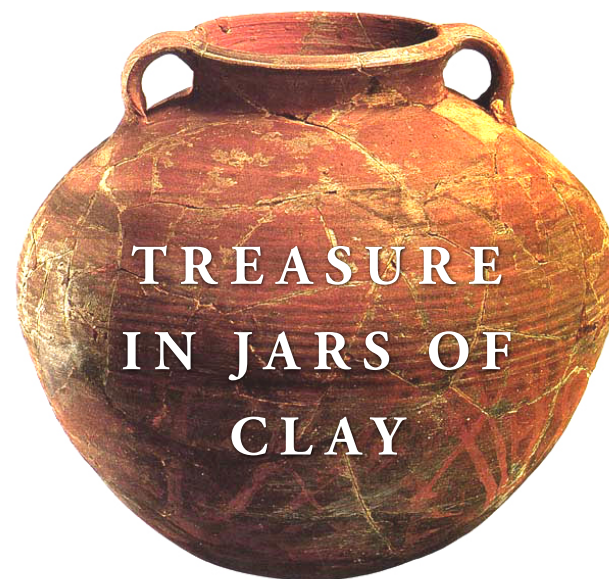


*Why are you cast down,
O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation and my God.*

PSALM 43:5 ESV

Valley Church
10885 N. Stelling Road, Cupertino, CA 95014
(408) 739-4642
valleychurch.org

For more information contact Jamie Allen
at equip@valleychurch.org



A free 9-week course on
Soul Care Topics:
Stress, Anger, Anxiety, Depression, and Addiction

September 16 to November 11, 2018
Sundays, 10:45 a.m. to 12:00 p.m.
Valley Church Activities Center

Breadth of course includes basic knowledge and
compassionate understanding of each topic,
awareness of the spectrum of Christian and secular care with
a discussion of advantages and limitations,
Biblical help to handle the issue on a personal level,
interaction with professional counselors.

COURSE SCHEDULE

Week 1 (September 16) – Stress

Gary Quan, MA, LMFT Christian Counseling Centers (Sunnyvale)

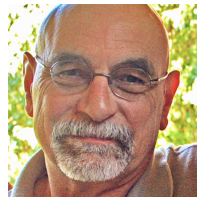
Gary earned his MA at Western Seminary. He helps clients with addiction recovery, relapse prevention, grief, pain, anxiety, depression, stage of life and transition events, and family of origin issues. Has worked at an adult drug and alcohol addiction recovery treatment center in Santa Cruz, CA, as an individual and group counselor for residential and outpatient clients. Gary currently works as a Clinical Program Manager at a nonprofit in south Santa Clara County, as well as teaching Psychology and Addiction Studies at William Jessup University.



Week 2 (September 23) – Anger

Mark Clayton, MA, LMFT Christian Counseling Centers (San Jose)

Mark is a Licensed Marriage and Family Therapist who earned his Master's Degree at Western Seminary. He has spent 33 years in the construction industry in the Bay Area. After retiring, Mark earned his BA in psychology in order to fulfill his calling to help people. Mark enjoys working with a variety of people from children to seniors. He has a heart for resolving family and couples relational difficulties as well as men's issues, anger, and trust issues. He is certified with the National Anger Management Association to teach anger management classes. Mark has been married for more than 35 years and has two adult children.



Week 3 (September 30) – Follow-up Bible Study on Anger

Jaime Burnett, Valley Church elder

Week 4 (October 7) – No Class

Week 5 (October 14) – Anxiety

Diane Wood, MS, LMFT Hope Counseling Center of Silicon Valley

Diane has an MS in Marriage and Family Counseling. She helps those recovering from abuse and neglect, past hurts, family of origin issues, trauma, depression, post-traumatic stress, anxiety, panic reactions to situations, and shame. She also helps those with conflict resolution, marriage and premarital counseling, and various addiction issues including food, drugs, and sex.



Week 6 (October 21) – Overview of Christian Counseling Facilitator, Jamie Allen

We will watch and discuss the video "Christian Counselling: An Integrated and Biblical Approach" by Richard Winter from the 2014 European Leadership Forum conference.

Dr. Winter grew up in England and trained in medicine at St. Bartholomew's Hospital, London and then in psychiatry in Bristol. He was a counselor, teacher, and leader at the English L'Abri; and associate pastor of a church in Hampshire before moving to the United States in 1992 to head the counseling program at Covenant Seminary.



Week 7 (October 28) – Depression

Dan Jackowitz, MA, LMFT Christian Counseling Centers (Los Altos)

Dan earned his MS at Western Seminary. He has worked with teenagers caught in drug and alcohol addiction. Dan worked at Advent for 10 years, ministering to teens and their families, as well as individuals, couples, and families from the community. Dan enjoys working with teens and adults who are looking to grow and change from where they are to where they want to be. His passion is to help people understand themselves better and make better choices that fit who they are and who God created them to be. Dan has led groups in anger management, emotional grooming for teen girls, and parenting teens.



Week 8 (November 4) – Follow-up Bible Study on Anxiety / Depression Guest speaker, Valley Church teacher TBD

Week 9 (November 11) – Addiction

Dr. Mary Anne Fifeild, DMFT Christian Counseling Centers (San Jose)

Mary Anne is a licensed Marriage and Family Therapist. She holds a doctorate degree from Fuller Theological Seminary and a master's degree in Marriage and Family Therapy from Mennonite Brethren Biblical Seminary. She is certified as an Addiction Specialist and Sex Addiction Therapist. Mary Anne is committed to individuals and families who have been impacted by the bondage of addiction. She specializes in working with all types of addiction issues including alcohol, drugs, and sex. She was formerly an adjunct professor at three seminaries and is a trainer, lecturer, author, and consultant on addiction.

