



RENEW - Alaskan Cruise
American Association of Christian Counselors
June 22-29, 2024
Holland America's Eurodam

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<https://www.surveymonkey.com/r/AACC2024Renew>

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Accreditation This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education ([ACCME](#)) through the joint providership of the Christian Medical & Dental Associations (CMDA) and American Association of Christian Counselors (AACC). Christian Medical & Dental Associations is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Physician Credit The Christian Medical & Dental Associations designates this educational activity for a maximum of 18 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Physician Assistant

AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit(s)*[™] by an organization accredited by the ACCME or a recognized state medical society. **Physician assistants may receive up to 18 credits for completing this activity.**

Nurse Practitioner

The American Academy of Nurse Practitioners Certification Program (AANPCP) accepts *AMA PRA Category 1 Credit*[™] from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCP for further guidelines.

Nurse practitioners may receive up to 18 credits for completing this activity.

Nursing

This activity has been submitted to Georgia Nurses Association for approval to award contact hours. Georgia Nurses Association is an accredited approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. **Determination of credit is pending.**

AAFP Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of Credit is pending.**

Objectives:

- Define the difference between transference and countertransference.
- Identify transference and countertransference issues when they emerge in therapy.
- Describe how to manage such issues in the counseling and medical office.
- Identify the role of psychiatric medications in a patient's healing journey and what psychiatric medication can and cannot do for a patient.
- Outline assessment questions to determine when to refer someone to a prescriber for possible medication implementation.
- Describe how psychiatric medications facilitate neuroplasticity in the brain.
- Describe a model to help faith-based clients and patients understand and utilize biological interventions such as psychotropic medication, and not feel guilty or as if they are abandoning their faith by taking medication.

- Outline six stages of addiction.
- Identify the six stages of addiction in patients, and help patients understand the dangers of these stages.
- Articulate a model for mind, body, and spirit integration to facilitate a multimodal strategy to halt escalating substance use, address underlying psychospiritual issues, harness the power of neuroplasticity, and develop healthy patterns for stability, wellness, and flourishing,
- Describe the new research on human flourishing and resilience as it relates to preventative medicine.
- Outline multiple factors that increase human flourishing in clients and patients such as emotion regulation, support systems, and religious faith.
- Describe new strategies and techniques that foster human flourishing in clients and patients.
- Describe the recent research associated with compassion fatigue and burnout in medical and mental health professionals
- Identify techniques and strategies that can help the individual practitioner and the healthcare system to mitigate the issues of compassion fatigue and burnout.
- Apply resilience aspects to one's own personal well-being.
- Outline the newest research of faith integration into the medical and mental health treatment of patients and clients.
- Describe ethical ways for medical and mental health professionals to integrate faith in their assessments and treatment plans.
- Apply various techniques to case studies described by participants.
- Describe the psychological and physiological effects stress can have on the body, mind, and spirit.
- Discuss the influence and implications of attachment on the stress response.
- Apply resilience faith-based coping strategies and behaviors to navigate stressful and difficult times.
- Evaluate various ethics codes that describe self-care for mental health and medical professionals as an ethical duty to their clients and patients.
- Examine the burnout level of each participant utilizing the PROQOL assessment.
- Describe how to develop a plan that is individualized to the participant for their own recovery based on their PROQOL assessment.
- Describe the eight areas of wellness and recent research on the efficacy of using the SAMHSA Wellness Wheel as an assessment and treatment planning tool.
- Outline an effective assessment using the SAMHSA Wellness Wheel and develop treatment planning goals based on results of the assessment.
- Utilize follow-up questions and homework to help patients stay committed to treatment goals and outcomes.
- Identify Impostor Syndrome types and common triggers.
- Identify the high cost of Impostor Syndrome on quality of life for both the mental health professional and client.
- Assess hidden causes and catalysts of Impostor Syndrome.
- Discuss how modern-day challenges, pressures, and complications contribute to Impostor Syndrome.
- Describe how to develop a toolbox of skills and techniques for coping with and combating Impostor Syndrome to decrease burnout and compassion fatigue.
- Identify the major elements of interpersonal neurotheology.
- Evaluate the research on faith and neurobiology.
- Discuss practical applications and spiritual activities in interpersonal neurotheology that lead to personal renewal and brain health.
- Identify the contribution of Positive Psychology to the scientific study of what enables individuals and communities to thrive.
- Examine current research on the role of positive emotions in the attainment and maintenance of human flourishing and wellbeing.
- List points of convergence between Solomonic Wisdom and Positive Psychology and the clinical relevance of that convergence for working with clients who value religious faith.
- Describe the TRUTH Principle's tenants as a diagnostic tool.
- Outline issues that the faith-based client or patient is experiencing based on the TRUTH Principle's model.
- Design a treatment plan that aligns with the client or patient's faith in order to bring about lasting change.
- Identify the key differences between a difficult marriage, a disappointing marriage, a destructive marriage, and domestic abuse.
- Utilize key questions to ask to uncover the patterns of toxic behaviors within a marriage.
- Define techniques to bring about true repentance and possible reconciliation within the marriage.

