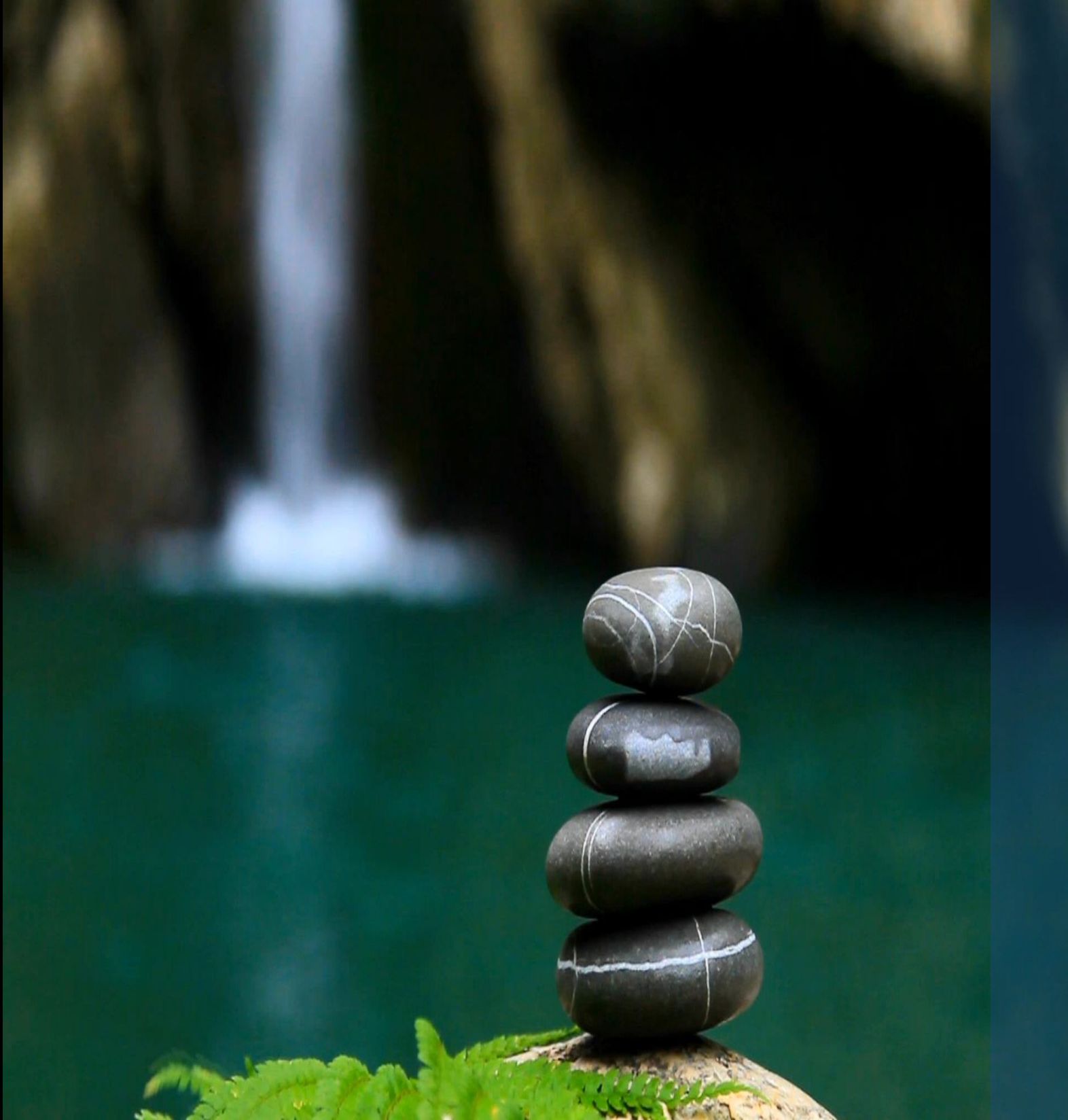




Mind Matters: Nurturing Spiritual Wellness and Mental Health

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