

THE SCIENCE OF SUFFERING: HELPING CLIENTS DEVELOP MEANING IN ADVERSITY



Description

Sometimes clients are enduring intractable problems. This seminar aims to give mental health therapists practical tools to help clients in active states of suffering that elude easy solutions.

Instructor Profiles

Sara A. Showalter Van Tongeren, LCSW is the founder of a Telehealth based mental health group practice, The Flourishing Collective and provides biweekly case consultation to TheFloCo team. She has co-authored a book titled, *The Courage to Suffer*, as well as a peer reviewed theory paper on the Existential Positive Psychology Model of Suffering and a chapter on a model of existential hope in *The Handbook of Existential Psychology*. She is currently working on an upcoming book to be published in 2026 by APA on helping therapists support their clients through religious change. Additionally, her blog has over 125,000 readers.

Sara is a board-certified therapist that is licensed in New York, Michigan, and Virginia who specializes in trauma, attachment focused therapy, mindfulness, existential psychotherapy, narrative therapy, liberation psychology, Brainspotting, and relational psychoanalysis. She primarily works with female identifying adults who are wanting to rediscover their identity and increase their own sense of empowerment. Often, Sara's clients are at a crossroad brought on by suffering. Sara specializes in working with therapists and pastors.

Sara works from an existential-positive psychology framework that is trauma- and attachment-focused, and utilizes somatic based healing through Brainspotting. Sara won the 2020 Social Justice Award given by the City of Holland for her work in helping to pass the city's first Non-Discrimination Ordinance.

Dr. Daryl R. Van Tongeren, PhD is a professor of psychology at Hope College and the director of the Frost Center for Social Science Research. A social psychologist, he has published more than 200 scholarly articles and chapters, and four books, on topics such as religion, meaning in life, and virtues. Most recently, his work has focused on the psychological and social processes of leaving religion and undergoing religious change, culminating in his newest book, *Done: How to Flourish After Leaving Religion*. His research has been covered by numerous media outlets, including the *New York Times*, *BBC*, *Hidden Brain*, *Washington Post*, *The Atlantic*, NPR-affiliated radio stations, *Scientific American*, and *Men's Health*. His work has been supported by numerous grants from the John Templeton Foundation, and he has won national and international awards for his research. He is also an associate editor for *The Journal of Positive Psychology*. He enjoys running, biking, and hiking near where he lives with his wife, Sara, in Holland, MI. You can find out more about Daryl's work at darylvantongeren.com and follow him on Instagram @darylvantongeren or X @drvantongeren.

Objectives

- 1) Identify common human existential concerns.
- 2) Become familiar with clinical tools to assist clients in periods of suffering.
- 3) Articulate the core components of meaning-making.



FRIDAY, DECEMBER 13, 2024
9:00 AM - 12:00 PM

ONLINE VIA ZOOM

COST : \$ 59

CE CREDITS : 3.0

COURSE LEVEL: BEGINNER