

When Resilience Comes to Church: Contagious Fortitude for Life & Leadership

Conference

September 14, 2024 • 9 am - 3 pm
The Mission Chattanooga
806 E 12th Street
Chattanooga, Tennessee 37401



The conference, including lunch, is offered free. Advanced tickets are required. Scan the code to secure yours.



Schedule

9:00 AM – Plenary Session with Chuck DeGroat
10:30 AM – Breakout Sessions
12:00 PM – Lunch Discussion Panel
1:00 PM – Breakout Sessions
2:00 – Plenary Session with Chuck DeGroat

Sponsors



Keynote Speaker: Chuck DeGroat

I'm a follower of Jesus, a husband to Sara for 29 years, and a father to two amazing daughters. I serve as Professor of Counseling and Christian Spirituality and Executive Director of the Clinical Mental Health Counseling Program at Western Theological Seminary Holland, Michigan. I'm also a faculty member for the Soul Care Institute.

I'm a licensed therapist, a spiritual director, author of five books, and retreat leader/speaker. As a therapist, I've specialized in issues of abuse and trauma, pastoral (and leadership) health, and navigating issues of doubt and dark nights on the faith journey. I'm also a Minister of Word and Sacrament in the Reformed Church in America. I pastored in Orlando and San Francisco before transitioning to training and forming pastors. I also train clergy in issues of abuse and trauma, conduct pastor and planter assessments, and facilitate church consultations and investigations of abuse among pastors and within congregations.



My newest book is coming in early October and is available for pre-order now. It's called *Healing What's Within: Coming Home to Yourself and to God When You're Weary, Wounded, and Wandering*.

**KELLY KAPIC – BREAKOUT SESSION:
Affirming the Full Humanity of Ministers: Developing an
Imagination for Sustainable Ministry**

Kelly M. Kapic is Professor of Theological Studies at Covenant College where he has taught since 2001. With a PhD in Systematic and Historical Theology from King's College University of London, Kapic has written or edited over fifteen books. His newest book, *You're Only Human: How Your Limits Reflect God's Design and Why that's Good News*, in 2022 has won a number of awards, including Christianity Today's Book of the Year award in the category of Theology (Popular) and The Southwestern Journal of Theology's award in Applied Theology/Ethics. His earlier work includes *Embodied Hope: A Theological Meditation on Pain and Suffering*, which also won the Christianity Today book of the year award in the area of Theology and Ethics and World Magazine's Short List award for Accessible Theology Book of the year. He also recently completed two volumes with the economist Brian Fikkert called *Becoming Whole: Why the Opposite of Poverty isn't the American Dream* and *A Field Guide to Becoming Whole: Principles for Poverty Alleviation Ministries*. In 2014, Kapic received a Templeton Grant to be part of The Center for Christian Thought studying the topic of Psychology and Spiritual Formation. Currently he serves as part of the Core Research Teams for the Templeton funded studies called "Project Amazing Grace" and "Christian Meaning-Making, Suffering and the Flourishing Life."



**ANNA DOWNER YOUNGS – BREAKOUT SESSION:
Jesus the Therapist - Centering Prayer and Somatic
Practices for Resilience**

Anna Downer Youngs, MA, LPC-MHSP, is a local somatic and parts-work therapist specializing in trauma, dissociation, and chronic pain. Anna grew up in Chattanooga and has practiced locally for the past nine years. Anna is passionate about the integration of trauma therapy and theology and how this sheds light on God's design for relationships and connected parenting.

**PRESTON MCDANIEL HILL – BREAKOUT SESSION:
Trauma-Resilience 101: A Practical Guide for Thriving
Through Adversity**

Preston Hill, PhD, MLitt (University of St Andrews), is Assistant Professor of Integrative Theology at Richmond Graduate University, where he holds the Chair of Integration and serves as Director of the Doctor of Ministry Program. His current research focuses on reformation theology, science, mental health, religious deconstruction, and trauma theology. His latest publications include *Dawn of Sunday: The Trinity and Trauma-Safe Church* (Cascade, 2021), *Christ and Trauma: Theology East of Eden* (Cascade, 2024), and a forthcoming volume entitled *Holy Saturday and Trauma Theology* (Cambridge University Press).

