

HUMAN FLOURISHING, RESILIENCE, AND WELL-BEING SUMMIT

FEBRUARY 6-7, 2026



GLOBAL CENTER *for*
HUMAN FLOURISHING
AT LIBERTY UNIVERSITY

SCHEDULE OF EVENTS

DAY 1 | FRIDAY, FEBRUARY 6, 2026

1:00–2:30pm

Opening Plenary Session | Alumni Ballroom

- Opening Remarks: Zach Clinton, Ph.D., Maj. Gen. (Ret.) Dondi E. Costin, Ph.D., and Scott Hicks, Ph.D.
- Speakers: Tyler VanderWeele, Ph.D., and Byron Johnson, Ph.D.

2:45–3:45pm

Workshop #1

- Gen Z Under Pressure: Finding Calm in an Anxious World
Linda Mintle, Ph.D. | Location: Alumni Ballroom
- Battling Strongholds: Compulsivity, Addictions, and Recovery
David E. Jenkins, Psy.D. | Location: DeMoss Hall 1166
- Scared Sick: The Physical Legacy of Trauma
Shannae Anderson, Ph.D. | Location: DeMoss Hall 3064
- Find a Way: The Connection between Relationship, Performance, Resilience, and Flourishing in Sports and Life
Zach Clinton, Ph.D. | Location: DeMoss Hall 1164
- The Impact of Toxic Relationships and the Power of Healthy Boundaries
Chinwé Williams, Ph.D. | Location: DeMoss Hall 1286

4:00–5:00pm

Workshop #2

- Social Isolation, Suicide, and Mental Health Risk Factors
Mark Mayfield, Ph.D. | Location: DeMoss Hall 1164
- Exploration of Physical Activity as a Gateway to Human Flourishing
Fred Volk, Ph.D., and Ashley Lynn, Ph.D. | Location: DeMoss Hall 3064
- Pathways to Flourishing: The Core Principles of Resilience
Kathy Koch, Ed.D. | Location: Alumni Ballroom
- Let it Go: The Power of Forgiveness
Everett Worthington, Ph.D. | Location: DeMoss Hall 1286
- Positive Psychology and Solomonian Wisdom
Ron Hawkins, Ed.D., D.Min. | Location: DeMoss Hall 1166

5:15–6:30pm

Dinner | Reber–Thomas Dining Center

6:45–8:00pm

Plenary Session | Alumni Ballroom

- Panel Discussion: Femininity in Flourishing
- Speaker: Harold G. Koenig, M.D., M.H.Sc.

SCHEDULE OF EVENTS

DAY 2 | SATURDAY, FEBRUARY 7, 2026

7:00-8:00am

Breakfast | Alumni Ballroom

8:00-9:00am

Workshop #3

- When it All Gets to be Too Much: Crisis, Grief, and Trauma Care
Jennifer Ellers, M.A. | Location: Alumni Ballroom
- Why Worldview Matters in the Study and Promotion of Flourishing
Eric Johnson, Ph.D. | Location: DeMoss Hall 1166
- Medications & Mental Health: What People Need to Know for Safe, Effective, and Ethical Care
John Kuhnley, M.D. | Location: DeMoss Hall 1164
- Bounce: From Burnout and Resilience
Donna Gibbs, Ph.D. | Location: DeMoss Hall 1134
- Attachment: A Powerful Transdiagnostic Framework for Why We Love, Feel, and Act the Way We Do
Gary Sibcy, Ph.D. | Location: DeMoss Hall 3152

9:15-10:15am

Workshop #4

- God Attachment and Spiritual Doubt: What C.S. Lewis Can Teach Us about a Resilient Faith
Mercy Connors, Ph.D. | Location: DeMoss Hall 3152
- The Digital Mind: How AI, Social Media, and Cyberpsychology Are Rewiring the Next Generation
Jason VanRuler, M.A. | Location: Alumni Ballroom
- Designed for Delight: Respecting our Physicality and Repurposing our Pleasure Pathways
James Berry, D.O. | Location: DeMoss Hall 1166
- The Neurophysiology of Resilience: Interventions Targeting the Autonomic Nervous System
Chris Casola, M.A., and Timothy Royer, Psy.D. | Location: DeMoss Hall 1134
- Battling Loneliness and Disconnection: Assessment and Community Treatment Models
Brian Kelley, Ph.D. | Location: DeMoss Hall 1164

10:30am-12:00pm

Closing Plenary Session | Alumni Ballroom

- Closing Remarks: Tim Clinton, Ed.D.
- Speakers: Ron Hawkins, Ed.D., D.Min., and Pastor Tim Timberlake

SPEAKERS & SPECIAL GUESTS



SHANNAE ANDERSON, PH.D.

