

Workshop Descriptions

Building A Marriage To Last

Reverend Clarence Shuler, Building Lasting Relationships Inc.

Learn to evaluate and improve your marriage by defining what spiritual marriage is; how to manage money in marriage; how to work through conflict to intimacy and experience sexual fulfillment.

Couples With Promise: Establishing A Pre-Marriage Education Ministry in your Church

Bill Campbell, Mdiv Candidate, & Malinda Davis-Campbell, MSW, First Baptist Church of Lincoln Garden

Emphasizes the importance of pre-marriage education and the role of the church in ensuring that couples have adequate counsel before marriage. Participants will learn how to: Identify leaders who have the passion, skills and commitment to serve *Couples with Promise*, develop courses that address the specific needs of engaged couples and those considering marriage, incorporate a pre-marriage education ministry within the existing Christian education structure and mentor couples during engagement.

Getting the Most out of Your Relationship

Myra and Sulaiman Nuriddin, MEd, Peace and Love Unlimited

Shares why we experience difficulty in relationships and teach the skills necessary to create better understanding, compassion and empathy for differences. Also demonstrates how through dialogue each person can get their needs met. Rediscover the joy and spiritual potential of being together.

Good Sex, Good Love, Good Vibes in Relationships: The Resurrection of Black Love

Deleso Alford Washington, J.D., LL.M., Kevin Washington, Ph.D., R.A.M Enterprises, LL.C.

Looks at ways to enhance spirit in every aspect of male-female relationships from having good sex to unspeakable attainment. Provides practical steps for mate selection, healthy communication and profound spiritual vibing for eternity.

Healthy Love Party: HIV-AIDS Prevention

Nyrobi Moss, BA, Lisa Diane White, BS, SisterLove, Inc

Participants learn the basics of HIV/AIDS prevention and transmission, safer sex practices, reproductive health and human sexuality while affirming their right to take control of their sexual lives and sexual health. The primary goal is to increase individuals' awareness and provide them the information, skills, and resources needed to assess their personal risk and examine beliefs and behaviors that place them at greater risk for contracting HIV. Emphasizes healthy loving is healthy living.

One Flesh

Elders Rodney Diggs, Mdiv Zenola Diggs, Mdiv, One Flesh Ministries

Helps Couples to prepare and maintain a God-centered marriage, determine and develop their God-given purpose, under the importance of becoming a man/woman of prayer, develop the marvelous gift of forgiveness and becoming a helpmate and the importance of understanding marriage as ministry.

Signs, Senses & Signatures of Romance: A sensuous Aromatherapy "Smellabration"

Marilyn J. Kondwani, MA, CNHP, The Natural Health News

In this sensuous smellabration of the senses, you will discover the physiology of fragrance, You will learn how to use Frankincense, Rose, Jasmine, Lavender and other sacred scents to create a romantic spiritual and serene oasis of pleasure that encourages loving communication in a manner that words fall short of the ability to express.

The Ways We Love: He Doesn't Care! He Doesn't Talk! He Doesn't Understand Me!

Iyanla Vanzant, Inner Visions

These are universal sentiments women share about their partners and spouses. Is it because they are from Mars and women are not or, is it because we are misreading the signs about our inherent differences as men and women? This workshop is designed to clear up some of the difference and provide participants with practical tools to address and overcome the challenges these differences present.

TLC: Talking & Listening With Care: Communication for Singles & Couples

Patricia Dixon, Ph.D. & Khalil Osiris, MA, National African American Relationships Institute (NAARI)

Helps African American singles and couples communicate more effectively in relationships. Includes the African perspective on the power of words, fundamentals of communication, gender differences and African American communication styles. Also provides a three step program to help couples resolve conflict with mutual respect and includes exercises to help singles and couples examine their own communication styles and increase their communication competence and skills.

The Psychology of Love Making

Tiy-E. Muhammad, Ph.D. Clark-Atlanta University

A seminar that explains why an orgasm is about so much more than what happens in the bedroom. Discusses how men and women have different perspectives on love and sex & how the two can come together to maximize the passion in the bedroom. Focuses on the importance of the physical, spiritual, and mental coming together so that couples can make better love. Whether you are in a relationship or looking for love...Dr. Tiy-E's words will be nourishing for the sexy-soul.