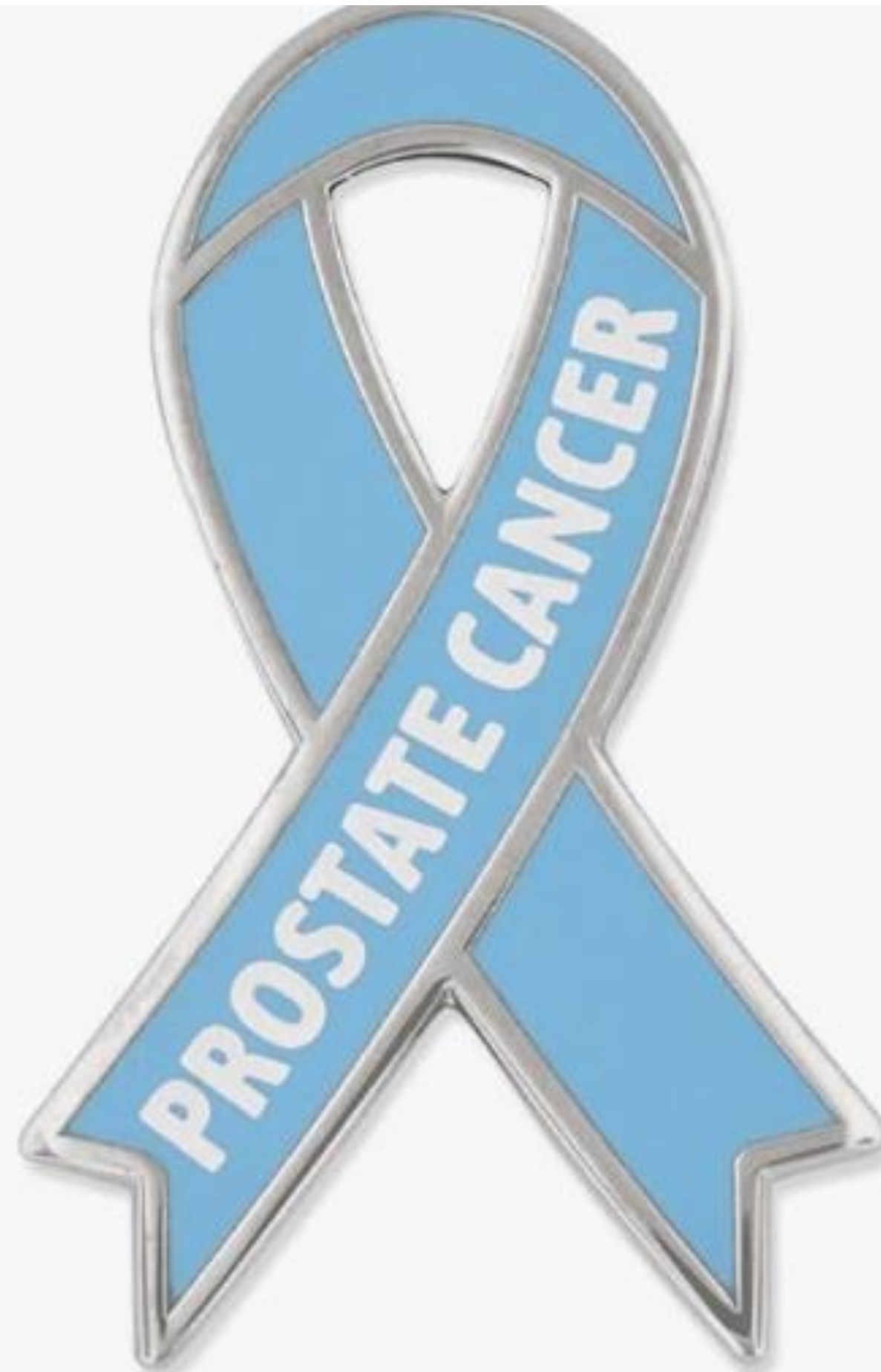
October 5, 2025

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October is Domestic Violence Awareness Month