American Association of Christian Counselors

Topic: Scared Sick: The Physical Legacy of Trauma | Physical Health and Well-Being

Shannae Anderson, Ph.D., is a clinical psychologist in Virginia and California. She has been practicing for over 30 years specializing in the treatment of trauma, addictions, personality disorders, and interpersonal neurobiology. She is the Director of Psychology and Co-Director of Ethics and Advocacy for the American Association of Christian Counselors, the Clinical Director for Monarch Recovery and Kokua Wellness treatment programs in Southern California, an Adjunct Professor at Liberty University, and a sought-after speaker nationwide.



JAMES BERRY, D.O.

West Virginia University Medicine

Topic: Designed for Delight: Respecting our Physicality and Repurposing our Pleasure Pathways | Physical Health and Well-Being

James H. Berry, D.O., is Professor and Chair of the Department of Behavioral Medicine and Psychiatry at West Virginia University School of Medicine and Director of Addictions at the Rockefeller Neuroscience Institute. He is board certified in general psychiatry and addiction psychiatry and completed his Doctorate of Osteopathy degree at Michigan State University College of Osteopathic Medicine, a psychiatry residency at West Virginia University, and an addiction psychiatry fellowship at the University of Hawaii. Dr. Berry's work focuses on developing innovative, community-based responses to the opioid and broader addiction crisis in Appalachia, and he leads nationally recognized research on neuromodulation and other novel treatments for substance use disorders.



CHRIS CASOLA, M.A.

Liberty University

Topic: The Neurophysiology of Resilience: Interventions Targeting the Autonomic Nervous Systems | Resilience

Chris Casola, M.A., A.T.C., C.S.C.S., is the Senior Associate Athletic Director for Champion Performance at Liberty University, where he oversees student-athlete welfare and performance for all NCAA Division I programs. In this role, he provides leadership for Liberty's Champion Performance unit, which includes sports medicine, nutrition, athletic performance, applied performance, clinical and sports psychology, and spiritual development, with a holistic focus on caring for student-athletes physically, mentally, and spiritually. A two-time Liberty graduate, he holds both his bachelor's and master's degrees from the university and is a certified athletic trainer and certified strength and conditioning specialist, bringing more than 30 years of experience in athletic performance, sports medicine, and rehabilitation across high school, college, and professional sports settings.



TIM CLINTON, ED.D.

Executive Director | Global Center for Human Flourishing | Liberty University

Tim Clinton, Ed.D., LPC, LMFT, is president of AACC, the largest and most diverse Christian counseling association in the world. He also serves as Executive Director of the Global Center for Mental Health, Addiction, and Recovery and Professor Emeritus at Liberty University. For the past seven years, Dr. Clinton has extended his ministry as co-host of Dr. James Dobson's *Family Talk*, heard on more than 1,400 radio outlets daily, and now hosts a weekend television program, *The Road Forward*, seen on Real America's Voice News streaming service and numerous platforms. Licensed as a professional counselor and as a marriage and family therapist, Dr. Clinton is recognized as a world leader on mental health and relationship issues and spends much of his time working with Christian leaders and professional athletes. Recently, Dr. Clinton and his son, Zach, launched a new daily meditative prayer podcast on pray.com for mental health and relationships with nearly two million downloads in the first 45 days. Overall, more than six million people are impacted monthly through his media reach and influence. Dr. Clinton has authored or edited nearly 30 books, including *Take It Back: Reclaiming Biblical Masculinity: The Heart & Strength of Being a Man*, and his latest, *Focus on the Future: Your Family, Your Faith, and Your Voice Matter Now More Than Ever*. He has been married for 43 years to his wife Julie, and together they have two children, Megan (married to Ben) and Zach (married to Evelyn), as well as two granddaughters, Olivia and Sophia, who have stolen their hearts.

SPEAKERS & SPECIAL GUESTS



ZACH CLINTON, PH.D.

