

MCGRATH INSTITUTE FOR CHURCH LIFE

Fiat Program on Faith and Mental Health

Rooted in the efforts of the McGrath Institute for Church Life to form faithful Catholic leaders, the Fiat Program on Faith and Mental Health generates research, teaching, and formation opportunities to inform and strengthen sacramental and pastoral care for persons with mental health challenges and their families.

Bringing the psychological sciences into dialogue with the Catholic intellectual and moral tradition, the Fiat Program advances an understanding of mental health contextualized within the dignity and integrity of the human person.

The Fiat Program Symposium on Faith and Mental Health unites theological, psychological, and pastoral perspectives to inform the development of Fiat's inaugural formation course in mental health and pastoral ministry and to chart key themes for future pastoral research and formation.

FIAT SYMPOSIUM ON MENTAL HEALTH AND PASTORAL CARE **Table of Contents**

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Cover Art Attribution.

Christopher Anderson, "An Opportunity to Express Joy."

Note from the artist: "I resort to my intuition when I do pieces like this one. I liked the color combination and the energy, spirit and emotion that I expressed."



In the Church, the healing community...

In the Church, the healing community, the necessary professional psycho-social support cannot be overlooked; however, also in this field, the primary type of care is the *diakonia of love*, that can be practiced by all those who feel called by the Lord.

It is fundamental for community leaders to listen with compassion and know when to refer people to mental health professionals, instead of trying to solve psychological problems by themselves or dismissing them.

We cannot be psychiatrists or specialists in the field, but we have all received a spiritual call to be with the people [who experience] physical and mental suffering ...

Our communities must be capable of listening, welcoming, engaging in "therapeutic relationships," true compassion, helping the sick overcome a sense of uselessness and of being a burden for the society. It shall be a "mutual gift:" for the sick who shall not feel marginalized and for the Christian community who in the care of her frailest members shall bear witness to the fact that no one is excluded from the ecclesial body.

The pastoral accompaniment for mental health sufferers should be intertwined with the catechesis on the therapeutic and salvific power of the Church's sacraments that enable the encounter with Christ, "bodily and spiritual medicine."

There are mainly two sacraments of healing: the sacrament of Penance-Reconciliation and the Anointing of the Sick. However, the healing grace par excellence that the Lord gave His Church is the Eucharist. Wherever the Holy Mass is celebrated, and in particular, when sick and suffering people are present, the Church, the healing community, finds its fulfilment, Christ's healing and redeeming love is expressed, and healing is achieved by re-establishing the communion with God and the brothers and sisters.

(Dicastery for Promoting Integral Human Development, 2020)

PROSPECTUS

For the inaugural symposium of the Fiat Program on Faith and Mental Health, we begin by meditating on the Paschal Mystery to consider mental health within the healing arc of Christian life. As Benedict XVI expresses, healing is "the entire content of our redemption."

With original sin, the human condition is beset with original woundedness, made manifest in physical and psychological illness, generational trauma (understood through neurodevelopmental and epigenetic perspectives), and the wounding wrought through human relationship and adverse developmental and environmental experiences. Without diminishing the particular challenges faced by those experiencing mental illness, integral reflection on mental health invites the Church to meditate on the interrelatedness of human persons' woundedness and healing within the Body of Christ. Hence, the healing arc of Christian life extends beyond sociological or psychological analysis of the human condition to express through an assent of faith how the redemptive love of Christ, made manifest through the Church and sacraments, is a journey of healing.

Catechesis on the Tradition's understanding of healing is centrally important to theological and pastoral formation in mental health. While healing may involve miraculous cures, as recounted throughout Scripture and Tradition, it is present also in the more "ordinary" communal and sacramental life of the Church. Healing, broadly understood, is a movement toward integration and communion within one's person (moving from dissociation or compartmentalization toward integration), with one's community, with God, and with the rest of creation. One's suffering becomes united with the mystical suffering of the Body of Christ such that the experience of illness and memories of wounding are transformed by participation in the memory of the Body of Christ.

