



“Mental Health and God” Saturday, October 29, 2016

8:30 – 11:30AM, Fireside Room

Shelly M. Reed, Psy. D.

Sponsored by

Valley Presbyterian Church Mental Health Ministry
and Psychological Counseling Services

“Mental Health and God”

What is depression? How do I respond to it? In your own struggle, have you felt misunderstood or dismissed by someone with good intentions? Do you simply want to learn more about mental illness and how you can encourage those affected by it or learn how to reduce the stigma associated with it? This presentation is for anyone who has ever lived or loved someone who has wanted to give up on life. Come join us as we break the silence about mental health concerns by focusing on the clinical approach to mental health as well as the faith/spiritual aspects of our mental health. We will offer you tools and resources to help you with your own struggle or equip you to walk alongside someone who is suffering in a way that is full of hope and sensitive to the very real feelings and experiences of others.

Bio:

Dr. Shelly Reed is a church planter and licensed psychologist who has a passion for addressing mental health concerns through a spiritual framework. Her husband is a pastor of a church in Chandler and Dr. Reed and her two young sons enjoy serving alongside him in the church. Since moving to Arizona five years ago, Dr. Reed has worked as a clinical psychologist at Psychological Counseling Services in Scottsdale. She has been treating clients in residential, academic, hospital, community, medical and private practice settings for the last ten years. Dr. Reed treats individuals and couples dealing with trauma, depression, anxiety, addiction, bipolar disorder, sleep disorders, self-injurious behavior, and cultural issues through CBT (Cognitive Behavioral Therapy), DBT (Dialectical Behavioral Therapy), behavioral medicine, motivational interviewing, and spiritually oriented psychotherapy.