



Improve your relationships

Improve your life

Physician, author and international seminar leader, Dr. Grant Mullen shares his experience, knowledge and heart as he guides people to improving their lives by improving their relationships

Dr. Grant Mullen

Improve your relationships | Improve your life

This kit includes detailed information about Dr. Mullen's seminar and how to book this life changing event

Dr. Grant Mullen

Treating emotional health and mood disorders for over 25 years

So many people are struggling with relationships, and as a result they never reach their full life potential.

Through many years of medical practice and patient interviews, Dr. Mullen learned that the gateway to a happy and productive life was healthy relationships.

Through this seminar, Dr. Mullen will give you the keys to transforming your relationships and unlocking your potential.

A graduate of the University of Toronto, Dr. Mullen's medical practice brought him into contact with hundreds of people who suffered from mental, emotional and relationship disorders. From this experience, Dr. Mullen developed the three part model of both dysfunction and recovery.

Human nature has three parts, body, personality and spirit. Each of these parts can be damaged and malfunction. When this happens, relationships and quality of life will always be affected.

The key to recovery is to address the problems in each of the three areas. Dr. Mullen will show you how to assess these areas in your own life and then begin the journey to freedom.

Dr. Mullen writes and lectures internationally on how the medical treatment of mood disorders can be successfully combined with emotional and spiritual recovery pathways. This integrated approach leads to more rapid restoration of relationships and improved lives.

Dr. Mullen's unique recovery model can be applied to both the personal and corporate settings. Businesses suffer with reduced productivity when there are poor employee relationships. Dr. Mullen has a seminar (available in Christian or Secular format) specifically to help the corporate community achieve greater success through better relationships. This seminar can be offered before or after the church based seminar as a bridge to the local business community.

[click here to visit Dr. Mullen's Corporate Seminar web page](#)

Dr. Mullen has written a number of books and has produced many CD's and DVD's which are available through his [online Media Centre](#).

Dr. Grant Mullen | The Seminar

Improve your relationships, improve your life.

In this life-changing seminar, Dr. Mullen explains how the three parts of humans affect our mood, emotions and relationships.

Our body gives us the ability to control our thoughts. This is done through the mood control centre of the brain. If there is a brain chemical imbalance, then we lose the ability to control our thoughts and moods. Disorders like depression, anxiety and mood swings can severely damage relationships and quality of life.

Dr. Mullen has been treating mood disorders for over twenty five years. In a very easy-to-understand way, he explains how to assess your own mood and determine if you need medical help. Dr. Mullen specifically addresses the concerns that Christians have with psychiatric diagnosis and treatment.

Our personality is shaped by life events, particularly in childhood. Everyone has some memories of past hurts which are stored in our emotional baggage. If we don't deal with our baggage it will continue to disrupt our lives and relationships. Dr. Mullen explains how to recognize the significance of past hurts and move to freedom with God's help.

Our spirit is the core of our being. When God is in control of our spirit, we can have peace. Many suffer though with spiritual conflict. Dr. Mullen explains how to recognize this problem and how God wants to help us overcome it.

Dr. Grant Mullen | The Seminar

3 Tiers to a complete personal transformation

Dr. Mullen's seminars are divided into three Tiers. Each Tier is usually presented as a separate conference. By using the three Tier structure, it ensures that attendees proceed through the healing process in a logical, easy to understand sequence.

Although we recommend that for the best results from Dr. Mullen's seminars, they be held in accordance with his 3-Tier program, you may also customize your seminars by choosing which topics you wish Dr. Mullen to present throughout a weekend.

For details about these topics, please visit our [online Media Centre](#).

Find out How to Book a Seminar with Dr. Grant Mullen: [click here](#)

Tier 1 Seminar Topics

Introduces the basic principles for healthy emotions and how to improve relationships with yourself and others.

Starting Your Journey to Recovery

Is your life a struggle both spiritually and emotionally?

Do you wonder what's holding you back?

Do you feel like you're walking with chains around your ankles?

Do you wonder how to break free from this struggle?

Let Dr. Mullen show you how to start your journey to recovery by understanding the three links in the chain of emotional bondage.

[Watch 5 Minute Preview](#) | Available in CD & DVD

Moods

Find out what Christians should know about depression, anxiety and mood swings.

What is depression? Do I have it? How is it treated? Can a Christian be depressed?

Are antidepressants safe?

These are just a few of the questions Dr. Mullen answers in this 1 hour easy to understand presentation.