Despite communion being so central to the life of the Church, many of the lay faithful, particularly those with mental health difficulties, experience isolation and loneliness. The Church is not immune from the cultural crisis of loneliness and breakdown of social ties. Hence, reenvisioning pastoral accompaniment involves strengthening relational support among not only ordained and lay ministers but also the rest of the lay faithful, thereby, embodying our profound communion within the Body of Christ. Expressed through the principles of solidarity and the common good, the recognition of another's suffering as related to one's own calls each person to live more fully the mystery of interpersonal communion in the Body of Christ—realizing that one's own flourishing is bound up with another's.

The Christian tradition of healing is not exclusive of but rather uplifts the distinctive role of psychological, psychiatric, and therapeutic support. Hearkening to the words of St. John Paul II, that "faith and reason are like two wings on which the human spirit rises to the contemplation of truth," pastoral formation in mental health should look to the wisdom of the psychological and neurobiological sciences, bringing them into dialogue with the Catholic intellectual and moral tradition, so as to inform an integrative vision of care. Such a holistic vision avoids over-spiritualizing psychological conditions or instrumentalizing faith to a mental health resource; rather, it uplifts the sacramental, communal life of the Church and the resources of sound psychological and psychiatric support.

Thank you for joining us for this inaugural symposium of the Fiat Program on Faith and Mental Health, through which we aspire to chart the path forward for developing a formation curriculum in mental health and ministry and for advancing interdisciplinary research in mental health and pastoral care.

Beth Hlabse, Fiat Program Director

1 Corinthians 12:12,26

As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ.

If one part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy.



FIAT SYMPOSIUM ON MENTAL HEALTH AND PASTORAL CARE

Agenda*

9:00 - 9:15AM INTRODUCTORY REMARKS

Beth Hlabse, MS and John Cavadini, PhD

9:15 - 10:30AM SESSION I. INTEGRATIVE CONCEPTUALIZATION FOR CATECHESIS: MENTAL HEALTH AND THE DIGNITY AND INTEGRITY OF THE HUMAN PERSON

- Health of the Whole Person: Mental Health and Human Flourishing
 Francie Broghammer, MD
- The Soul and Modern Psychology Robert Kugelmann, PhD
- Formative Aspects of an Integrated Approach to Mental Health Care Jessie Tappel, MS, LPC, ACS
- Socratic Method and Plato's Logic of the Psyche Christopher Justin Brophy, OP, PhD
- This Whole Life: The Integrated Minister as Instrument Kenna Millea, MA, LMFT, and Pat Millea, MA

10:45 - 12:00PM SESSION II. MYSTERY AND MEANING: WOUNDEDNESS AND REDEMPTIVE SUFFERING

- *Keys to Thriving: Early Life Experiences and Psychobiological Development* Mary Tarsha, MA, MEd
- Trauma: Ruptures in Narrative Memory, Interpretations of the Flesh Michael Mookie C. Manalili, MA, MTS, MSW, LCSW
- The Suffering of God and the World Leonard DeLorenzo, PhD
- Scrupulosity and OCD: A Case Study Model for Pastoral Care Maribel Laguna, MA, LPC-S
- Childhood Adversity and The Developing Brain: Implications for Mental Health Sofia Carozza, MPhil

*The agenda will follow Eastern Daylight Time.

12:00 - 1:00 PM LUNCH

1:00 - 2:15 PM SESSION III. SACRAMENTAL CARE: LIVING IN THE MEMORY OF GOD

- The Universal Call to Holiness: Mental Illness and the Life of Faith Cindy Nikolai, PhD
- Eucharistic Healing and Memory in the Communion of the Church Timothy P. O'Malley, PhD
- On the Potential Role of Autobiographical Memory in the Cultivation of Virtue Connie Svob, PhD
- *St. Augustine and the Healing of Memory* Kevin Grove, CSC, PhD
- The 12-Steps and the Sacraments Scott Weeman, MA

2:30 - 3:45 PM SESSION IV. PASTORAL PRACTICE AND PRIORITIES

- Interpersonal Neurobiology, Solidarity, and the Common Good Nancy Michael, PhD
- Self Awareness, Other Awareness, and Servant Leadership: The Use of Group Dynamics to Cultivate Honest and Loving Leadership Styles within Clergy Michael Wagner, PsyD
- Education in Communion: A Catholic-Christian Model in Preparing Educators to Foster Social and Emotional Learning in their Students
 Sister Elena Marie Piteo, OP, PhD
- The Loving Struggle of Caring for Others Craig Maier, PhD, PCC

