

Mind Matters: Nurturing Spiritual Wellness and Mental Health

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10



One
New
Awareness

What is one ordinary thing I often overlook
but am grateful for today?

A festive banner for the month of December. The word "DECEMBER" is written in large, white, 3D-style letters. The letters are partially obscured by a dense arrangement of green pine branches and colorful confetti. The confetti includes various shapes and colors like red, green, blue, and gold. Streamers in red, gold, and purple are also visible, some tied in bows. The overall theme is a celebratory and holiday-oriented design.

DECEMBER

Welcome to December!

December is Universal Human Rights Month



DECEMBER IS
U N I V E R S A L
HUMAN RIGHTS
M O N T H



Haiti Mission

Brother McCleskey

Brother Thomas

Brother Washington



Congratulations and Salutations



Men's Basketball
University of North Carolina TOPS **University of Kentucky**



Volun
Men's Hoops
Tennessee **LOSES TO** Syracuse



KENTUCKY



Men's Basketball
Kentucky ~~CRUSHED BY~~ Gonzaga

Men's Basketball

Vanderbilt **BEATS** Southern Methodist



Women's Basketball

Vanderbilt TROUNCED UVA



UNIVERSITY
of
VIRGINIA

VANDERBILT
WOMEN'S BASKETBALL

Tennessee Lady Vols DEFEAT Stanford



Stanford
University

TSU
LOST TO
Alabama
A & M



Today --Women's Basketball

TSU vs Lipscomb



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.



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 A

- The Brain/Neuroplasticity
- Trauma
 - Stress
 - Abuse
 - Devastation/Tragedy
 - Racism and Racial Trauma
 - Ambiguous Loss
- 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

