

Trainings and Presentations Offered by Wellspring

Training and presentations offered by the Wellspring Counseling Staff are provided as an outreach to the Miami area Christian community in order to help the Body of Christ become emotionally and spiritually healthy.

Each topic listed below can be adjusted in time and content in order to fit the needs of your particular organization. Additional topics may be available upon request, according to the expertise of the counselors. Most talks include power-point presentations and hand-outs (copies made by the organization,) and are held at a mutually agreeable location. The fee for these services will be arranged on a per case basis depending on the need, the organization's ability to pay and the availability of our staff for non-fee work. For questions or to schedule a training or presentation, contact Wellspring Counseling, Inc. at 786-573-2010 or email info@wellspringmiami.org.

MINISTRY WORKERS

Ministering to those in Ministry

Often Christian workers have no where to go when they are in pain. Pastors, missionaries and their families may suffer silently and with little support. This talk is for those interested in caring for this population.

Understanding the Culture of Miami

Helping Christian workers new to Miami understand the culture and how to best minister to the diverse population of the city.

Mediation Services for Church Communities

Often times it can be helpful for someone outside the immediate body to mediate; Wellspring offers services for church communities to mediate in situations where the need arises.

GRIEF AND LOSS

Grief and Loss: Letting Go Even When it's Difficult

This talk gives a general overview of different types of losses experienced throughout life. The emotional, physical, relational, and spiritual impact of grief is covered as well as how to move forward in the process.

When God's Children Cry: Understanding Suffering

This presentation considers reasons why we suffer and how to respond. Benefits of suffering as well as how to help others are included.

How To Move From Suffering to Hope

Suffering, on some level, will hit every Christian at some point in their life, and then the question becomes how do we move from suffering to hope? This talk gives some practical ways according to biblical principles on how to do that.

Helping Grieving Children

Children grieve differently than adults. This talk will offer insight for adults in understanding some of these differences and how to best help children work through losses in their lives.

Grief Loss and Recovery

A one-time seminar, or up to six weeks of small group interaction and processing of the pain of loss and grief.

TRAUMA-SEE TRAUMA SHEET

Trauma Overview

The causes, effects and remedies of emotional damage caused by trauma or painful life experiences will be presented. This talk is designed to be used as a preventive training for staff to recognize and respond to trauma in people or children to whom they minister.

Counseling Others Following a Natural Disaster

A lay person's challenge to be prepared spiritually, and emotionally in a world full of the unexpected.

Trauma Response Support

The Wellspring Counselors have specialized training in responding to a specific trauma in an organization and especially with children. They will use the tools and guidelines of the National Institute for Trauma and Loss in Children (TLC). These services are available for organizations who have experienced a trauma or who have a group of people to whom they minister who have experienced a trauma together. See separate sheet for specific trauma planning and support services which are available or contact Christine Schlottman, LMHC (786-573-7010 x324) or Tova J. Kreps, LCSW (786-573-7009).

Trauma Recovery

This group is an eight-week intervention for children who have been exposed to a traumatic event who are exhibiting post-traumatic symptoms (4-6 weeks following the event or later). This program uses an evidence-based trauma program by the National Institute for Trauma and Loss in Children (TLC) and includes parent participation at the beginning and end of the program.

DEPRESSION

How Can I Feel Better

Encouragement and support for those suffering from mild depression. A practical talk filled with ways we can recharge our empty tanks, including suggestion on how to view and manage different kinds of depression.

IDENTITY IN CHRIST

Seeing Ourselves Through God's Eyes

This talk explores some of the reasons why Christians may not fully embrace their identity in Christ, including how past trauma or childhood experiences may have contributed to a distorted view of God. Practical suggestions to facilitate healing are incorporated.

PARENTING

Parenting for Preschoolers

Often parents of preschoolers are overwhelmed with many questions such as what kind of discipline is best;

what kind of preschool, if any, should my child attend; how do I talk to my child about God? This talk is designed to help you parent your child and give you tools that will help you through all the stages of their life and answer some of the questions that can be overwhelming in this time.

Bullying

Bullying is real part of many kids' experience growing up. This talk will help teach awareness of bullying, identifying the bully and the victim, as well as how to help prevent bullying and some coping skills with those who have been bullied.

How to Help, Not Rescue Your Child

This talk helps parents recognize the dynamic of over-helping their children. It will teach parents how to develop strong children by differentiating between providing real help for children when needed versus rescuing and enabling children in ways that foster negative thoughts and behaviors.

When Bad Things Happen

This talk prepares parents to handle well situations with their children of disappointments, losses, failures or traumas. It will cover the emotional dynamics of loss and trauma in children and will give practical advice for parents to handle specific situations.

Sexual Abuse Prevention

This talk is intended for parents of children aged 1-15. It is an overview of how to protect your children from sexual abuse. It includes defining and understanding the types of abuse, the dynamics of abuse, children's reactions to abuse, and treatment options. The talk will prepare parents to prevent, recognize or respond to an abuse situation with their children.

