



NCCA 2022

ANNUAL CONFERENCE

EXPERIENCE

HOSTED IN SARASOTA, FL

OCTOBER 14TH AND 15TH



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“My son, give me your heart, and let your eyes observe my ways.”

Proverbs 23:26 ESV

Sunday Service

If you are staying at the hotel Saturday night, you can attend a member-led sunrise service on the rooftop on Sunday morning.

NCCA members Denise Dodson and Justin Mosley will lead this special time of fellowship. The elevators will give you access to the rooftop at 7:00 am sharp.

Sunrise should take place at about 7:30 am. Finish the 2022 NCCA Conference with a time of worship while you take in God's creation in the form of a beautiful Sarasota sunrise! They are also planning on taking communion together.



AGENDA

Thursday, October 13th

- 7:30 PM-8:30 PM** Temperament Case Studies with NCCA Founders Drs. Richard and Phyllis Arno
7:00 PM-8:30 PM Registration

Friday, October 14th

- 8:00 AM - 8:45 AM** **Pre-Session Coffee**
- 8:00 AM - 8:45 AM** **Welcome Address - Rev. Steven M. Baran**
- 9:00 AM - 9:40 AM** **Session #1 Dr. Mark Vander Meer**
Seeing Mental Illness Through the Lens of Temperament
- 9:40 AM - 10:20 AM** **Session #2 Dr. Mark Vander Meer**
Seeing Mental Illness Through the Lens of Temperament

10 Minute Break (no food provided)
- 10:30 AM - 11:10 AM** **Session #3 Dr. Pamela Adams**
Millennial and Gen-Z Population

10 Minute Break (no food provided)
- 11:20 AM - 12:00 PM** **Session #4 Dr. Pamela Adams**
Millennial and Gen-Z Population
- 12:00 PM - 1:00 PM** **Lunch Provided**
- 12:00 PM - 12:45 PM** **Lunchtime Roundtables with Dr. Robert J. Duncan, Jr (Online Only)**
- 1:00 PM - 1:40 PM** **Session #5 Dr. Joshua Wells**
Youth With STDs

10 Minute Break (no food provided)
- 1:50 PM - 2:30 PM** **Session #6 Dr. Joshua Wells**
Can We Talk For a Minute? Marriage and Family-Focused

10 Minute Break (no food provided)
- 2:40 PM - 3:20 PM** **Session #7 Chris Lorenz**
Overcoming Culture Shock
Bridging Gaps And Overcoming Barriers To The Gospel

10 Minute Break (no food provided)
- 3:30 PM - 4:00 PM** **Session #8 Group Discussion - Global Topic**
Engaging Our Community Of Temperament Counselors

Friday, October 14, Sunset Dinner Cruise Special Event (6:30 PM - 8:00 PM)

If you are not cruising, we recommend connecting with someone for dinner. There are many great options, including the host hotel and several options around town. Trip Advisor does a great job of identifying local restaurants that are excellent, the type of cuisine you have a taste for, is close by and available.

Saturday, October 15th

8:00 AM - 8:45 AM	Pre-Session Coffee
9:00 AM - 9:40 AM	Session #9 Dr. Phyllis Arno Case Study: Supine In Inclusion
9:40 AM - 10:20 AM	Session #10 Drs. Richard and Phyllis Arno Joint Session With The Founders 10 Minute Break (no food provided)
10:30 AM - 11:10 AM	Session #11 Dr. Michael Lea Struggles Of Adolescence 10 Minute Break (no food provided)
11:20 AM - 12:00 PM	Session #12 Dr. Michael Lea Parenting
12:00 PM - 1:00 PM	Lunch Provided
12:00 PM - 12:45 PM	Lunchtime Roundtables with Dr. Robert J. Duncan, Jr (Online Only)
1:00 PM - 1:40 PM	Session #13 Rev. Steven Baran Approaching Today's Identity Crisis In Youth 10 Minute Break (no food provided)
1:50 PM - 2:30 PM	Session #14 Rev. Steven Baran & Dr. Robert J. Duncan, Jr. 2023 Conference New Projects Member Updates 10 Minute Break (no food provided)
2:40 PM - 3:20 PM	Session #15 Conference Wrap-Up

Speakers



Dr. Pamela Adams

Originally from Fayetteville, North Carolina, Reverend Dr. Pamela Adams is the Director of Spiritual Life and University Chaplain at Delaware State University. A true Southern Belle at heart, she stands on the values of faith, family, friendship and fried fish! She served proudly in the United States Air Force for 9 ½ years, while simultaneously matriculating through Seminary and obtaining undergraduate, graduate and terminal degrees in Theology. An expert in the arena of spiritual rehabilitation with over 16 years of experience, she has received training in Clinical Pastoral Education and Family Advocacy at the Durham Veterans Affairs Medical Center and the world-renowned Johns Hopkins Hospital, as well as certification in Christian Counseling through the National Christian Counselors Association of Sarasota, Florida. Dr. Adams also served as the Spiritual Advisor at the Maryland Center for Addiction Treatment. In this role, she oversaw the spiritual aspect of treatment through group and individual sessions, weekly non-denominational worship services, and community engagement.

Dr. Adams is the Principal and Owner of Faithful & Favored, Inc. a Lifestyle Management Firm. Faithful & Favored provides emotional and spiritual maintenance tools through Peace Together, LLC, a counseling practice, and The Servant Leader, LLC, focusing on church administration and ministry enhancement. Her empathetic demeanor and compassionate disposition make her a trusted advisor on all things related to spiritual and emotional maintenance. Her desire is for everyone to live a faithful and favored life!



Drs. Richard & Phyllis Arno

Drs. Richard and Phyllis Arno founded the Sarasota Academy of Christian Counseling in 1993. Dr. Phyllis Arno focused on the research and development of the Arno Profile System (A.P.S.) reports. Together they have written numerous counselor training texts, including their signature piece, Creation Therapy.

