



abside

COUNSELING



- Biblically-based counseling
- Keeping up to date on science
- Use the best, research-based methods
- Working collaboratively with clients
- Meeting people where they are
- Global health principles



- Individuals, couples and families
- Children, youth, and adults
- Anxiety and depression
- Eating disorders and cutting
- OCD, ADHD and other disorders
- Self-worth issues
- Relationship issues



- We must charge, but
- ½ the standard counseling fee
- Some insurances will reimburse
- Work with the client's budget
- We will try to create a “win-win”





- Individual sessions
- Distance counseling on skype or phone
- Intensives of 2-5 days
- Seminars and individual presentations
- Workshops

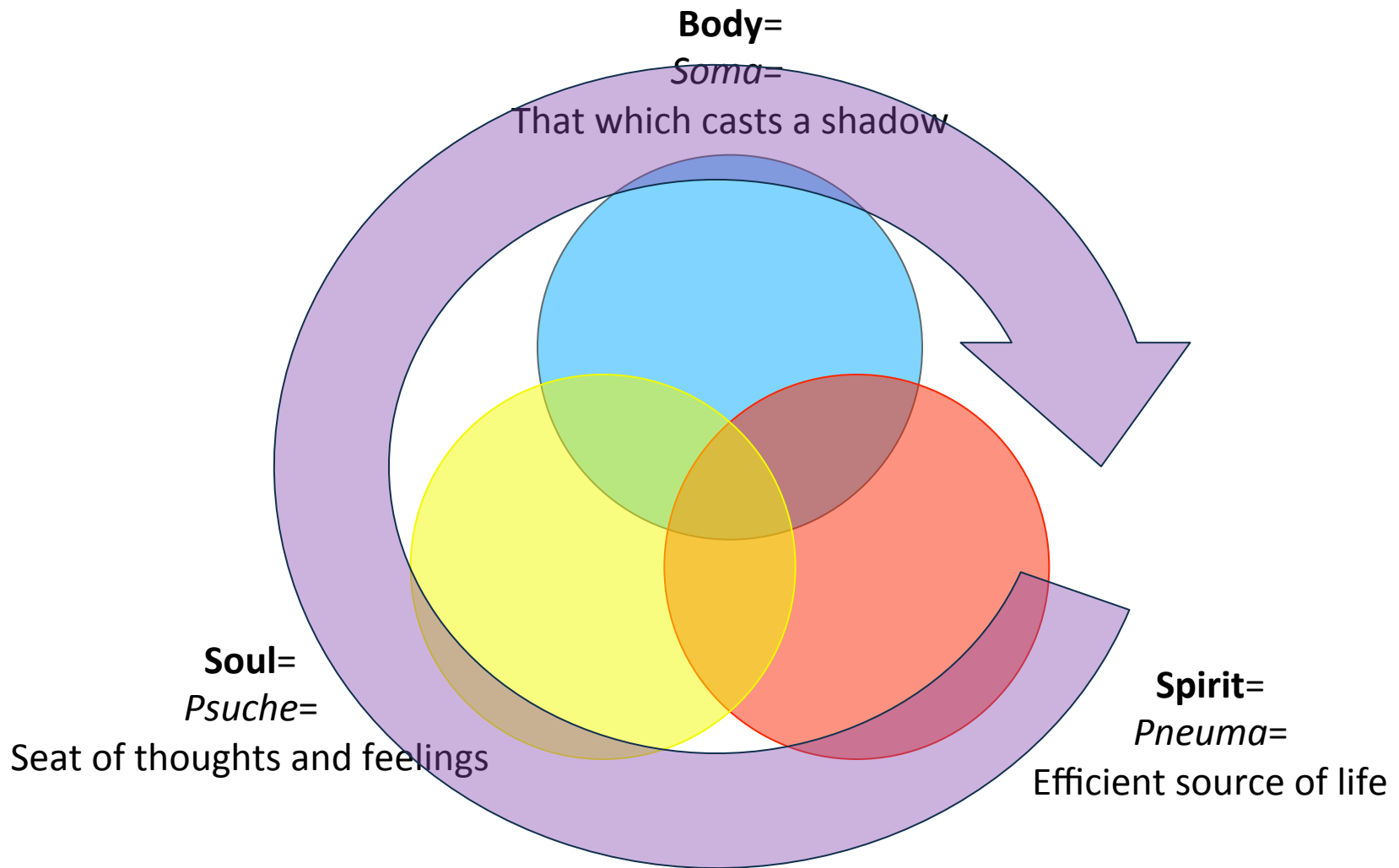


- Christians struggle with mental health
- Counseling works
- Both research and experience says so
- Miracles happen when we pray
- Love heals

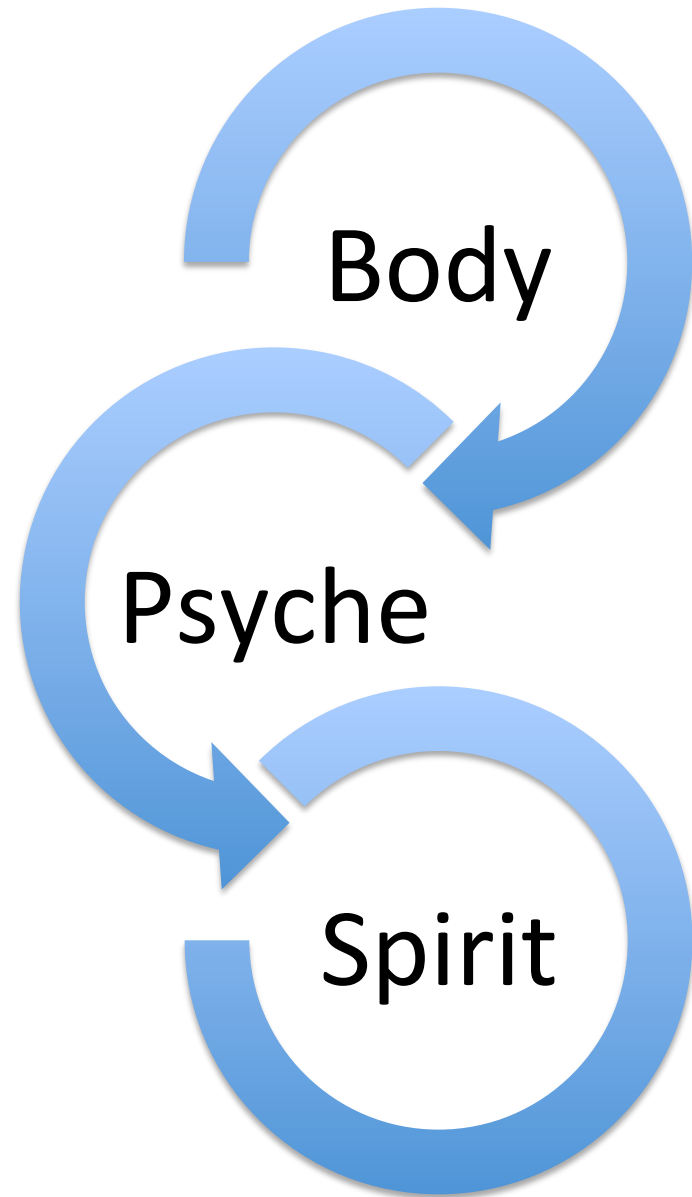
# Jesus Psychology

“We are to be one in the faith. I want to tell you that when the gospel ministers and the medical missionary workers are not united, there is placed on our churches **the worst evil** that can be placed there.”

*Medical Ministry, p. 241*



“May your **spirit** and **soul** and **body** be preserved complete, without blame, at the coming of our Lord Jesus Christ,”  
I Thessalonians 5:23.



