

# Barrington H. Brennen

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**Barrington H. Brennen** is co-founder and co-president (along with his wife Annick) of Sounds of Encouragement Association (SOE), a non-profit organization dedicated to the restoration of life and helping people smile again through the mediums of seminars, workshops, publications, radio, television, and research. Council for Family Research is a division of SOE.

**Barrington Brennen** is a marriage and family therapist, counseling psychologist, a Nationally Certified Psychologist, Board Certified Clinical Psychotherapist, USA; a Certified Prepare/Enrich Trainer and Counselor; a musician and recording artist, an ordained minister of the gospel and Justice of the Peace for the Commonwealth of The Bahamas.

He is also a published writer, having written more than 650 articles on issues related to family life, social development and relationships and have published in various magazines around he world.

He holds two graduate degrees from Andrews University, Michigan, one in Counseling Psychology and the other in Religion, He also hold a certificate in Youth Work from the Commonwealth Secretariat. He has extensive training and experience in counseling pre-married and married couples, families, and individuals with personal and social issues. He also has special training and experience in dealing with intimate partner abuse, family violence, and anger management.

## Social

- Born November 1954, Nassau, The Bahamas, to Mary and Alfred Brennen
- The second child of four children.
- The only son in the family
- Married to Annick Valleray of Martinique on Thursday, July 21, 1977 in Fort-de-France, Martinique
- One son-in-law from St Marteen
- One daughter-in-law from Nebraska, USA
- Three grandchildren

## Mental Health Positions/Qualifications:

- **Member of The Bahamas Psychological Association**
- **Member of Bahamas Institute of Behavioral Health (2013 to present)**
- **Member of National Child Protection Council (1997 to present)**
- **Director of Social Development** at Northern Caribbean University, Mandeville Jamaica (1990 to 1992) Responsible for planning and conducting wholesome social and recreational activities for the student body and faculty. Also responsible for providing counseling for students.
- **Director of Psychoeducation** (A treatment program for abusive individuals) at Safe Shelter Inc, Benton Harbor, Michigan, USA. (1993-1996). Coordinated and facilitated five group therapy groups weekly with total clientele of over 600

men and 50 women. Domestic Violence Consultant for a leading law firm in Benton Harbor. Assisted in training police officers in domestic violence

- **School Counselor for Bahamas Academy** (1996 to 2001)
- **Certificate in Youth Work** from the Commonwealth Secretariat (1981)
- **Director of Adventist Counseling Services** (Bahamas Conference of Seventh-day Adventists). Providing professional psychotherapy for individuals, couples and families in the Adventist Church in The Bahamas (2000 to 2009)
- **Chairperson for the Ministry of Education Health and Family Life Advisory Council** (2004-2007)
- **Consultant and Board Member for Polly's Place International** (Headquarters in Washington, USA). A ministry providing safe shelter, counseling, and education for victims of abuse and abusers.
- **Consultant in Marriage and Family Therapy** (1995 to present)
- **Nationally Certified Psychologist** (NCP) in the United States. National Association Masters in Psychology
- **Board Certified Clinical Psychotherapist** (BCCP) in the United States.
- **MA in Counseling Psychology** from Andrews University, Michigan and MA in Religion.

**Barrington Brennen is a professional member of the following organizations:**

- American Counseling Association
- American Association of Christian Counselors
- Bahamas Psychological Association
- International Association of Marriage and Family Therapists
- Association of Religious Values and Ethics in Counseling
- National Association of Masters in Psychology.

**He is also a member of the national committee:**

- Bahamas Behavioral Science Institute
- Chairperson for The Bahamas Friendship Council
- The National Child Protection Council (Bahamas)

**Some of the Professional Workshop and Seminars I have Attended**

*For my continual growth and professional certification*

[Positive Psychotherapy: The Application of Positive Psychology in Clinical Settings](#)

June 20, 2014, Tayyab Rashid, PhD, CPsych

[Core Competencies in Cognitive-Behavioral Therapy: Becoming an Effective and Competent Cognitive-Behavioral Therapist](#)

May 16, 2014 Cory F. Newman, PhD

[Resolving Conflict and Repairing Relationships](#)

December 6, 2013 by Cedar Barstow, MEd, CHT

[Treating Mood Disorders, Anxiety, and ADD without Medication: Is It Possible? Treating Mood Disorders, Anxiety, and ADD without Medication: Is It Possible?](#)

October 25, 2013 by Robert J. Hedaya, MD, ABPN, DFAPA

[Best Practices for Successful Legal and Ethical Online Counseling and Coaching](#)  
September 14, 2012 by Marlene M. Maheu, PhD

[How to Maintain a Responsible and Ethical Online Presence as a Mental Health Practitioner](#)  
August 3, 2012 by DeeAnna Merz Nagel, LPC, DCC

[Emotionally Focused Therapy: Recognizing and Healing Attachment Distress in Couples Work](#)  
July 20, 2012 by Rebecca Jorgensen, PhD

[Working with Transgender Clients: A Person-Centered and Narrative Therapy Model](#)  
April 6, 2012 by Damon M. Constantinides, PhD, LSW

[Digital Ethics and Social Networking in Psychotherapy and Counseling](#)  
March 11th, 2011 by Ofer Zur, Ph.D.

