

# Mind Matters: Nurturing Spiritual Wellness and Mental Health

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**November 23, 2025**

**# 8**



# gratitude

Looking  
Ahead  
with  
Gratitude

What is one thing you're looking forward  
to this week —  
and how can you approach it  
with gratitude?





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**Sympathy to the Family and Friends of  
Deborah Denise “Dede” Hale**





**Happy Thanksgiving Week**





**November Is Epilepsy Awareness Month**





**November is Diabetes Awareness Month**







Congratulations and Salutations





# BROLYMPICS AT SCHRADER LANE

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**Kentucky** LOSES BIGLY TO **Vanderbilt**

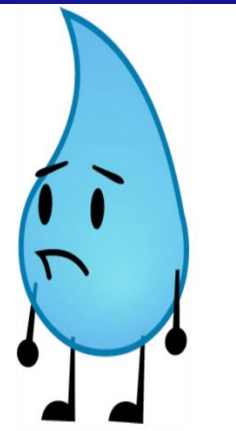




# Tennessee vs Florida



ESPN+



**Tennessee State** BARELY LOSES TO **Charleston Southern**



ACCDN  
DIGITAL NETWORK

CONDENSED  
GAME



VS



North Carolina **LOSES TO** Duke







**Tennessee State  
University  
LOST TO**

**University of Tennessee**





**Middle Tennessee State  
University**  
**LOST TO**

**University of Tennessee**  
**Lady Vols**



# Mind Matters

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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 vibrant autumn foliage reflected in the water. The trees on the shore are in various shades of orange, yellow, and green, with their reflections clearly visible in the calm water. A small white building is visible in the distance behind the trees.