3:45 - 4:00 PM CLOSING REMARKS

"Every human being is psychologically wounded by the effects of original sin and beset by human weaknesses and vulnerabilities. We recognize that the experience of serious or chronic mental illness is unique and should not be trivialized; yet, when we address this issue, we need to overcome an attitude of 'us' and 'them,' which separates us one from another." (California Conference of Catholic Bishops, 2018)

PANELISTS



Francie Broghammer, MD, is a Board-Certified Psychiatrist and a Clinical Director of Inpatient Mental Health for the State of Minnesota. She completed her residency training at the University of California, Irvine, including a two-year tenure as Chief Resident. Her academic and clinical interests lie in medical ethics, education, and human flourishing. She is a former Leonine Fellow, an American Psychiatric Association Leadership Fellow, and is a board member for Pepperdine

University's American Project. Dr. Broghammer played Division I Women's Lacrosse at the University of Notre Dame and graduated Magna Cum Laude with a degree in Science Pre-Professional Studies and Portuguese Language and Brazilian Studies. She attended the University of California, Irvine for medical school and was elected to the Alpha Omega Alpha (AOA) Medical Honor Society. She resides in Minnesota with her husband and their three children.



Christopher Justin Brophy, OP, PhD, is a Dominican priest and Assistant Professor of Political Science at Providence College. He earned his degree in Political Theory and Constitutional Studies at the University of Notre Dame in 2020. His research and teaching revolves around Plato, Late Modern German thought, and philosophical conceptions of the psyche, and his work reflects an attention to the fundamental questions surrounding modern identity and the concept of authenticity. Fr. Brophy is also an active preacher, having delivered various public talks and retreats.



Sofia Carozza, MPhil, is a Marshall Scholar at the University of Cambridge, where she is pursuing a PhD at the MRC Cognition and Brain Sciences Unit. In her research, Carozza utilizes computational modelling and network science to study the impact of early adversity on child development. She completed undergraduate studies at the University of Notre Dame, where she graduated as the valedictorian of the class of 2019, and has an MPhil in basic and translational neuroscience from the University of Cambridge.



John C. Cavadini, PhD, is a Professor of Theology at the University of Notre Dame, having served as Chair from 1997-2010. Since 2000 he has served as the Director of the McGrath Institute for Church Life at Notre Dame. A member of the Notre Dame faculty since 1990, Cavadini specializes in patristic and early medieval theology, the theology of Augustine, and the history of biblical and patristic exegesis. In 2009, he was appointed by Pope Benedict XVI to a five-year term on the International Theological Commission. Cavadini has served as a consultant to the

USCCB Committee on Doctrine since 2006 and was also named by Pope Benedict to the Order of the Knights of St. Gregory the Great. Cavadini is the recipient of the 2018 Association of Catholic Colleges and Universities' Monika K. Hellwig Award for outstanding contributions to Catholic intellectual life.



Leonard J. DeLorenzo, PhD, is the director of undergraduate studies at the McGrath Institute for Church Life where he also serves as academic director for Notre Dame Vision, directs the Sullivan Family Saints Initiative, and hosts the popular radio show and podcast *Church Life Today*. He holds a concurrent teaching appointment in the Department of Theology. He is the author of eight books, including most recently *Our Faithful Departed: Where They Are and Why It Matters* (Ave Maria, 2022) and *Turn to the Lord: Forming Disciples for Lifelong Conversion* (Liturgical

Press, 2021). A member of the McGrath Institute for Church Life since 2003, he has served on the leadership teams for Notre Dame Vision, Notre Dame Catechist Academy, Notre Dame Character Project, Echo, and the Church Life Internship, which he founded in 2016. He speaks regularly in academic and pastoral settings on the saints, biblical catechesis, discernment, and the theological imagination, among other topics.



