

**Title:** Setting Boundaries: The Dialogue Between religions and Psychology

**Facilitator:** Rev. Dr. Jaye Lynn Peabody Smith, DMin, MPA, MDIV, MS, LPC, CPCS

Rev. Dr. Jaye Lynn Peabody Smith strives to be influential, inspirational, and impassioned. She is a preacher, teacher, trainer, and author. She is a Licensed Professional Counselor and a Certified Professional Counselor Supervisor. In 2014, she started The Peabody Practice, LLC. The Peabody Practice provides counseling, consultation, and training to individuals and organizations.

Rev. Jaye earned a Master of Divinity in Pastoral Counseling and a Master of Science in Clinical Mental Health and recently a Doctor of Ministry in Pastoral Counseling from Mercer University. She also earned a Master of Public Administration with a concentration in Non-Profit Administration from New York University.

Rev. Jaye has served in ministry for over 20 years. She accepted her call to preach at New Bethel AME Church in Lithonia, Georgia. She was licensed to preach in 2001 and ordained in 2004. Rev. Jaye has served as a Youth Pastor and Executive Pastor in various churches. She is currently the Executive Pastor at Redemptive Life Christian Fellowship in Conyers, Georgia.

Rev. Jaye provides individual, family, couple, and group counseling. She works with adults of all demographics. She has presented workshops and led training on a diverse segment of topics, including relationships, self-esteem, abuse, and much more. She has presented at both state and national conferences including the Licensed Professional Counseling Association of Georgia and the American Mental Health Counselors Association.

### **Description:**

Boundaries are necessary for a person to feel secure and loved. Healthy boundaries increase our capacity to care for ourselves and others. When boundaries are unhealthy it causes resentment, low self-esteem, and other negative outcomes. Some find it difficult to establish boundaries because they believe doing so is contrary to their spiritual understanding. In this workshop, participants will bring together both theological perspectives and psychological interventions to help clients establish healthy boundaries. In addition, participants will review their own boundaries through the lenses of both care and counseling. Focusing on one's own soul care fortifies our ability to provide sacred space and maintain high standards of ethical conduct.

### **Objectives:**

- Participants will explore the barriers to setting boundaries including those rooted in faith
- Participants will learn techniques for teaching clients how to set up boundaries
- Participants will be reminded about the ethics of boundaries with clients
- Participants will comprehend the importance of merging together both spirituality and psychology in addressing boundaries
- Participants will be given spiritual stories as examples of setting boundaries.