Drs. Arno continue to develop new material and participate in conferences held around the country to promote the advancement of APS in churches, schools, counseling centers, businesses and many other organizations.

In 1981, Drs. Richard and Phyllis Arno established the National Christian Counselors Association (N.C.C.A.) as a non-profit corporation in order to conduct research and develop a therapeutic procedure based on Scripture. The procedure would accomplish three essential goals: Enable the candidate to learn the system easily and relatively quickly, save pastors and Christian counselors precious time in counseling sessions, produce effective, positive, and more immediate results with those being counseled.



Rev. Steven Baran

Rev. Steven M. Baran currently serves as President of the National Christian Counselors Association. He has piloted many projects since his arrival into leadership with the N.C.C.A. including the transition to the state of the art ministry headquarters, direction and development of the Arno Profile System Online, as well as the creation and implementation of most online member services that include newsletters, malpractice insurance, payments, license renewal and course completion to name a few.

Rev. Baran earned his Bachelor's of Christian Ministry Administration through Calvary Theological Seminary, Master of Arts in Christian Education through Cornerstone University and Pillsbury College & Seminary honored Rev. Baran with a Doctor of Divinity.

Rev. Baran brings his extensive life experience to the ministry. He served for three years as Captain of the Westland Police Explorers, a volunteer group dedicated to the improvement of community relationships between citizens and law enforcement. Rev. Baran also served as Union Steward for Local 25 Teamsters, Detroit, MI. Additionally his management experience in retail sales, outside sales, insurance planning (licensed in Florida and Michigan) have brought new avenues to share the Gospel of Jesus Christ with the secular workforce.

Rev. Baran and his wife Erin, reside in Sarasota, FL with their two children Mara Kelley Baran and Noah Michael Baran.



Dr. Robert J. Duncan, Jr.

Rev. Dr. Robert J. Duncan, Jr. is described as a postmodern renaissance man who enjoys multi-tasking in multiple disciplines; while teaching himself new skills as they are needed for 'just in time' projects. Keeping his finger on the pulse of electronic culture, Dr. Duncan can effectively bridge the human and technological aspects of postmodern culture and relate across generational lines. He has a unique ability to communicate using digital media.

He served as President and Professor of Religion at Bacone College in Muskogee, OK from 2002-2012. He is currently Core Faculty in the Global Online Doctor of Ministry Program at Drew Theological School and has taught in that program since 1999. He was the first graduate of this program, studying under Len Sweet as a Dean's Fellow. His doctoral project focused on "Transforming Institutional Administration into Institutional Ministry".

Dr. Duncan's ministry experiences have included local parish ministry, non-profit management, pastoral counseling, planned giving, and development. He is a retired United Methodist Minister and a current member of the Ministers Council, ABCUSA. Convinced that the Internet is bringing about a new reformation by fulfilling the role of the printing press in the information age, his long-term interest in technology has led him to the bleeding edge of integrating technology and ministry.

He currently serves as the Executive Director of the Sarasota Academy of Christian Counseling Certified Temperament Life Coaching Program. In this role he also offers Free Monthly Videos, Free Monthly Seminars, Ministry Coaching, and Ministry Mentoring to members of the SACC and NCCA.

Dr. Duncan has been a member of the National Christian Counselors Association since 1989 and in 2009 was honored to receive the Arno Temperament Award. He is a Licensed Clinical Pastoral Counselor Advanced Certification & Clinical Supervisor Diplomate. His personal ministry is Northwind Institute, a Certified Academic Institution.



Dr. Michael Lea

Dr. Michael Lea has served in ministry for more than forty years. He has worked in children's ministry, youth ministry, counseling ministry, and training. He recently retired after 32 years from a pastoral position. He has a master's degree in counseling psychology from Bowie State University, a PhD in Christian Counseling, and a PhD in Christian Psychology from Cornerstone University. He is the president of Calvert Christian Training Academy, Inc. And serves on the board of Chesapeake Evangelical Association.

Dr. Lea first affiliated with the NCCA in 1996. Since then, he has brought the truth of God's creative work in people through the administration of thousands of Arno Profiles. He is a Licensed Clinical Pastoral Counselor-Advanced, with certifications in Marriage and Family, Child and Adolescent, Crisis and Abuse, and group. He has authored Counseling Youth (N.C.C.A.), First Steps (CCTA), and So You Think You Are Married ...Ten Tips On How To Live Like It. (Westbow Press).

Dr. Lea will be presenting at this year's conference on Youth with a brief conversation on what they are up against in this world, and how you can serve them. The second session will be on Parenting...how you can equip them. He genuinely enjoys each N.C.C. A. conference that he attends and looks forward to renewing existing relationships and creating new ones.



Chris Lorenz

Chris is a local missionary who serves as the Venice area director for Suncoast Youth for Christ and is one of the original founders of a local teen center called The 180 House.

His first ministry is to his wife and three kids, who have a passion for fostering and providing respite for foster families.

Chris was a high school Biology teacher before being called into full-time ministry with teens. Since the launch of The 180 House in Venice, the ministry model has been replicated in two other locations. The 180 House tagline is Be Here, Be You, Belong. The goal is to provide a safe place where teens who would likely never step foot in a church can experience the love of Jesus through authentic Christ-sharing relationships with their leaders.

Chris is also the President and co-founder of a new non-profit called Caleb Would Go. The organization stands as a legacy for the late Caleb Bell, who was a radical missionary and founder of The 180 House. The mission of Caleb Would Go is to empower the adventurous by providing seed money for those with a calling to ministry all over the world.

www.the180house.org
www.calebwouldgo.com



Dr. Mark Vander Meer

Dr. Mark Vander Meer has been a pastor for over 20 years, served in two churches and has been a professor for over 15 years. Dr. Vander Meer has been the Associate Pastor at New Community Church for the past 23 years and is the founder and Executive Director of Community Recovery International, a non-profit organization that he founded in 2002. Community Recovery reaches out to the local community offering a free meal, recovery worship and groups every Friday night at New Community Church in Grand Rapids, Michigan. The non-profit also helps those who are homeless, unemployed, fresh out of prison as well as other life issues. Dr. Vander Meer and his team also created Life Work Learning, Community Recovery's recovery ministry and leadership training platform. On it, Dr. Vander Meer leads online worship segments, and speaks on a weekly podcast, Check UP! with Dr. Mark. Life Work Learning also provides online courses, coaching and leadership training to church leaders worldwide offered on their cricrecovery.online.church platform.