American Association of Christian Counselors

Topic: Find a Way: The Connection between Relationships, Performance, Resilience, and Flourishing in Sports and Life | Resilience

Dr. Zach Clinton, Ph.D., serves as Vice President of the American Association of Christian Counselors (AACC), the world's largest and most diverse Christian counseling organization. He is the Host of the renowned *Built Different* podcast as well as President and Host of Ignite Men's Ministry and Conferences. Dr. Zach is also a Licensed Professional Counseling Resident at Light Counseling as well as an athletic counselor specializing in sport and performance psychology at Liberty University. Alongside his father, Dr. Tim Clinton, he co-hosts the national broadcast and radio show, *Life, Love, Faith, & Family*, a program dedicated to developing your mental health and relationships. As a former Division 1 college baseball player, Dr. Clinton loves working with professional and collegiate athletes and enjoys speaking into the lives of today's generations as he has a deep passion for helping people build self-esteem, emotion regulation, leadership qualities, and perspective shifts. He has dedicated his life to reminding people that no matter how dark, difficult, or painful life can be, they are never out of the fight! He is the author of *Even If* and is currently working on his next book, *Remember My Chains: Helping You Move from Bondage to Breakthrough*. Zach is thrilled to be married to his lovely wife, Evelyn, as they make their home in Central Virginia.



MERCY CONNORS, PH.D.

American Association of Christian Counselors

Topic: God Attachment and Spiritual Doubt: What C.S. Lewis Can Teach Us about a Resilient Faith | Spiritual Well-Being

Mercy graduated from Toccoa Falls College with a B.S. in Counseling/Psychology and continued her education at Liberty University where she completed a Masters of Arts in Human Services and her Doctor of Philosophy in Professional Counseling. Mercy became the Director of Program Development and Professional Relations for the American Association of Christian Counselors in February of 2021. Mercy was a principal editor for the AACC Y-2023 Code of Ethics and is the Co-Director of the Ethics and Advocacy Division of the AACC. Mercy is a Licensed Professional Counselor Supervisor. Mercy is married to the love of her life Jesse Connors, the founder of TrueLife.org, and is the proud mother of three beautiful daughters and one beloved child in heaven.



MAJ. GEN. (RET.) DONDI E. COSTIN, PH.D.

President | Liberty University

Dr. Dondi E. Costin is president of Liberty University and a retired major general in the United States Air Force. His military career spanned more than 36 years, culminating with his role as a senior leader in the Pentagon, where he served as the eighteenth Air Force Chief of Chaplains. His military awards and decorations include the Distinguished Service Medal, Legion of Merit, Bronze Star, Gallant Unit Citation, and multiple campaign medals. A native of Wilmington, N.C., Dr. Costin earned a B.S. in Operations Research from the United States Air Force Academy and holds multiple advanced degrees, including an M.A. in Counseling and an M.A. in Religion from Liberty University, as well as a Ph.D. in Leadership from The Southern Baptist Theological Seminary. An ordained Southern Baptist minister, he was endorsed by the Liberty Baptist Fellowship while serving as a chaplain for 22 years. After his military career, Dr. Costin was president of Charleston Southern University, overseeing enrollment growth, launching the state's only four-year aviation program, introducing doctoral programs, and establishing centers for chaplaincy and global ministry. Under his leadership, the university was named the Charleston Metro Chamber of Commerce's 2022 Business of the Year. Since becoming Liberty's sixth president in 2023, Dr. Costin has advanced strategic planning, fostered student engagement, and strengthened the university's mission of Training Champions for Christ. He and his wife, Vickie, have been married for more than 35 years and are both actively involved in campus and community service initiatives, modeling servant leadership and a Christ-centered life.

SPEAKERS & SPECIAL GUESTS



JENNIFER ELLERS, M.A.

American Association of Christian Counselors

Topic: When it all Gets to be Too Much: Crisis, Grief, and Trauma Care | Mental Health

Jennifer Cisney Ellers is a Christian counselor, professional life coach, crisis responder, trainer, and author. She has a Bachelor's Degree in Journalism from Medill School of Journalism at Northwestern University and a Master's Degree in Counseling from Wake Forest University. She is Senior Director of Advancement, Special Projects and Church Engagement with the American Association of Christian Counselors and serves as Acquisitions Editor for AACC Publishing. She provides training, consulting, and care for issues of grief, crisis, trauma, and suicide. She is an approved instructor and faculty member with the International Critical Incident Stress Foundation and co-author of several CISM courses, including "Understanding Suicide: Tools for Prevention, Intervention and Survivor Support." She also authored a course on youth suicide and is instructor of AACC's Hope-Focused 3-R Suicide programs. She is co-author of two books including, *The First 48 Hours: Spiritual Caregivers as First Responders*. She and her husband, Kevin, live in Hampshire, IL.



