



Mind Matters: Nurturing Spiritual Wellness and Mental Health

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November 16, 2025

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Someone
Who
Made a
Difference

**Think of one person who has shown
you kindness recently.
What would you say to them if
you could thank them right now?**



A wide-angle photograph of a forest in autumn. The trees are densely packed, displaying a rich palette of reds, oranges, yellows, and some remaining green. The colors are最浓烈 at the top of the frame, where the canopy meets a clear blue sky. Below the canopy, the forest floor and the edges of the trees are reflected in a dark, calm body of water that occupies the lower third of the image. The overall scene is a classic representation of fall foliage.

Season of Thanksgiving



November Is Epilepsy Awareness Month



November is Diabetes Awareness Month





Congratulations and Salutations

SHARING DAY AT SCHRADER LANE





Happy 10th Anniversary to the **Lipscomb Family Therapy Center**





Vanderbilt Off Week



Tennessee State LOSES TO Gardner-Webb



North Carolina LOSES TO Wake Forest

North Carolina

Wake Forest



Kentucky LOSES TO Louisville



Tennessee **DESTROYS** New Mexico State



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.**



A scenic view of a lake with colorful autumn foliage on the surrounding hills. The trees are a vibrant mix of reds, oranges, yellows, and greens. The water in the foreground is calm, reflecting the surrounding colors. In the background, there's a fence and a path leading into the woods.

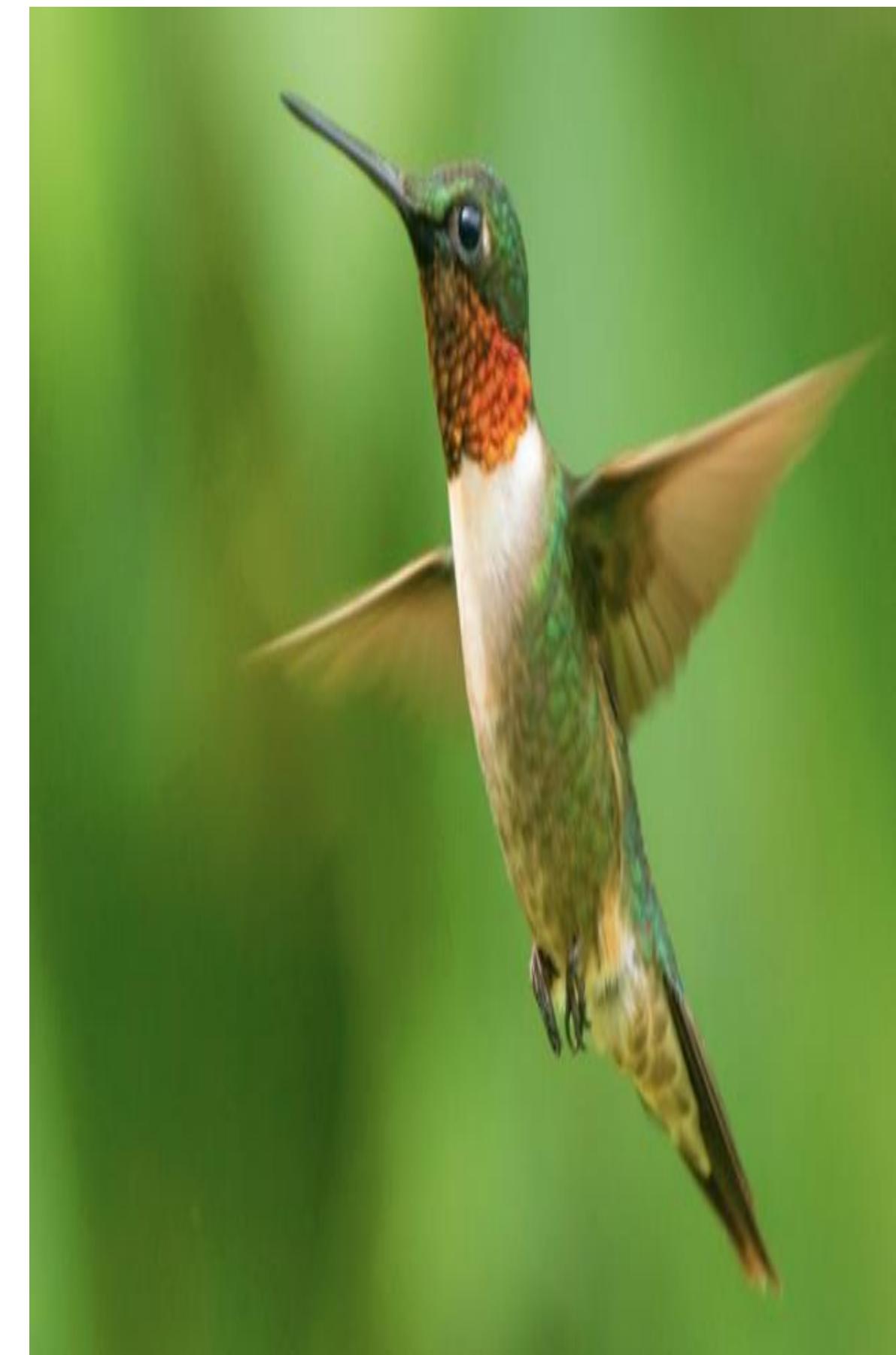
Class on Webpage

<https://www.schraderlane.org>

Scroll Down to Sunday New Adult
Class

Previously Covered Spiritual Practices

- Prayer
 - Neuroscience of Prayer
- Meditation
- Journaling
- Mindfulness
- Mindful Reading
- Bibliotherapy
- Affirmations
- Flourishing
 - Positive Emotions
 - Savoring
 - Broaden and Build
 - Engagement
 - Relationships
 - Meaning
 - Achievement
- Church Hurt