“In these days when skepticism and infidelity so often appear in a scientific garb, we need to be guarded on every hand. Through this means our great adversary is deceiving thousands and leading them captive according to his will. **The advantage he takes of the sciences, sciences which pertain to the human mind, is tremendous.** Here, serpentlike, he imperceptibly creeps in to corrupt the work of God.

*Mind, Character and Personality,*

v. 1, p. 19

“The true principles of **psychology** are found in the  
**Holy Scriptures.**”

*Mind, Character and Personality,*  
v. 1, p. 10



# 7 Deadly Relationship Sins

And how to replace them

# Escalation







# Damage!

- Hostility levels better predictor of heart disease risk than:
  - High cholesterol
  - High blood pressure
  - Smoking
  - Overweight

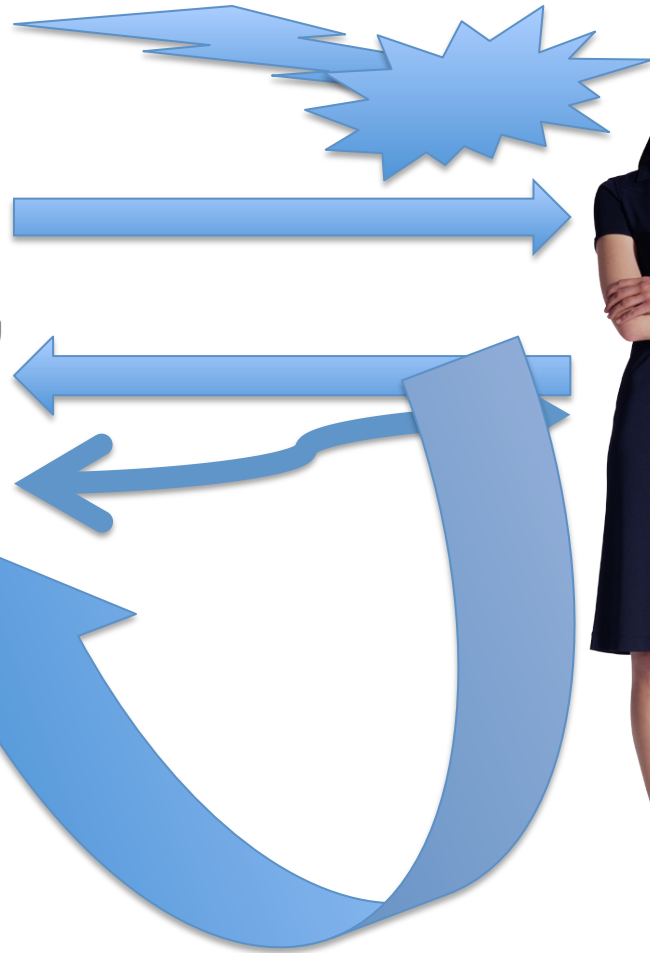
# Damage!

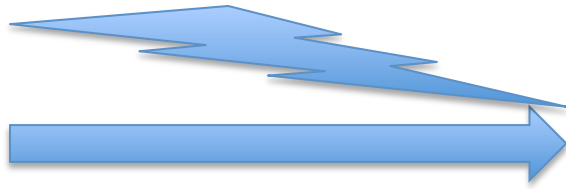
- Type of anger matters:
  - Constructive anger protective against CHD
  - Destructive anger, not protective
  - “Be angry, and do not sin,” Ephesians 4:26.











A close-up photograph of a referee wearing a black and white vertically striped shirt. The referee's right hand is held horizontally, palm facing down, with the index finger pointing towards the left. The left hand is positioned below the right hand, with the index finger pointing upwards, touching the underside of the right hand's index finger. This is a standard hand signal for a time out in basketball. The background is a solid, bright blue color.