Together Forever: Preparing for a Successful Marriage

Phyllis J. Bonds, MS, NCC, LMHC, Catholic Charities Diocese of Evansville

Focuses on three critical components of successful marriages: commitment, communication and change. Participants will engage in short therapeutic exercises to help solidify their understanding of the importance of these three elements in their relationship.

26 Healthy Marriage Habits for African American Couples: A Practical Approach from A to Z

Reverend Robert and Malverna Streater, aka "Team Streater"

This workshop is a blend of lighthearted humor and relevant information, coupled with romantic inspiration and motivation that yields a passionate, high energy presentation. Participants will learn to utilize practical tips from an African American perspective for marriage relationship enhancement. This candid, must-hear session is beneficial for engaged, newlywed and long-term couples. Expect to raise your marital consciousness to a healthier level by forming life-altering relationship habits.

Panel Descriptions

African American Relationships, Marriages & Families

In Historical & Cultural Perspective

Patricia Dixon, Ph.D., National African American Relationships Institute (NAARI)

Provides an overview of African American marriages and families, including their African background, their history in America, approaches to the study of them with focus on cultural differences, and the impact of social policy, changes in social and cultural trends, globalization, the prison industrial complex, and the "Bling Bling" and misogynist genre of Hip Hop culture.

African American Healthy Marriage Initiative (AAHMI)

Carlis Williams, MA, Administration for Children and Families (ACF)

The AAHMI is a component of the Administration for Children and Families (ACF) Healthy Marriage Initiative and more specifically promotes a culturally competent strategy for fostering healthy marriage and responsible fatherhood, improving child well-being and strengthening families within the African American Community.

Supporting Healthy Marriage

Sharon Rowser, MDRC

The US Department of Health and Human Services has launched a new project called Supporting Healthy Marriage, which is the first large-scale test designed to provide information on the most effective ways to help couples strengthen and maintain healthy marriages. Participants will learn more from MDRC about the objectives and timeline and about participation in this path-breaking project.

African American Experience in the Foster Care System a Blessing and a Curse

Sandra Bryant Chase, LCSW, Children's Institute International & Wendolyn A. Selby, LCSW, Voices of Experience

The objective is to educate the public about African American children in the foster care system.

Examines what is and what is not working within the system, what happens to children after foster care, long term outcomes and negative implications for education, the penal system & homelessness. Also explores personal responsibility of African Americans to address the needs of children and teens in the system, and alternatives including relative care, family preservation, and adoption.

African American Gay & Lesbian Relationships

Kathi Martin, Ph.M., Trish Carter, Imani Evans, MA, Zandra R. Conway, BA, BS

Focuses on social movements, homophobia, spirituality, and family issues. With gender added to the matrix of race and sexuality, there are effects of double and triple minority status on the mental health outcomes. HIV/AIDS is a major concern. Objective is to provide solutions or platforms for healthy black gay and lesbian identities and relationships.

African Americans & Therapy

Gendered Relationships among African American Couples: Implication for Mental Health Practitioners

Colwick Wilson, Ph.D., Monique Lewis, Ph.D. Student, Gita Seshadri, MA Student, Loma Linda University

This study examines how African American couples create meaning of gender and express patterns of equality or inequality. Investigations yielded from 12 Black couples reveal that couples typically maintained egalitarian relationships. Implications for mental health practitioners and researchers are addressed.

African American Women & Empowerment

Whispering Wisdoms and other Rituals of Resiliency

Denise McLane-Davison, M.S.W.

For African centered individuals who want to learn, and understand, ritualistic tools of resilience. The objective is to explore ritual practices of libations, sister circles, meditation, levitation, and breathing techniques as legitimate tools for personal and community growth. Also explores the paradigm of WomanistCare as pathway for forging rituals that assist African American women in giving and receiving care for themselves and others.

Choices That Help Women Overcome Self-Limiting Habits

Joyce Averils Green, J.D., Magistrate Court Judge, The Robinson Green Group, LLC

This presentation will help women discover how to make positive choices that help overcome self-limiting habits and feel good about themselves, get motivated to make positive life changes and take control of their lives.

African American Youth

The African American Breast-feeding Challenge

Demetria White, BA, Georgia Commission on Family Violence

The African American community is faced with the challenge to increase breastfeeding rates. This paper examines the benefits of breast feeding, the disadvantages of not breast feeding for mothers and infants, reasons that working class and lower class African American mothers make the infant feeding choices that they do and their perspectives on breastfeeding.