Community Recovery International's model of ministry is now established in India and Kenya respectively. Dr. Vander Meer also founded and directs Community Recovery International Bangladesh, an international non-government organization that provides support for small business creation and literacy education for adults and children in Bangladesh as well as church planting reaching over 1,000 people weekly.

As a professor, Dr. Vander Meer has taught undergraduate courses at the University of Phoenix, Spring Arbor University and Compass College of Cinematic Arts where he also assumed the role as Compass College's Director of Education.

Dr. Vander Meer earned his Bachelor of Arts degree from Calvin College; his Masters degree in Religious Education from Trinity International University; his Doctor of Ministry degree from Bethel University in St. Paul Minnesota and is a Ph.D. student at Columbia International University's Biblical Seminary. He resides in Grand Rapids, Michigan is married to his wife Mary and has two adult sons and one daughter-in-law.



Dr. Joshua Wells

Dr. Joshua Wells serves as the Clinical Social Worker at the Children’s Attention Home in Rock Hill SC. He also is the owner and serves as the lead counselor of HOPEWells LLC (Holistic Opportunity for People to Elevate).

Dr. Wells is also a minister of the gospel and leader of the prayer team at his local church in Charlotte, NC. He speaks/preaches at churches, serves on panels, and leads workshops throughout the Carolinas. He has authored Servanthood, “serving to lead”

Dr. Wells has been in the mental health field and marriage counseling realm for over 10 years. With clients coming in from literally all over the world, Dr. Wells has seen numerous couples with diverse issues that are able to see the love of God and repair over 80% of them achieve success through God’s grace.

Dr. Wells is humbled by the ministry opportunities he has had with diverse companies and teams that he has the privilege of serving on. He believes on the word of God for HOPEWells and all therapy.

Sessions

Session #1

Dr. Mark Vander Meer

**Seeing Mental Illness Through the Lens of
Temperament**

Lined writing area for notes, consisting of 25 horizontal lines.

Seeing Mental Illness Through the Lens of Temperament

Dr. Mark Vander Meer, D. Min
Executive Director
Community Recovery International



SESSION 1

- 1. Define What Mental Illness is And What It is NOT
- 2. Current Statistics On Mental Illness & Stigma
- 3. Mental Health, Recovery Ministry And The Church
- 4. Recommendations For Creation Therapists As Church Leaders



SESSION 2

- 1. Connect Mental Health And Temperament
- 2. Arno Profile Philosophy & Practice
- 3. Case Studies In Temperament Therapy
- 4. Biblical Temperament Solutions

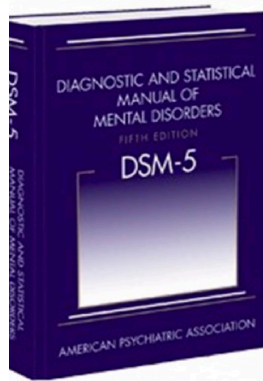








Lined writing area for notes.

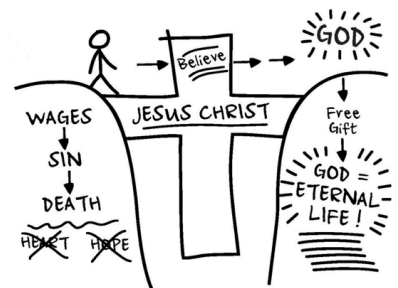


DSM-5

- Guide to all mental illnesses
- Used by a Mental Health Professional
- THE Tool to Diagnose

Biblical Worldview on Mental Illness

- Romans 3
- Romans 12
- I Corinthians 10
- I Corinthians 13



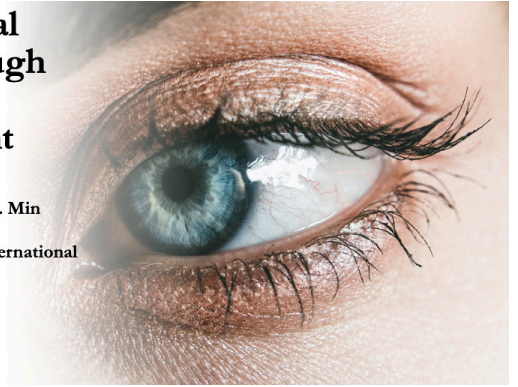
Session #2

Dr. Mark Vander Meer

**Seeing Mental Illness Through the Lens of
Temperament**

Seeing Mental Illness Through the Lens of Temperament

Dr. Mark Vander Meer, D. Min
Executive Director
Community Recovery International



SESSION 2

- 1. Connect Mental Health And Temperament
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Mental Illness:

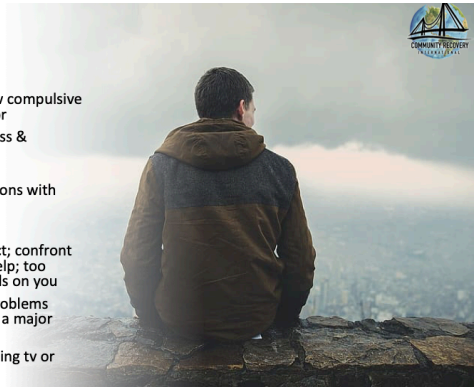
The medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning.



Horizontal lines for notes.

