

## *Speaker's Bureau: Topic Guide*



*Dr. Patricia Francis, O.P. leads a Center workshop*

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The professional staff at the Center offer nearly 100 different workshops which can be tailored to fit most speaking or conference needs. The hosting organization and the speaker determine the dates, times, number of sessions, and other details of each presentation. Click on a link below to read the full descriptions of the workshops within each category. Presenting staff are listed with each workshop description.

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### **Workshop & Seminar Topics:**

#### **ADD/ADHD**

**Parenting Children with ADHD (6-12 years):** Practical tips for managing difficult behavior while protecting your child's self-esteem. (Burge)

**Understanding the Assessment and Treatment of ADHD:** A general overview of the assessment process and treatment options. (Burge)

#### **Aging**

**Aging And Loss:** Explores the major life losses in the context of progressive aging. Our advanced years have rapid and significant relational, material and functional losses that make adjustment most difficult. These dramatic changes are important to understand in order to appreciate what our parents are going through and what we also as adult children will be faced with in the not so distant future. (Alcorn)

**Taking On the Middle Years Successfully:** In mid-life we begin to confront our limitations in new ways. We become more comfortable with personal weaknesses. At the same time we long for depth in our relationships and

greater meaning in our work situations. This workshop explores some of the polarities of mid-life. Participants can hope to distinguish normative elements of the mid-life passage from more serious difficulties. (Curphey)

See also, *Life Passages*

## Assertiveness Training

**Assertiveness Training:** This workshop deals with issues of anger management and conflict resolution. (Natter)

See also, *Conflict*

## Birth Order

**Birth Order, Unique Goals And Our Families:** Children take different paths in their quest to find a place and acceptance. This workshop makes use of Adlerian principles and Biblical characters as a framework for discussion in considering the best parental responses to the unique goals (both healthy and not so healthy), which our children employ. (Curphey)

See also, *Family Constellations*

## Blended Families

**Blended Families and the Effect on Children:** Looks at the common challenges of remarried families. (Natter)

## Body Image

**My Food, My Body:** An examination of the place food has in our lives and a look at the family and social messages that influence eating. This workshop will also explore body image and the messages we decide to keep and to ignore in order to feel free and whole.

## Career

**Thinking of a Career Change?** This workshop will help participants assess their strengths and weaknesses to gauge what direction a career change could take. The information that comes from this workshop is also valuable in preparing to develop a powerful resume. (Berkemeyer)

**Moving Out of Career Doldrums.** Designed to help participants inject more intentionality into the management of their career while learning how to take proactive, practical steps to make effective future career decisions. (Berkemeyer)

## Communication

**Improving Couple Communication:** Includes such topics as tuning in to yourself and your partner, understanding styles of talking, and essentials of relationships. (Natter, Francis)

**Listening Skills and Couple Forgiveness.** The focal point of this workshop is on helping married couples focus on two critical skills vital to a supportive marriage relationship: listening and forgiving. These two skills are the foundation upon which couples can build a secure and stable loving relationship. (Berkemeyer)

**Talking Together:** Focuses on the processes of flexible and effective interpersonal communication skills within a marriage relationship. (Alcorn, Francis, Natter)

**Core Communication:** A workshop that benefits individuals who desire to increase their overall communication effectiveness. (Alcorn, Berkemeyer)

## Community Building & Teamwork

**Team Building for Parish /Congregation Staff.** Have you wanted to spend some quality time with your parish ministry team away from the day-to-day pressure of congregational business? Let us design a half-day or full-day team building retreat or realignment workshop to fit your specific needs. (Berkemeyer)

**Community Building:** Addresses ways of forming and keeping the connections that enrich life.

**Team Building:** Uses assessment tools to evaluate both individual personalities and contextual patterns in a group. (Alcorn, Natter)

**Working Together:** Designed to enhance teamwork in a business setting. (Natter)

## Conflict

**Dealing with Conflict:** A workshop designed for increasing communication skills and learning healthy ways to work through confrontation. (Alcorn, Natter, Francis)

## Creative Spiritual Growth

**Journal Writing For Life And Growth:** Explores possibilities for growth by way of journal writing. The workshop will include writing excerpts and a variety of writing exercises. (Francis)

