



2025 iCare Break-out Titles & Descriptions

9:00 — 10:15

Title: *Teen Tactics: Practical Approaches to Supporting Adolescents*

Presenter: *Joely Duke, MS, LPC*

Organization: *STCH Ministries*

Description: *This session is for helpers and helping professionals that serve adolescents experiencing emotional or developmental difficulty. Emotional dysregulation and various sources of pressure result in teenagers often feeling overwhelmed and having few internal and external resources to help them navigate their unique challenges. This session seeks to provide information about current struggles faced by teenagers, explore strategies helpers can incorporate to provide regulating support, and identify resources that may offer support to teenagers.*

Title: *The Pastor as Counselor: Role Definition, Process Clarity, and Skills Development*

Presenter: *Katie Jo Tipps, MS, LPC*

Organization: *STCH Ministries*

Description: *Pastoring well results in the spiritual development and personal flourishing of those under a pastor's care. This could be taken to mean that everything a pastor does is counseling. However, it is helpful and appropriate to distinguish between things like one another's care between members, general pastoral care, formal pastoral counseling, and professional counseling. This presentation will equip pastors with the basic categories, processes, and skills of serving as a pastoral counselor.*

Title: *A Sacred Space for the Pastor's Wife*

Presenters: *Bobbie Garcia, MA, LPC Associate (Supervised by Lorraine Turner, MA, LPC-S) & Judith Williams, MEd, LPC, RPT*

Organizations: *STCH Ministries*

Description: *A roundtable discussion for pastor's wives that will include topics that relate to this unique role. You will learn about having an individual purpose, the label of being a pastor's wife, acknowledging hurts and emotions and navigating friendships.*

Title: *From Survival to Healing: Understanding Trauma Responses, Coping Strategies, and When to Seek Support*

Presenter: *Vanessa Cordes, MSW, LCSW*

Organization: *STCH Ministries*

Description: *Participants will explore the impact of trauma on the mind and body, shedding light on common trauma responses such as fight, flight, freeze, and fawn. Participants will identify effective coping strategies to foster resilience and promote healing in the face of adversity. Participants will learn how to recognize when coping alone is no longer enough and when to seek professional support. By understanding trauma and its effects, this session aims to empower individuals to navigate their journey toward recovery and well-being.*

Title: *Walking Through a Storm: Living Through Times of Trials When God Doesn't Respond As You Hope*

Presenter: *Kimberly Collins, MABC, LPC-S*

Organization: *STCH Ministries*

Description: *There are moments in our lives when we feel as if none of our prayers are being answered in the way we would want. It may even seem as if God isn't there. We grow weary after receiving bad news after bad news or encounter failure after failure. In this presentation, participants will learn coping skills and strategies to navigate the storms of life. Participants will learn how to remain faithful and steadfast to the Lord during times of trial. Participants will also learn how to effectively and empathetically walk along others who are experiencing repetitive storms.*

10:30 — 11:45

Title: *Called to Purpose: Embracing the Work God Designed You For*

Presenter: *Darin Griffiths, MA, LPC-S, LMFT*

Organization: *STCH Ministries*

Description: *Step into the calling God has uniquely designed for you by understanding how your gifts, passions, and purpose align with His plan. This presentation explores biblical principles and practical insights to help you identify your divine calling and live it out with confidence and faith. Discover how to navigate challenges, embrace your God-given strengths, and make a lasting impact in the work He has entrusted to you.*

Title: *The Six People You Meet in a Church Conflict or Crisis: Finding Hope in the Leadership Process*

Presenter: *Scott Jones, Ph.D.*

Organization: *Pastor, First Baptist Church, Rockport, TX*

Description: *All churches are groups of people who share a common mission and the complex realities of human relationships. Change, conflict, and crisis are inevitable. How can leaders in the church be a source of hope in the emotional and relational challenges that emerge in change, conflict, and crisis? This breakout session will use scripture and systems thinking to understand how the leadership process can be a source of hope for churches in difficult times.*

Title: *Helping the Helper*

Presenters: *Judith Williams, MEd, LPC, RPT & Bobbie Garcia, MA, LPC Associate (Supervised by Lorraine Turner, MA, LPC-S)*

Organization: *STCH Ministries*

Description: *Hands on, experiential session for caregivers or those in helping professions. Resources, interventions and support for those who need it today.*

Title: *Breaking the Cycle: Healing Strategies for Adult Children of Alcoholics*

Presenter: *Emily McKinnon, MA, LPC Associate (Supervised by Leslee O'Neal, MS, LPC-S)*

Organization: *STCH Ministries*

Description: *This presentation is designed to shed light on the unique characteristics and challenges faced by adult children of alcoholics (ACOAs). This session will explore the profound effects that growing up with an alcoholic parent can have on childhood development and long-term well-being. Participants will leave with a deeper understanding of the challenges faced by ACOAs, practical strategies for recovery, and a list of resources to support their journey towards healing and resilience.*

Title: *P.R.A.Y. – Reaching Out to Grievers*

Presenters: *Leslee O'Neal, MS, LPC-S, CGRS*

Organization: *STCH Ministries*

Description: *Supporting someone who has experienced a loss can be an unpredictable journey, filled with ups and downs, unexpected turns, and painful detours. Approaching this process through P.R.A.Y. may offer a genuine way to support those who are grieving.*

11:45 — 12:00 Grab lunch & head to the auditorium

12:00 — 1:00

Title: *The HeART of Storytelling*

Presenter: *Melissa Radke*

Description: *Storytelling is not just an Art form, it's a Heart form. Learn how our stories, our vulnerability and our ability to laugh at ourselves can change us - and those in our care.*

1:15 - 2:30

Title: *Empowering Couples and Families: Essential Tools for Working with Families*

Presenter: *Darin Griffiths, MA, LPC-S, LMFT*

Organization: *STCH Ministries*

Description: *This session equips ministry leaders with practical tools to strengthen communication, resolve conflicts, and nurture healthy relationships within families. Learn how to address common challenges from a biblical perspective and empower families in your congregation to thrive.*

Title: *Ministry To Those Who Struggle With LGBTQ+ Issues*

Presenter: *David Sanchez*

Organization: *Texas Baptists*

Description: *This workshop discusses a biblical approach to caring for those who struggle with sexual identity and gender identity issues. We will explore how to hold to our convictions from Scripture, while also taking cues from Scripture on how to show civility and have compassion.*

Title: *Helping Parents and Caregivers Understand Their Child's Play*

Presenters: *Lisa Latcham, MEd, LPC-S, RPT-S & Judith Williams, MEd, LPC, RPT*

Organization: *STCH Ministries*

Description: *Participants will learn what is & isn't play and what parents & caregivers can learn from watching their child play and even engaging with them in their play.*

2:45 — 4:00

Title: *Keeping Kids Safe in a Digital World*

Presenter: *Mandy Majors*

Organization: *nextTalk*

Description: *Mandy will discuss online dangers and the problem we face raising kids in a digital world, provide a solution that works to keep kids safe, and give practical ways to implement the solution in our homes.*

We are asking that EVERYONE join us in the auditorium for this very important and timely presentation.