Phlegmatic

- Want: Peace at all costs
Need: Respect & Harmony
Strengths: Balanced, very few compulsive behaviors, dry sense of humor
Weaknesses: Lack decisiveness & enthusiasm; push back when accommodating too much.
Like: People who make decisions with your consent.
Dislike: Pushy people.
Depression: Too much conflict; confront someone; no one wants to help; too much of the responsibility falls on you
Fight/Flight: Handle major problems alone; holding the bag; make a major change.
Stress: Give in; hide by watching tv or reading books



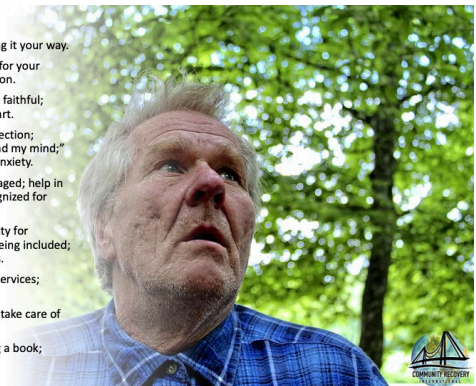
Melancholy

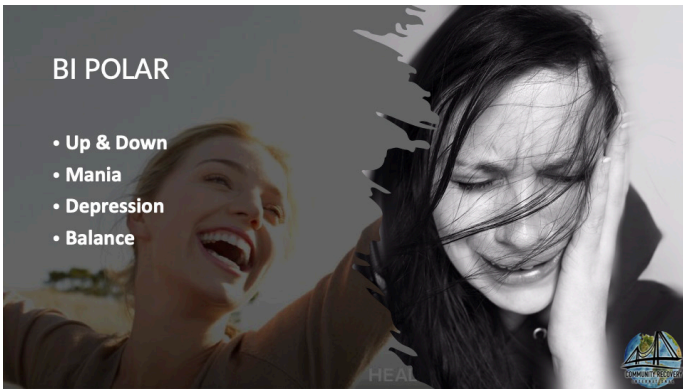
- Want: Things to be done right.
Need: Stable environments; space & time to regenerate
Strengths: Great organizers; love details; analyzing; high standards
Weaknesses: Too much analyzing; remember the negatives; suspicious of others; easily depressed.
Like: People who take things seriously; deep conversations
Dislike: Unorganized, unpredictable people who care less about details and exaggerate.
Depression: Life is disorderly; no one meets your standards and when someone tells you that you have done wrong.
Fight/Flight: Making mistakes; asked to compromise; no one understands you.
Stress: Withdraw; retreat in a book/sleep; over analyze problems; give up.



Supine

- Want: Feel loved and accepted by doing it your way.
Need: Emotional support; recognition for your service; be taken care of, love & affection.
Strengths: Gentle spirit; humble; loyal; faithful; dependable; teachable; a servant's heart.
Weakness: Do not say "no," fear of rejection; manipulate others to care for you; "read my mind;" easily offended; suffer from guilt and anxiety.
Like: People who need you; be encouraged; help in making and sharing decisions; be recognized for services granted.
Dislike: Forced to take sole responsibility for someone; make decisions alone; not being included; left out of the decision-making process.
Depression: No one appreciates your services; forced to be away from people.
Fight/Flight: Feel rejected; unpopular; take care of self.
Stress: Mask it as hurt; hide by reading a book; watch tv; change the environment.





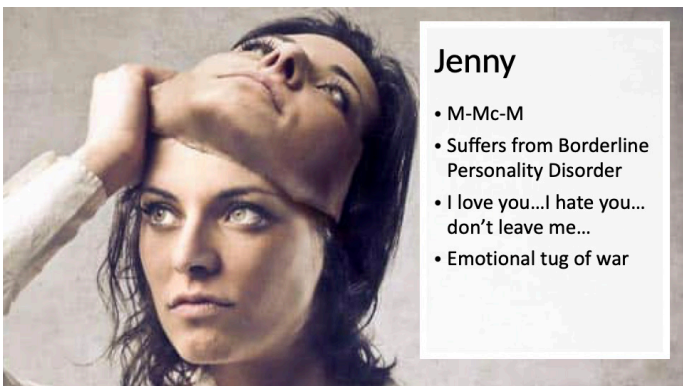
BI POLAR

- Up & Down
- Mania
- Depression
- Balance



Joan

- G-S-Gc
- Fun way—UP!
- Your way—DOWN.
- Fun way, ALL the way—UP!



Jenny

- M-Mc-M
- Suffers from Borderline Personality Disorder
- I love you...I hate you... don't leave me...
- Emotional tug of war

Lined writing area for notes.

Jack

- G-S-PG
- Schizophrenia
- Believes himself to be the President of the U.S.
- Abuse
- Maintenance



Addiction

- Choleric—out of control
- Sanguines—do not think they are wonderful
- Phlegmatics—absolutely no peace
- Melancholies—they think themselves to be wrong
- Supines—prone to depression and self harm



Solutions

- Study mental disorders
- Translate the temperaments
- Complement Creation Therapy
- Support & Guide
- Start & Maintain a Recovery Ministry



Session #3

Dr. Pamela Adams

Millennial and Gen-Z Population

Lined writing area with horizontal lines.

Session #4

Dr. Pamela Adams

Millennial and Gen-Z Population


Lined writing area with 25 horizontal lines.

Session #5

Dr. Joshua Wells

Youth With STDs

Lined writing area for notes.



S.T.D

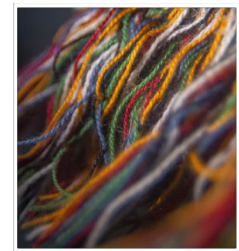
Substance. Trauma. Discipline.
A traumatic look at our youth.

Dr. Joshua Wells

9 Strings



1. Identity
2. Values
3. Groups
4. Resilient
5. Spiritual/Religious
6. Natural Supports
7. Talents/Interests
8. Community
9. Joy/Happiness



ACES - Adverse Childhood Experiences



- Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?
- Did you lose a parent through divorce, abandonment, death, or other reason?
- Did you live with anyone who was depressed, mentally ill, or attempted suicide?
- Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs? Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?

