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Religious leaders and mental health practitioners: The value of life factors of mental health, psycho-social and spiritual support working with missionary relief workers coping with traumatic stress



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*The Institute of Collateral Intellect
Inc., USA*

The leading cause to fight mental health stigmas and upright mental health awareness starts with you. Become an advocate for individual within our communities facing challenges in human rights and equality of mental health and help create a healthier society regardless of your religious beliefs and faith. Determining what constitutes health is not a simple or unilateral equation. It's complex. Many factors influence good mental health, including where someone lives, individual behaviors and habits, and access to quality mental health services. Does this explain why some populations are mentally challenge than others? Can this be changed? If you are curious about the blend of social, cultural and environmental factors and their influence on individual mental health or want to champion mental health social causes. In this presentation, I intended to talk about the devious. Religious leaders like many mental health practitioners play a crucial role when servant missionaries return from relief work bearing the marks of traumatic stress. Drawing upon my personal experience in ministry in Haiti, Africa and other part of the world; and reflecting upon the resources of spiritual counseling. I will present invaluable tools for religious leaders and mental health practitioners assisting servant missionaries to draw upon the rich resources of faith to find healing. The first part of this presentation, presents a theoretical overview of the servant missionary's work, trauma, spirituality, faith, and methods for coping with life. The second aspect will explore practical ways the religious leaders and mental health practitioners own faith and spirituality can support the servant missionary's search for healing. Finally, offers a broad and deep array of insights, including how trauma stresses the spiritual life; how a religious leader and mental health practitioner can intervene effectively in the

midst of an emergency; how to promote the use of rituals of faith for personal support in the midst of the stressful daily work; how to incorporate personal spirituality and faith into treatment; and how to recognize the effective limits of these insights in treatment. However, recognizes that courage, patience, understanding, and the gifts of the spirit all play vital parts when a religious leader and mental health practitioner works with servant missionaries carrying the burden of traumatic stress. By engaging the offered insights of faith and practice, you may find your heart softened and your wisdom increased, thus bolstering faster treatment toward a lasting healing.

Biography

Abel B Amour St. is a Clinical Psychologist. He is an Independent Researcher and Author. He is a registered Licensed Mental Health Counselor, Certified Community Health Worker and registered Licensed Addiction Professional Counselor. He is a Licensed Clinical Pastoral Counselor and Christian Counselor. He has had over 15 years of experience in ministry and his clinical background consists of over 10 years of extensive experience in both Pastoral Counseling and Mental Health Counseling-dual diagnosis treatment in a variety of settings. After the earthquake, he was appointed as the Senior Mental Health Consultant to the Ministry of Public Health and Population in Haiti. He was the Consultant Associate Professor for Mental Health Services Policies for the Faculty of Medicine and Pharmacology of the State University of Haiti. He recently served for two years as a Regional Staff Counselor providing stress management and psychological support to the United Nations Civilian Staff, Police and Military Peacekeepers with The United Nations Multidimensional Integrated Stabilization Mission in Mali (MINUSMA). Upon his return to the USA, he joined DCF/Childcare Regulations as a Family Services Counselor, then successively moved on to working with the Agency for Healthcare Administration as a Senior Human Services Program Specialist with the State of Florida.

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