Part 3 Mind Matters

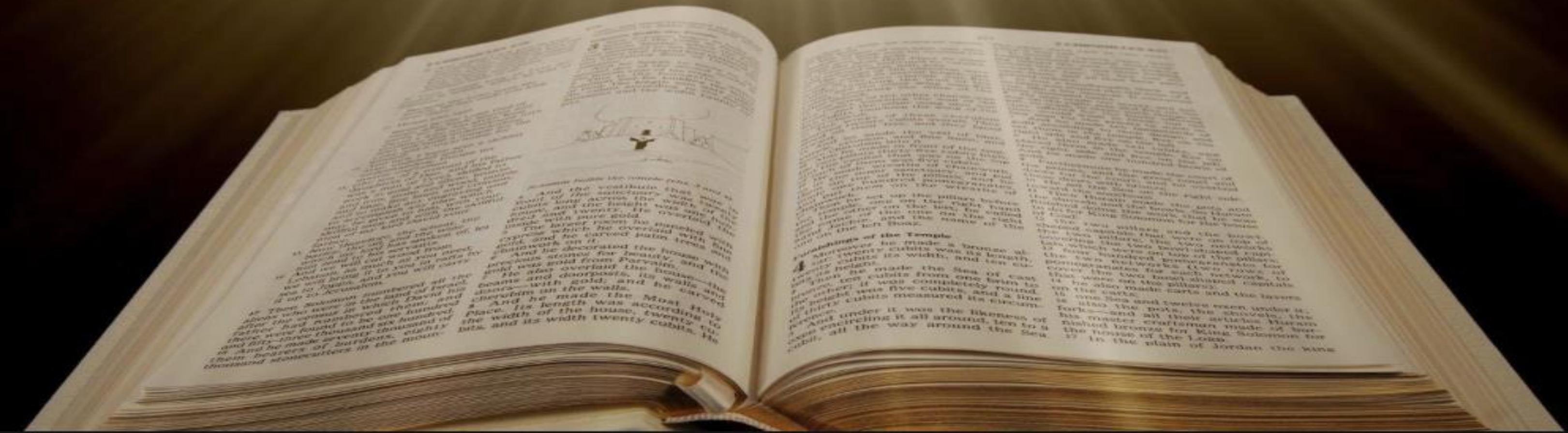
- The Brain/Neuroplasticity
- Trauma
 - Stress
 - Abuse
 - Devastation/Tragedy
 - Racism and Racial Trauma
- Human Dignity
- Positive Psychology
- Emotional Intelligence
- Personality Types
- ACES –Adverse Childhood Experiences
- Serious Diagnoses
 - Depression
 - Anxiety
 - Schizophrenia
 - Bi-Polar Disorder
- Grief
- Addictions
 - Drugs & Alcohol
 - Gambling
 - Pornography
 - Sex
 - Food

- Personal Responsibility
- 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



TRAUMA: Understanding and Healing





The Bible Centers All of Our Understanding



Scriptural Thought of the Day

A photograph of a waterfall cascading down a rocky cliff. The surrounding trees are in full autumn colors, with shades of orange, yellow, and red. The water is misty and white as it falls. The overall scene is a mix of natural beauty and tranquility.

Isaiah 61:1

**He has sent me to bind up the
brokenhearted,
to proclaim freedom for the captives,
and release from darkness for the prisoners.**



Isaiah 61:1 Reflection

- The Scripture captures God's response to suffering — not dismissal, but deliverance; not avoidance, but healing.
- Trauma binds the heart in ways that can feel invisible yet deeply wounding.
- God's desire is to *unbind* — to free the mind and spirit from fear, anger, and shame that have accumulated over generations.
- God not only heals the wound; He restores the dignity that oppression tries to erase.



2 Corinthians 4:8–9

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.



2 Corinthians 4:8–9 Reflection

- Paul writes as one who has endured severe hardship—physical, emotional, spiritual. Yet he describes a paradox:
 - immense pressure without total collapse.
- Trauma shakes the foundations, but faith, community, and divine presence keep the structure standing.
- This is the language of resilience. Healing doesn't mean we forget the wound—it means we refuse to let the wound define our entire story.



Integrating Theology and Psychology in Trauma Work

The Spirit of the Lord is upon me, because He has anointed me to proclaim good news to the poor... to set the oppressed free. — Luke 4:18



2 Luke 4:18

Reflection

- In this verse, Jesus announces His mission — to bring healing where there is hurt, light where there is blindness, and freedom where there is oppression.
- It is both a proclamation and an invitation: to join God's redemptive work in restoring dignity to every wounded soul.



2 Luke 4:18 Reflection

- For those who carry trauma — personal, historical, or racial — these words are deeply personal.
- They remind us that the Spirit's work is not abstract; it is intimate and liberating.
- Healing is not only possible but *promised* through the compassionate presence of Christ, who enters our pain, breaks our chains, and calls us back to wholeness.
- The same Spirit that anointed Jesus to heal then still anoints us now — to receive His healing and to become instruments of it in the world.



1. Why Integration Matters

- For much of the 20th century, theology and psychology existed in separate worlds — one speaking to the soul, the other to the mind.
- But human suffering, especially trauma, refuses such boundaries.
- Trauma wounds both the *psyche* and the *spirit*. It distorts how a person thinks, feels, remembers, and trusts — and just as deeply, how they experience meaning, faith, and God.





1. Why Integration Matters

- **Psychology** gives us language for *what* trauma does. **Theology** gives us language for *who we are* in the midst of it.
- Trauma disconnects — from safety, from self, from others, and often from God. Integration reconnects.
- When these disciplines work together, they provide a comprehensive path toward healing that honors the whole person: body, mind, and spirit.



BEGIN HERE November 23, 2025



The END

