., M.Div., LCP

- Licensed Clinical Psychologist, Ontario
- M.Div., Westminster Theological Seminary
- Psy.D., Widener University
- Lecturer in Biblical Counseling, Heritage Seminary, Ontario
- Lecturer in Biblical Counseling, Fondation due Counseling Biblique, Quebec
- Author: Opiate Related Disorders

Stryd, Todd, Ph.D., M.Div.

- Faculty and Counselor, Christian Counseling & Educational Foundation
- M.Div., Westminster Seminary
- Ph.D., Psychology, Immaculata University
- Publications: *Schizophrenia: A Compassionate Approach*, minibook.

Cheong, Robert K., Ph.D., M.Div.,

- Pastor of Care, Sojourn Church
- B.S., Mechanical Engineering, United States Naval Academy
- M. Div., Southern Baptist Theological Seminary
- Ph. D., Southern Baptist Theological Seminary
- Publications: God Redeeming His Bride: a Handbook for Church Discipline; Restore: Changing our Patterns of Loving and Living
- Contributor, Journal of Biblical Counseling

Pierre, Jeremy, Ph.D., M.Div., M.A.

- Dean, Graham School at Southern Seminary

- Pastor
- Author: “The Dynamic Heart in Daily Life: Connecting Christ to Human Experience,” When Home Hurts: A Guide for Responding Wisely to Abuse in Your Church, The Pastor and Counseling: The Basics of Shepherding Members in Need, “God With Us: A Journey Home”
- Member Care Consultant, Reaching and Teaching International Ministries
- Member, Board of Directors, Biblical Counseling Coalition
- Ph.D., Southern Baptist Theological Seminary, Biblical Counseling & Systematic Theology
- M.Div., Southern Baptist Theological Seminary
- M.A., Literature, Cleveland State University, 2022
- B.A., English and History, Cedarville University, 2001

Kapic, Kelly, Ph.D.

- Professor, Theological Studies
- Author: The Gift of Being Human [Working Title] (Grand Rapids: Brazos Press, forthcoming, 2025), You’re Only Human: How Your Limits Reflect God’s Design and Why That’s Good News (Grand Rapids: Brazos Press, 2022), A Field Guide to Becoming Whole: Principles for Poverty Alleviation Ministries (Chicago: Moody Publishers, Sept. 2019), Becoming Whole: Why the Opposite of Poverty is Not the American Dream (Chicago: Moody Publishers, March 2019), Embodied Hope: A Theological Meditation on Pain and Suffering (Downers Grove: IVP Academic, 2017).
- Ph.D., King’s College, University of London

Hambrick, Brad, Ed.D., M. Div., Th.M.

- Pastor of Counseling, The Summit Church
- Assistant Professor of Biblical Counseling, Southeastern Baptist Theological Seminary
- Council Member, Biblical Counseling Coalition
- Associate, Bridgehaven Counseling Assoc.
- Author: Overcoming Addiction (New Growth, 2024, coming soon), Navigating Destructive Relationships (New Growth, 2024, coming soon), Transformative Friendships: Seven Questions to Deepen Any Relationship (New Growth, 2024), Making Sense of Forgiveness: Moving from Hurt Towards Hope (New Growth, 2021), Building a Marriage to Last: Five Essential Habits for Couples (New Growth, 2020), Self-Centered Spouse: Help for Chronically Broken Marriages (P&R, 2014), Romantic Conflict: Embracing Desires that Bless Not Bruise (P&R, 2014), Burnout: Resting in God’s Fairness (P&R, 2013), God’s Attributes: Rest for Life’s Struggles (P&R, 2012), Vulnerability: Blessing in the Beatitudes (P&R, 2012),
- M.Div., Biblical Counseling, Southeastern Baptist Theological Seminary
- Th.M., Applied Theology, Southeastern Baptist Theological Seminary
- Ed.D, Southeastern Baptist Theological Seminary
- B.S., Union University

Emlet, Michael R., M.D., M.Div.

- Faculty and counselor, Christian Counseling & Educational Foundation
- Lecturer in Practical Theology, Westminster Theological Seminary
- M. Div., Westminster Theological Seminary
- M.D., University of Virginia
- Author: CrossTalk: Where Life and Scripture Meet; *OCD: Freedom for the Obsessive-Compulsive* (mini-booklet) and *Asperger Syndrome* (mini-booklet).

Midgley, Steven, Dip. Min., M.B., M.A., B.S.

- Vicar, Christ Church Cambridge;
- Visiting Counseling Lecturer, Oak Hill Theological College, London
- Executive Director, Biblical Counseling U.K.
- Author: The Heart of Anger, (with Christopher Ash), Mental Health and Your Church, (with Helen Thorne)
- M.A., Jesus College, Cambridge University
- M.B., B.S, Psychiatry, Royal London Medical School, London University
- Dip.Min., Wycliffe Hall, Oxford
- Contributor, Journal of Biblical Counseling

Perritt, John, D.Min., M.Div.