**Creative Spiritual Journey:** A deepening of one's personal spiritual journey through the exploration of a specific issue (to be determined) using various creative pursuits such as art making, journal writing, meditation, Scripture, etc. Workshop format combines lecture, discussion and/or hands-on exercises in art-making and writing (no experience necessary). (Francis)

## Depression

**Depression Diagnosis And Treatment:** Deals with different types and severity of depression and discusses different strategies for overcoming and coping with depression. (Natter)

## Difficult People

**How to Deal with Difficult People:** Strategies for reducing stress caused by the unreasonable behaviors of difficult people around us. (Alcorn)

## Effective Helping

**The Effective Helper:** Introduces participants to the basic skills of assisting one another in time of need, using the Book of Job as a background. (Alcorn)

## Exploring Self

**Discovering Your Inner Compass:** This workshop will help you uncover your innermost values. When these values have been identified, you can create an empowering life statement that becomes your inner compass as you seek to live an authentic life. (Burge)

**Understanding Ourselves:** Uses the Myers-Briggs Type Indicator and the Performax Assessment to help participants understand their temperament and contributions within a family or group. (Natter)

**Understanding My Lifestyle:** Focuses on understanding and dealing with the different life patterns and strategies that one may be unconsciously following. (Natter)

**Introduction to the Enneagram:** Often our greatest strength becomes our greatest weakness. We rely too heavily upon one means of making our way through the world. This workshop introduces the nine personality types of the

Enneagram (The Perfectionist, The Giver, The Performer, The Tragic Romantic, The Observer, The Devil's Advocate, The Epicure, The Boss, and The Mediator). The Enneagram is a popular personality schema which helps us confront the patterns of entrenchment that can block personal freedom. (Curphey)

## Family

**Family Generational Patterns:** This workshop looks at the hidden forces that creep into ongoing life resulting from family of origin and similar issues. (Natter, Francis, Burge)

**Family Constellations:** Focuses on birth order and positions in the family. (Natter, Francis)

**The Effects of Teenagers on a Family:** A workshop that looks at the impact that teens have on individual and marital stability within the family. (Natter)

**When Husbands Travel:** This workshop looks at the feelings that accompany semi-single parenting. Topics addressed include guiding children through the times when dad is gone, keeping connected while he is on the road, negotiating transitions when he leaves and then rejoins your routine, resourceful community building and learning to tend to yourself under pressure. (Cochran)

**Understanding Families:** Family dynamics seen from the lives of Biblical characters Joseph and David (two-part series). (Natter).

See also, [\*Birth Order\*](#)

## Grief

**Bereavement Workshop:** Focus is on the work of overcoming the disorientation that follows the loss of a loved one and the painful steps of becoming involved once again in human relationships. (Francis)

## Healing Methods

**Alternative Medicine:** Chronicles healing options that can compliment, enhance or in some cases replace, mainstream healing. The workshop will look at a variety of scenarios in which alternative healing methods might be helpful.

**The Gospels and Mental Health: Working with the Texts:** A series of experiential exercises with gospel texts for enhancing personal wholeness.

**Relaxation Techniques:** Behavioral techniques designed to reduce anxiety and depression as well as aid participants in coping with pain. (Alcorn, Natter, Francis)

**The Mind, Body, and Spirit Connection:** A one-day workshop exploring the adoption of a holistic lifestyle as a means of maintaining emotional, physical and spiritual health. (Francis)

## Job Hunting

**The Challenge of Job Loss; the ABC's of finding another job:** This workshop will cover the fundamentals of job search including assessing strengths/skills/interests, writing a killer resume, effective networking and interviewing skills. There will be time for personal skill building, questions and discussion. (Berkemeyer)

**Networking 101, It's Art and Practices.** With a tight job market the single most effective tool to uncover new opportunity is networking, and yet, it is often the most misunderstood and poorly executed part of the job search process. Participants will learn how to change their mindset about networking and execute the process effectively in order to build helpful contacts for future success. (Berkemeyer)

**Resume Writing for the New Millennium.** A comprehensive discussion of the basic elements needed to produce a professional resume including content, positioning, transferable skills, and visual layout. Resumes will be reviewed and time will be given to developing effective profile statements, accomplishments, and other resume components. (Berkemeyer)