[Neuroplasticity and Brain Based Interventions in Therapy: Calming The Caveman To Manage The Thinker](#)  
August 5th, 2011 by Lynne Kenney, Psy.D.

[Relational Systems, Boundaries, Emotional Space, and Empathy](#)  
July 29th, 2011 by Daniel A. Bochner, Ph.D

[Change the Metaphor, Change the Self: An Introduction to Clean Language, Symbolic Modeling, and Metaphor Therapy](#)  
July 15th, 2011 by Gina Campbell, M.Ed., CAPF, CCF

[Understanding and Treating Distorted Body Image](#)  
April 29th, 2011 by Scott M. Granet, LCSW

[The New Rules of Marriage](#)  
March 18th, 2011 by Terry Real, LICSW

[Authentic, Empathy-Based Marketing for Therapists: Methods for Growing and Communicating about Your Practice](#)  
February 18th, 2011 by Noah Rubinstein, LMFT, Founder and CEO

[Mindsight in Action: How to Create a Healthy Mind](#)  
February 4th, 2011 by Daniel J. Siegel, MD

[An Overview of Attachment Wounds: Defining and Addressing Secure, Avoidant, Ambivalent and Disorganized Styles](#)  
October 29th, 2010 by Diane Poole Heller, Ph.D.

[A Thriving Practice in Any Economy: Enjoy a Fee-For-Service Psychotherapy Practice Outside Managed Care](#)  
July 9th, 2010 by Ofer Zur, Ph.D.

[The Dangers of Psychotherapy: Hope, Hopelessness and Healing](#)  
April 9th, 2010 by Daniel Gottlieb, Ph.D.

## Bad to the Bone: Can Our Genes Make Us Act Badly?

August 21st, 2009 by Barbara Oakley, Ph.D.

## Compassionate Nonviolent Communication

August 7th, 2009 by Rachelle Lamb

## Addictions, Compulsions, & Self-Sabotage: A Multi-level Approach to Trauma's Legacy

November 7th, 2008 by Dusty Miller, Ed.D.

## Psychological Resources Personal Experience and Social Relationships

May 16th, 2008 by Stephen R. Lankton, LCSW, DAHB,

## An Introduction to Internal Family Systems Therapy

January 18th, 2008 by Richard Schwartz, Ph.D., LMFT

*And many, many more.*

## **Music Positions/Events**

- Grant's Town Seventh-day Adventist Church Pianist and Organist 1966 to 1973
- Northern Caribbean University Church Organist 1973 to 1978
- Founder and Member of Radiant Singers (Musical Group) 1969 to 1973, 1975 to 1977
- Co-leader and member of Kings Voices Quartet 1965 to 1973
- Member of The Meistersingers (NCU) 1973 to 1978
- Most Out Standing Bass Singer in Jamaica 1974 and 1976
- Boys Trophy in Bahamas Music Festival 1970 and 1972
- Five gold medals, 5 silver medals, four bronze medals in Jamaica Music Festival 1973 to 1978
- Choir Director for the Cassopolis Methodist Church, Cassopolis, Michigan, USA 1994 to 1996
- Chair Person for the Music Standards Committee for the Bahamas Conference 2004 to 2008
- Have had concerts in The Bahamas, Jamaica, Michigan, New York, France, and St Martin
- Music Director for the South Bahamas Conference 1986-1990, 1998-2008

## **Seminars Conducted**

*Have conducted and continue to conduct the following seminars and more*

- Anger Management Seminars
- Child Abuse Prevention Seminars
- Cooking and Nutrition Seminars
- Domestic Violence and Intimate Partner Abuse Seminar
- Effective Communication Seminars
- Effective Retirement Seminars
- Ending Gender Violence Against Women
- Engagement or Preparing for Marriage Seminars

- Family Finance Seminars
- Homosexual Recovery Seminars
- Marriage Seminars
- Men Making a Difference
- Music Seminars
- Parenting Seminars
- Roles in Marriage Seminars
- Sexual Abstinence Seminars
- Sexual Fidelity Seminars
- Sexual Purity Seminars
- Single Adults Seminars
- Stress Management Seminars
- Teenager Seminars
- The Boy Child