AGENDA

TIME	TOPIC TITLE	FACULTY NAME	NUMBER OF CREDITS
6/22/2024 - Saturday			
3:35pm- 4:35pm	Human Flourishing: The Path through Brokenness and Addiction to a Resilient Mind	Clinton, Ed.D., Tim	1
4:50 pm- 5:50 pm	The Truth Principle: A Faith-based Approach to Helping Clients Find Healing	Vernick, MSW., Leslie	1
6/23/2024 - Sunday			
8:15am- 9:15 am	The Emotionally Destructive Marriage: Faith-based Assessment and Treatment Techniques to Move a Couple to Reconciliation	Vernick, MSW, Leslie	1
2:30pm- 4:00 pm	Interpersonal Neurotheology: The Research and Application of Faith, Neurobiology, and Personal Renewal	Hawkins, D.Min. Ed.D., Ron Anderson, Ph.D., Shannae	1.5

4:10pm- 5:40 pm	Mitigating Imposter Syndrome: Helping Medical and Mental Health Professionals Decrease Burnout and Compassion Fatigue	Crear, Ph.D., Mark	1.5
6/24/2024 - Monday			
7:40 am- 9:10 am	Miracle or Evil, Cure or Heresy: Help Your Patients Understand Medication's Role in Healing	Benzio, M.D., Karl	1.5
9:15 am- 10:15 am	When Helping Them is Hurting Me: How to Avoid an Ethical Violation due to Compassion Fatigue	Connors, Ph.D., Mercy	1
6/25/2024 - Tuesday			
4:15 pm- 5:15	Solomon: The First Practitioner of Positive Psychology	Hawkins, D.Min, Ed.D., Ron	1
6/26/2024 - Wednesday			
3:40 pm – 5:10 pm	Panel Discussion on Compassion Fatigue and Burnout for Professionals in Mental and Medical Health	Clinton, Ed.D., Tim, Clinton, M.A., Zach, Crear, Ph.D., Mark, Connors, Ph.D., Mercy, and Benzio, M.D., Karl	1.5
5:15 pm- 6:15 pm	See it- Own it: Identifying Transference and Countertransference within the Therapeutic Relationship	Anderson, Ph.D., Shannae	1
6/27/2024 - Wednesday			
3:15 pm- 4:45 pm	Panel on Faith Integration and Mental Health and Medical Practice	Clinton, Ed.D., Tim, Clinton, M.A., Zach, Benzio, M.D., Karl, Vernick, M.S.W., Leslie, Anderson, Ph.D., Shannae, Hawkins, Ed.D., D.Min, Ron	1.5
5:00 pm- 6:00 pm	Addictionology 2.0: Clinical Advancements Integrating Mind, Body, and Spirit in the Treatment of Substance Use and Abuse	Benzio, M.D., Karl	1
6/28/2024 - Thursday			
7:40 am- 9:10 am	Stress Survival: Understanding God Attachment and Building Resilient Faith-based Behavior for Stress and Duress	Clinton, M.A., Zach	1.5
3:00 pm- 5:00 pm	The SAMHSA Wellness Wheel: Utilizing the 8 Dimensions of Whole Person Assessment and Treatment in Client Care	Connors, Ph.D., Mercy Clinton, M.A., Zach	2
TOTAL			18

Disclosures

Disclosures for all those in control of the content of this activity. The names of the ineligible companies (within the last 24 months) and the nature of the financial relationship(s). There is no minimum financial threshold. Disclosure of all financial relationships with ineligible companies regardless of the potential relevance of each relationship to the education.

Activity Planners, Faculty and CMDA CE Review Committee

No relevant financial relationships were identified for any individuals with the ability to control the content of this activity.

ALL RELEVANT FINANCIAL RELATIONSHIPS WERE MITIGATED.

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