ACES - Adverse Childhood Experiences



- Did you live with anyone who went to jail or prison?
- Did a parent or adult in your home ever swear at you, insult you, or put you down?
- Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?
- Did you feel that no one in your family loved you or thought you were special? Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?



Trauma Brain Effects



- The SNS (sympathetic nervous symptom)- what shifts the body into survival mode when threatened
- The PNS (parasympathetic nervous system)- shifts the body from a physiologically reactive survival mode to a calmer restorative mode once the immediate threat ceases
- These two systems are designed to work together, when someone is exposed to chronic or severe trauma the system can be dysregulated = constant heightened arousal state or (panic attacks) or constant underarousal (depression)



Trauma Effects



- **Intrusive thoughts**- unwanted memories, nightmares, flashbacks, or emotional stress or physical reactivity when reminded of the trauma
- **Avoidance**- efforts to avoid trauma related thoughts, feelings or emotions
- **Mood alteration**- overly negative thoughts, inability to recall key featured of the trauma, exaggerated blame, negative affect; decreased interest in activities
- **Hyperarousal** - irritability, aggression, risky or destructive behavior, hyper vigilance, heightened startle reaction, difficulty concentrating

Lined area for notes, consisting of 22 horizontal lines.

What or Why are they Abusing?



- Alcohol 58.2
- Marijuana/Hashish 34.9
- Hookah 19.8
- Small cigars 15.9
- Amphetamines 7.7
(Prescription drug use is the highest reported drug use amongst teens)



Disciplining Youth

Willing and Able



Disciplining Youth



	Willing	Not Willing
Able	Acknowledge	Encourage Consequences
Not Able	Teach/Train	Change or Drop

Session #6

Dr. Joshua Wells

Can We Talk For A Minute? Marriage And Family-Focused

Lined writing area for notes.



Let's Talk If we can

Dr. Joshua Wells



You Light Me Up!

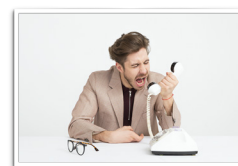
Using inflammatory words



What are inflammatory words?



Words that are intended to or have the ability to escalate others emotionally.



Lined writing area for notes.

30 Minutes for Peace



- 1. Whoever calls a break is the one who initiates when to come back. If you didn't call the break don't ask them where they are going or what they will be doing. Deal? Deal!
- 2. The person who calls the break goes away for twenty minutes. During those twenty minutes allow for this breakdown: 3-5 minutes of letting out the anger (Yelling, lifting weights, driving in peace, whatever you need to do). The next 3-5 minutes think about what the other person was saying. The next 3-5 minutes think about a different way to talk about the same subject that shows that you can validate the other person.



30 Minutes for Peace



- 3. If 20 minutes go by and the person who started the break doesn't want to reengage yet, then allow them 5 more minutes to go away. If the next 5 minutes go by and they are still not ready to talk ...that conversation is over for 24 hours! Yes that means that neither party can bring the conversation up until 24 hours have passed.
- 4. If and when the conversation starts back, after any of the break times, then you don't start the conversation back where you started, but at a mutually agreeable place in the conversation.



Forgiveness
An apology that heals

Forgive and Forget



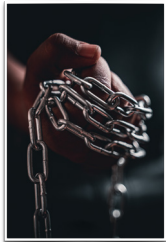
- When God forgives us he casts it into the Sea of Forgetfulness (Micah 7:19).
- We are to release the other person into the freedom of being themselves.
- Remember it is God's goodness that leads us into repentance



Top 5 reasons we don't forgive



- Revenge- I want to get them back before I apologize.
- I want them to feel what I felt.
- Pride- I have to be right.
- If I forgive them they will do it again.
- I don't wanna be hurt again.



Let's Practice



(Spouse's name) _____ I apologize for when I _____. This must have made you feel _____ (one word descriptions). Did it make you feel anything else? (one word descriptions, and don't make them feel as if you're attacking them at this time) _____. In the future I will _____. Is this what you need from me, and is there anything else _____?
Will you forgive me?

Horizontal lines for writing a question or answer.

 **Q and (some) As**

 **Connect With Me**

-  <https://hopewells.life/>
-  doctorwells@hopewells.life
-   

Horizontal lines for writing a question or answer.

Session #7

Chris Lorenz

**Overcoming Culture Shock
Bridging Gaps And Overcoming Barriers To The Gospel**

Session #8

Group Discussion

Engaging Our Community Of Temperament Counselors

Session #9

Dr. Phyllis Arno

Digging Deeper: Supine In Inclusion

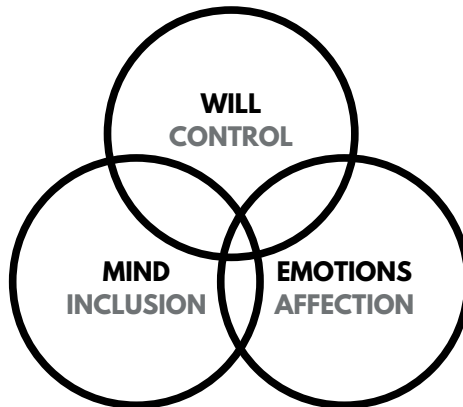
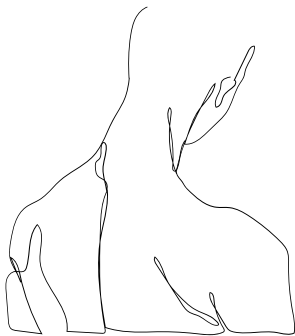
I can do all things through Christ which strengtheneth me.
Philippians 4:13 (KJV)

DIGGING DEEPER SUPINE IN INCLUSION

DR. PHYLLIS J. ARNO

INTRODUCTION

We are made up of BODY, SOUL, AND SPIRIT.



Our Body is our physical makeup.

Our Soul is our mind will and emotions. This is the temperament area (Inclusion, Control and Affection).