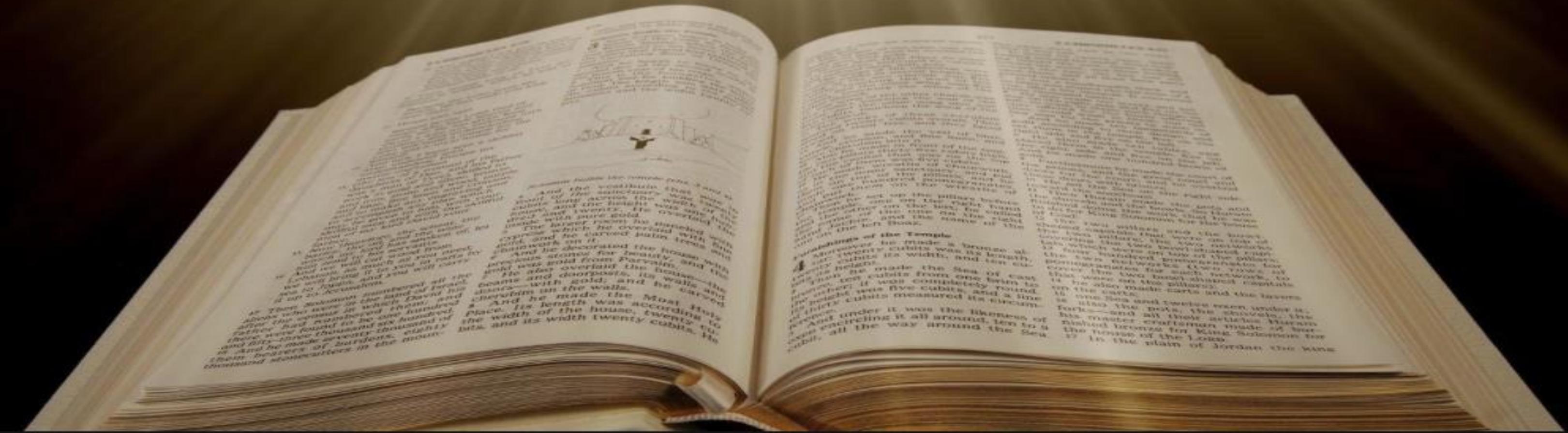


Part 3 Mind Matters B

- 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



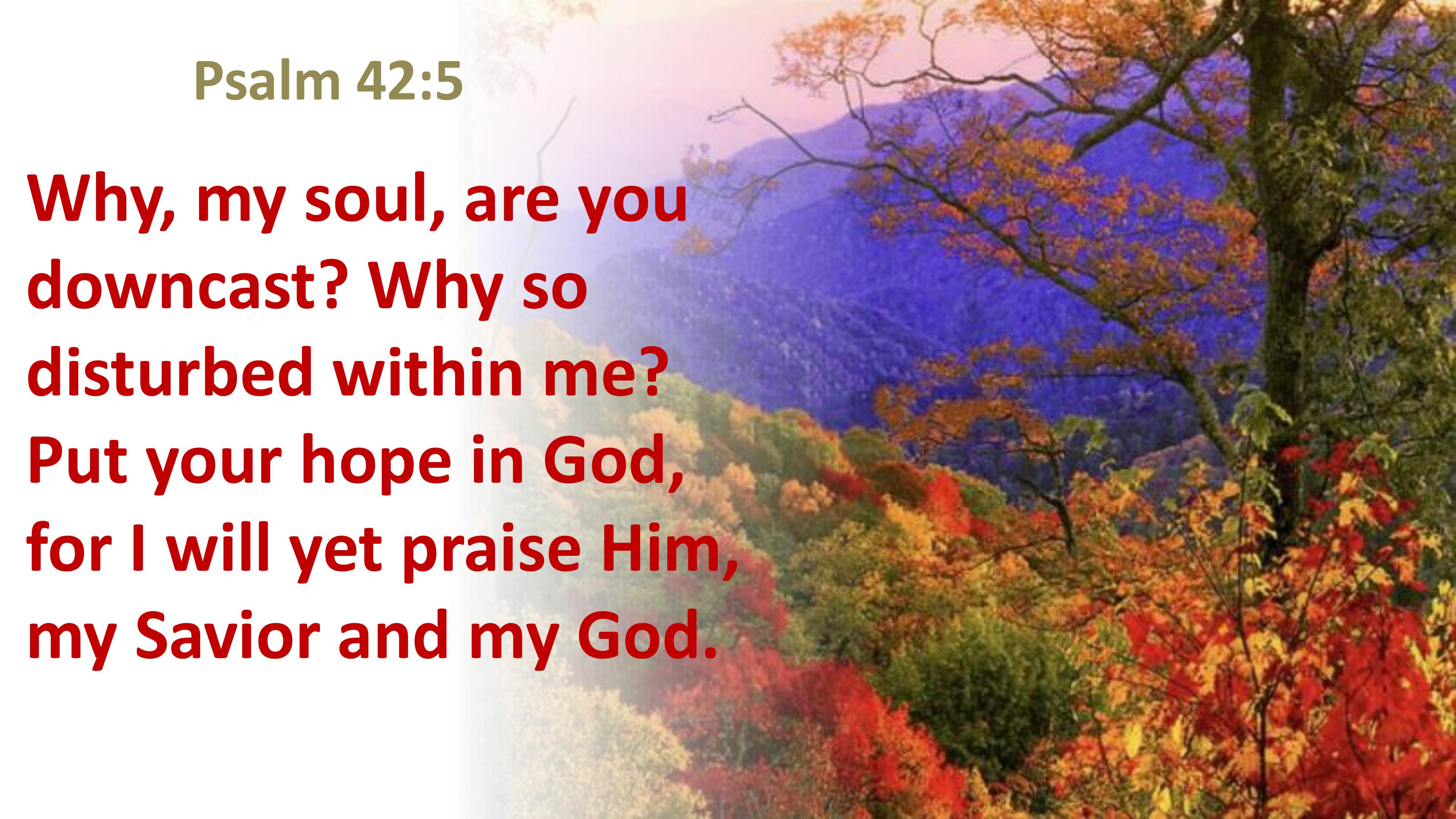
Scriptural Thought of the Day

Begin
Here
December 7,
2025



Psalm 42:5

**Why, my soul, are you
downcast? Why so
disturbed within me?
Put your hope in God,
for I will yet praise Him,
my Savior and my God.**