- Director of Resources, Reformed Youth Ministries
- Host, *The Local Youth Worker*, Podcast of Reformed Youth Ministries
- D.Min.,
- M.Div.,
- Publications: Your Days are Numbered, What Would Judas Do?, Insecure, The Gospel-Centered Life in Mark for Students, Not If, But When, and Social Media Pressure
- Series Editor, Track Series.

Strickland, Darby, M.Div., B.S.

- M. Div., Counseling, Westminster Theological Seminary
- B.S. in Psychology from University of Chicago
- Counselor, Christian Counseling & Educational Foundation

Groves, Alasdair, M.Div.

- Director, Faculty, and Counselor, Christian Counseling & Educational Foundation
- M. Div. Westminster Theological Seminary
- Contributor, Journal of Biblical Counseling

Bernhardt, Cecelia, M.Div.

- Director of Counseling, Christian Counseling & Educational Foundation
- M. Div., Westminster Theological Seminary
- Previous staff counselor for women's issues.

- Member, American Association Christian Counselors

Vroegop, Mark, M.Div., B.A.

- Lead Pastor
- Author: Dark Clouds, Deep Mercy - Discovering the Grace of Lament, Weep with Me: How Lament Opens a Door for Racial Reconciliation, *The Dark Clouds, Deep Mercy Devotional Journal*, Waiting Isn't a Waste: The Surprising Comfort of Trusting God in the Uncertainties of Life
- M.Div, Grand Rapids Theological Seminary
- B.A., Communications, Cedarville University

Nelson, Heather, M.A., B.A.

- Biblical Counselor
- Author: Unashamed: Healing Our Brokenness & Finding Freedom from Shame (2016, Crossway); Domestic Abuse: Help for Victims (2019, New Growth Press mini book); "Domestic Abuse" article included in CSB Life Counsel Bible (2023, B&H Publishing Group); Rest: Creating Space for Soul Rest (upcoming - fall 2024, P&R)
- M.A., Counseling, Westminster Theological Seminary
- B.A., Wheaton College

Holmes, Jonathan, M.A., B.A.

- Executive Director, Fieldstone Counseling
- Pastor of Counseling, Parkside Church
- B.A., Masters University
- M.A., Trinity Evangelical Divinity School
- Publications: The Company We Keep: In Search of Biblical Friendships; Counsel for Couples: a Biblical and Practical Guide to Marriage Counseling; and various book chapters.

Whitman, Lauren, M.A.

- Counselor, Christian Counseling & Educational Foundation
- Contributor, Journal of Biblical Counseling
- M.A., Westminster Theological Seminary
- Publications: A Painful Past, and A Biblical Counseling Process.

Gembola, Michael, M.A., M.A.R., B.A.

- Certificate in Advanced Professional Counseling, Biblical Seminary
- M.A., Counseling, Westminster Seminary
- M.A.R., Biblical Studies, Westminster Seminary
- B.A., English, Bob Jones University
- Director of Congregational Care and Discipleship, City Line Church
- Lecturer, Practical Theology, Westminster Seminary
- Counselor, Philadelphia Renewal Network

- Publications: After an Affair: Pursuing Restoration, Anxious About Decisions: Finding Freedom in the Peace of God.

Huck, Robyn, B.S.

- Counselor, CCEF New England
- Counseling Mentor, Christian Counseling & Educational Foundation
- B.S., Resource Economics, University of Vermont
- Advanced Counseling Certificate, Christian Counseling & Educational Foundation
- Counseled for 20 years

Gammage, Sarah, B.S.

- B.S., Speech Communication and Rhetoric, Liberty University
- Voiceover Artist
- Missionary, CRU

Chappell, Christine

- Author, Help! My Spouse is Depressed (Shepherd Press, 2025); Postpartum Depression: Hope for a Hard Season (New Growth Press, 2024); Midnight Mercies: Walking with God through Depression in Motherhood (P&R Publishing, 2023); Help! I've Been Diagnosed with a Mental Disorder (Shepherd Press, 2021); Help! My Teen is Depressed (Shepherd Press, 2020); Clean Home, Messy Heart: Promises of Renewal, Hope, and Change for Overwhelmed Moms (WestBow Press, 2016)
- Certified Biblical Counselor, ACBC
- Host, IBCD Podcast

Walton, Sarah

- Author, Hope When It Hurts (award winning bestseller), Together Through the Storms, Tears and Tossings, He Gives More Grace, The Long Road Home (children's book releasing October 8th, 2024)
- Special Education Teacher
- Church lay and life group leader

Gammage, Sarah, B.S.

- B.S., Speech Communication and Rhetoric, Liberty University
- Voiceover Artist