Our Spirit is our connecting link with the God.

TEMPERAMENT IS THE KEY THAT UNLOCKS THE SOUL AREA

Once you have an APS report on your counselees, you can teach them who God created them to be. Then you can counsel them regarding their problems.

The Supine is the fifth temperament introduced by the NCCA in 1984. We chose the definition of the Supine as: "Lying on the back or with the face turned upward." Even though this definition refers to physical posture, it describes the temperament traits found in the Supine. The Supine is the bowing temperament, seeing everyone else as valuable and themselves as having no value.

God created all the temperaments; He created the Supine with a servant's heart and a gentle spirit; however, in order for them to serve Him with a servant's heart and a gentle spirit, they need to have a one-on-one relationship with Him. They need to put God first, then their other relationships. In so doing, they will not need to fear people.

Since Supines have a gentle spirit and a servant's heart and truly want to serve and help others, they tend to take on more than they should and burn out. When they do this, they tend to lose their gentle spirit.

The key for the Supine, as with all temperaments, is that they yield their strengths and weakness to the Lord. They also need to remember not to take on every task that people ask us them to do. They need to always seek the Lord before taking on more responsibilities so that they do not burn out and lose their gentle spirit.

Philippians 4:13 tells us: "I can do all things through Christ which strengtheneth me." And Nehemiah 8:10 tells us: "...for the joy of the Lord is our strength."

OVERVIEW OF THE SUPINE IN INCLUSION

SUPINES IN INCLUSION TEND TO HAVE THE FOLLOWING FEARS:

Social rejection—fear they are not important enough to be included

Never measuring up to others—fear being imperfect

Death and dying—fear rejection—maybe God does not want me, Nobody else does

Saying no when already overloaded with responsibilities—fear disapproval

Express their anger—fear people may reject them if they know they are angry

Not too long ago, I heard the statement: **Fear can prevent you from fulfilling the call God has on your life.** When I heard this statement, my first thought was of the Supine in Inclusion as Supines in Inclusion can be immobilized by their “What if.....” thoughts.

We are told in the Holy Scriptures that we are not to fear around 365 times.

The following are four Scriptures that the Supine in Inclusion can read when they are fearful:

Isaiah 41:10

Psalm 27:1

Matthew 28:20b

Hebrew 13:5c

SUPINES IN INCLUSION MAY WEAR THE FOLLOWING MASKS TO CONCEAL THEIR NEEDS:

MASK OF SERVING—need for acceptance

MASK OF SHYNESS/TIMIDNESS—need to be included

MASK OF POUTING—need to let others know that you “hurt” them

IN ORDER TO SURVIVE, SUPINES IN INCLUSION HAVE SHARED THAT THEY HAVE TRIED:**Pornography.**

Comment: "At the time, looking at pornography tends to make me feel included and not rejected. Afterwards, I realize that I was not "physically" included."

Drugs.

Comment: "Marijuana can make me feel accepted and relaxed and happy; however, when it wears off, I find that I am worse than when I started because now, I am more depressed and feeling alone."

Cutting:

Comment: "This is a release for me because nobody will listen to me;"
When asked, "Why cut?" The response was: "It lets all the bad bleed out of me," "I deserve the pain!"

Drinking:

Comment: "This helps me forget my loneliness for a while but, in the morning, after I sober up and the loneliness is still there."

THE FOLLOWING IS A LIST OF SUPINE IN INCLUSION TENDENCIES:

1. To have a low-self-esteem.
2. To have indirect behaviors; can appear to be a loner but want to be with people.
3. To need to be included so they can socialize.
4. To need to try to please people through service to keep the relationship.
5. To be an observer.
6. To, at times, think negative, downward thoughts.
7. To become stressed at work because they feel they cannot stop until their work is completed.
8. To need to please people and they are unable to say “no” when asked to do something—even if their “plate is full.”
9. To say their “feelings are hurt” rather than admitting they are angry.
10. To have a gentle spirit.
11. To suffer from self-inflicted guilt—undeserved guilt.
12. To “beat around the bush” rather than directly saying what they want.
13. To think they will become overloaded. This can cause them to be more overloaded—but they do nothing about it.
14. To react negatively if someone gives them recognition for a job well-done.
15. To worry if people tell them “You are funny.” then they will worry that they may not be funny some day and people will stop thinking that about them.
16. To pull away and go into their “turtle” shell or lock themselves in a room when they become depressed.
17. To feel that when they are socializing, they need to think about tasks they should be doing instead of socializing.
18. To do things for others, but their motive can be selfish at times because they will then expect the others to help them.
19. To feel they have no value. They feel that in order to have value, they must be responsible for others and serve others. The burden can become too heavy for them, especially when others do not express appreciation for what they do.
20. To not look at the person that they may want to confront because they do not agree with them, however, they do not want to make waves, so they avoid eye contact.
21. To roll their eyes (a classic Supine behavior). This is their way of saying I don’t agree with you, but I am not going to say it, yet they want everyone to know that they don’t agree with them. At times, their body language can speak louder than their words.
22. To occasionally verbalize when they disagree with someone. Supines tend to bottle “stuff” up so that when they do “lash out” it can come out in an argumentative and accusatory way.
23. To cry in private so others do not see them; however, their actual motive can be because they know others may become angry when they cry--others may see their crying as a weakness.
24. To feel responsible for everything that happens.
25. To need to follow the rules but prefer to enforce them.