September was
Prostate Cancer
Awareness
Month





October is Breast Cancer Awareness Month





Congratulations and Salutations



Welcome

Dr. Richard Price

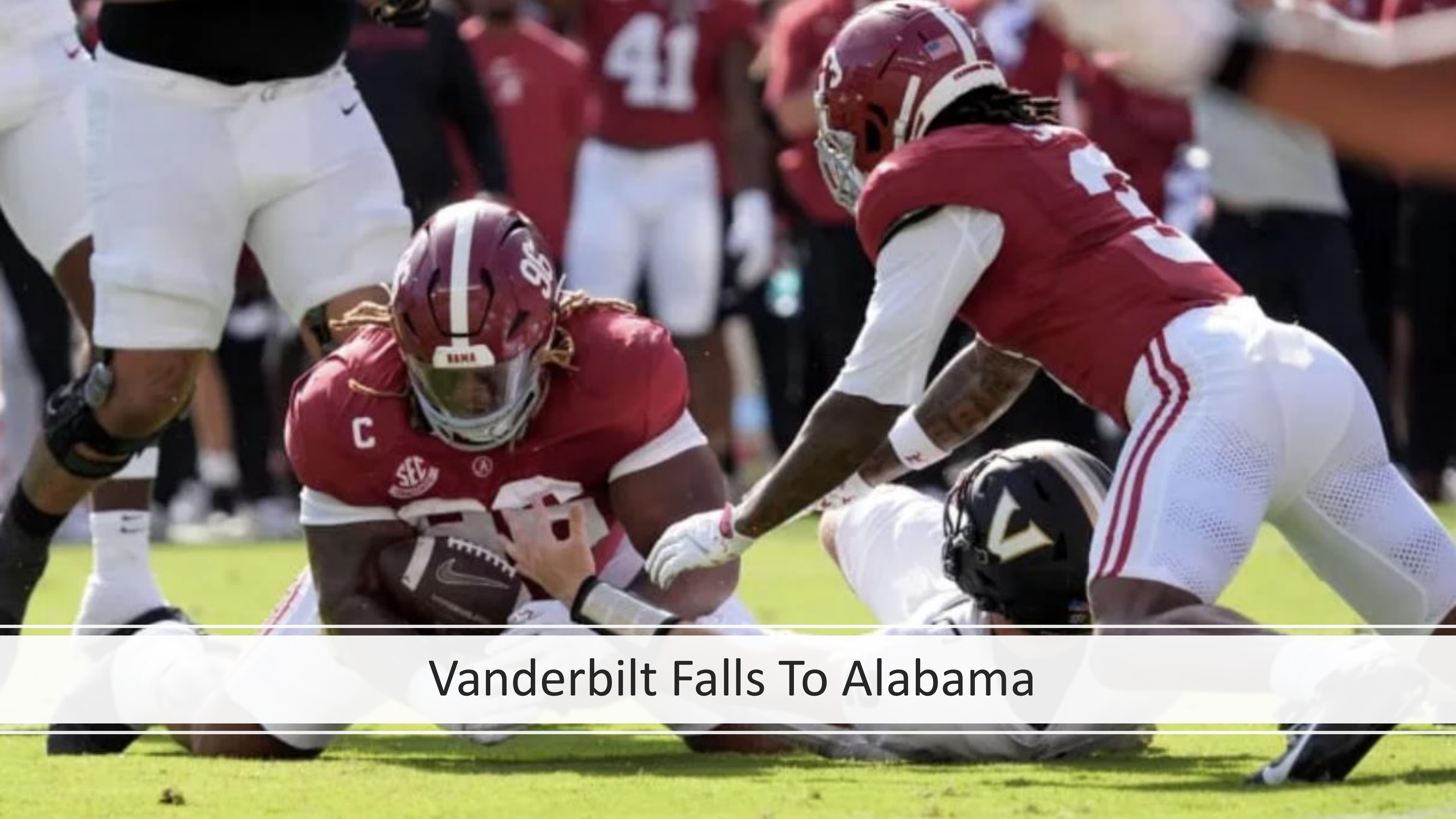
Senior Minister at Schrader Lane Church of Christ

Prayers of
Thanksgiving for
Elder Mack Starks
who we hope will
be with us very
soon!!!!!!