Do you see what I see?" Calling "out" that Elephant in the Livingroom and Other Ways to Facilitate the Healing of Children Growing up in Chemically Impacted Families

Laura B. Morse, MS, LPC, NCC

Helps participants understand why and how to educate our children about the family addiction and recovery process. Provides practical, motivational and age appropriate tools useful and necessary in supporting our children through this difficult experience.

Style and Substance: A Strength Based Approach to Addressing Hip Hop Girls

Denise McLane-Davison, M.S.W.

Adolescent girls who seek to model glamorous Hip Hop lifestyles, often find themselves in turmoil; emotionally, physically, and psychologically. This strength-based presentation, focuses on teaching skills such as goal setting, skill-attainment, academic achievement, and entrepreneurship. It reconstructs the

terms of style and substance by developing resiliency that leads to girls being psychologically strong, spiritually fit, and socially smart. For social workers, direct care, and program administrators who want to enhance the way they care for their female population and their families.

Dating and Selecting a Partner

Soul Mates or Soul Misfits: Dating and Choosing a Partner

Patricia Dixon, Ph.D., National African American Relationships Institute

Using an Afrocentric based approach provides strategies for dating and selecting a partner. Some things covered include, the Bantu concept of time for what to do at what stage in the “getting to know process” and factors relating to physical, mental, emotional, social and spiritual compatibility to consider when choosing a partner.

The Harmonious Way

Aaron Turpeau, Ph.D.

Selecting the Best Partner for You is a seminar that counteracts myths and unveils the secrets to selecting a compatible mate. Individuals will be educated and inspired to find freedom from loneliness, and gain a better understanding of the opposite sex. It will encourage singles to make a lasting relationship, and target the right person for him or herself.

Diet & Spiritual Health

Meditation Instead of Medication

Kofi Kondwani, Ph.D. Morehouse School of Medicine

Consciously Resting Meditation is a safe, gentle, and effective method to lower blood pressure, reduce, stress, increase mental clarity, and improve overall quality of life. Meditation helps improve relationship because it promotes peace of mind from the inside out. The benefits of meditation will be discussed and participants will be shown techniques for meditation.

Domestic Violence

Men Working with Men Who Abuse their Partners

Ulester Douglas, MSW Sulaiman Nuriddin, M.Ed., Men Stopping Violence & Gene Douglas, Women’s Resource Center

Many African American men use violence or the threat of violence to deal with conflicts in intimate relationships with African American women. According a number of studies, one in three women is physically assaulted by an *intimate* some time in her lifetime. Some suggest the number may be higher for African American women. This panel will discuss which brothers batter their partners and why; and explore solutions to this problem.

How One Becomes a Victim and the Journey Back to Wholeness

Danny White, MEd Mesa Community College

Too often individuals find themselves in abusive relationships with little or no understanding of how and why they go there. Helps participants learn characteristics in their behavior and those of potential abusive relationship partners. Focuses on solutions and strategies for one to make the journey to becoming a positive independent balanced person again.

A program to Counter Domestic Violence in Georgia

Alan A. Garrison, Ph.D., Family Crisis Counseling

Views the structure and process of a state-mandated community response to domestic violence known as the Family Violence Intervention Program (FVIP). Results of program effectiveness on the reduction in factors related to family violence and recidivism will be presented and participants will be provided with information and contacts with area organizations to set up similar programs in their home communities.

Fathers & Fatherhood

Conceptual & Treatment Implications for Indigent Couples: A Fathers View

Anthony, Chambers, Ph.D., Harvard University

Discusses conceptual & treatment implications of a research study on low-income fathers’ romantic relationships. Findings show significant diversity among this seemingly homogenous sample of minority fathers. Fathers report having multiple relationship problems 12 months into fatherhood.

Lineal Regeneration: The New Paradigm for Fatherhood

Charles Williams, Save the Family Foundation

Lineal Regeneration is a discipline, designed for use by married couples. It teaches that the highest principle of human sexuality is observed by reserving the first sexual as a special encounter. This practice restores lineal integrity to the family. Lineal integrity is restored when human life is perpetuated by conscious intent.

