

## **Living Wisdom 2 Week School Curriculum**

**Introduction:** Student Orientation : What is Living Wisdom all about? : Student safety : Memory Assistance : Beating the 'Dumb' lie : Transformation; event and process : Translating the terminology : Introduction to Mis-belief Therapy : Self Talk or Assumption? : Labelling - The Ultimate Dismissal : Twelve Fundamentals of Mental/ Emotional Health.

**Counselling Skills and Techniques:** Balanced Approach : REBT : Consider your Mental Loyalties : Tracing our Favourite Lies : King Lies : Tease it Out : Danger: Counsellors at Work! : Counselling/Ministry Traps to avoid : The Rescuer Mindset : Why Supervision? : Counselling Extremes : Self versus Other Awareness : Counsellors Tool Kit : The Empowering Question : Truth Coaches : Disappointment/ Discouragement : Five Phases of Counselling Appointment : Epistemology : Models of Psychotherapy.

**Psychodynamics and Formative Factors:** Making your Mind Your Friend : Character Change : Survival Kits : Emotional Echoes : You and Your Unbearable Feeling : Getting Used to It : Fusions of the Mind : Discovering One's Default Mood : Cognitive Dissonance : Victimhood : Emotion Directed Reasoning : Deal With It : Family Mottos : Sanity to Insanity Continuum : The Search for Significance : The Mental Loop : Denial : Suppression : Life Defining Moments : Reparenting Oneself : The Counsellors Craft.

**Pastoral Care and Life Skills :** Forgiveness : Who Are You Punishing? : Anger : Uni-polar Depression : Bi-polar Immoderation : Mental Health and Medication : Grief : Regret and Remorse : Stress, Anxiety, Fear, Panic, Phobias : Burnout/Breakdown : Guard Enthusiasm : Obligation vs Ownership : Escaping Addictions Pit : Obsessive Compulsive Disorders : Anorexia Nervosa : Theft : Compulsive Spending : Suicide : Schizophrenia : Demonic Harassment : Sleeplessness : Listen to My Body : Losing Weight : Autoimmunity and Functional Medicine : M.E. Survival Kit : Goal Setting : Motivation : Procrastination : Persuasion : Wisdom in Business.

**Marriage & Relationships :** Don't Take it so Personally : Negotiation Skills : Trust : Assertiveness : Pushing Back with Dignity : The Mental Skill of Submission : Keeping Safe around the 'Crazymaker' : Wounded Pride : Dating Criteria : Safe Internet Dating : Nine Lies Frustrated Singles Tell Themselves : De facto Relationships : Pre Marital Preparation : Marital Breakdown Diagnostic : Marriage Crisis : Rules for Fair Fighting : Why Stay? : Soul Ties : When Needs Cross-Match : Extra Marital Affairs : Separation? Reconciliation? Divorce? : Separation & Divorce in Counselling : Training Children : Parental Quick Check : Fear Based Parenting : Oppositional Child : Defensive Detachment : Development of Rebellion : Wisdom for Co-Families.

**Sexuality :** Sexual Awakenings : Reasons Pre Marital Sex is a Bad Idea : First Aid for Sexually Abused Children : Causal factors in Compulsive Erotic Desire : Same Sex Desire : Sexual Addiction : Libido Shutdown : He Thinks, She Thinks.

**Theology / Toxic Religion :** The Lord my Vindicator : Vicarious Christ : Toxic Religion in NZ Churches Today : Psycho-Spiritual Abuse : Power - For or Over? : Exegesis or Bibliolatry? : Legalism : Hearing the Voice of God : Miracles : Advocate Evangelism : The Atheists Objections : Pluralism and Inclusivism : World Views in Focus : Divine Judgement : Hell : Faith Crisis : Our Vulnerable God.

*The One Week Mini School offered periodically by other Presenters takes lectures from this Curriculum. However, short courses do not cover all these topics.*