

OVER
11,000 CHURCHES
AND 35,000 STUDENTS
ENROLLED ALREADY!



Introducing the



CERTIFIED

Mental Health Coach FIRST RESPONDER TRAINING

- 42-hour, Biblically-based, clinically-excellent training Program
- Featuring the world's leading mental health experts
- Study anywhere, anytime, at your own pace, on any of your favorite devices!
- On-Demand video lectures
- Available 24/7/365
- And you have 1 year to complete your course!

\$2,400 SCHOLARSHIPS AVAILABLE
(A One Time \$54 Tech Fee Applies)

OUR 2023 EXPANDED MISSION:

To engage, educate, and equip an additional 6,500 churches and congregations and to train 45,000 students all over America and around the world!



"Without question, this training will be one of the most, if not the most, significant projects we have ever done in the history of the AACC. We need an army of helpers in the local church—those of whom God has given natural gifts and talents to offer help, hope, and guidance to the hurting!"

Dr. Tim Clinton
President, American Association of Christian Counselors

LIGHTUNIVERSITY.COM/MENTALHEALTHCOACH



CERTIFIED

Mental Health Coach FIRST RESPONDER TRAINING

Introducing our **Mental Health Coach Training**—a 42-hour, biblically-based training that consists of three courses. Enroll and successfully complete all three courses and become a "Certified Mental Health Coach" by the International Board of Christian Care.

Our 2023 mission—to engage, educate and equip an additional 6,500 churches and congregations and to train 45,000 students all over America and around the world.

Who can enroll? Anyone with a calling to offer help, hope and encouragement to those who are hurting and looking for guidance and direction in everyday life.

More than 11,000 Churches and 35,000 Students Already Enrolled!!

What is a coach?

Mental Health Coaches help loved ones and others develop a healthy balance in life, give guidance in decision making, offer support in navigating mental health difficulties, and assist in establishing a recovery plan. Coaches help find ways to obtain and maintain stability, manage difficult symptoms, rebuild relationships, and find purpose for living. Coaches also help find resources for professional care and treatment, family support, and education.

Study 24/7/365 at your own pace, on your own schedule, on any of your favorite devices!

Includes Three On-Demand Courses:



101: Foundations of Mental Health Coaching

This introductory course is designed to provide students with an orientation to the field of mental health coaching. Topics covered include the role and scope of mental health coaching, ethical guidelines and professional standards in coaching, crisis intervention techniques, and the integration of faith and biblical wisdom in coaching.



201: Mental Health Coaching Skills

The purpose of this course is to provide students with the fundamental theories and skills of Christ-centered mental health coaching. Key elements of the coaching process, including methods of change, listening, effective communication, giving hope, small groups, and counseling theory, will be discussed.



301: Mental and Behavioral Health Disorders

This course will introduce students to the fundamentals of mental and behavioral health disorders. Particular emphasis will be placed on factors that cause mental disorders, as well as conventional treatments. Conditions discussed include addiction, anxiety disorders, bipolar disorder, major depressive disorder, eating disorders, and post-traumatic stress disorder.

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"Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort: Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God."
- 2 Corinthians 1:3-4, King James Version (KJV)

Leadership Team:



Matthew Stanford, Ph.D., Executive Director

Matthew S. Stanford, Ph.D., is CEO of The Hope and Healing Center & Institute (HHCI) in Houston, Texas, and adjunct professor in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine and the Department of Psychology at the University of Houston. His research on the interplay between psychology and issues of faith has been featured by the New York Times, USA Today, Fox, MSNBC, Yahoo, and U.S. News & World Report. Dr. Stanford is a fellow of the Association for Psychological Science. As director of HHCI, he writes, conducts training seminars, and serves individuals living with mental illness and their families. He is the author of two books, *Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness* and *The Biology of Sin: Grace, Hope and Healing for Those Who Feel Trapped*.



Ron Hawkins, Ed.D., D.Min., Academic Dean and Program Director

Dr. Ron Hawkins (Ed.D., Virginia Polytechnic Institute and State University and D.Min., Westminster Theological Seminary) is a licensed professional counselor and serves as Chair of the Executive Board for the American Association of Christian Counselors. A distinguished voice in Christian mental health care, he has written numerous books and served for nearly 40 years in administration and leadership roles including Provost and Chief Academic Officer, founding Dean of the School of Behavioral Sciences, and Professor of Counseling and Practical Theology at Liberty University and Liberty Baptist Theological Seminary.