DONNA GIBBS, PH.D.

Summit Wellness Centers

Topic: Bounce: From Burnout and Resilience | Resilience

Donna Gibbs, Ph.D., is a licensed clinical mental health counselor, supervisor, and Christian author who specializes in helping individuals navigate suffering, anxiety, loss, and insecurity from a faith-integrated perspective. She serves as Cofounder and Director of Clinical Operations at Summit Wellness Centers in North Carolina and has more than two decades of counseling experience, with advanced training in Christian counseling and psychology. Gibbs is the author of books such as *Becoming Resilient: How to Move Through Suffering* and *Come Back Stronger, Silencing Insecurity: Believing God's Truth About You* and *Bounce* a devotional on resilience. She frequently speaks and trains on resilience, whole-person care, and Christ-centered emotional health.



RON HAWKINS, ED.D., D.MIN.

Associate Director | Global Center for Human Flourishing | Liberty University

Topic: Positive Psychology and Solomon Wisdom | Spiritual Well-Being

Dr. Ron Hawkins is a licensed professional counselor and serves as the Chair on the executive board of the AACC. Before serving as Provost and Chief Academic Officer for Liberty University and recently retiring, Dr. Hawkins served as Dean of Liberty Baptist Theological Seminary; President of Western Seminary in Portland, Oregon; Dean of the College of Arts and Sciences at Liberty; and founding Dean of the School of Behavioral Sciences at Liberty.



SCOTT HICKS, PH.D.

Provost and Chief Academic Officer | Liberty University

Dr. Scott Hicks has been a dedicated member of the Liberty University community since 2007, when he joined as a professor. Over the years, he has held several key positions, including Dean of the School of Business in 2012 and Vice Provost of Graduate Education in 2017. He currently serves as Liberty University's Provost and Chief Academic Officer, a role he has held since 2018. Dr. Hicks holds a Ph.D. in Business Administration with concentrations in Financial Management and International Business from Northcentral University. He also earned an M.B.A. and a B.S. in Business Management with specializations in Finance and Management from Liberty University. Before joining Liberty University, Dr. Hicks served as Senior Consultant, Retail Sales and Operations for Mansfield Oil Company, one of America's largest Forbes 400 companies. His extensive experience in industry has provided him with the practical knowledge necessary to add value to higher education. More importantly, Dr. Hicks is committed to glorifying God in all aspects of his personal and professional life, striving to live out the principles of Luke 10:27.

SPEAKERS & SPECIAL GUESTS



DAVID E. JENKINS, PSY.D.

Liberty University

Topic: Battling Strongholds: Compulsivity, Addictions, and Recovery | Spiritual Well-Being

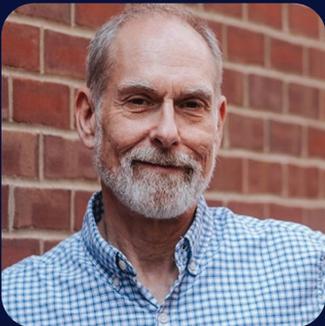
Dr. David E. Jenkins is a licensed clinical psychologist, professor, and clinical trainer who specializes in integrating Christian faith with evidence-based practice in the treatment of addictive, mood, and anxiety disorders. He serves as Professor of Psychology and Clinical Director of the Doctor of Psychology in Clinical Psychology program in the Department of Psychology at Liberty University. He writes and speaks extensively on addictions, spiritual and psychological recovery, and ethics in Christian counseling, including coauthoring resources such as *Hope and Healing for Substance Use and Addiction* and contributing to the *Care and Counsel Bible* and professional reference works.



BYRON JOHNSON, PH.D.

Baylor University

Byron R. Johnson, Ph.D., is Distinguished Professor of the Social Sciences at Baylor University and the founding director of Baylor's Institute for Studies of Religion, where he leads major projects on religion and human flourishing. His research focuses on the scientific study of religion, the impact of faith-based organizations, and criminal justice, including work on prisoner rehabilitation, recidivism, and prosocial behavior. He has served as principal investigator on more than 80 million dollars in grants from U.S. federal agencies and private foundations and is widely recognized as a leading authority on how religion relates to crime, health, and well-being. Dr. Johnson has authored over 200 articles and numerous books, including *More God, Less Crime*, *The Angola Prison Seminary*, *The Quest for Purpose*, *The Restorative Prison*, and *Objective Religion*, and he co-directs the Global Flourishing Study, a large longitudinal project with Baylor, Harvard, Gallup, and the Center for Open Science.