**Time Out!**

Invalidation

# C-Prep

- Escalation
- Invalidation
- Negative Interpretation
- Withdrawal

# Ordering

- “Smile!”
- “Be happy!”
- “Cheer up!”
- “Lighten up!”
- “Don’t cry!”
- “Don’t worry!”
- “Don’t be sad!”

# Judging

- “You’re a cry baby”
- “You have issues”
- “You’re too sensitive”
- “You’re over-reacting”
- “You’re too thin-skinned”
- “You’re too emotional”

# Shoulding

- “You should be excited!”
- “You should be thrilled!”
- “You should be happy!”
- “You should be thankful!”



# Philosophizing

- “Time heals all wounds”
- “Every cloud has a silver lining”
- “You are just going through a phase”
- “There’s a reason for everything”

# “Just”ing

- “Just ignore them”
- “Just tell them off”
- “Just quit your job”
- “Just get out of your relationship”

# Religionizing

- “Pray about it”
- “I’ll pray for you”
- “God will help you”
- “God never gives us more than we can bear”

# Active Listening



# Behavioral Change Stairway Model

- Active listening
- Empathy
- Rapport
- Influence
- Behavioral change

# Active Listening

- Mirroring
- Paraphrasing
- Emotional labeling
- Summarizing
- Effective pauses
- Minimal encouragers
- Open-ended questions
- “I” statements

