

November 2-4, 2020



Seanne Larson Emerton is a licensed marriage and family therapist, a licensed independent mental health practitioner and a life skills coach. She is a life-long United Methodist coming from generations of Methodists, including a few ancestors who were circuit riders. Seanne's undergraduate degree is in religion from Nebraska Wesleyan University. She had wanted to attend seminary and was accepted into Yale Divinity's pastoral care program following graduation in 1976. However, at that time she chose marriage instead (and couldn't yet think outside the box on how to do both!) She went on to obtain her master's degree in counseling.

Seanne currently serves on the SPRC of her local church and she and her husband, Tom, enjoy "joint memberships" in both their local church and their home- away- from -home church in the Old Market of Omaha where they are active at Urban Abbey. When not at their condo in Omaha, Seanne and Tom live full time on the land her great-great-grandfather and grandmother homesteaded after the Civil War. They have been married for 43 years and have two sons with families in Fort Collins, Colorado and Cambridge, Massachusetts, with whom they cherish time.

Seanne founded Family Resources of Greater Nebraska in 1991 and still enjoys her work as a strength based therapist and a life skills coach. She is especially interested in spirituality and health and the study of resilience. Seanne enjoys reading, music, nature, travel and learning about other cultures. She also appreciates and enjoys meaningful ritual, and became a certified life cycle celebrant in 2009.

Seanne co-wrote a book with a former client (after much legal consultation and angst) on resilience and her client's healing journey. The book, *Healing from Incest: Intimate Conversations with My Therapist*, is the story of Geri Henderson's struggle and resilience in surviving a childhood of sexual abuse from her minister/missionary father. Seanne and Geri co-presented on this book, along with self-care and core resiliency strategies, to the European garrison of United States military chaplains at Ramstein Air Base in Germany in 2017. In April of 2019 Seanne presented on strategies for resilience through the United States State Department to female attorneys in Uzbekistan. These transformative experiences and the privilege of sharing clients' journeys continue to inform her work.

Seanne enjoys working with United Methodist clergy and looks forward to sharing the time with you in November. She will lead a session on "Sustaining Balance and Energy in Turbulent Times". United Methodist Clergy are often in some tough conversations with their congregations. Come explore what you may need for such a time as this.