

The Diocese of Madison has practicing Catholics qualified and willing to present on topics related to mental wellness. Contact laura.sokup@madisondiocese.org or call 608-821-3053 to schedule a mental wellness related speaker event or workshop.

Below are a Variety of Talks and Topics:

- Advanced Communication Skills for Strengthening Bonds and Minimizing Defensiveness
- Anger Management
- Appropriate Use of Technology
- Attachment Theory and its Impact in Marriage, Parenting, and Relationships
- Boundaries
- Carry Your Cross Not Your Baggage (Lenten Retreat)
- Children and Families
- Christian Anthropology
- Co-Dependency
- Correlation Between Religious Involvement and Mental Health
- Dating, Engagement, and Marriage
- Discernment
- Discovering Your Unique Call to Sanctity
- Discovering Your Unique Purpose and Mission
- Dysfunctional Family of Origin
- Essential Tasks for Aligning Life with Our Values
- Forgiveness
- Grief
- Growing in Unity (Spouses)
- Healing
- Hearing the Voice of God
- Identity
- Integrity
- Leading With Your Temperament
- Making Sense of Suffering
- Mental Hygiene Movement
- Parenting
- Post-Abortion Trauma
- Psychology of Habit Formation and Its Importance for Virtue
- Shame

- Screen Time and the Modern-Day Challenge of Taking Control of Our Attention
- Spiritual Growth and Development
- Suicide Loss
- Theology of the Body
- Therapy of Brain Spotting
- Thriving Conversations
- Trauma Awareness and Impact
- Understanding Personality to Better Understand, Appreciate, and Embrace our Unique God-Given Design