Father's Creating a Healthy Legacy for Their Children's Success

Ron Gregory Brown, Fathers Helping Fathers Network

Father's Creating a Healthy Legacy for their Children's success is not only crucial for fathers and families to understand, but also for human service and grass-root agency professionals to understand what role they play in creating opportunities for fathers, families and children to experience healthy relationships. This best practice will illustrate how unhealthy social, emotional, psychological values and attitudes can contribute to multiple patterns of dysfunction in marriages, family relationships(children), social relationships, employment, anger, depression, sexuality, substance abuse, domestic violence, etc This discussion also will help participants to assess what barriers and impediments are challenges to fathers providing a healthy legacy for their children.

Healthy Finances

How To Win the Money Game

Amadu Massally, BA, World Financial Group

Introduces basic financial concepts such as the X-curve, the rule of 72, dollar-cost-averaging, and the like to help people of African descent make informed decisions about their financial future.

Principles of Financial Management for a Healthy Marriage

Angela M Poole, CPA, Good and Faithful Servants, Inc

Discusses the important role that money management plays in maintaining a healthy marriage. Explore attitudes and beliefs about money and share sound principles of debt management, budgeting, saving, investing, and giving with applicable tools that can be used for premarital and married couples.

Purchasing a Home

Jacqueline Carlisle, NID-Housing Counseling Agency

Learn the steps involved in purchasing a home, from preparing your financial foundation to discovering what resources are available to get you on the road to homeownership. Also find out what traps to avoid when buying real estate and what to do to avoid trouble in the future. Find out how to build wealth and not just survive, but how to thrive as you obtain homeownership

Relationships and Marriage

What Mama Says a Man Wants: What He says a Man Needs!

Rasheda Worthy, MSW , Ph.D. Student, Dana Marie Thomas, Ph.D Student, Virginia Commonwealth University

Examines the relationships of African American women and their mothers, and discuss how this maternal relationship affects the relationships of African American women and African American men in intimate relationships.

The Female Criteria for Selection of Mates

Rom Wills, Author of finding the Right Man

Examines the criteria that women use to select men and how men fall into these categories as a response to the dating criteria set by women. Encourages women to re-evaluate their criteria for choosing dating partners and for men to work on improving themselves.

Factors that Influence African Americans' Attitudes toward Marriage

Lakia Morrison, Student, Bethune-Cookman College

A study that investigates factors that influence African Americans' attitudes toward marriage. The influence of religiosity and marital stability in the family of orientation are among factors that are examined in this population. Findings have practical significance for counselors, educators and other professionals who work with African American populations.

Sex & Love Making

Can We Get you in the Mood?

Thindwai Cabiness, LMSW, Suga & Spice Relationship Services

Designed to provide couples with the key components of developing a healthy and balanced sex life. Show couples how to increase intimacy and the quality of their sexual experiences by providing knowledge and skills that helps get them in the mood. Helps couples change ordinary sexual experiences into extraordinary sexual adventures.

More Than Luck: Finding The Right Mate Metaphysically

Rom Wills, Author of Sexual Chemistry

Taking a spiritual approach this paper explores the sexual ID as a way to attract the right mate to help one carry out their incarnate objective. There is focus on the tools a person can use to draw a mate to them, including the creation of a sexually magnetic aura, dreams, and intuition. Participants will learn how to identify their own orientation as well as understand how social factors created these orientations. The practical impact of these orientations will be discussed. Finally, participants will be introduced to the concept of the alternating cycle of attraction and attraction based on body types.

Plenary Descriptions

Hip Hop and Relationships

Hip Hop Love

Thomas Hadley, AS, Student, Georgia State University

Explores the values and standings of love and relationships in the Hip Hop generation. Includes examining prevalent stereotypes, and genderization, how Hip Hop music affects both African American men and women and its impact on their relationships.

Pimp vs. Wimp: Why Black, Rappers Glorify the Pimp Mentality"

DuEwa M. Frazier, BA, Lit Noire Publishing, Inc.

Explores why African American rap artists seek to identify as pimps and the negative effects of the "pimp mentality" in hip hop, on Black male/female relationships. Connections are made between, Black on Black violence, low self-esteem, HIV/AIDS contraction, sexual promiscuity and the "pimp mentality.