## Life Passages

**This Is Not Your Mother Or Father's Retirement:** As the baby boomer generation matures and transitions from employment to retirement, many are discovering that the traditional notion of "retirement" does not fit their experience. The focus of this presentation is on planning the transition into retirement with deliberation and intention. For couples, the emphasis will be on developing a united vision and plan for their retirement. The workshop will benefit those who are already retired as well as those who will be making the transition in the near future and want to be prepared for what lies ahead. Come and enjoy a presentation that will help you be more playful and intentional about this important phase of life. (Berkemeyer)

**The Psalms Through The Passages Of Life:** Explores themes of providence, suffering and restoration found in the Psalms in relation to unexpected life events that may move an individual from a secure place orientation to a painful period of disorientation, then back to a valued reorientation. (Alcorn)

**Couples In Transition: from career to the empty nest and beyond** The transitions in the cycle of marriage can be difficult without thoughtful anticipation and planning. This 2-session workshop will assist executives and their spouses in planning with intention, the transition from full-time work to the empty nest and a life together with entirely new challenges and opportunities. (Berkemeyer)

See also, *Aging*

## Marriage

**The First Thousand Days:** Discussion and practical exercises for couples in the crucial first three years of marriage on such topics as preserving intimacy, preparing for changes over the years, appreciating one another's uniqueness and working through major disagreements. (Alcorn, Francis, Berkemeyer)

**Marriage at the Movies:** Married couples will explore together how to take back their marriage and create a more loving relationship by looking at three critical aspects of loving: intimacy, passion, and commitment, as presented in clips from three contemporary films. There will be time for private one-on-one couple sharing as well as large group feedback. (Berkemeyer)

**Intimacy: An Elusive Goal in Marriage:** Discussion and teaching of skills for developing and maintaining intimacy in the marriage relationship. (Alcorn)

**Early Marriage: re-creating your vision.** This two-session workshop will offer couples the chance to hear new ideas about managing dual careers and re-visioning your relationship while spending time rediscovering each other. (Berkemeyer)

**Marriage Enrichment Seminar:** Designed to enhance a couple's ability to create a "conscience relationship" which has the power to produce emotional healing, personal development and spiritual growth. The seminar relies on the theory and skills of Imago Relationship Therapy described by Harville Hendrix in his book, "*Getting The Love You Want*," and based on the text by Wade Lurquet, M.S.W. (6 to 8 part series). (Francis)

**Redemptive Intimacy In Marriage: making love vs. having sex:** the Wall Street Journal dated April 4, 2003 included an article discussing a contemporary phenomenon in married life: the undersexed marriage, or the plight of the dual income, no-sex couple. Research shows that 16% of married couples failed to have intercourse at least once a month. The pressures of dual careers and the overscheduled household have taken its toll. This presentation not only explores this issue, but also the important, beautiful result of human lovemaking and how it can reveal the mystery of God's love in a unique way. (Berkemeyer)

**Establishing A Marriage Ministry in your Church.** In a culture of anti-marriage sentiment nothing could serve couples more than a vital ministry aimed at nurturing, encouraging and supporting a healthy marriage relationship. The staff at CDPCC can help you build a core group of couples dedicated to enhancing and supporting good Christian marriage in your community. (Berkemeyer)

See also, *Listening Skills & Couple Forgiveness*, *Communication*

## Meaning in Suffering

**Sick Mind or Sick World?** By applying a Social systems' approach to mental health which attributes some personal suffering to pain in the larger world, this seminar takes a historical look at archetypes of vicarious suffering and the daily effects of social pain upon us. Participants will also spend time visioning practical solutions to this larger pain. Taken from the book, *We've had 100 Years of Psychotherapy and The World's Getting Worse*, written by James Hillman and Michael Ventura.