Kevin Grove, CSC, PhD, is an assistant professor of theology at the University of Notre Dame. Born and raised in Montana, Kevin Grove was ordained a Holy Cross priest at Notre Dame in 2010. After doctoral studies at the University of Cambridge and before joining the faculty at Notre Dame, Grove was a post-doctoral researcher at L'Institut Catholique in Paris, France and a fellow at the Notre Dame Institute for Advanced Study. His research includes memory, Christology, St. Augustine, and the theological writings of Basil Moreau. In addition to his research and teaching, Grove serves pastorally at Notre Dame as an assistant faculty chaplain,

chaplain to the Master of Divinity program, and as a pastoral resident for undergraduates in Dunne Hall.



Beth Hlabse, MS, LMHCA, is program director for the Fiat Program on Faith and Mental Health at the McGrath Institute for Church Life, Beth leads the Institute's efforts to generate pastoral research, education, and formation opportunities on mental health and the Catholic tradition. A mental health counselor, Beth has provided therapeutic care for adolescents and adults with histories of trauma and adverse child experiences. Her therapeutic approach is integrative, attending to neuraldevelopmental influences and the intersection of spirituality and psychology. Beth obtained her masters in clinical mental health counseling from Divine Mercy

University and pursued postgraduate studies at the University of Oxford in Christian Ethics. Beth and her husband Pete treasure their community in South Bend, IN and delight in visits back to the great outdoors of her hometown in Wyoming.



Robert Kugelmann, PhD, is professor emeritus of psychology at the University of Dallas. He is the author of *Psychology and Catholicism: Contested Boundaries* (Cambridge University Press, 2011) and *The Soul in Soulless Psychology* (scheduled for April 2023). His research and scholarship span medical anthropology, critical health psychology, the history of psychology, and the intersection of psychology and Catholicism.



Maribel Laguna, MA, LPC-S, is a Licensed Professional Counselor Supervisor in Irving, Texas, where she is the co-owner of In His Image Counseling Center, PLLC. She is also the board president of the Catholic Psychotherapy Association. Maribel has worked as a counselor in a variety of settings including the Dallas County Juvenile Detention Center, Genesis Women's Shelter, and Dallas Independent School District Youth and Family Centers. She specializes in premarital preparation, marital counseling, vocational discernment, as well as Affirmation

Therapy. Additionally, Maribel is a presenter at various Catholic conferences around the country and has been a guest on EWTN's Cara a Cara.



Craig T. Maier, PhD, PCC, is a certified coach with the International Coaching Federation and NARM®-informed trauma professional. As a traumainformed leadership coach, Craig integrates an attunement to trauma, resilience, and leadership to support people in transforming the lives of others. Craig was a professor of leadership communication for nine years with Duquense University and worked for over a decade at the Roman Catholic Diocese of Pittsburgh. He has authored two books and 25 academic articles on leadership communication. His first book,

Communicating Catholicism: Rhetoric, Ecclesial Leadership, and the Future of the American Roman Catholic Diocese, was named 2017 Book of the Year by the Religious Communication Association.



Michael Mookie C. Manalili, MA, MTS, MSW, LCSW,

is a psychotherapist, professor, and researcher—interested in suffering, meaning, narratives, trauma, and memory. In terms of practice, Mookie is a Licensed Certified Social Worker psychotherapist in private practice. In terms of teaching, he is a Part-Time Faculty for the Graduate School of Social Work at Boston College, teaching clinical courses like Narrative Therapy. In terms of research, Mookie serves as a Research Consultant at Boston College, for social neuroscience research at the

Morality Lab, and for philosophical psychology initiatives through the Center for Psychological Humanities and Ethics. In his various roles, Mookie hopes to participate in our duty to better society: particularly for folks who suffer injustices; for the widow, orphan, and stranger; for a future and world beyond one's self.



Nancy Michael, PhD, is the Director of Undergraduate Studies for the Neuroscience and Behavior major in the College of Science. She received her B.S. degree in Biomedical Science from Western Michigan University in 2001. After spending many years in the workforce, she returned to graduate study in 2008 and earned Ph.D. in Neuroscience from the University of Minnesota in 2012. Professor Michael uses her disciplinary expertise to develop and implement NEAR

(neuroscience, epigenetics, adverse childhood experiences, resilience) science approaches that aim to mitigate the impact of toxic stress on individuals and communities. Her research uses a community-based change theory model to work with community organizations in developing population specific NEAR-based strategies to support organizational and community efforts in becoming trauma-informed.