# Class on Webpage

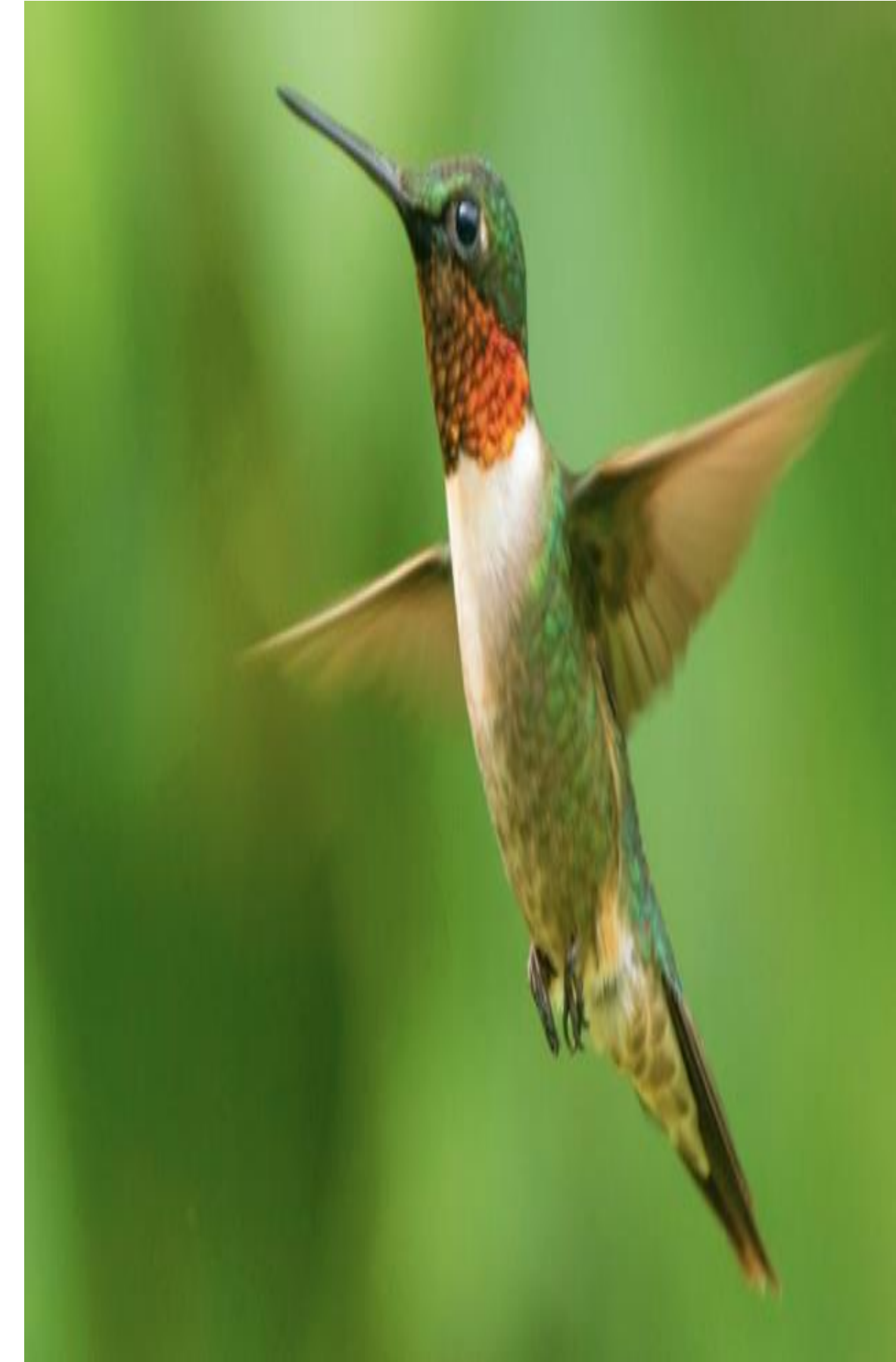
<https://www.schraderlane.org>

Scroll Down to Sunday New Adult  
Class



# Previously Covered Spiritual Practices

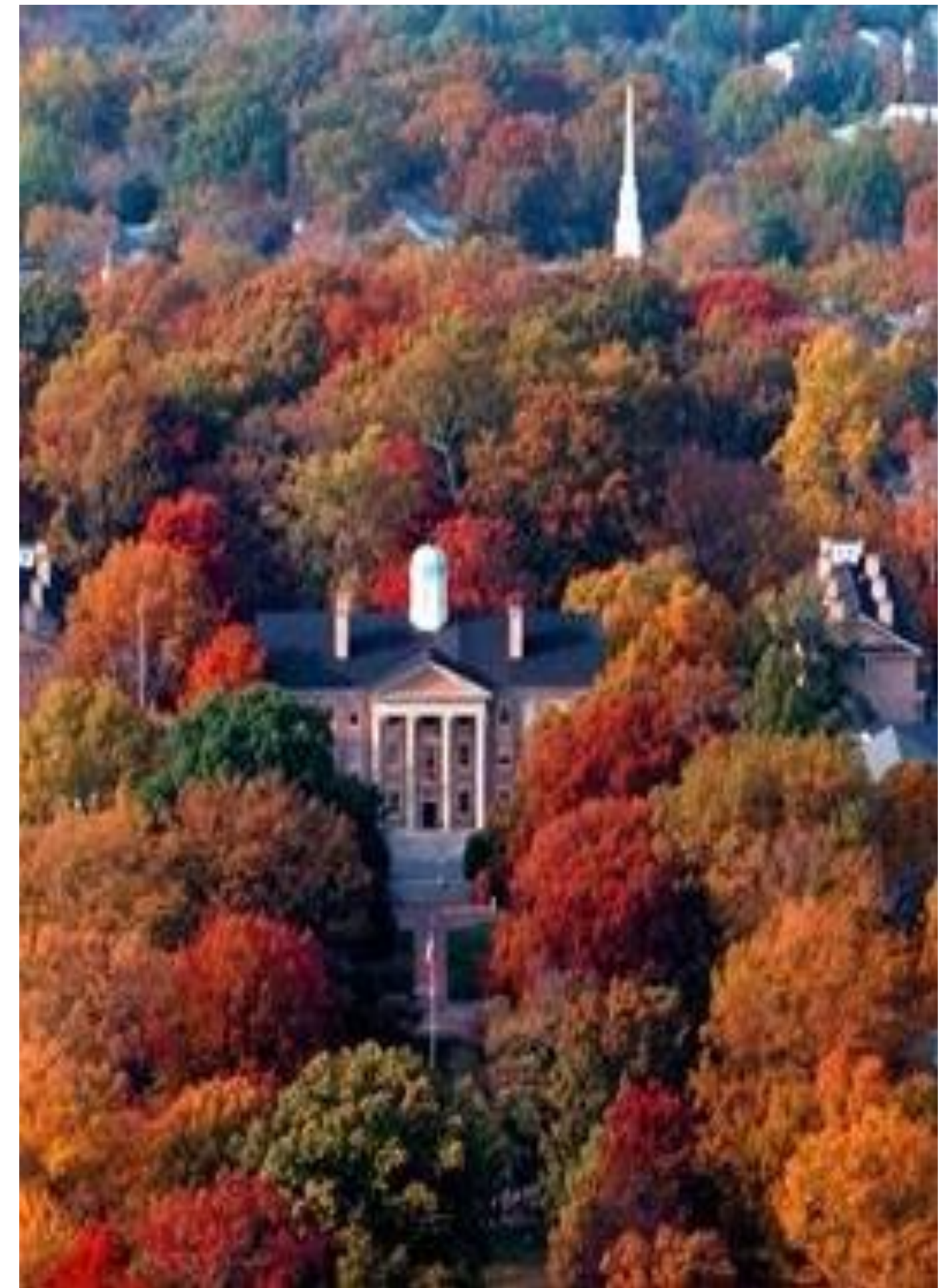
- **Prayer**
  - **Neuroscience of Prayer**
- **Meditation**
- **Journaling**
- **Mindfulness**
- **Mindful Reading**
- **Bibliotherapy**
- **Affirmations**
- **Flourishing**
  - **Positive Emotions**
    - **Savoring**
    - **Broaden and Build**
  - **Engagement**
  - **Relationships**
  - **Meaning**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