The Impact of Divorce on Children

This talk will provide information to help adults feel better prepared to help children who are experiencing divorce in their families. Developmental stages will be discussed and practical suggestions given to aid in the healing process.

How Do I Love My Teenager

A warm presentation that addresses the frustrations parenting a teenager raises, and ways to love them despite the challenges they can provide.

RELATIONSHIPS

Restoring Broken Relationships

This series covers the dynamics of relationships that have been injured and how to restore them to wholeness. The Biblical and psychological aspects of repentance, forgiveness, and starting over again will be presented.

Understanding and Healing from Abusive Relationships

Different types of abuse are discussed in this talk and practical suggestions offered to help those who are in these relationships. Reasons why people abuse, why people stay and how the church can respond are also included.

The Importance of Forgiveness

Forgiveness is a topic often misunderstood. This talk will cover what forgiveness is and is not, how to move toward it and the process that is involved when one has been deeply hurt.

Cross-Cultural Adjustment

South Florida is home to many people from a wide diversity of backgrounds. This presentation discusses the impact of moving from one country to another and how the Christian community can respond to those in our midst who are experiencing life-changing transitions.

Understanding & Creating Healthy Boundaries in Family Relationships

This is a 2-part talk. The first part will provide information on understanding and identifying unhealthy boundary relationships in families. The second part will instruct how to create new healthy boundaries for successful family relationships.

COMMUNICATION

The Healing Art of Listening

This inspirational talk encourages the audience to develop the powerful healing art of listening to others in order effect profound changes in the people around us. It covers both Biblical directives to listen as well as practical applications in the skills of listening.

Getting Along

This series covers the basic skills of healthy communication. It covers listening skills, communication blocks, communication skills, fighting fair, the dynamics of balanced relationships and Biblical principles for healthy relating.

OTHER

Where Did Jesus Go

A creative message targeting women, young and old, challenging them to keep the holidays HOLY. Stress reducing tips, ideas for children, gift-giving and decorating.

Trauma Response Support offered to Churches, Christian Schools or Agencies

Christine Schlottman, LMHC, CTS (786-573-7010) or Tova J. Kreps, LCSW, CTS (786-573-7009)

The Wellspring Counselors, Tova and Christine, are Certified Trauma and Loss Specialists and have specialized training in responding to a specific traumatic incident in an organization. Having been trained by the National Institute for Trauma and Loss in Children (TLC), the counselors will utilize evidence-based tools and guidelines for effective results. These services are designed for schools, agencies, churches, and mental health facilities to prepare or respond to traumatic incidents involving staff, students, clients or members. The following services are available.

Consultation before a crisis: Help developing a written trauma-specific plan to prepare for crisis incidents. This includes providing helpful templates for creating new or modifying existing crisis response team protocols, training of staff members, annual training/reviews, handouts and additional supportive materials.

Consultation at the time of a crisis: Helping an organization immediately respond to a crisis in effective ways in order to achieve stabilization, and to prevent the formation of Posttraumatic Stress Disorder.

Direct Services following a crisis.

Operational meeting: A one-hour, entire staff/organizational meeting conducted the first day of a crisis (with follow-up meetings on day 3 and as needed thereafter). The purpose of the meeting is to evaluate the current status of staff and students/clients/members, to share information (and clarify rumors), to determine immediate needs, to prepare staff for possible problems and to reinforce positive aspects emerging from the event.

Debriefing: A trauma specific group intervention for the purpose of accelerating healing from the terror induced by traumatic incidents and to prevent the formation of Posttraumatic Stress Disorder. This is a two hour process typically occurring 3 days to two weeks after an event. A follow-up debriefing 4-6 weeks after the incident is also helpful. This process is reserved for those who were most-exposed to the traumatic event (children 5th grade or older through adults).

Defusing: A trauma specific group intervention for the purpose of accelerating healing from the terror induced by traumatic incidents and to prevent the formation of Posttraumatic Stress Disorder. This is a 30 minute to one hour process typically occurring 3 days to two weeks after an event. A follow-up debriefing 4-6 weeks after the incident is also helpful. This process is reserved for children K-5th grade who were most-exposed to the traumatic event.

Trauma specific small groups (children, grades 1-5): An eight-week intervention for children who are most-exposed to a traumatic event, beginning 4-6 weeks following the event. This program uses an evidence-based trauma program called "I Feel Better Now", and includes parent participation in parts.

Trauma specific small groups (adolescents): An eight-week intervention for adolescents who are most-exposed to a traumatic event, beginning 4-6 weeks following the event. This program uses an evidence-based trauma program, and includes parent participation in parts.

Trauma specific individual therapy: Individual therapy for children or adults, using trauma specific therapy treatments, including EMDR and drawings, for those who suffer from Posttraumatic Stress Disorder symptoms (4-6 weeks following a traumatic event or later).