Tennessee State Football Drops to Eastern Illinois



Vanderbilt Falls To Alabama



Clemson Football Puts a Beatdown on Bill Belichick & the University of North Carolina



Congratulations



Mind Matters:

**Nurturing
Spiritual Wellness
and Mental
Health**

Course Goals and Objectives

- ✓ To deepen participants' understanding of the relationship between spirituality and mental health.
- ✓ To empower individuals with tools and strategies to enhance their mental and emotional healing and well-being.
- ✓ To provide insight in how to recognize and direct others who may be experiencing mental health problems to the help they need.
- ✓ To explore the historical, cultural, and social factors impacting mental health in the African American community.
- ✓ To foster a sense of community and support among participants.



Spiritual Practices Covered in SoulCare 1

These spiritual practices included:

- Prayer
 - Neuroscience of Prayer
- Meditation
- Journaling
- CONTEXT**
- Mindful Reading/Bibliotherapy**

Therapeutic modalities include:

- Cognitive Behavioral Therapy (CBT),
- Mindfulness-based Stress Reduction (MBSR)
- Dialectical Behavioral Therapy (DBT)



Topics Covered in SoulCare 2

- Affirmations
- Flourishing
 - Positive Emotions
 - Savoring
 - Broaden and Build
 - Engagement
 - Relationships
 - Meaning
 - Achievement
- Church Hurt



Part 3 Mind Matters

- The Brain/Neuroplasticity
- Trauma
 - Stress
 - Abuse
 - Devastation/Tragedy
 - Racism and Racial Trauma
- Human Dignity
- Positive Psychology
- Emotional Intelligence
- Personality Types
- ACES –Adverse Childhood Experiences
- Serious Diagnoses
 - Depression
 - Anxiety
 - Schizophrenia
 - Bi-Polar Disorder
- Grief
- Addictions
 - Drugs & Alcohol
 - Gambling
 - Pornography
 - Sex
 - Food
- Imposter Syndrome
- Relationship Concerns
- Caregiver Burden
- Mental Illness/
Treatment
- Types of Therapy Providers
 - Family Therapy –Ph.D., M.A., MMFT
 - Clinical Mental Health Counseling-- MA
 - Clinical Psychology –Ph.D., Psy.D.
 - Counseling Psychology, Ph.D., PsyD.
 - Licensed Clinical Social Worker –LCSW
 - Psychiatric Nurse Practitioner
 - Psychiatry



How Our Minds Are Impacted By Our Faith and Our Faith Practices



A close-up photograph of a field of crocuses. In the foreground, several purple crocuses are in focus, with one white crocus standing out. The background is filled with more crocuses in various colors, mostly purple and yellow, which are blurred. The overall scene is bright and colorful, suggesting a spring setting.

Our Minds

The Bible consistently affirms that our minds are not static — they can be *renewed, transformed, reshaped, and set on higher things*. Neuroplasticity gives a scientific description of this capacity, while Scripture gives us the spiritual vision and direction for that renewal.

Neuroplasticity

- The brain has capacity to change and adapt throughout life by forming and reorganizing its neural connections.
- This remarkable ability allows the brain to adjust to new experiences, learn new information, and even recover from injury.
- CONVERSION!!!!





The Bible Centers All of Our Understanding

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.



Romans 12:2

- **Reflection:**

This verse most directly parallels neuroplasticity. Transformation here involves ongoing renewal — reshaping thought patterns and mental pathways. Just as the brain can “rewire,” the Spirit works within us to form new ways of thinking, living, and perceiving reality.



Ephesians 4:22–24

You were taught, with regard to your former way of life, to put off your old self... to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:22–24

- **Reflection:**

The language of “old self” and “new self” mirrors the idea that old patterns of thought and behavior can be replaced with new ones. Neuroplasticity shows that the brain is not fixed in old grooves; spiritually, the renewing work of God creates newness in both mind and behavior.

Philippians 4:8

- *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*





Philippians 4:8

- **Reflection:**
This verse highlights intentional focus. Directing our thoughts repeatedly toward truth, goodness, and beauty strengthens healthy mental patterns — much like practicing new neural pathways until they become dominant.

THE END