ERIC JOHNSON, PH.D.

Christian Psychology Institute

Topic: Why Worldview Matters in the Study and Promotion of Flourishing | Spiritual Well-Being

Eric L. Johnson, Ph.D., is a psychologist and theologian widely recognized for his work in developing a distinctly Christian approach to psychology and counseling. Trained in educational psychology at Michigan State University, he has taught psychology and pastoral care for more than three decades at institutions such as the University of Northwestern and The Southern Baptist Theological Seminary, and now serves as Professor of Christian Psychology at Houston Christian University and Scholar in Residence at the Christian Psychology Institute. He has published extensively on the integration of Christian theology and psychology, including major works such as *Foundations for Soul Care* and *God and Soul Care*, and has edited or co-edited multiple influential volumes on Christianity and psychology.



BRIAN KELLEY, PH.D.

Liberty University

Topic: Battling Loneliness and Disconnection: Assessment and Community Treatment Models | Relationships

Dr. Brian Kelley is an award-winning psychology professor, scholar, and researcher whose work centers on substance use disorders, neuroscience, and evidence-based approaches to recovery. He serves as a professor in the Department of Psychology at Liberty University's School of Behavioral Sciences and also works with other universities, medical centers, and nonprofit organizations on research and program development. His background includes advanced training in neuroscience and pharmacology/toxicology, postdoctoral work in psychiatry and neurology, and extensive research spanning laboratory studies, clinical trials, and community prevention efforts. Dr. Kelley co-authored *Hope and Healing for Substance Use and Addiction*, develops training for courts and treatment providers, and frequently collaborates on grants and projects aimed at improving real-world responses to addiction and co-occurring mental illness.

SPEAKERS & SPECIAL GUESTS



KATHY KOCH, ED.D.

Celebrate Kids Inc.

Topic: Pathways to Flourishing: The Core Principles of Resilience | Resilience

Dr. Kathy Koch (pronounced “cook”) is an educational psychologist, international speaker, and bestselling author who founded and leads Celebrate Kids, Inc., a Christian ministry based in Fort Worth, Texas. She holds a Doctorate of Philosophy degree in reading and educational psychology from Purdue University and has authored multiple parenting and education books, including *8 Great Smarts, Screens and Teens*, *Start with the Heart*, and *Parent Differently*. A former tenured associate professor of education at the University of Wisconsin–Green Bay, she now speaks globally at conferences, schools, and churches and is a frequent guest on Focus on the Family and related media. Her work emphasizes that every child is uniquely gifted by God, helping adults motivate kids toward resilience, responsibility, and a confident, Christ-centered identity.



HAROLD G. KOENIG, M.D., M.H.SC.

Duke University

Harold G. Koenig, MD, M.H.Sc., is a psychiatrist and researcher best known for his work on the relationship between religion, spirituality, and health. He is a Professor of Psychiatry and Behavioral Sciences and Associate Professor of Medicine at Duke University Medical Center, where he directs the Center for Spirituality, Theology and Health. His research and writing increasingly engage the concept of human flourishing, drawing on emerging models (such as Tyler VanderWeele’s six domain framework) to examine how religious involvement contributes to happiness, meaning and purpose, character and virtue, close relationships, and mental and physical health. In recent reviews and presentations, Koenig has highlighted evidence that participation in religious communities and practices is linked to multiple dimensions of flourishing and has begun to integrate these findings into broader discussions of public health, clinical practice, and spiritual care.



JOHN KUHNLEY, M.D.

Psychiatrist

Topic: Medications & Mental Health: What People Need to Know for Safe, Effective, and Ethical Care | Physical Health and Well-Being

Edward John Kuhnley, MD, is a child, adolescent, and adult psychiatrist who provides outpatient services through Polara Health, an integrated community behavioral health organization. He completed his medical degree at the University of Virginia School of Medicine, followed by a general psychiatry residency at Eastern Virginia Graduate School of Medicine and a child and adolescent psychiatry fellowship at the Yale University Child Study Center. Board certified in both adult and child and adolescent psychiatry, Dr. Kuhnley has practiced for several decades and offers telepsychiatry services across multiple states, including Arizona, Virginia, Connecticut, and Florida.



