

The **Compassionate Grace Counseling Center** is a faith-based “low-to-no-cost” counseling program. An affiliate of the **Lutheran Mission Society**, the CGCC exists to serve individuals and families in the community; clients of LMS; and members, staff and clergy of the Lutheran Church.

As part of the CGCC’s ministry, **Program Director Justin Griepentrog** extends his



curriculum of professional trainings to the Lutheran church body and connected communities. Having received his BSW from Concordia College New York and his MSW

from University of Maryland Baltimore, Mr. Griepentrog is an awarded, licensed professional, and has over ten years of mental-health experience. His trainings are engaging and relatable, and tailor leading research into relevant topics and pop-culture. Workshops, Seminars & Trainings provided through the CGCC are used to fund the ministry’s low-to-no-cost sliding scale for spiritual counseling sessions.



Compassionate Grace Counseling Center

A PROGRAM OF THE
Lutheran Mission Society of Maryland

MAIN OFFICES
601 HAMMONDS LANE
BALTIMORE, MD 21225

www.lmscounseling.org
410-636-0123

Workshop ministry



Compassionate Grace Counseling Center

Workshops, Seminars and Full-Day Trainings are available:

- **Workshops (1 hour)** – Overview ideal for quick presentations at lunchtime, staff meetings, evening gatherings
- **Seminars (2-3 hours)** – In depth topic discussion designed to provide a thorough understanding.
- **Full-Day Trainings (5-6 hours w/ meal break)** – Engaging, licensed instruction on mental health topics for parents, professionals and caregivers. Trainings include interactive teaching methods, including game-show participation, video and multimedia. Certificates of completion are awarded for professional growth.

How to arrange a Workshop, Seminar or Training:

1. **Contact us at 410.636.0123.** Times & Locations are flexible! Presentations can be easily provided for 10+ people. Intimate groups are also an excellent experience; call for coordination.
2. **Please host a free-will offering or consider making a donation to fund the ministry’s low-to-no-cost spiritual counseling.**
3. **Be entertained while learning about interesting topics!**

Stress & Trauma: The Big Green Dinosaur Theory **W,S,FD**



The Big Green Dinosaur theory is an interactive way to explain trauma. Many people have heard about the “fight or flight” response, but how does this relate to anxiety and stress? **Workshop:** What is Trauma & PTSD/Big Green Dinosaur. **Seminar also includes:** Anxiety response system/What it means to have “Cold Feet”. **Full Training details:** Coping with Trauma/PTSD & ASD Diagnostic Criteria/Neurobiology of Trauma and the Brain’s Rewiring/Treatment Options.

What is Bipolar, Really? **W,S**



Learn what Bipolar is and isn’t. Through videos of individuals experiencing both mania and depression associated with Bipolar, you can leave this session with a clear understanding of the disorder. **Workshop:** Medication explanation/Childhood Bipolar. **Seminar also includes:** Mood Disorder overview/Bipolar I vs. II.

W - Workshop (1 hr) S - Seminar (2-3 hrs) FD - Full Day Training (5-6 hrs w/ meal break)

Caregivers, Families & Parenting

- Creative Expression: What is Art Therapy? W,S
- Childhood Vaccines: Controversies and Myths W,S
- Developmental Theory for Parents & Caregivers: Why does my teenager act like a toddler? S,FD
- Drugs 101: Parenting in a Drug Culture S
- DSM-IV-TR for Parents: My kid has what? S,FD
- Foster Care and College: How to get it paid for S
- Social Networking for Parents: Facebook, Myspace & Twitter, Oh My... W,S
- Student Loan Planning: What to do before and after school W,S
- Loans 101: Predatory Lending in Baltimore S

ADHD Explained:
Jet pilot brains in
a gridlock world
W, S



“Does ADHD really Exist?”
YES! Learn what ADHD actually is
(and isn’t), and even how it is a
blessing in disguise. **Workshop:**
Famous people with ADHD/
Medication. **Seminar also includes:**
What if they were medicated?/
Parenting, teaching & coaching
ADHD/Living ADHD friendly.

C.S. Lewis, the Christian Apologetic:
The Lion, the Witch, the Wardrobe,
and the Atheist. W



C.S. Lewis’s
spiritual
epiphany from
firm atheist to
devout
Christian, and
it’s reflection in
his literary works.

Includes introduction to C.S Lewis’s
catalog of apologetic works
(arguments for faith).

Mental Health

- DSM-IV-TR Jeopardy: Overview & Review for Caregivers and Professionals S,FD
- Eating Disorders: Dying to be thin W,S
- Kübler-Ross: Stepping Through Grief and Loss W,S
- Medication Mythbusters: What does what, and why? W,S
- Mental Health Q&A: What’s Normal Anyway? W,S,FD
- Neuropsychiatry basics: How God’s got us wired W,S,FD
- Personality Disorders: Interesting Villains, Frustrating Friends W,S,FD
- Physical Fitness and Mental Health: Rx Exercise W
- Psychotropic Medication: An Overview for Caregivers and Professionals S, FD
- Stress Free Holidays W
- Stress Management: Riding the anxiety wave W,S,FD
- Understanding Addiction: Why it’s not just a choice S,FD

Celebrate Recovery: Christ-Based
12-step program W



Maryland is
blessed to
have an active
Christian 12-
step program with multiple meet-
ings throughout the state, 7 days a
week. Presentation of the 12-steps
and their 12 Biblical comparisons.
This introduction discusses the
similarities and benefits over
traditional AA, NA and other 12-
step programs.

Creative Expression: Art &
Mental Health W,S,FD



Art is often used to express things
that can’t be easily verbalized.
Come explore mental health issues
presented through well-known
works of art (and some lesser
known) by artists who have under-
stood, captured and shared feel-
ings without words.