Whether it is over a cup of coffee, a phone call or text message, FaceTime, a blog post, or whatever... we are all called to soul care ministry-the 'Care and Counsel' of others.

May God use this as a valuable tool to help everyone learn more effective ways to know 'what to say when you don't know what to say' and 'what to do when you don't know what to do.'

Learn to help those who struggle with **Serious Mental Illness (SMI)**, including topics like:

- Addiction
- Trauma and Abuse
- Communication
- Grief and Loss
- Boundaries
- Panic Disorders
- PTSD
- Phobias
- Relationships
- Suicide
- Crisis Intervention
- Depression
- Stress and Anxiety
- Faith and Spirituality
- ... and more!

Learn from 24 World-class Faculty, including:



**MICHAEL
LYLES, M.D.**



**DIANE
LANGBERG, PH.D.**



**IAN
JONES, PH.D.,
PH.D.**



**GEORGIA
SHAFFER, M.A.**



**JENNIFER
CISNEY, M.A.**



**GREGORY
JANTZ, PH.D.**



**RON
HAWKINS, ED.D.,
D.MIN.**



**MATTHEW
STANFORD, PH.D.**



**ELIAS
MOITINHO, PH.D.**



**HEATHER
GINGRICH, PH.D.**

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Additional Mental Health Resources:

DARE TO CARE

How to Start and Manage a Mental Health Ministry
in Your Church and Community
(Foundations and Issues)

**LIMITED TIME SCHOLARSHIP! TUITION
IS FREE FOR YOU!**

1 TIME \$54 TECH SUPPORT FEE APPLIES

The current Mental Health crisis that we find ourselves in, only further escalated by the COVID-19 pandemic, has presented the Church with a unique opportunity and mission field to bring hope to those dealing with the pace, pain, and pressure of everyday life. For years, people have been more likely to seek out a pastor, priest, or rabbi first when in emotional or mental distress.

Historically, the Church has lacked the practical steps to address mental health, but now the Church can be at the forefront of erasing the silence, shame, and stigma of Mental Health.

This course provides foundational tools for pastors and mental health coaches to create and maintain a thriving mental health ministry in the Church and local community.

- 13-Hour Study Program
- All Online
- CEs Available
- Certificate of Completion
- 1 Time \$54 Tech Support Fee



Coming Soon!

**Course 2: Effective Mental Health Church Ministry
Program Development**

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The AACCC is committed to assisting Christian counselors, the entire 'community of care,' licensed professionals, pastors, and lay church members. Our goal is to equip clinical, pastoral, and lay caregivers with biblical truth and psycho-social insights that minister to hurting people and help them move to personal wholeness, interpersonal competence, mental stability, and spiritual maturity.

M H C

F R

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Mental Health Coach
FIRST RESPONDER TRAINING

FREE \$2400 SCHOLARSHIP

\$54 TECH SERVICE FEE APPLIES

Nearly 35,000 Students Have
Already Enrolled!



Scan the QR
Code to Enroll



Become a Mental Health Coach
First Responder Today!

COURSE TOPICS

Addiction, Trauma and Abuse,
Communication, Grief and Loss,
Boundaries, Panic Disorders, PTSD, Phobias,
Relationships, Suicide, Crisis Intervention,
Depression, Stress and Anxiety, and more!

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Free Resources on Depression, Recovery, and Loss

rightnowMEDIA

this resource! There, you'll find amazing content on the subjects of depression, recovery, and grief from speakers like Henry Cloud, John Townsend, Les and Leslie Parrott, Max Lucado, Mike Foster and more. Our Mental Health Committee will be adding some of our own content to help train and equip you as well.

You have two easy ways to get immediate access to this amazing resource:

- ★ 1. Go to ag.org/rightnowmedia and follow the instructions to set up your account.
- 2. Text "RIGHTNOW MENTAL HEALTH" to 41411 for an invitation to activate your free account.

If you have questions about how to set up your free account or about giving it to your church, go to ag.org/rightnowmedia and RightNow Media will connect with you.

We hope and pray this is a blessing to you and your families.