



CENTERED IN THE STORM

A public theology series from North Park Theological Seminary

Our 2022–2023 public theology series focuses on being centered in Christ—not as an escape from the needs of the world, but as a necessary means to the transformative work of the church in the world, reflecting on Jesus’ invitation in Matthew 11:28–30.

Finding Rest in God: Therapeutic and Ministry Insights

February 8

12:00–1:30pm CST, Zoom

How can individuals and faith communities attend to their mental health and set healthy boundaries that contribute to a rich rhythm of rest? Our panelists Deborah Masten and Hillary Wildt will draw on their expertise in mental health and provide therapeutic and ministry insights for the church today.

This event is free and open to the public but requires registration [here](https://www.northpark.edu/seminary/calendar-and-events).



Deborah Masten, LMHC, is currently the Director of Global Personnel with Serve Globally, a ministry priority of the Evangelical Covenant Church. Formerly on staff at Quest Church in Seattle as the Associate Director

of Global and Local Ministries, Deborah is a licensed therapist. She lived in Cambodia for fourteen years, has three adult children who live on the West Coast, and is captivated by the Alvin Ailey American Dance Theatre. Deborah is also a huge Lenny Kravitz fan!



Dr. Hillary Wildt, PsyD, LCP, is the founder and executive director of Thamani Counseling Services. She is devoted to increasing access to mental health services through culturally and contextually

informed therapy, research, training, and teaching. Hillary’s specialties include posttraumatic stress, relationship difficulties, grief and mourning, marriage and couple’s counseling, and coping with change and transitions. She enjoys working cross-culturally and with international populations.