Impact of Rap Videos on Attitudes Toward Male-Female Relationships Among African American Adolescents

Yaphet Bryant, Ph.D. Candidate, University of Kentucky

A study which attempts to predict adversarial attitudes toward male-female relationships among African American adolescents. Results suggest that a positive relationship exists between adversarial attitudes toward male-female relationships, acceptance of images male-female interactions in rap videos, and exposure to rap videos.

Public Space and the Construction of Black Female Subjectivity

Kalfani Ture, MS Candidate, Georgia State University

Will examine the illusion of public space as neutral spaces, and how black males use popular culture, such as hip hop music and videos to police the black women's body and direct her presentation in public space. In addition, explores the consequences on black female and male relationships.

Misogyny and the Emcee: The Exploitation of Black Female and Male Identity in Hip Hop

Ewuare Osayande, POWER: People Organized Working to Eradicate Racism

This presentation will look at the devastating impact contemporary hip hop culture is having on the construction of healthy and liberating images for young Black women and men. It will look at how these images became popular and how they are reinforced in other areas of Black life. Also, it will detail the ways these images condone violence and reinforce male dominant views that undermine the development of healthy relationships and communities.

Becoming the Exotic Other: Gyration, Gazing and Getting It All Wrong

Maori Holmes, MFA candidate, Temple University

As hip hop music continues to dominate the mainstream, its chief architects have seemingly bought into the notion that they themselves are also accepted as part of the mainstream and now seek to exoticise an "other" unaware that their own brown bodies are more closely aligned with their exotic interests than those of the dominant culture.

African American Men & Women

Redefining Black Manhood: The Onus is On Us

Ewuare Osayande, POWER: People Organized Working to Eradicate Racism

Will call on Black men to look at the ways we have been socialized to embrace sexist notions of Black manhood from the pulpit to the prison. This presentation will show how sexism is pervasive in our community and how it hinders, not only our sisters' development, but our own. It will encourage Black men to give up racism as an excuse to be sexist and show how the process of accountability can help bring healing to our relationships and to our community.

Black Mask-ularity: beComing the New Man

Khalil Osiris, MA, National African American Relationships Institute

Explores the impact of Western Masculinity on African American male definitions. That is, what does its definition mean to men? What does it mean to women? How do these meanings impact on the perceptions men have of themselves and the perceptions they have of women? More importantly, how does African American male construction of masculinity impact their expectations of themselves, women and their interactions in relationships? Finally, African American men are encouraged to "un-mask," all the things they hide behind masculinity and to construct a definition that is healthy for themselves and their relationships, thereby beComing the new man.

Girl, Don't Mess Up My Hair!

Jocelyn Jones, Student, Bethune-Cookman College

Explores the motives of African-American women's attitudes towards and choices of various hairstyles. Seeks to understand what influences the choices Black women make in the wide range of hair preparations, coloring, styling, extensions, weaves, dreads, braids, wraps, cuts, and other hairstyles. Are these expressions of self, cultural traditions, misguided beliefs about the impact that hair styling choices may have on intimate relationships and attracting potential mates, or are there some other reasons for these choices? The study explores the motives and what they say about Black women's self-perceptions.

Tressteem: Black Hair Stereotypes and Creating a Positive Self-Image

Jinean Robinson, BA, Germ, LLC

Research shows that hair type and style creates stereotypes which individuals must acquiesce to in order to survive. This paper discusses "heritage" and the role coiffures has played in African American lives in the past and present. It analyzes ways to create healthy self-images for African Americans. Using various models, negative stereotypes can be combated and positive diverse images can be created.

Stereotypes & the Caucasian Standard of Beauty

Patricia Dixon, Ph.D. National African American Relationships Institute

Provides a historical overview of the Caucasian standard of Beauty in the African American community. Also examines American generated and African American perpetuated stereotypes and the impact they have African American women and relationships.

Sister to Sister, Brother to Brother, & Sister to Brother—Brother to Sister. These plenaries are intended to be informational, for men and women to gather separately to discuss gender specific issues and mechanisms for coping and healing and to gather together to outline an agenda for healthy female-female, male-male and male-female interactions and relationships. Panelists and Speakers include Elaine Brown, Rev. Dr. Shirlene Holmes, Ewuare Tiy E. Muhammad, Osayande, & more featuring Iyanla Vanzant's *The Ways We Love: He Doesn't Care! He Doesn't Talk! He Doesn't Understand Me!*