

Short Courses

My courses are designed to equip leadership teams, staff and volunteers, as well as individuals to understand more about the intersection of sound theology and research based therapy. My aim is that all Christians feel confident that mental health, well-being and wholeness are all God's original design and as spirit filled believers we have a powerful perspective to contribute to the mental health conversation.

Training can be done in person or via a Zoom webinar and can be made accessible for small groups of leaders to larger groups of staff and volunteers.

By Design - Where Theology Meets Therapy

Science is always catching up with scripture. In my years as a pastor and practice as a therapist, time and time again I find life-changing links between the bible and the way the chemistry of our brains actually works. During this course, I'd love to share this fascinating journey with you. We'll explore together how ancient and holy words are backed up by modern science and unpack how neuroscience is always catching up with scripture.

Be Transformed - Managing Your Mind in a Biblical Way

You already have everything you need to take control of your brain. Read that again! This is a course for those who feel like the spiral of overthinking is all too familiar and unavoidable. In this course, I will walk you through the science of overthinking and the God given methods that we have been given through scripture to help us manage our minds. We will explore how science and scripture intersect and how both theology and therapy can work together to help us manage our thoughts and our minds alike. This course, founded in biblical principles, will equip you and empower you to take charge of what's going on in your thought-life, so that you can make your God given brain work for you.

Overcoming Overwhelm - Finding Peace When Everything's Busy

Second-guessing, analysing, mind-reading, guessing games, catastrophising. Do these sound familiar to you? These are the signs of an overwhelmed mind. If you're experiencing these thought-patterns, you may be finding it difficult to regulate your emotions and reactions. This

course is a chance for you to take 90 minutes for yourself to pause and reflect. I'll teach you some powerful techniques that you can practise anywhere to regulate and ground yourself when life, inevitably, rises up to challenge us. I hope this course will give you the tools you need to live your life to the fullest with both peace and a clear mind.

Holy and Whole - Finding God's Design for Emotionally Healthy Leadership

"May God himself, the God who makes everything holy and whole, make you holy and whole, put you together - spirit, soul, and body - and keep you fit for the coming of our Master, Jesus Christ." *1 Thess 5:23 - The Message*

This course explores, through theory and practical examples, how our bodies are woven with the ageless wisdom of our Heavenly Father and how to get back on track with His perfect design for us. This is for those who desire, for themselves and their teams, to move with the authority God has given us, to gain insight into how the brain copes with overwhelm, anxiety and stress as well as be equipped with tools to support people that you lead and love.