Defensiveness







# Four Horsemen of the Apocalypse

- Criticism
- Contempt
- Defensiveness
- Withdrawal



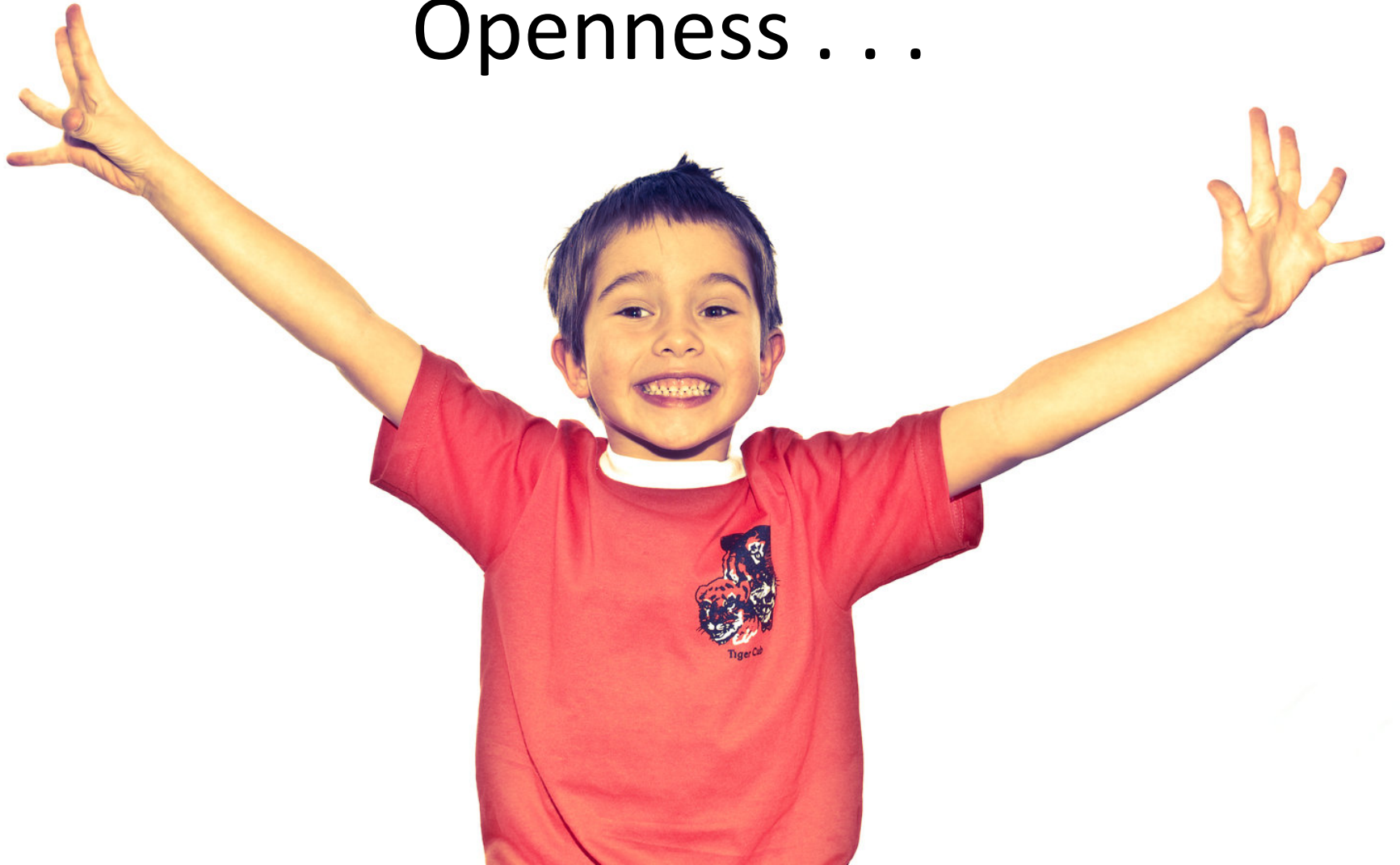




# Defensive statement headers . . .

- “Yes, but . . .”
- “What about when you . . .”
- “I don’t think so . . .”
- “At least I’m not . . .”
- “That’s ridiculous . . .”
- “I won’t accept that . . .”
- “You are the one to talk . . .”
- “I don’t agree . . .”
- “You’re blowing this out of proportion . . .”

Openness . . .



Withdrawal

# Loneliness

- Can increase mortality by 50 percent
- Comparable to risk of smoking
- About twice as dangerous as obesity
- Impairs immune function
- Boosts inflammation
- Which can lead to diabetes, heart disease

# Loneliness

- On the rise
- Doubled--U of Chicago John Cacioppo
- Estimates it at 40 percent, up from 20 in 1980s
- Recent UK study- higher in 18-34 age range
- Facebook use predicts declines in well-being





**Repair**

# Five Love Languages

- Words of affirmation
- Quality time
- Receiving gifts
- Acts of service
- Physical touch



“I’m sorry.”

Denial





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EST. 1909









A man and a woman are seated opposite each other, facing each other in profile. They are holding hands, with the man's hands resting on the woman's. The man is on the left, wearing a dark pinstriped suit jacket, a white shirt, a blue tie, and glasses. The woman is on the right, wearing a black blazer with white piping and blue jeans. The background is plain white. The word "Faith" is centered between them in a large, black, sans-serif font.