THE FOLLOWING IS A LIST OF SUPINE IN INCLUSION TENDENCIES:

1. To look to God and learn that He created them.
2. That people cannot read their mind.
3. To express their need to be included and to socialize.
4. That people and tasks both stress and regenerate them so they need to maintain balance in this area.
5. To initiate.
6. To think positive thoughts rather than negative thoughts. They need to challenge themselves to think positive.
7. To take breaks when they are working in order to keep from becoming stressed.
8. That it is okay to say "No." God only requires reasonable service.
9. To say, "I am angry" and deal with the anger rather than say "my feelings are hurt."
10. That in order to maintain their gentle spirit, they need to express their thoughts rather than bury them inside.
11. That they are not responsible for everything that happens around them.
12. To be more direct so that people will not have to try and guess what they want.
13. To keep focused on the task at hand and not worry about what they must do next.
14. To quit focusing on their flaws and accept a compliment for a job well done.
15. To not allow what people think of them control their actions.
16. To turn to God's Word to encourage them.
17. To learn to relax and enjoy being with people. They are there to socialize, not to do tasks.
18. That when they are helping others, it should be out of the goodness of their heart, and should not expect anything back in return.
19. They need to remember that God created them and what they do is to be done unto Him. When they do this, He will say "Well done, my good and faithful servant."
20. To make eyed contract with others and let them know what is upsetting you.
21. To learn to say, "I do not agree with you" rather than roll their eyes. Their opinions and thoughts are just as valuable as everyone else's.
22. To learn not to "verbalize" their anger and frustration until they have had an opportunity to "cool down."
23. That it is okay to cry in private as this is their release "valve." Once they have a good cry, they are more able to deal with the situation.
24. That they are not responsible for everything that happens. God is still in control.
25. That it is okay to follow the rules and prefer to enforce them. God has given them this ability.

SCRIPTURES FOR SUPINES IN INCLUSION

Jesus is their Friend.

“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.” **Isaiah 41:10**

“... and, lo, I am with you always, even unto the end of the world.” **Matthew 28:20b**

“...but I have called you friends....” **John 15:15c**

“...I will never leave thee, nor forsake thee.” **Hebrews 13:5c**

Jesus is their Confidant.

“Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.” **Matthew 11:28-30**

“I will not leave you comfortless: I will come to you.” **John 14:18**

“Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.” **II Corinthians 1:4**

“Casting all your care upon him; for he careth for you.” **I Peter 5:7**

Jesus is their Guide, Strength, and Courage.

“The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.” **Psalms 18:2**

“I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.” **Psalms 32:8**

“Commit thy way unto the Lord; trust also in him; and he shall bring it to pass.” **Psalms 37:5**

“The fear of man bringeth a snare: but whoso putteth his trust in the Lord shall be safe.” **Proverbs 29:25**

“And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left.” **Isaiah 30:21**

“I can do all things through Christ which strengtheneth me.” **Philippians 4:1**

Session #10

Drs. Richard and Phyllis Arno

Joint Session With The Founders

Lined writing area with multiple horizontal lines for text entry.

Lined writing area with 28 horizontal lines.

Session #11

Dr. Michael Lea

Struggles Of Adolescence

Lined writing area with 25 horizontal lines.

Research:

- Brain stimulated
- Pituitary stimulated through the hypothalamus
- Hypothalamus pituitary adrenal axis is stimulated flooding the system for the rush needed with gaming.
- Blood pressure increases, palms sweat, pupils constrict to reach the fight or flight mode.
- Dopamine response that makes the child want to chase after the experience again.

- Steve Jobs limited how much technology his kids used. None at dinner
- Alan Eagle, google exec . rejects the notion of technology in grammar school.
- Pierre Laurent, former Microsoft exec. waited until his kids were 12 before exposing them to smart phones and computers
- Google founders Brin and Page as well as Amazon creator Bezos sent their kids to Montessori schools. More nature less tech.

• Dopamine tickle:

- Engaging in dopaminergic behavior that increases dopamine so the dopamine reward pathway is activated, telling the individual to repeat what he or she just did in order to get the good feeling again.

Lined writing area consisting of 25 horizontal lines.

• 42% of a recent poll stated technology has made life harder by wasting more time and being more distracted.

- Why? It is the easy path. We don't have to work and yet we were created to work.
- Alternative: purge and fast... we should wake up before our devices and the devices should go to sleep before we do
- 62% of people say the first thing they do is check the phone
- 82% of parents of teens say their child takes their phone to bed with them

- Sleep is fundamental to healthy development and continued growth.
- Most adolescents are chronically sleep deprived and the problem is compounded by electronic devices especially cell phones.



- Quote from the author of "The Tech Wise Family"
- "...it could be that the proliferation of technology especially screens, at earlier and earlier ages, may well be remembered as one of the most damaging epidemics of the twenty first century."

- The technology that is actually supposed to make us less bored and less depressed is actually making us worse.
- It depletes a person's ability to find wonder in nature. We say we're bored.
- 8 year old boy brought to hospital recently, WHY

- Consider that we are not bored, exactly, just as someone eating a full bag of potato chips is not hungry.
- Overconsumption of distraction is just as unsatisfying, and ultimately sickening as the overconsumption of junk food.



Session #12

Dr. Michael Lea

Parenting



Parenthood is the scariest hood some will ever go through.

Our role is to equip parents.

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.

Deuteronomy 31:6

God invented parenting



How parents use their authority presents a picture of God's authority to children.

What we show is what they know!

Parents can quickly lose sight of this simple truth!

It makes it hard as it is the only relationship designed by God that measures success by how well it ends.

- 1 Children are not a project.**
- 2 Children are not stable inside.**
- 3 We are born selfish sinners.**
- 4 "Yikes my life is my problem."**

Parents are often afraid of a child's anger.

They are afraid that the child will say they hate them.

Children learn how to manipulate parents emotions.

Each temperament does it differently, but they do it.



Ask parents these questions.

Are you a screamer?
Eph. 6:4 "Do not exasperate"

Are you a counter?
Proverbs 23:13-14 Do not withhold discipline from a child.

Are you a briber?
Proverbs 22:15 Folly is bound up in the heart of a child

...the guardian and manager roles end one day.
Gal. 4:2

Consider that each developmental stage of children creates a parental phase.

