

LIVING WISDOM

LIFE & COUNSELLING SKILLS

COURSE CURRICULUM

Personal Growth:

Introduction to Glossary—putting up the shelves.
Understanding how our Memory Works—so we remember more of what we learn!
Surviving the 'Overloaded' Phenomena—tools to cope
Fundamentals of Emotional/mental Health—where & when is my thinking sick?
Checking Assumptions—the King Lies that Pull the Strings.
Introduction to Misbelief/Insight Therapy - how is it unique?
Formative Factors & Life Defining Moments—who are we really?
Introduction to Psycho-therapy—revisit, revise, relinquish the past.
Introduction to Pastoral Therapy—A four focused balance
Family Mottos—the Earliest Conditioning, the Unspoken Rules
Unbearable Feelings—Getting used to Emotional Allergies.
Emotional Echoes—when the Heart Remembers what the Head has Forgotten
Welds—When the Brain mis-associates
Psychological Survival Kits—the Arsenal of Keeping Safe
Victimhood—The Powerless Ploy
Spot the Rescuer—Love's Closest Counterfeit.
Understanding the Crazy-maker—a 'Spin' on Everything

Counselling Topics:

Tools for Counsellors - includes understanding Empowering Questions, Truth Coaches
Traps for Counsellors—Forewarned is Fore-armed!
Counselling Session Dynamics
Supervision—is it necessary, when and why, and by whom?
The Counselling Craft—Models of Counselling
The Mental Loop—Vicious Cycle of Emotional Torment

Pastoral Care:

Forgiveness—Leaving the Past Behind in a Healthy Way
Anger—Enemy or Friend?
Unipolar Depression—Causal Analysis and Diagnostic Tools
Grief—the Painful Process of Letting Go.
Fear—Panic, Anxiety, Phobias
Escaping Addiction's Pit—Climbing out of the Canyons
Goalsetting—Turning Dreams into Reality

Relationships:

Anatomy of a Relationship Breakdown
Negotiation Skills—Achieving the Win-Win Situation—Recognising Power Games.
Marriage, Separation, Divorce—What Makes It and What Breaks It?
Soul Ties— Transference/Counter Transference—the Slippery Slope to Immorality
Sexual Awakenings—Sexual deviancy—when Erotic Desire goes Wrong
Training Children—Defensive Detachment—Development of Rebellion

Theology:

Recognising Toxic Religion—Legalism, Control, Fatalism etc.
Advocate Evangelism—Finding the Point of Contact first.
Christ's Vicarious Performance—the Missing Heart of the Gospel
Our Vulnerable God—the Forgotten Humanity of the Risen Lord