

Southdown Community Wellness Services

Interactive Webinar

Our Faith: A Key to Sustained Mental Health in Times of Crisis

Description: Have you heard people say that psychology and faith are incompatible? Have you sought help from a psychotherapist, and you felt as if your faith, your spirituality had to be left at the doorstep? Research has consistently shown us that faith and spirituality form an essential aspect of good mental health, and that people of faith can use their spirituality as a strong resource for emotional balance and health. This is especially true during times of crisis.

We invite you to join us for this two-part webinar, to engage in an interactive process of exploring how our faith can indeed be a key to sustained mental health. There will be time available at the conclusion of each webinar for questions and answers.

Date: Saturday, November 14, and Saturday November 21, 2020
1:00 pm – 2:30 pm EDT

Participant Limit: 100

Fee: Attend both webinars for the special introductory price of \$30.00

Duration: 90 Minutes

Delivery Platform: Zoom

Presenter: Rev. Stephan Kappler, Psy.D., C. Psych.
President and Chief Psychologist of The Southdown Institute

Participants will:

- learn about faith, spirituality, and mental health in a safe and supportive Catholic setting
- explore their current distress in the larger context of Trauma, normalizing their emotional experience
- learn stress management skills, including the essential resource of faith and spirituality, which are readily available to all people of faith
- receive an understanding of a spirituality of imperfection as key to sustained mental health and balance
- learn about best practices to reduce the stigma of mental health by bringing together faith and mental health

[Click here to register](#)

About the Presenter:



Rev. Stephan Kappler, Psy.D., C. Psych., who has been a priest for 26 years, has a passion for accompanying individuals pastorally, psychologically, and spiritually. He has led The Southdown Institute, a residential treatment centre for clergy and vowed religious in Holland Landing, since February 2019. He provides individual and group psychotherapy, psychoeducation, as well as consultation, in English, Spanish, and his native German.

