

A conversation with Brett Ullman about

MENTAL HEALTH AND MINISTRY

March 15, 2016 CRCNA webinar presentation

Structure of this webinar

- Introduce Brett
- Interview Brett
- Best practices for churches
- Q and A

Who is Brett Ullman?

Talking points

- Definitions Depression/Anxiety
- What about medicine?
- Process (Biblical/Practical) for looking at mental health
- Suffering
- Know when to speak
- To advise or listen?

How do we support?

- ⦿ Practical
 - Emotional
 - Physical
 - Spiritual

What I often got

- ⦿ Everything happens for a reason
- ⦿ God must have something...
- ⦿ Are you still reading your Bible?
- ⦿ “Words from God” – lead paint
- ⦿ God will not give you more then you can handle
- ⦿ Never assume health
- ⦿ Are you sure...
- ⦿ Is there sin in your life?
- ⦿ Have you tried praying?
- ⦿ Satan, demonic...
- ⦿ Have you tried....

What can you Say/Do

Say

- ⦿ How are you today?
- ⦿ Praying for you
- ⦿ I'm sorry you are going through this
- ⦿ This sucks
- ⦿ I don't know what to say
- ⦿ I hurt with you

Do

What can you Say/Do

Say

- ⦿ How are you today?
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- ⦿ This sucks
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Do

- ⦿ Give a hug
- ⦿ Sit with them
- ⦿ Listen to their journey
- ⦿ How is your struggle going?
- ⦿ Talk about something else?
- ⦿ Schwarma (Food)



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BRETT.ULLMAN

MENTAL HEALTH LEADERSHIP PARENTING MEDIA SPIRITUAL DISCIPLINES SEX & PORN CHURCH DATING CANADIAN CONTENT

Great Quote: C. Kennedy
 1 hour ago | brett ullman | great quotes | Add comment

Don't judge yourself by what others did to you.
 -C. Kennedy

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YOUR STORY
 The Wounding Diaries
 Brett Ullman & Adam Clarke
 with contributions by Dr. Sandy C. Lee

RESET
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 Hope, Healing, and Forgiveness
 Brett Ullman
 with Adam Clarke

THE MAN TALK
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Question time

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