



My name is Dr. Timothy Sumerlin, director of In Motion Counseling. Allow me to share about my weekend visits and how I can help your church to grow in faith, overall spiritual health, evangelism, and your financial giving.

I offer an inspirational, thought-provoking, and empowering weekend, and leave behind two sustainable ministries: ***Disciples In Motion*** and ***The Grief Journey***.

***Disciples In Motion*** group leaders training. This 3-hour workshop is aimed at training leaders to lead the Disciples In Motion ministry. Disciples In Motion meets twice a year for nine weeks (usually from February-May and September-November).

The guidebook, *Recovery Moving Forward* is available for this ministry for individuals to use. Also, the guidebook is translated into Spanish – ***RECUPERACIÓN EN MOVIMIENTO – LA SANACIÓN***

The ***Disciples In Motion*** recovery ministry is innovative, effective, and Jesus-centered and has distinct features that align with ICOC churches:

- Who comes to *Disciples In Motion*? *Anyone with anything*, that interferes with their walk with God...anyone with anything.
- Members are encouraged to be more involved in your church's small groups.
- We protect the dignity of members by fostering a safe & confidential environment.
- *Disciples In Motion* is sustainable: only two 10-week sessions per year and facilitators also work in their regular positions of leadership. I will train your hand-picked facilitators.

***The Grief Journey Workshop***. This 2-hour workshop is a "visitor friendly" public workshop for all church members and their friends. It covers many essential areas of grief and how to bring our grief to God for relief. After the workshop, I will train volunteers how to lead grief groups, using my book, *The Grief Journey: Finding Peace in All of Life's Losses* or the Spanish version, *El Viaje del Duelo: Encontrar la paz en Todas las Pérdidas de la Vida*.

***Insights From a 12-Year-Old: Counseling 101 for Everyone.*** This fun, inspiring, and informative time gives your staff, elders, small group leaders, and anyone mentoring others, essential skills to help in counseling.

***Pastoral Care & Counseling.*** This workshop can be tailor made for the needs of your staff, leaders, and elders. It may include (you choose):

- Family counseling
- Counseling theory (pastoral solution-focused and cognitive behavioral)
- The heart of the counselor/elder/staff member
- Emotional intelligence training
- Other counseling topics you think are important

***Coping with Anxiety & Depression and the Friends Who Help.*** This 90-minute class is aimed toward those who suffer from anxiety and depression and how the church setting is the perfect place to find help. It is also useful for those friends who help.

***We Stand in the Gap: Understanding Suicide Ideation and What to Do About It.*** This workshop is designed for teen, campus leaders, and adult leaders to know about suicide ideation and what to do when confronted with this. It includes a “suicide protocol” used in ICOC churches.

***We Make the Difference: Standing in the Gap of Suicide Ideation.*** This workshop is presented to teen workers and parents of teens to inform them how to recognize the signs of suicide ideation and how to respond. I also work with church leaders to implement a protocol to deal with this alarming trend among our teens.

I offer this weekend (along with ongoing group leader training via ZOOM) for a low fee of \$2,500 plus expenses. This fee is pro-rated for smaller churches.

Email me at [timothysumerlin@gmail.com](mailto:timothysumerlin@gmail.com) or call me at 303.518.0451 to discuss your specific needs.