[Watch 5 Minute Preview](#) | Available in CD & DVD

Tier 1 Seminar Topics continue on the following page

Our Will, A Testimony of Healing by Kathy Mullen

Has your will been crushed or broken?

Has passivity robbed you of your courage to move ahead?

Does your life feel like it's stuck in neutral?

In this presentation, Kathy Mullen explains how her will was healed as God walked her through the process of emotional recovery.

[Watch 5 Minute Preview](#) | Available in CD & DVD

Shame, Our Hidden Torment

Do you feel like a loser?

Are you always comparing yourself to people who make you feel inadequate?

Do you strive for unreachable goals and impossible standards?

Do you often feel dumb, stupid, worthless and defective?

Do you feel like you don't belong anywhere?

You may be living with the wounds of shame.

In this two part series, Dr. Mullen will show you how to tell if your life has been damaged by shame and how to be set free from it.

[Watch 5 Minute Preview](#) | Available in: CD & DVD

Tier 2 Seminar Topics

Deals with the inner struggles that disrupt our lives and relationships.

Fear, When Trust is Lost

Do you struggle with fear and anxiety?

Why is fear such a common problem?

Is there any way to stop it?

In this presentation, Dr. Mullen gives you the tools to overcome and take control of the fears that disrupt your life.

[Watch 5 Minute Preview](#) | Available in CD & DVD

Forgiveness

Do you find it hard to forgive?

Why do we need to forgive?

Why do we have to forgive if the other person is guilty?

In this presentation Kathy Mullen explains how forgiveness is the gateway to personal freedom. She will show you how unforgiveness becomes a trap and how forgiveness can set you free.

Tier 2 Seminar Topics continue on the following page

Overcoming Rejection

Have you ever felt rejected?

Why is rejection so painful?

What does rejection do to our personalities?

Is there anything we can do about it?

Join Dr. Mullen as he explains how to recognize and recover from the wounds of rejection.

[Watch 5 Minute Preview](#) | Available in: CD & DVD

Freedom from Codependency

What is Codependency?

How does it happen to relationships?

How do I know if I'm in a codependent relationship?

What can I do about it?

Let Dr. Mullen show you how this problem develops, how to diagnose it and how to be free.

[Watch 5 Minute Preview](#) | Available in: CD & DVD

Tier 3 Seminar Topics

Tier 3 introduces the reality of spiritual conflict, how it affects us and how we can be victorious.

You Have Authority

Do you ever feel weak and powerless?

Would you like to learn the best kept secret in Christianity?

Have you ever wondered where Satan got his authority?

What is your role in the "Great Commission?"

In this presentation Dr. Mullen will uncover your hidden authority and show you how to use it.

[Watch 5 Minute Preview](#) | Available in CD & DVD

Freedom Now! A Beginners Guide to Deliverance

Do you ever think you're under spiritual attack?

Do you have habits that you can't break or thoughts that you can't stop?

Do you feel like a victim more than a victor?

In this presentation, Dr. Mullen will show you how to set yourself free from spiritual attack.

[Watch 5 Minute Preview](#) | Available in: CD & DVD

Tier 2 Seminar Topics continue on the following page

The Power of Words

Do words have power?

Do you believe that “Words will never hurt me?”

Why do some families have such good “luck” and others seem to struggle?

Does your family have a recurring behavior pattern running through the generations?

Let Dr. Mullen show you the power of words and how you can protect yourself from destructive words.

[Watch 5 Minute Preview](#) | Available in: CD & DVD

Then add any one of the following topics:

Finding Self Acceptance

Do you have self confidence?

Have you ever wondered how to get more of it?

Why are people so self conscious, defensive and oversensitive?

In this presentation, Dr. Mullen will explain what causes these common human characteristics and how finding self acceptance can release you from these traps.

[Watch 5 Minute Preview](#) | Available in: CD & DVD

Shame Part 2, How shame damages families and churches

How shame damages families and churches

Did you come from a functional or dysfunctional family?

What did you learn about yourself when you were growing up?

Did you hear affirming or critical words?

In church, did hearing about God’s love make you feel valued or were you shamed for not keeping all the rules?

In part 2 of the Shame series, Dr. Mullen explains how God wants to heal the wounds from our families and churches.

Preventing Pastor/Leader Burnout

Are you exhausted and tired of ministry?

Has your vision for the future become lost in management of the present?

Have people become just a number or a project?

Do you feel you’re putting out more effort and getting fewer results?

You may be in ministry burnout. Let Dr. Mullen show you how to recognize and recover from burnout.

More additional topics continue on the following page

Joining your Head and your Heart

Has your faith become just intellectual?