ASHLEY LYNN, PH.D.

Topic: Exploration of Physical Activity as a Gateway to Human Flourishing | Physical Health and Well-Being

Dr. Ashley Lynn is a recent Ph.D. graduate in health sciences, specializing in sport and exercise science. Her expertise lies in health promotion, wherein her most recent research focused on military spouses’ physical activity levels and human flourishing. Dr. Lynn also holds a Master of Science in Clinical Exercise Science and a Bachelor of Science in Interdisciplinary Studies, which have given her a passion for research and teaching, with the intention of bridging the academic and practitioner domains. As a military spouse herself, she has called many places home and will soon be in Okinawa, Japan, for a few years. Her hobbies include long-distance running and traveling whenever she can.

SPEAKERS & SPECIAL GUESTS



MARK MAYFIELD, PH.D.

American Association of Christian Counselors

Topic: Social Isolation, Suicide, and Mental Health Risk Factors | Mental Health

Dr. Mark Mayfield is a former pastor, award-winning author, speaker, leadership coach, counselor, and professor. He has extensive experience in mental and emotional health consulting with schools and faith-based organizations. He is the founder of No Student Unseen, which helps schools navigate their mental health challenges with the Stop Light Alert for Mental and Emotional Wellness system. Clinically, Dr. Mayfield is an expert in working with families affected by trauma. He is an Assistant Professor of Clinical Mental Health Counseling at CCU and also partners with the AACC as the Director of Practice and Ministry Development and Editor of *Marriage & Family: A Christian Journal*.



LINDA MINTLE, PH.D.

Liberty University

Topic: Gen Z Under Pressure: Finding Calm in an Anxious World | Mental Health

Dr. Linda Mintle is a licensed clinical social worker, licensed marriage and family therapist, professor, and nationally recognized author and media commentator on relationships and mental health. She serves as Professor and Chair of the Division of Behavioral Health at Liberty University College of Osteopathic Medicine and has taught in medical schools and graduate psychology programs since the 1980s. With more than 30 years of clinical experience, she is considered a national expert on issues such as eating disorders, anxiety, depression, obesity, infertility, marriage and family problems, and pain management.



TIMOTHY ROYER, PSY.D.

Royer Neuroscience

Topic: The Neurophysiology of Resilience: Interventions Targeting the Autonomic Nervous System | Resilience

Dr. Timothy Royer, Psy.D. is a clinical neuropsychologist and cofounder of Royer Neuroscience, a brain performance center focused on optimizing functioning through advanced neurofeedback and heart rate variability training. With more than 30 years of experience and tens of thousands of brain analyses, he has become known for applying brain computer interface approaches to issues such as ADHD, anxiety, insomnia, and performance optimization for clients ranging from families and students to executives and professional athletes. Dr. Royer holds a Psy.D. in clinical psychology and has previously served in roles such as Division Chief of Pediatric Psychology at a children's hospital, where he developed innovative, physiology-based approaches to behavioral medicine.



GARY SIBCY, PH.D.

Liberty University

Topic: Attachment: A Powerful Transdiagnostic Framework for Why We Love, Feel, and Act the Way We Do | Relationships

Dr. Sibcy is a professor of clinical psychology and the founding director of Liberty University's Doctoral Program in Clinical Psychology. He is a Licensed Clinical Psychologist who has educated, trained, and supervised psychologists and counselors for over 20 years. Dr. Sibcy has been in clinical practice for nearly 30 years and is a governor-appointed board member on the Virginia Board of Psychology. He has a broad range of research and clinical interests, including the assessment and treatment of childhood disorders, anxiety and trauma disorders, and personality disorders. He also has an interest in the integration of religious beliefs in clinical practice. His current research interests focus on developing and disseminating empirically supported treatments for children and adults. Dr. Sibcy writes, speaks, and consults nationally and internationally.

SPEAKERS & SPECIAL GUESTS



PASTOR TIM TIMBERLAKE

Celebration Church of Jacksonville

Tim Timberlake serves as the Senior Pastor of Celebration Church. He's a graduate of the Pistis School of Ministry in Detroit, Michigan. Pastor Tim is a gifted communicator and teacher who has the ability to communicate to people from all walks of life. His sense of humor, combined with his in-depth Bible teaching, gives the listener and reader the tools to transform their lives from the inside out. He takes pleasure in the small things, is an avid sports fan, and a popular thought leader. Pastor Tim lives in Jacksonville, FL, with his wife Jen and son Maxwell. The Timberlakes feel most alive when they are pouring back into others, and they seek to glorify God through their lives and family.