# Psalm 23:1-4

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.







# Psalm 23:4

## Reflection

- Trauma takes us into dark valleys — memories, losses, or fears that feel unbearable.
- David's psalm reframes the valley as *a passage, not a prison*.
- Theologically, it centers on “*You are with me.*” God's companionship transforms fear into courage.
- Psychologically, this parallels the power of *co-regulation* — healing occurs in the presence of safety.





## Psalm 23:4 Reflection

- Co-regulation is the process by which one person's calm, grounded presence helps another person's nervous system return to a state of safety and balance.
- It's how infants learn to self-soothe — through the warmth, tone, and touch of a caregiver — and how adults continue to find safety in compassionate relationships.
- We walk through because we are not walking alone.







## Psalm 23:4 Reflection

- **I. The Valley: The Landscape of Trauma**
- The psalmist does not say *if* but *though* — implying inevitability.
- All human beings, even the faithful, walk through valleys. These are seasons or experiences of deep loss, fear, or trauma — where the light of ordinary life seems dimmed by the shadow of pain.
- For those who have lived through personal, racial, or historical trauma, this valley can feel like a long and lonely path. The world becomes uncertain, safety feels distant, and trust — in others, in God, even in oneself — is shaken.
- The “valley of the shadow” is not just a physical danger; it is an existential one — the place where our sense of meaning trembles.





## Psalm 23:4 Reflection

- Psychologically, trauma is often the experience of being *overwhelmed* — of having one's capacity to manage emotion or threat exceeded. Spiritually, it is the experience of *disorientation* — of asking, “Where is God now?”
- Yet even in this place, the psalmist does not describe being destroyed or abandoned. He walks *through* the valley, not *into* it forever. The word *through* suggests passage, not permanence — motion, not paralysis.





## Psalm 23:4 Reflection

- **II. The Shadow: Fear and Perception**
- The Hebrew phrase *tsalmavet* (“shadow of death”) conveys both darkness and threat.
- It describes the psychological climate of trauma — where danger feels near, even when it’s not, and memory keeps replaying fear long after the threat has passed.
- This “shadow” is what modern trauma research calls *hypervigilance*: the body’s persistent alertness to potential harm. The psalmist, however, reframes the experience — the shadow is real, but God’s presence reinterprets it.
- **Faith does not deny the shadow; it declares that the shadow is not the only reality.**





The END







Begin Here on November 30, 2025