Kenna Millea, MA, LMFT, is Clinical Director and Co-founder, together with her husband Pat, of the Martin Center for Integration, an organization dedicated to the integration of mental health and the spiritual life and that serves the Church through counseling, consulting, training, and podcasting. Kenna is a Licensed Marriage and Family Therapist, and has been in private practice since 2016. She holds a Master of Arts in Theology from the University of Notre Dame and a Master of Arts in Marriage and Family Therapy from St. Mary's University of Minnesota. In addition to

having served in parish ministry, she completed an internship in hospital chaplaincy.



Pat Millea, MA, is Formation and Operations Director and Co-founder, together with his wife, Kenna, of the Martin Center for Integration. Pat is an experienced leader and minister, having worked in parish youth ministry for 15 years. He graduated from the University of Notre Dame with a degree in Sociology and Theology and went on to receive his Master of Arts in Theology, also from Notre Dame. For two decades, Pat has encouraged and equipped audiences of all sizes and ages. He has spoken at the National Catholic Youth Conference, Catholic HEART Workcamp, and hundreds of diocesan and parish events, and he has contributed content

to ministry organizations through curriculum writing and leadership workshops.



Cindy Nikolai, PhD, is a retired Air Force Captain whose work spanned several years and command positions in missile defense. In her late 20s, Cindy had the onset of a serious mental illness, and was medically retired from the Air Force. However, Cindy does not let her mental illness define her. She went on to complete a PhD in Computer Science and a second master's degree in Applied Mathematics from the University of Notre Dame. Recently, she wrote a book detailing her experiences with mental illness, entitled *Lilies in the Field* (Friesenpress). Today, Cindy lives in South Bend, Indiana, where she focuses her time on software engineering, community

service, and building the world's largest jigsaw puzzle.



Timothy P. O'Malley, PhD, is the director of education at the McGrath Institute for Church Life and academic director of the Notre Dame Center for Liturgy. He holds a concurrent appointment in the Department of Theology at the University of Notre Dame. He is an executive member of the Eucharistic Revival and a theological consultant for Laity, Marriage, Family Life, and Youth with the United States Conference of Catholic Bishops. He completed a doctorate at Boston College in theology and education, focusing on an Augustinian approach to liturgical formation.

He researches and teaches in the areas of liturgical-sacramental theology, marriage and family, catechesis, and spirituality.



Sister Elena Marie Piteo, OP, PhD, is a member of the Congregation of the Dominican Sisters of St. Cecilia. Prior to entering the Dominican Sisters, she completed undergraduate, graduate, and postgraduate studies in psychology. She contributed to research examining the effects of diet and sleep on cognitive, language, social, and emotional development as well as the impact on mental health in parents. Having completed additional studies in education, Sister taught in secondary schools in the United States and taught psychology and research

methods courses for higher education institutions in Australia. She currently teaches educational and developmental psychology for the education program at Aquinas College. She is the Director of the Quality Enhancement Plan, Education in Communion, which seeks to integrate theology and philosophy based on the work of St. Thomas Aquinas with developmental and educational approaches to social and emotional learning.



Connie Svob, PhD, is an Assistant Professor of Clinical Psychology (in Psychiatry) at Columbia University and a Research Scientist in the Division of Child and Adolescent Psychiatry at New York State Psychiatric Institute. During the tenure of her graduate studies in psychology, she studied the intersection of theology and psychology at Oxford University, with a focus on autobiographical memory. Upon graduating with her PhD from the University of Alberta, Dr. Svob became a Visiting Researcher at the Center for Philosophy of Religion at the University of Notre Dame,

as well as a postdoctoral researcher in the Department of Psychology. In 2015, Dr. Svob joined Columbia University as an Assistant Professor to conduct research on a John Templeton Foundation grant investigating the role of religious belief in the resilience of families at risk for depression. This 40-year, 3-generation study has formed the basis of her research on religiosity and mental health. Dr. Svob currently holds the honorary titles of the Whitaker Scholar in Developmental Neuropsychiatry at Columbia University, as well as the New York State Office of Mental Health Policy Scholar, for which she was awarded funds to extend her research on religiosity and mental health through a community-partnership program.



