



Mind Matters: Nurturing Spiritual Wellness and Mental Health

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Gratitude



One
New
Awareness

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



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



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



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



A scenic autumn landscape with mountains and trees. The background shows rolling hills and mountains covered in dense forests with vibrant autumn foliage in shades of red, orange, and yellow. In the foreground, a large tree with green and yellow leaves stands on the right side. The sky is a soft, hazy blue. The overall atmosphere is peaceful and serene.

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.





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