DISCIPLINE STAGE:
 Ages 1-5 children are taught there are consequences

TRAINING STAGE:
 Ages 5 -12 introduce to the why behind the consequences

COACHING STAGE:
 Ages 12- 18 support and encouragement to make choices

FRIENDSHIP STAGE:
 Ages 18 > creating an adult relationship/friendship

Andy and Sandra Stanley

**Many times parents shy away from the act of
 parenting because of fear.**

Perfect love drives out fear.
1 John 4:18

Lined writing area with 30 horizontal lines.

Character growth is the main goal of child rearing.

Cloud and Townsend



Character as defined by Cloud and Townsend as:

- The sum of our abilities to deal with life as God designed us to.
- The ability to form relationships.
- Taking ownership of their life and see it as their problem.

Character as defined by Cloud and Townsend as:

- Ability to accept the negatives of the real world.
- Developing their God given gifts.
- Developing an internal sense of right and wrong.

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Major tasks of parenting

Boundaries



Responsibility



**BALANCE IS
THE KEY
TO LIFE**



Grace and Truth Dilemma

Grace Shows

- Kindness
- Empathy
- Forgiveness
- Compassion
- Understanding
- Provision
- Love
- Help

Truth Shows

- Morality
- Standards
- Expectations
- Evaluations
- Judgment
- Confrontation
- Discipline
- Limits
- Honesty
- Integrity

Lined writing area consisting of 25 horizontal lines.

If the parent is afraid of being hated the child cannot grow.

Children have to be able to process their anger and frustration toward their parent.

Hebrews 12: 4-11 will help parents.

Discipline is necessary for the prevention of destruction.

Haphazard living leads to destruction.

A mature parent can withstand the anger of their child.



Hebrews 12: 4-11 will help parents.

Discipline means actions and words to express love.

Discipline is to teach obedience.

Short term pain gets long term gain...consistency matters.

**It is more than simply reading
God's word.**

It takes living out God's word.

**Parents are God's Ambassadors from
the beginning to the end.**

**Parents represent the message,
methods, and character of the leader
who has sent them.**

What To Do?

**Family is best served
slow,
not fast.**

**Good conversation
+
Environment
+
Service
+
Good food
=
Blessed memory**

ASK: What is their table life like?



Every human child ever born believes two dangerous and destructive lies:

The lie of autonomy

The lie of self-sufficiency

Parents should strive to exercise authority that is secure, faithful, consistent, firm, uncompromising, loving and motivated by and tempered by grace.

Learn to see every challenge as a matter of the heart.

"Folly is bound up in the heart of a child but the rod of discipline drives it far from him."
Proverbs 22:15

Lined writing area consisting of 28 horizontal lines.

- Help parents to set Limits
- God gave us all freedom of choice.
- Parents should help children learn they are responsible for their actions.
- Help children know the reality of a real world with consequences.
- Responsibility is impossible without freedom.

Characteristics of consequences:

- As close to a natural consequence as possible
- Appropriate to the child's maturity level
- Let the punishment fit the crime
- Administered ASAP
- Should be as specific as possible
- Flexible (to allow for growth)
 - Cloud et.al.

Parenting

God's Good Work

We Don't hate the apple tree for not being an oak tree and we don't hate the oak tree for not being an apple tree.



Counselors should provide a Created In God's Image class for teens.
THEY WILL LOVE THE CLASS.

**Calvert Christian Training Academy, Inc.
Certified Academic Institution of the N.C.C.A.**

**207 Bear Trail
New Bern, N.C. 28562**

2022 Presentation Reading Resources

- Bible
- BOUNDARIES WITH KIDS by Dr. Henry Cloud and Dr. John Townsend
- Come to the family table by Ted and Amy Cunningham
- Counseling Youth by Michael K. Lea, Ph.D.
- Glow Kids by Nicholas Kardaras, Ph.D.
- Parenting with Love and Logic Foster Cline and Jim Fay
- Parenting by David Tripp
- Parenting, Not Just a Stroll in the Park by Serendipity House (a small group study guide)
- Parenting is Hard by David E. Clarke, Ph.D.
- Raising Great Kids Dr. Henry Cloud and Dr. John Townsend
- Stanley, Andy and Sandra, Four Steps of Parenting, You tube,10/19/2019
- The Tech-wise Family by Andy Crouch
- Turn Around At Home by Jack and Lisa Hibbs with Kurt Bruner

Session #13

Rev. Steven Baran


Approaching Today's Identity Crisis In Youth

Lined writing area for notes.

NATIONAL CHRISTIAN COUNSELORS ASSOCIATION

IDENTITY IN YOUTH

APPROACHING TODAY'S IDENTITY CRISIS



Rev. Steven Baran
President

IDENTITY CRISIS IS DESTROYING US



Identity (Temperament Traits) We all can agree on

SUPINE ————— COMPASSIONATE
 SANGUINE ————— FUNNY
 CHOLERIC ————— DRIVEN
 MELANCHOLY ————— INTELLECTUAL
 PHLEGMATIC ————— BALANCED/EASY GOING

Identity (Temperament Traits) We all can agree on

SUPINE _____ **WANTED/LOVED BY OTHERS**

SANGUINE _____ **ACCEPTED-BY THE GROUP**

CHOLERIC _____ **RECOGNIZED-BY PEERS**

MELANCHOLY _____ **TIME ALONE TO RECHARGE**

PHLEGMATIC _____ **ALLOWED MOVE AT OWN PACE**

As a group, we identify collectively as

- Pastoral Counselors
- Temperament Counselors
- Christians
- People who love Richard and Phyllis Arno





FORMER PRESIDENT DONALD TRUMP



SPEAKER OF THE HOUSE NANCY PELOSI



FORMER SECRETARY OF STATE CONDOLEZZA RICE



PRO-LIFE



PRO-CHOICE

ARE WE ALL STILL COOL, CALM AND COLLECTED?

Session #14

**Rev. Steven Baran &
Dr. Robert J. Duncan, Jr.**

Ministry Update | New Projects | 2023 Conference

Session #15

Rev. Steven Baran

Conference Wrap-Up

