

August 10, 2021

Issue #29

The Solihten Update

A Solihten Institute Publication

Continuing to Move Forward with a TUESDAY Edition
Solihten Annual Conference Materials

Solihten Annual Conference

37th Annual

Balance of Care

All Virtual,
August 2-6, 2021

Balance of Care



This week's ***Solihten Update*** **Ongoing Resources – Continuing to Move Forward** is dedicated to sharing the materials from the 37th Annual Solihten Annual Conference that was held last week. As is the practice, it is being sent to the Inboxes of Executive Directors/CEOs; Center Board Chairs/Presidents; Clinical and Training Directors; Administrative Personnel; and Development Personnel within each Center Please continue to feel free to distribute this information to other staff members as you see fit.

Bonus Materials – Annual Conference and Beyond

- ✚ **Annual Conference Evaluations NOW AVAILABLE by clicking [HERE](#)**
The completion of the evaluation is required for CEUs, but even if you do not require the certificate, your completion of the evaluation represents the first steps toward planning future Conference/Education events.

- ✚ **Solihten Institute Equity and Inclusion Sharing and Resource Hour Beginning TODAY, August 10 (and Tuesday, September 14th)**

2:00 – 3:00 p.m., EDT

1:00 – 2:00 p.m., CDT

12:00 – 1:00 p.m., MDT

11:00 a.m. -12:00 p.m., PDT

8:00 – 9:00 a.m., HST

Whether you have already spent months wrestling with building organizational equity, or are just crossing the starting line, what becomes quickly apparent is that this will be a long journey, that while rewarding, will also be quite challenging. We will need regular doses support and resources to refresh our efforts.

In an effort to provide a regular source for this support the Solihten Institute Equity and Inclusion Taskforce will begin hosting the ***SI Equity and Inclusion Sharing and Resource Hour.***

Join Zoom Meeting

<https://us02web.zoom.us/j/87613241990>

By Phone:

(312) 626 6799

Meeting ID: 876 1324 1990

- ✚ **Two courses in Spiritually Integrated Psychotherapy that will be offered this fall by the Solihten Institute *Click to [Register](#)***

[\(Introductory\) Spiritually Integrated Therapy \(SIP\)](#): now in its *second* year, a course for therapists in the first five years of practice, this interactive offering will provide a grounding in spiritual assessment and treatment that integrates key theoretical frameworks.

SIP Details.

- October 2021 – June 2022.
- 27 hours with CEUs (3 hrs./mo., interactive)
- Taught online
- \$450/seat* (***EARLY BIRD PRICING through August 13***) ***The class size is limited, and spaces are filling quickly.***

*Discounts for multiple participants from the SAME Center

**BACK BY
POPULAR
DEMAND!**

[Advanced Training in Spiritually Integrated Therapy \(ATSIP\)](#): for more experienced therapists, this popular offering is in its fourth-year and is facilitated by a seasoned faculty of experienced supervisors.

ATSIP Details.

- October 2021 -- July 2022.
- 30 hours with CEUs (3 hrs./mo., interactive)
- \$550/seat* (**EARLY BIRD PRICING through August 13**)

*Discounts for multiple participants from the SAME Center

Pre-Conference Offering

Building Organizational Equity at The Speed of Trust: Where are we and where are we going?

*Brought to you by the Equity and Inclusion Taskforce of the Solihten Institute
National Board of Directors*

- [Session Recording](#) (up to the small group work)
- [PowerPoint Presentation](#), Nate Harris
- [EDI Implementation Worksheet](#)

Come Together in this (Virtual) Space

Together with **Kelli Walker-Jones, MDiv**, Center Director of the Triangle Pastoral Counseling Center in Raleigh, North Carolina, **Robert Johnson, MS**, President/CEO led the [State of the Solihten Institute: Balance of Care](#).

Care for the Organization

Session One: Fundraising in the New Normal

As we think about our Center's organizational practices in the post-Pandemic world, one of the most profound impacts may be the way in which development and fundraising is done in the "new normal." It is with this thought in mind that a presentation and panel dialogue began our conversations around *Caring for the Organization*.

- [Session Recording](#)
- [PowerPoint Presentation](#)

- ★ **Additional Resource: MESSAGE MAPS Chart The Course of Storytelling; A presentation by Kelly Nutty**

- [Session Recording](#)
- [PowerPoint Presentation](#)

Session Two: *Emergency Succession Planning*

It is best practice for organizations to have an emergency succession plan in place to safeguard the mission and work of the nonprofit when faced with the unplanned departure (or unexpected long-term absence) of *key personnel throughout the organization*. While no one wants to think about this possibility, the Pandemic was a very clear reminder of the need for this type of plan.

- [Session Recording](#)
- [PowerPoint Presentation](#)
- [Succession Planning Cohort Information Sheet](#)
- [Succession Planning Cohort Information Registration](#)
Not a Commitment, but information gathering

Session Three: *Solihnten Centers' Annual Statistical Report: What to do with It?*

Each year your Center provides data to the Solihnten Institute for the *Solihnten Centers' Annual Statistical Report*. A couple months later, you receive a copy of the report with data and a (riveting) cover letter from Laurie K. Pechie, MBA, Executive Vice President. ***But then, what?*** This session showed the myriad of valuable information that exists within the report, as well as answers to those burning questions about why certain subjects end up in the report, and ultimately why the whole process matters.