Has your heart turned to stone?

Have rules become more important than a relationship with God?

In this presentation, Dr. Mullen shares his personal testimony of how God healed his heart and transformed his faith.

Controlling Relationships

Have you been trapped in controlling relationships?

Do unhealthy relationships try to manipulate you and influence your decisions?

Do you feel like you are chained to controlling people and can't escape?

Let Dr. Mullen teach you how to recognize when your life is being controlled by damaging relationships from the past or present.

[Watch 5 Minute Preview](#) | Available in: CD & DVD

Healing: A Physician's View

Does God still heal people today?

Do we really need healing miracles now that medicine is so advanced?

Why isn't everyone healed?

In this presentation, Dr. Mullen discusses the role of healing prayer in a frank and honest way. Drawing from his own experience of healing miracles, he explains how to balance medical treatment and spiritual healing.

[Watch 5 Minute Preview](#) | Available in: CD & DVD

Please take a moment to read the testimonials on the two last pages of this Information Kit, to hear what many leaders have said about The Seminar
[go there now](#)

What people are saying about The Seminar

Lives are being changed

Here in Australia it is estimated that one person in five suffers from various forms of serious depression. It's probably similar in other Western countries. With the deinstitutionalisation of mental health facilities and the crisis of health funding in general with the aging of our population increasingly as a church we are being confronted with the necessity of becoming surrogate care providers for people with mental and emotional issues.

Recently we hosted a seminar by Dr Grant and Kathy Mullen. We had heard of their expertise from some of our people who attended one of their seminars in North America. We were overwhelmed with the response of people who wanted to attend from across a broad spectrum of the church. We have never had such a "successful" seminar. Our people uniformly reported a significant lift in their understanding and how they should minister. Others who suffer from depression were also greatly helped and a number of people accepted Christ for the first time. The Mullens were also wonderfully flexible, generous and amongst the easiest people with whom our staff have worked.

I unreservedly commend them for your consideration.

Dr Stuart Robinson
Senior Pastor
Crossway Baptist Church
Melbourne Australia
www.crossway.org.au

Thank you for coming and ministering in our church so powerfully.

We were all so blessed by your powerful presentation of emotional challenges in the life of a believer.

We have had some great results. In one cell group alone, two members who had previously been counselled to seek medical help but had kept putting it off, suddenly after attending the conference and hearing your teaching decided to visit their G.P. where they are now getting the medical help they so needed.

I think for many what the teaching did was expose the issues and in many cases remove the shame making it much more acceptable to ask for help having recognised their need.
(continued >)

I would like to say to any pastor or church, please don't be afraid to expose your church to Dr. Grant Mullen's teaching. His teaching is professional and thoroughly Biblical and will bring your church into a much healthier place in their Christian walk.

Colin & Amanda Dye - Kensington Temple/London City Church
London, UK

We were blessed by the ministry of Dr. Grant Mullen at our recent 'Be Whole' Conference in Ottawa. The conference was designed to minister to the spiritual, physical and emotional elements of each individual's life.

The Holy Spirit's manifest presence was evident as Dr. Mullen, in his disarming and delightful style, provided valuable and biblically sound truths relating to healing of emotional and mental issues. As a healing evangelist, I was particularly gratified to see the ease with which individuals received physical healing after having been released from the bondage of emotional pain. The testimonies of breakthrough that resulted attested to my firm belief that 'wholeness' occurs when individuals experience God's miracle-working power in all three elements: spirit, mind and body.

After seeing the invaluable benefit Dr. Mullen's ministry, combined with our emphasis on physical healing, I look forward to any future opportunities the Lord might present, when we could further apply these vital elements of ministry together.

Sincerely,
Rev. Bill Prankard
Bill Prankard Evangelistic Association
Ottawa, Canada
www.bpea.com

With Dr. Grant Mullen, God has blessed the Church with a physician and mental health specialist who understands the spiritual side of a person, as well as physical and emotional. Grant and his wife, Kathy ministered powerfully in a weekend conference in our church and presented a unique message that every church needs to hear. Grant is an excellent teacher with an engaging style that is understandable to the layperson, as well as humorous and easy to follow. He is Biblically sound, open to the free working of the Holy Spirit and together, he and Kathy present a message that is real and transparent. We look forward to having them here again!

Rev. Gary Wilson
Evangel Church
Thunder Bay, Canada
www.evangelchurch.ca

To read more testimonials, please visit our [testimonials page](#)

Dr. Grant Mullen | The Seminar Information Kit