### **Pastoral/Ministerial Positions**

- Ministerial Intern at the Englerston Seventh-day Adventist Church (1978 to 1980)
- District Pastor for Exuma and Longs, Crooked Island (1980 to 1985)
- Pastor of Berea, Philadelphia, Maranatha, Seventh-day Adventist Churches (consecutively 1985 to 1990)
- Associate Pastor Northern Caribbean University Church, Mandeville, Jamaica (1990 to 1992)
- Pastor of Johnson Park Seventh-day Adventist Church 1996 to 2000
- Pastor of Englerston Seventh-day Adventist Church 2003 to 2006
- Pastoral Supervisor for Haitian District of Churches (three churches) 2007
- Pastor of Living Faith Seventh-day Adventist Church Jan 26, 2008 to January 19, 2012
- Pastor of Centreville Seventh-day Adventist Church January 26, 2013 to January 24, 2015
- Pastor of the Grant's Town Seventh-day Adventist Church January 24, 2015 to present
- Pastor of Message of Hope Seventh-day Adventist Church January 2011 to December 2011
- Pastor of the Philadelphia Seventh-day Adventist Church January 1, 2009 to Dec 2010
- Associate Director of Family Ministries Bahamas Conference 2001 to 2003
- Director of Family Ministries 2003 to 2008
- Director of Communication 2005
- Associate Director of Communication Responsible for Internet Ministries 2001 to 2008
- Member of Conference Committee 2005 to 2008
- Chair Person for the Marriage Standards Committee (*Formally Called Marriage and Divorce Committee*) 2004 to 2008
- Director of Adventist Chaplaincy Ministries for Bahamas Conference 1984 to 1990 & 2006 to 2009

### **Overview**

Barrington Brennen continues to conduct seminars for many different *denominations* (including Adventist, Catholic, Baptist, Church of God, Anglican, Methodist, Church of God of Prophecy, Assemblies of God) and many leading corporations, private firms, and businesses, such as The Bahamas Electricity Corporation, Princes Margaret Hospital, etc. He has conducted seminars overseas in Puerto Rico, St Martin, Jamaica, Michigan, Florida, England, and locally in The Bahamas.

He has been serving as pastor since June 12, 1978 and has served in New Providence, Exuma & Long Island, San Salvador, and Crooked Island (Bahamas). In 1990-1992 he and his wife were called to serve at Northern Caribbean University where he served as the first Director of Social Development and the Associate Pastor of the College Church. Annick (his wife) served as executive secretary to the president and then a teacher in the Office Administration Department. . In 1993-1996 he worked as the Director of Psycho-Education, a treatment program for abusive Individuals at Safe Shelter Inc., in Benton Harbor Michigan. He helped more than 600 men and women with control and anger issues. Barrington also served as the Bahamas Academy School Counselor for four years (1996-2000). [See more](#)

**MUSICIAN OVERVIEW** Barrington Brennen is known as an accomplished bass soloist. He began singing and playing the piano from the age of eleven. His first piano instructors were Mr. George Moxey and Mr. Eric Russell. During his early years of singing, Barrington formed a quartet known as the King's Voices that became very popular all over the island of New Providence

The quartet consisted of Anthony Roach, Elliston Rahming, Perry Decosta, and Barrington Brennen. Later, when Elliston went away to school, Anthony Curtis joined the group. In 1973, Barrington went to **Northern Caribbean University**, Jamaica, to study for to become a minister of the gospel. While there he joined the Meistersingers (premiere singing group in Jamaica) and performed all over the island of Jamaica. He won numerous gold and silver medals in the Jamaica Music Festival and was chosen as the Most Outstanding Male Singer in Jamaica for two consecutive years. He received extensive vocal coaching and training from outstanding musicians, including Jamaican famous opera singer Joyce Britton. Barrington Brennen has performed in The Bahamas, Jamaica, Martinique, France, and the United States. He also plays the piano and organ. He was the church organist at the Grant's Town Church, Nassau, from the age of twelve until he went to college at age eighteen.

Barrington's hobbies are making and maintaining web pages, cooking, baking bread, singing, playing the organ and piano, surfing the internet, making new friends, and just having lots of fun.

**Barrington Brennen can be contacted at:** 242-327 1980 home, P.O. Box CB-13019, Nassau, Bahamas, [info@soencouragement.org](mailto:info@soencouragement.org) or [barringtonbrennen@gmail.com](mailto:barringtonbrennen@gmail.com) or 242-477 4002