Psalm 42:5

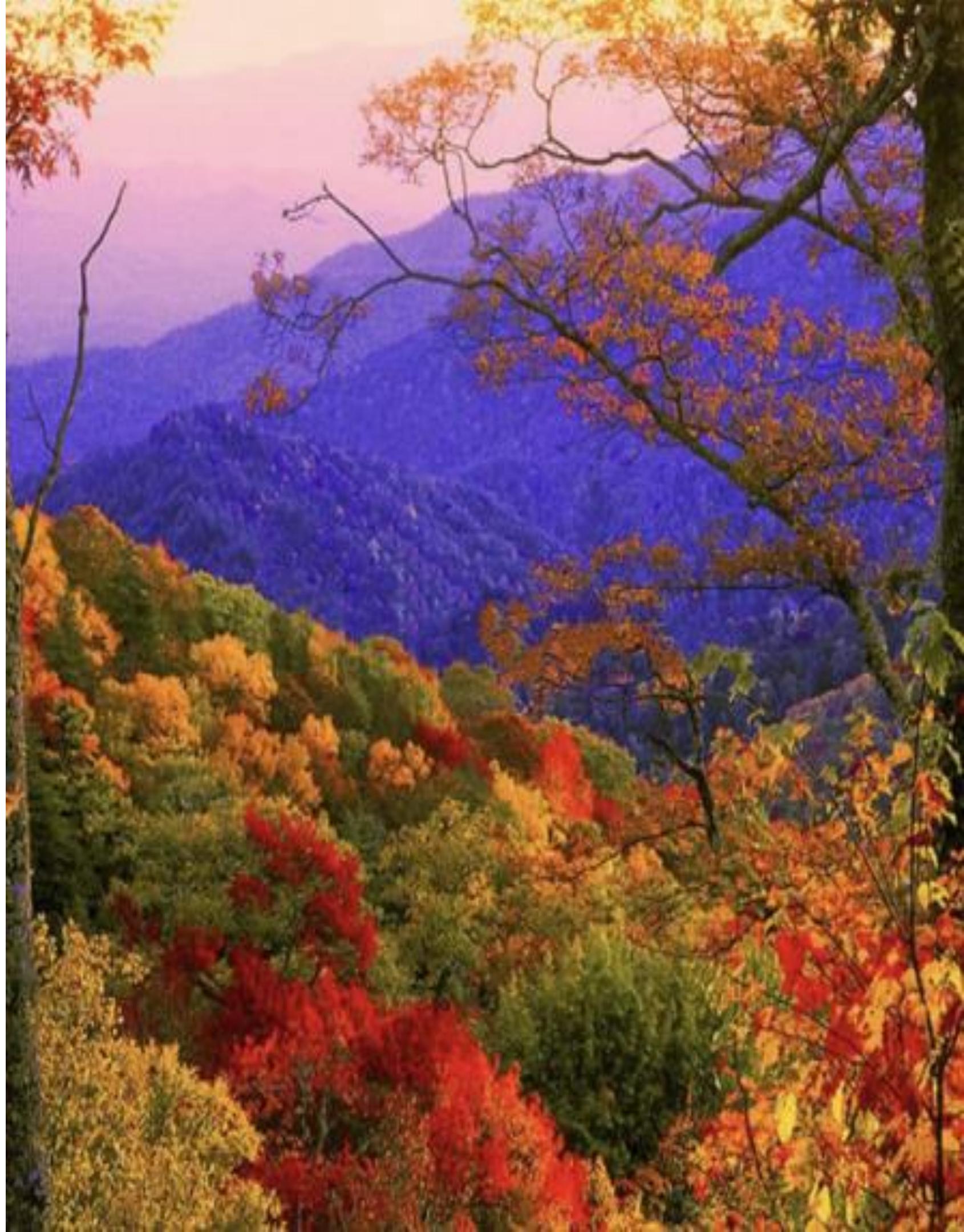
• I. The Cry of the Inner Self

• The psalmist gives voice to something universal — the inner dialogue between despair and faith. He does not suppress the question; he *names* it.

• “Why, my soul, are you downcast?”

• This act of self-address is profoundly therapeutic.

• It reflects self-awareness — the ability to observe one’s own distress without being completely consumed by it.



A scenic view of a forest in autumn. The foreground is filled with trees showing vibrant red, orange, and yellow leaves. In the background, rolling hills are covered in a mix of green and autumn-colored trees, with a clear blue sky above.

Psalm 42:5

- In modern psychological terms, this is mindful detachment or self-reflective function — the awareness that ***“I am not my emotions; I am the one experiencing them.”***
- By speaking **to** his soul rather than **from** his pain, the psalmist begins the healing process.
- He acknowledges the depth of his sorrow while also holding space for hope.

II. The Theology of Honest Lament

- This verse sits at the crossroads of lament and faith.
- In Hebrew spirituality, lament was never a failure of faith — it was **faith speaking truth in God's direction.**
- The psalmist does not hide his distress; he sanctifies it by bringing it before God.
- “Put your hope in God, for I will yet praise Him.”



II. The Theology of Honest Lament

- Hope is not the denial of sadness; it is the refusal to let sadness have the final word.
- Faith here is not an instant cure, but a courageous act of remembering who God is even when feelings fade.
- In this verse, the psalmist models what trauma survivors must often relearn: that it is possible to feel grief and still reach toward trust — to stand inside the tension between despair and faith without collapsing into either.





III. Psychological Insight: Integration of Emotion and Cognition

- **Trauma fragments** — it splits the mind from the body, emotion from reason, the present from the past.
In this verse, we see a glimpse of integration — the coming back together of the divided self.
- The emotional brain says, “*I am downcast.*”
- The cognitive self responds, “*Put your hope in God.*”

THE END

