



# MIND & SPIRIT COUNSELING CENTER

Formerly Des Moines Pastoral Counseling Center.

## Services for Faith Leaders and Congregations

**Individual Spiritual Direction:** Trained spiritual directors are skilled partners who journey with people through the process of becoming and growing in relationship with their true selves, others, creation, and the Divine.

**Finding Your Why Retreats:** Finding Your Why retreats help congregations and organizations discover the core of their identity and purpose by telling and listening to their own inspiring stories.

**Congregational Coaching:** Individually designed workshops that help clergy and church leaders learn the essential outward-focused, relationship-focused mindset for healthy ministry as well as the essential structures and teams needed to support and sustain outwardly focused ministry.

**Clergy Coaching:** For individual clergy members. Mind & Spirit Counseling Center is a resource for clergy who desire confidential consultation regarding leadership, pastoral care and/or other aspects of their ministry, vocational discernment, or professional growth.

**Congregation Personnel Committee Training:** Training for those who support clergy and other church workers. Learn the importance of a clear vision and mission and how to support clergy and staff in staying focused on that vision and mission. Topics include dealing with anxiety in a church system, avoiding triangulation, setting priorities, and supporting healthy boundaries for clergy, staff, and volunteer leaders.

**Pastoral Care Specialist Program:** A two-year professional development series on topics related to pastoral caregiving for clergy and congregational leaders.

**Congregational Assessment Tool:** The “CAT” is a method of organizational listening that helps leaders move forward with decisions in a way that includes everyone, not just the voices that are the loudest. It improves decision making by giving leaders a more accurate understanding of unknown dynamics of their congregation.

**Suicide Awareness, Prevention, and Intervention training:** Workshops for clergy, youth leaders, teachers, police, health care providers, parents and others. Ongoing suicide support group.

**Child and Vulnerable Adult Protection Assessment and Training:** This consultation service helps congregations assess how safe their buildings and policies are for children and vulnerable adults. It teaches leaders how to create a safe environment for those most vulnerable.

**Conflict Mediation/Transformation Services:** Just as families can develop conflict among their members, persons working closely together can experience tension and/or conflict. Conflict transformation is a dynamic process of helping congregations, come to a better understanding and resolution of problems.

**Team Building:** Build empathy, understanding, and trust between leadership teams through a conversational process involving intentional listening that engages both introverts and extroverts in meaningful communication.

**Ethical Boundary Training:** For clergy and faith leaders.

**Premarital Counseling:** For all couples.

**Spiritually Integrated Psychotherapy / Counseling:** The MSCC is a fully accredited counseling center in the Solihten network of counseling centers. All therapists have graduate level academic training and are fully licensed in the state of Iowa. Our counselors are skilled in integrating client's spiritual and religious lives into their healing process. Most offer both in-person and virtual sessions.

**Thanks to our donors:** We work hard to keep cost from being a barrier for all of our services. We are grateful to our generous donors who help make this possible.

If you need support or training of any kind, simply email Chris Waddle, Director of Leadership and Spiritual Life [cwaddle@mindspiritcenter.org](mailto:cwaddle@mindspiritcenter.org) or call him at [515-868-7172](tel:515-868-7172). **All conversations are confidential.**