

Cathy Speaks on These Topics and More!

Cathy's Bio

Speaking

Am I Still Responsible for my Adult Child?
Binge Eating Disorders: Intervening in the Binge Cycle
Binding Lies...Freeing Truths
Boundaries for Women: Saying No with No Guilt
Boundaries Don't Take a Holiday
Boundaries: Escaping the Grip of Co-dependency
Depression: Don't Fight It...Treat It!
Domestic Violence in the Church: What Helps and What Harms
Domestic Violence: Family Law Attorneys' Roundtable Discussion
Forgiveness vs. Reconciliation: What's the Difference?
Self-Care: Gifts you Give Yourself
God's Sovereignty and Our Free Will
Jesus Depressed? Exploring Christ's Response in the Garden of Gethsemane
Overspending Behaviors: When Spending Replaces Feeling
Resentment: The Check Engine's Warning Light
Self Worth: Working out the 'Nots'
Safety in the Body of Christ
Traits of a Codependent
What is Christian Counseling?

Interpersonal Workshops for Women

Boundaries for Women
Boundaries: Utilizing the Cornerstone of Lifestyle Change to Manage Emotional Eating
Boundaries: Setting them with Myself to Set them with Others
Crazy Makin' "Christian" Beliefs: God's Truth Shall Set You Free
Emotions of Christ: A Glimpse at How Jesus Experienced His Emotions
Forgiving My Offender: Choosing to Cancel the Debt
Guilt vs. Conviction of the Holy Spirit: The Significant Differences
Over-giving to Others? Building Mutual and Balanced Relationships
Navigating Unpleasant Emotions
Safe People Workshop for Women: Choosing Safety...Being Safe
Wounded in Childhood, Healing in Adulthood

Training for Churches, Lay Leaders, & Counselors

Boundaries: Knowing your Limits when Caring for Others
Boundaries :Caring for Each Other in the Body of Christ
Boundaries for Stephen Ministers
Caring for Myself as I Care for My Disabled Loved One
Codependent Caretaking or Christian Caregiving: How Can I Know the Difference?'
Churches and Mental Health Professionals Collaboratively Caring for the Wounded in the Body of Christ
God's Responsibility vs. Stephen Minister's Responsibility in Caregiving
Depression: The Stephen Minister's Role
Domestic Violence: Helping Pastors and Counselors Offer Christian Care to Adult Victims
Domestic Violence: Supporting Female Adult Victims While Referring and Collaborating with Community Resources
Domestic Violence? Not in My Church! Meeting churches where they are by using a 'baby step' approach to helping victims be safe.
Grief and Loss – Complicated Grief
Ministry to the Dying and their Family and Friends

- MA in Psychology with a Specialty in Professional Counseling from Georgia School of Professional Psychology, Atlanta, GA, 1998
- Masters Diploma in Christian Counseling from Psychological Studies Institute also in Atlanta, Georgia, 1997
- BS in Psychology/Sociology, from Presbyterian College, Clinton, SC, 1979
- Licensed Clinical Mental Health Counselor (LCMHC #3782)
- Founder/owner Christian Therapy Services, since 2002
- Provide individual and group counseling services to adult women; conduct interpersonal workshops for women at churches and other settings.
- Speaker for women's events
- Speaker/trainer for churches on caring for victims of domestic violence
- Speaker for Church & Mental Health Events
- Create and facilitate training on domestic violence protocol for private practitioners and churches.
- Former Adjunct Professor teaching Christian counseling courses at Charlotte Christian College and Theological Seminary 2011-2015
- Former Adjunct Professor at Gardner-Webb University, Charlotte campus, teaching counseling courses 2008-2011.
- Former Adjunct Instructor of college success and life skill courses at Central Piedmont Community College in Charlotte, NC, 2008-2012
- Prior to becoming a professional counselor, Cathy worked in the corporate sector over 15 years as a financial marketing director, trainer, human resources manager, and project manager.

To book Cathy for Speaking, Training, or an Interpersonal Workshop for Women...

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