Mary S. Tarsha, MEd, MA, is a doctoral candidate in Developmental Psychology and Peace Studies at the Kroc Institute for International Peace Research and the Department of Psychology at the University of Notre Dame. She conducts research investigating human flourishing and sociomoral development including peaceableness and prosociality. Her research integrates developmental neurobiology and peace research, investigating how peace begins at home, in our families and relationships. Prior to her doctoral work, she received a master's degree from

Vanderbilt University in Empirical Research of Child Studies with a focus on quantitative methods. Her work has been published in psychology, developmental psychology, developmental psychology and peace studies journals and books. She is an Honorable Steven Pepe Fellow.



Jessie Tappel, MS, LPC, ACS, is a Licensed Professional Counselor in the states of Virginia and Maryland and holds the credential of Approved Clinical Supervisor (ACS). She received her master's in Clinical Psychology from the Institute for the Psychological Sciences in 2014, following undergraduate BA degrees from Franciscan University of Steubenville in Theology and Spanish. Currently, she enjoys practicing clinically as a generalist with adults, adolescents and children, of diverse backgrounds and wide-ranging presenting concerns. She has a particular interest in

working with survivors of trauma, with young adults and the integration of faith and psychology. Additionally, she works for Divine Mercy University as an Associate Program Director and Clinical Faculty member, working with the future of mental health professionals.



Michael Wagner, PsyD, is from a family of 20 children, and has always loved functioning within groups. He earned his BA in Liberal Arts from Thomas Aquinas College and his Doctorate in Clinical Psychology from the Institute for the Psychological Sciences. For the last 10 years, Michael has worked within a community-oriented group practice in Frederick Maryland, Vital Sources. He has specialized in the provision of psychological services to seminarians and seminarian candidates, particularly to those attending Mount St. Mary's Seminary in Emmitsburg,

MD. He completed additional specialized training in the provision of interpersonal process group therapy through the Washington School of Psychiatry in Washington DC, and currently runs a process group at MSM designed to facilitate greater psychological awareness, social flexibility, and servant leadership.



Scott Weeman, MA, is a marriage and family therapist and the founder and executive director of Catholic in Recovery, a nonprofit organization that serves individuals and families impacted by addiction. He is the author of *The Twelve Steps and the Sacraments* (Ave Maria Press, 2017). Weeman's Catholic in Recovery organization won the top prize in the OSV Institute for Catholic Innovation Challenge Showcase in 2021. He received a bachelor's degree in organizational management from Point Loma Nazarene University, where he also earned his

master's degree in clinical counseling. He has appeared on EWTN's *The Journey Home* and *Women of Grace* and is a regular guest on *Catholic Answers Live*. His work has been featured on *Aleteia* and *Patheos*. He lives in San Diego, California, with his family.

How well did Saint Paul describe the Christian community! "If one part suffers, all the parts suffer with it; if one part is honoured, all the parts share its joy" (1 Cor 12,26). Isolation and individualism can often intensify mental suffering, while the dynamic and productive nature of community life may bring consolation and joy even in the midst of grief and suffering.

Dicastery for Integral Human Development (2020)



0 Lord, you have searched me and known me.

You know when I sit down and when I rise up; you discern my thoughts from far away. You search out my path and my lying down, and are acquainted with all my ways. Even before a word is on my tongue, O Lord, you know it completely. You hem me in, behind and before, and lay your hand upon me. Such knowledge is too wonderful for me; it is so high that I cannot attain it. Where can I go from your spirit? Or where can I flee from your presence? If I ascend to heaven, you are there; if I make my bed in Sheol, you are there. If I take the wings of the morning and settle at the farthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast. If I say, "Surely the darkness shall cover me, and the light around me become night," even the darkness is not dark to you; the night is as bright as the day, for darkness is as light to you. For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

PSALM 139: 1-18

(NRSVCE)

NOTES



The McGrath Institute for Church Life partners with Catholic dioceses, parishes, and schools to address pastoral challenges with theological depth and rigor. By connecting the Catholic intellectual life to the life of the Church, we form faithful Catholic leaders for service to the Church and the world.



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