- [Session Recording](#)
- [PowerPoint Presentation](#)
- [Solihnten Centers' Annual Statistical Report - 2020](#)
- [Solihnten Centers' Annual Statistical Report - 2020, Cover Letter](#)

Care for the Staff

Session One: *Long-Term Succession Planning*

Long-term succession planning, when done well and with intentionality, can strengthen the overall capacity of the Center by identifying critical positions and highlighting potential vacancies; selecting key competencies and skills necessary for continuity of care; and focusing on the development of individuals to meet the future needs of the Center.

- [Session Recording](#)
- [PowerPoint Presentation](#)
- [Succession Planning Cohort Information Sheet](#)
- [Succession Planning Cohort Information Registration](#)
Not a Commitment, but information gathering

Session Two: *Employee Engagement: Center Culture, Staff Recruitment and Retention*

For better or worse, the COVID-19 has impacted the way in which our world works, and that includes the way a Center needs to operate. Whether it be the option for providing teletherapy, or a reflection on work-life balance, many people are rethinking how they want to do their jobs. In this time together, Steve Duson, Vice President moderated a conversation around Employee Engagement and how to think about a Center's culture as it relates to both recruitment of new staff, while also retaining current employees.

- [Session Recording](#)
- [PowerPoint Presentation](#)

Care for the Clients

Session One: Change Through Compassion: An Introduction to Mindfulness and Self-Compassion

Collectively, we have undergone a period of tremendous change. It has shaken our sense of certainty and control and made us more aware of how much change is a constant. The practices of mindfulness and self-compassion can help us navigate change by being more attentive to our experience and to what we need given this reality. In this presentation, Lesley discussed the research regarding the practices and their impact on our well-being, how these practices can be integrated into therapy, as well as provide an opportunity for hands-on experience.

- [Session Recording](#)
- [PowerPoint Presentation](#)

Session Two: The Integration of Neurofeedback and Therapy

During the pandemic, about 4 in 10 adults in the U.S. have reported symptoms of anxiety or depressive disorder, a share that has been largely consistent, up from one in 10 adults who reported these symptoms from January to June 2019 (KFF- Kaiser Family Foundation published February, 2021). As Solihnten Centers prepare for an anticipated/ongoing increase in mental health services, increased options for the treatment of anxiety will be needed. Lacey's passion around the integration of therapy and Neurofeedback to assist clients in making positive life changes was evident in this offering.

- [Session Recording](#)
- [PowerPoint Presentation](#)

Session Three: Parents of Estranged Adult Kids (PEAK)

- [Session Recording](#)
- [PowerPoint Presentation](#)
- [PEAK Clergy Workbook](#)
- [Website: parentsofestrangedadulthoodkids.com](http://parentsofestrangedadulthoodkids.com)

Institute Staff Office Hours

The Institute staff will be offering daily office hours through our Zoom platform. Anyone is welcome to join at a time that is convenient for you.

This is not meant to replace contact with your Center's liaison or affinity group facilitator, but rather an opportunity to ask questions, commiserate, and share information with your Network colleagues as well as an Institute staff member. **These meetings will be ongoing for as long as they are helpful.**

Invitation for ALL Meetings

Join Zoom Meeting

<https://us02web.zoom.us/j/84331575294>

Meeting ID: **843 3157 5294**

Phone: (301) 715-8592

Meeting ID: 843 3157 5294

<i>Weekday</i>	<i>Time</i>	<i>Staff Member</i>
Monday	4:00 – 5:00 PM, EDT	Doug Stephens
	3:00 – 4:00 PM, CDT	
	2:00 – 3:00 PM, MDT	
	1:00 – 2:00 PM, PDT	
	10:00 – 11:00 AM, HST	
Tuesday	1:00 – 2:00 PM, EDT	Fonda Latham
	12:00 – 1:00 PM, CDT	
	11:00 AM – 12:00 PM, MDT	
	10:00 – 11:00 AM, PDT	
	8:00 – 9:00 AM, HST	
Wednesday	4:00 – 5:00 PM, EDT	Steve Duson
	3:00 – 4:00 PM, CDT	
	2:00 – 3:00 PM, MDT	
	1:00 – 2:00 PM, PDT	
	10:00 – 11:00 AM, HST	
Thursday	<i>Not Available through August 19</i>	
Friday	8:00 – 9:00 AM, EDT	Bob Johnson
	7:00 – 8:00 AM, CDT	
	6:00 – 7:00 AM, MDT	
	5:00 – 6:00 AM, PDT	

Other

"I'm sure things will be back to normal
by August"

August:



The Solihten Update Archives

All prior issues of ***The Solihten Update*** that were published in 2021 (and 2020) can be found in the member resources section of the Solihten Institute website: <https://solihten.org/protected-pages/training-and-education/updates-ongoing-resources/>

Each Center has a personalized log-in that has been provided to the Center Leadership. That information is also available from [***Steve Duson***](#).