Faith





DWW

# Misinterpretation

# C-Prep

- Escalation
- Invalidation
- Negative Interpretation
- Withdrawal

**OPEN**

**COME  
IN**

**Side 1**

**Side 2**

**SORRY**

**WE'RE**

**CLOSED**

# Interpretation

- Positive
- Negative
- Neutral

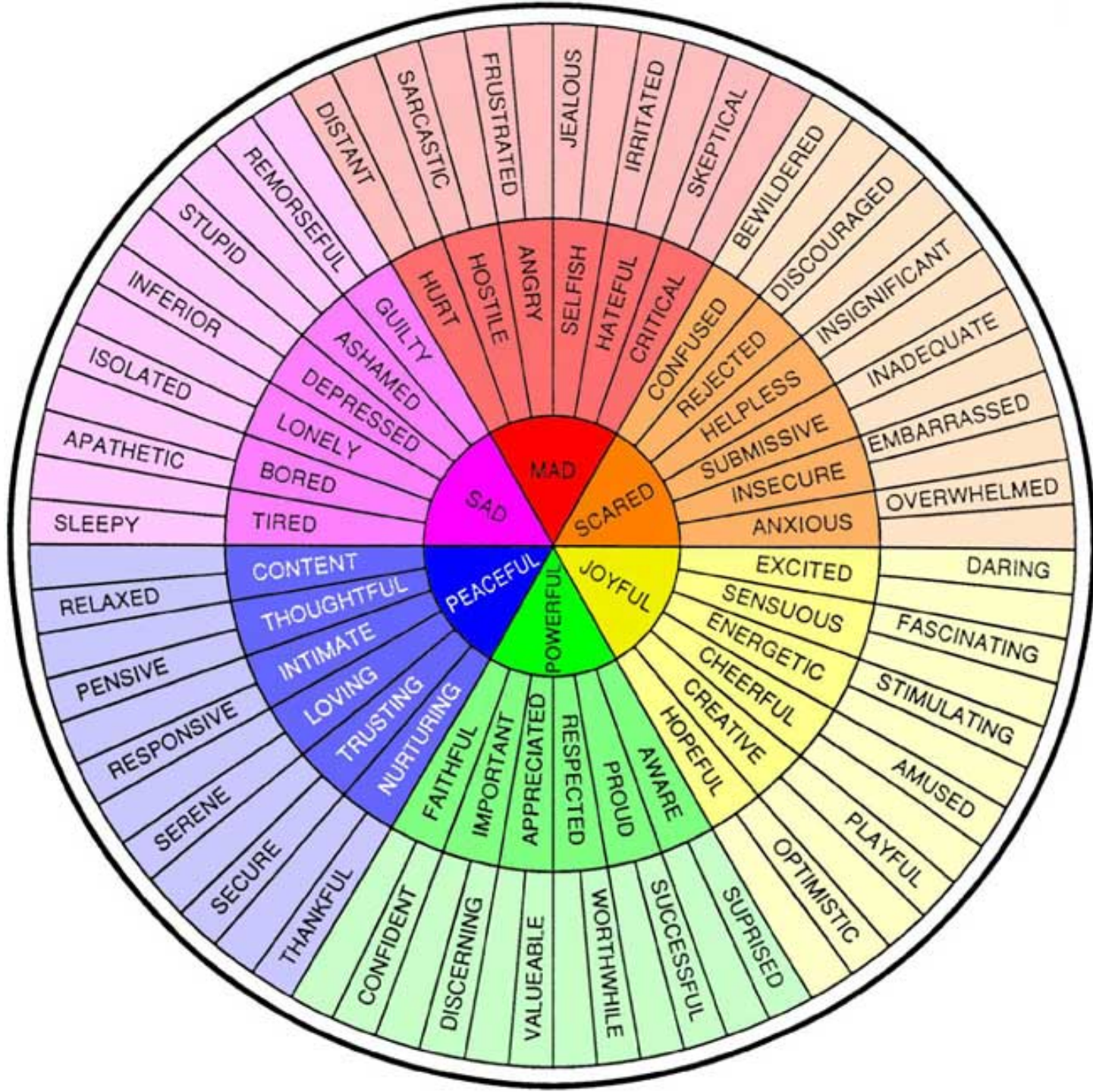


Checking In

Stuffing



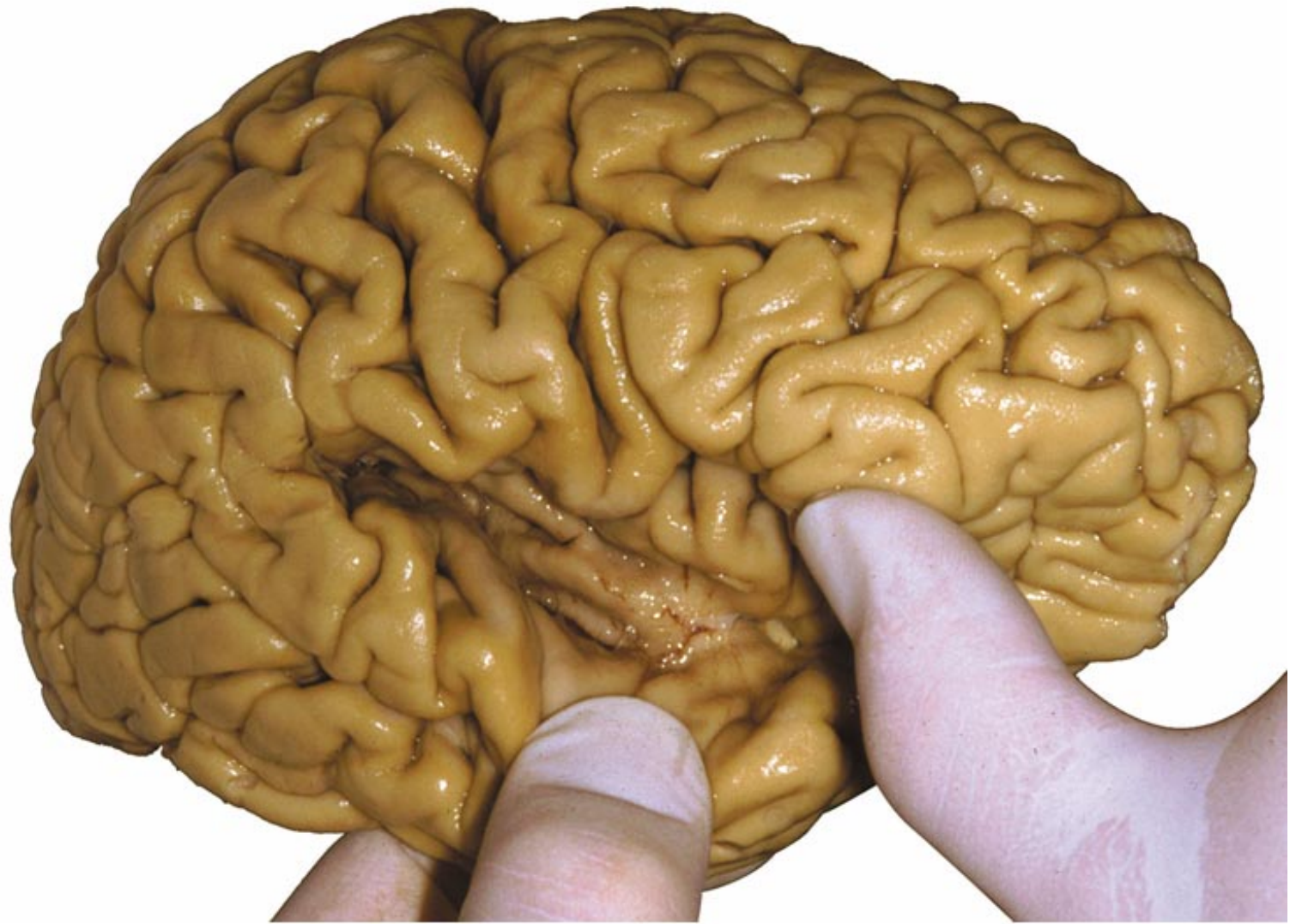






# Emotional Vocabulary

- Angry- irritated, enraged, hostile, annoyed, upset, hateful, bitter, resentful, indignant, infuriated, cross
- Happy- delighted, gleeful, thankful, festive, cheerful, merry, elated, jubilant





# H.A.L.T.!! Are you . . .

- Hungry?
- Angry?
- Lonely?
- Tired?

**Balance marks interoceptive awareness**





Expressing

“I Feel \_\_\_\_\_.”



# Fact, Feeling, Followthrough

- Fact- State the fact, the event, the behavior
- Feeling- State how you feel
- Followthrough- Ask for a change