TYLER VANDERWEELE, PH.D.

Harvard University

Tyler J. VanderWeele, Ph.D., is the John L. Loeb and Frances Lehman Loeb Professor of Epidemiology in the Departments of Epidemiology and Biostatistics at the Harvard T.H. Chan School of Public Health, and Director of the Human Flourishing Program and Co-Director of the Initiative on Health, Spirituality, and Religion at Harvard University. He holds degrees from the University of Oxford, University of Pennsylvania, and Harvard University in mathematics, philosophy, theology, finance, and biostatistics. His methodological research is focused on theory and methods for distinguishing between association and causation in the biomedical and social sciences and, more recently, on psychosocial measurement theory. His empirical research spans psychiatric and social epidemiology; the science of happiness and flourishing; and the study of religion and health. He is the recipient of the 2017 Presidents' Award from the Committee of Presidents of Statistical Societies (COPSS). He has published over 500 papers in peer-reviewed journals; is author of the books *Explanation in Causal Inference* (2015), *Modern Epidemiology* (2021), *Measuring Well-Being* (2021), *Handbook of Religion and Health* (2023), and *A Theology of Health* (2024); and writes a monthly blog posting on topics related to human flourishing for Psychology Today.



JASON VANRULER, M.A.

JasonVanRuler.com

Topic: The Digital Mind: How AI, Social Media, and Cyberpsychology Are Rewiring the Next Generation | Mental Health

Jason VanRuler is a licensed therapist, author, speaker, and coach known for his work on relationships, trauma, and personal transformation. He holds a B.A. in Psychology from South Dakota State University, an M.A. in Marriage and Family Therapy/Counseling from Sioux Falls Seminary, and a graduate certificate in Addiction Studies from the University of South Dakota. He is the author of *Get Past Your Past: How Facing Your Broken Places Leads to True Connection*, a 2023 book integrating his clinical expertise and his own story of hardship and healing.



FRED VOLK, PH.D.

Liberty University

Topic: Exploration of Physical Activity as a Gateway to Human Flourishing | Physical Health and

Dr. Fred Volk is a professor of counseling at Liberty University and serves as Director of Doctoral Research in the School of Behavioral Sciences, where he mentors doctoral students and oversees research training. He holds a B.S. in Psychology from Newman University and both an M.A. in Community/Clinical Psychology and a Ph.D. in Human Factors Psychology from Wichita State University. Before joining Liberty in 2006, he spent over 15 years in advanced technology and engineering groups at Nortel, Sprint, and SAS Institute, conducting research and designing user interfaces. Dr. Volk has authored and co-authored multiple peer-reviewed publications and presentations, with current research interests focused on pornography use in religious and non-religious populations, and he is known for making multivariate statistics and research design accessible for students and practitioners.

SPEAKERS & SPECIAL GUESTS



CHINWÉ WILLIAMS, PH.D.

Meaningful Solutions Counseling & Consulting

Topic: The Impact of Toxic Relationships and the Power of Healthy Boundaries | Relationships

Dr. Chinwé Williams is a licensed professional counselor, board-certified therapist, and counselor educator known for her expertise in trauma, anxiety, youth mental health, and the integration of faith and mental health. Dr. Williams earned her Ph.D. in Counselor Education & Practice from Georgia State University and her master's degree in counseling from the University of Georgia. She is co-author of the best-selling book *SEEN: Healing Despair and Anxiety in Kids and Teens through the Power of Connection* and writes and teaches on helping youth and adults feel safe, connected, and resilient.



EVERETT WORTHINGTON, PH.D.

Virginia Commonwealth University

Topic: Let it Go: The Power of Forgiveness | Relationships

Everett "Ev" Worthington Jr. is a licensed clinical psychologist, leading forgiveness researcher, and Commonwealth Professor Emeritus of Psychology at Virginia Commonwealth University, best known for pioneering the REACH Forgiveness model. He first trained in nuclear engineering (B.S., University of Tennessee; S.M., MIT) and served as a U.S. naval officer before earning his M.A. and Ph.D. in counseling psychology from the University of Missouri. He has authored or edited more than 30 books and hundreds of scholarly articles on forgiveness, self-forgiveness, character strengths, and couples therapy, and helped lead Templeton-funded international campaigns to promote forgiveness.



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