## Men's Issues

**Men's Issues: Challenges that Men face:** Dynamic approach to issues of sexuality, relationships and spirituality. (Natter)

See also, *Anger*

## Parenting

**Bringing Baby Home:** A Workshop for First-time Parents. This workshop prepares new parents for the changes and adjustments that the transition to parenthood brings. Couples will benefit from the latest child development

research while also learning how to co-parent. This program encourages sensitive and responsive parenting as a means of promoting healthier infants and children in their emotional, cognitive and physical development. (Berkemeyer)

**Enhancing your Relationship with Your Children:** Practical ways to make your relationship with your children more meaningful for each of you are offered in this workshop through spiritual guidance, parenting techniques and journaling. (Cochran)

**How Not to Hurry Your Child:** Focus is placed on understanding your child's developmental needs. Helping you find a comfortable pace for your child's routine and putting the brakes on over-stimulation will also be explored.

**Parenting Children (0-6 Years):** The "Systematic Training in Effective Parenting" (STEP) method is used to provide practical skills for parents of infants to six year-olds in the areas of understanding, communication, improving family atmosphere and discipline. (Natter, Francis, Cochran)

**Parenting Children (6-12):** Same as above except with a different age group. (Natter, Francis, Cochran, Curphey)

**Parenting Children with ADHD (6-12 years):** Practical tips for managing difficult behavior while protecting your child's self-esteem. (Burge)

**Parenting Teenagers (12-18):** Using the "Systematic Training in Effective Parenting for Teens" (STEP-TEEN) method, this workshop provides practical skills for understanding teens and pre-teens, communication, improving family atmosphere and discipline. (Natter, Francis, Cochran)

**Turning Nine: the hidden developmental leap.** Most children experience a "fall from innocence" at or near age nine. We will learn how to help our kids grapple with complexity and recapture their joy as they move through this step.

**Mothering Without Fear:** We will learn to work with fearful messages from inside ourselves and from society so that we can see our children clearly, feel confident in all that we offer them as their moms, and securely guide them into the future.

**Nurturing a Child's Independence and Self Esteem:** Practical ideas for giving your child the security of a firm foundation so they can grow into a self respecting and self responsible young adult. (Burge)

See also, [\*ADD/ADHD\*](#), [\*The Effects of Teenagers on Families\*](#), [\*Blended Families\*](#)

## Prayer

**Learning the Art of Centering Prayer:** Learn how to move beyond conversation with Christ to communion. Learn the specific steps of centering prayer, which will deepen your relationship with God. (Burge)

## Spiritual Issues

**Human Authenticity on the Spiritual Path:** How do I stay real, human, in touch with my faults and weaknesses, while working to progress spiritually? An examination of the soul as the place in which our humanness and our spirituality become one.

**Coming Home: Discovering Your Unique Spirituality:** Explores four different ways to express your spirituality as it relates to individual temperament as shown by the Myers-Briggs Type Indicator. The workshop will offer specific spiritual exercises for each person to use as they deepen their relationship with God. (Burge)

**Spiritual Mistakes:** Spiritual experiences comprise the most memorable and important moments in our lives but some can burden and disillusion us. This workshop highlights a path of gentle discernment.

**Spiritual Transformation:** How to support friends who are changing beliefs, changing churches, changing spiritual paths. A look at the stages of personal spiritual change.

## Spirituality & Work

**Rediscovering Spiritual Foundations for Executives:** In the pressurized world of corporate America, senior executives hardly have time for recreation, much less the luxury of taking stock of their own spiritual journey. Help provide an opportunity for the executives in your church to set aside a few hours on an evening or a Saturday morning to pause, reflect, and listen to their peers as the facilitator leads them through a presentation and discussion on spirituality and the executive life. (Berkemeyer)

## Stress

**Why Are You Cast Down, O My Soul. . .The Cry of the Believer Under Stress:** What are the events of life that bring on stress? When does stress become distress? How does our faith help us cope? These are several of the questions that will be explored by reflecting on the lives of Job and the Psalmists in the Old Testament -- persons of God who had difficult things happen to them. Looking at their coping skills through the filter of contemporary research can help us in our response to stressful events and promote clarity in dealing with related problems. (Alcorn)

**Stressful Events/Stressful People:** A course in the positive use of stress: how to be empowered, rather than overpowered by it. (Alcorn, Natter)

## Vulnerability

**Receiving Care, Sharing our Pain:** Designed to give new permission for opening up and explores those core beliefs that make sharing difficult.