



# Enhancing Relationships

## A FALL GROWTH SERIES

**JOIN US VIA ZOOM**  
**TUESDAYS THIS FALL**  
**7:00PM-8:30PM**

- Boundaries
- Mental Health
- Attachment
- Spiritual Intrusions
- Communication
- Addiction

Weekly workshops led by Apollos Center Counselors + Guests  
Matthew Bailey, LPC, EMDR Certified and  
Ashley Kiker, LPC-I, EMDR Trained



# FALL GROWTH SERIES

WEEKLY WORKSHOPS FOSTERING A LIFETIME OF CHANGE

TUESDAY EVENINGS 7:00PM-8:30PM

SEPTEMBER 8TH-DEC. 1ST

COST: \$10 PER SESSION (INDIVIDUAL OR COUPLE); \$100 FOR THE SERIES



TOPIC	SPEAKER	DATE
<b>SETTING THE STAGE FOR RELATIONSHIP</b>		
*Boundaries	Claudia Mattox, Graduate Student	09/08
Boundaries with Kids	Hazzel Monterroza, LMSW, EMDR Trained	09/15
Boundaries in Marriage	Claudia Mattox, Graduate Student	09/22
<b>WHERE AM I?</b>		
*Emotional Regulation	Ashley Kiker, LPC-I, EMDR Trained	09/29
Anxiety	Rebekah McKinney, MA EMDR Trained	10/06
Depression	Rebekah McKinney, MA EMDR Trained	10/13
<b>HOW DO I MOVE TOWARD RELATIONSHIP?</b>		
*How We Love: Adult Attachment Style	Megan Moursund, MA, BCCC, TBRI Educator	10/20
Shepherd or Cattle Driver: Parent Attachment Style	Megan Moursund, MA, BCCC, TBRI Educator	10/27
God: The Ideal Parent	Elizabeth Pennington, LPC, RPT, EMDR Consultant-in-Training, TBRI Educator	11/03
<b>RUPTURES IN RELATIONSHIP</b>		
Communication Skills	Bobbie Griffin, LPC, EMDR Trained, Gottman Level 1 Trained	11/10
Spiritual Intrusions	Matthew Bailey, LPC, EMDR Certified	11/17
Addiction	Bobbie Griffin, LPC, EMDR Trained, Gottman Level 1 Trained	12/01

\*INDICATES PREREQUISITE SESSION: THIS SESSION IS RECOMMENDED PRIOR TO ATTENDING THE SESSIONS THAT FOLLOW.

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Ashley Kiker is a Licensed Professional Counselor-Intern. Ashley works as a Therapist at Arrow Child and Family Ministries in the Treatment Foster Care program. Ashley first wants to build a trusting relationship with clients by providing them with a unique and safe place to connect so they can experience freedom, safety, and ownership in the therapeutic process.

Ashley received her Bachelor's degree in Art from Houston Baptist University and her Master of Arts in Counseling from Houston Baptist University. Ashley has worked with a variety of clients focusing on attachment, social skills, mindfulness training, codependency, healing from abuse and trauma, depression, anxiety, and spiritual/religious issues.

Ashley is a trained EMDR therapist, Gottman Level 1 Trained, and is pursuing Play Therapy and Theraplay training. Ashley utilizes a variety of modalities including EMDR, CBT, solution-focused, expressive arts, sandtray, play therapy, and theraplay.



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Matthew Bailey is a Licensed Professional Counselor and has been a Christian minister for over 20 years. He has been married for 20 years and has the privilege of being a father to 5 beautiful children.

Matthew is fully trained in EMDR, which is a powerful tool for working with trauma. Matthew is passionate about helping others heal from past hurts, find freedom in areas of struggle, grow in confidence, and thrive in life and relationships.

Matthew has worked in inpatient and outpatient mental health facilities as well as a number of private practices. He loves being able to come alongside people from all walks of life and help them heal and grow into the unique and wonderful individuals they were made to be.

