

INTRODUCTION TO FAITH BASED THERAPY

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INTRODUCTION

Faith Based Counseling is founded on What the Bible Says...that believers are "full of goodness, complete in knowledge and competent to instruct one another" (Romans 15:14), as well as the truth that "All scripture is from God and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work" (2 Timothy 3:16-17).

What these Scriptures are saying is that because God said in His Word that believers are full of goodness you can now change your personal view of self. This should give all that believe Gods' Word an immediate boost of hope and self-esteem. Now clients can begin changing their thoughts. After clients change the way they think they can change the way they react, their choices and the way they behave.

To be complete in knowledge we must read God's Word for ourselves. Scriptures are God Word as well as God's Guide. Scriptures were designed to instruct and lead us to live righteously. Scriptures are also designed to help man to do a good work for The Lord. Scriptures also show evidence of how much ALL people are Loved by God. Knowledge of God and His Word teaches us that God has All POWER in Heaven and Earth in His Hands.

When we begin to believe God's Word, we can begin making logical choices based on His Word and our Faith in His Word. We learn that we no longer have to panic when things do not happen the way we expect them to happen. We will learn that God is for us, He is on our side and He will work all things out for us if we do our best and leave the rest in Gods Hands.

When we were children we trusted our parents. We had Faith in our parents. For example, if our parents said they were going to buy us a pair of shoes that we needed for a special occasion, we had Faith they would do just that. We had Faith because they have always kept their promises to us. God goes one step further. God made our parents and because our parents came through with a promise, God will keep His Promise to us also. With All Power in Heaven and Earth in His Hands, God can do above, abundantly, a more Superior Blessing than our parents have the power to do.

Because of the effectiveness of Faith-Based Therapy Client will not need to be in therapy forever.

My Prayer is that the Faith-Based Therapeutic Approach I share with clients' will give them a deep inner peace and joy that God has for them.

Jesus said, "And ye shall know the truth, and the truth shall make you free." (John 8:32 KJV).

PREMISE

Faith-Based Therapeutic Approach Is a Method or Technique used to help acquaint or reacquaint clients with The Word of God and His Holy Commandments. Because of the effectiveness of Faith-Based Therapy Client will not need to be in therapy forever.

The primary characteristic that differentiates Faith Based Therapy from other Therapies lie in its approach to The Word of God and His Holy Commandments, Faith in God or as some people will identify as A Higher Power.

Incorporating Faith-based Counseling into Psychotherapy presents a functional, insightful, and well-researched overview of the theory, practice, and ethics of integrating Faith in God and The Bible Scripture into traditional therapy models.

The Bible is the only book that will never be out-of-date. It is the Book that is both the first and last word on the subject of life and death. The Bible is the most valuable Book of all time. For every problem humankind will face there is an answer in the Bible. In essence, Faith in God, reading the Bible coupled with Psychotherapy will help clients find the best solution. God wants clients to look to the Bible when clients are troubled, in doubt or suffering fear and worry or need guidance.

The Bible is a personal message sent to humankind inspired by God. It is the Book of God that holds all the wisdom and spiritual values needed in any and all generations.

OBJECTIVES

My objectives are to Provide effective therapy to all clients especially those outside the typical European-American milieu (setting).

The aim of the Scriptures and doctrine is equip believers with the resources necessary to live a holy life and to think and behave in ways that reflect Godliness.

Assist clients in transforming their personal construct or concept of reality and in so doing they will change the way they experience the world. These changes can

be accomplished by working with the individuals to create positive effective approaches for being and choosing.

To introduce hope and provide both believers and unbelievers with the Spiritual tools which create change in their Mental, Cognitive and Behavior processes.

To encourage the body of Christ as they experience the test and tribulations that are to be expected in a fallen world, and give clients scriptures that address their presenting problem.

To Frequently reinforce the message of Grace by acknowledging the need for a Savior and the Power of the **Christ** to give Salvation.

To encourage clients' to read and study Gods' Word so they will have knowledge. With the discovery or rediscovery of Gods' Word and Gods' Commandments, clients will discover or rediscover Godly beliefs, regain or gain Faith in God and then will change their thought which inturn will change their behavior. Some of the aforementioned is also components of Cognitive Therapy.

ROLE OF THERAPIST

The primary characteristic that differentiates Faith Based Therapy from other Therapies lie in The Word of God and His Holy Commandments, its approach to Faith in God, or as some people will identify as A Higher Power.

The role of therapist is to thoroughly integrate Faith in God and the teachings of Scripture into the unique makeup of the client's life experiences, worldview and cultural framework. Although the approach seems highly directive, in essence it is up to the client to choose what they want to use to construct this type of therapeutic approach.

I am a catalyst in assisting clients through the confusion of multifaceted problems. I have traveled the road where many clients are now. My clients will discover that they are not alone in their pain. WE ALL SIN AND FALL SHORT OF GODS' GLORY. THERE ARE NONE THAT ARE EXCEPTION TO THIS STATEMENT OF TRUTH. My role is to teach clients that God is a God of another chance...

As a therapist I encourage clients as they experience problems that are to be expected in a sinful world. I have a multitude of resources in the form of books, handouts and verses of references from The Bible that will address clients' presenting problem. For example, many clients come in for counseling and say that they fear what will happen to them because of mistakes made in their past. They have allowed these mistakes (also called sin) to keep them in bondage to almost destroy their lives. Clients feel that they are not good enough to be with people they view as sinless. I give them Scriptures on how God is *Just* forgive. In I John: 1:9 it reads, "If we confess our sins, He is Faithful and just to forgive us

our sins, and to cleanse us from all unrighteousness (KJV). Or ⁹If we confess our sins; He is faithful and just and will forgive us our sins and purify us from all unrighteousness (NIV). On the subject of sin, I give them Gods' words from the Bible on sin. " For all have sinned, and come short of the Glory of God" (Romans 3:23.)

Introduce belief choices based on Scriptural truth. Help them understand that they are a product of their choices based on their beliefs about themselves, others, and God. Help them see that God is able and willing to take a bad situation and make it an opportunity for their good and for the good of others. This allows them opportunity to come out of their wilderness and become stronger and wiser disciples fit for God's service.

Actively listen to and support the client. Let them express themselves. Do not judge and accept them where they are and relate to them on their level. Show unconditional positive regards...

Prayerfully and scripturally, give hope and comfort that God has solutions for their present situation and for their future. If they are interested, introduce or reintroduce them to Christ.

Discuss with the client their God designed needs, strengths, behavioral patterns, and gift motivations. Help them discover that God has designed them with a purpose for their life.

Allow clients to make Faith-based choices according to the scriptural purpose of God for their life. Change is monitored through clients' action and accomplishment of established objectives. Their decisions must be their choice.

Tools

- † King James Version (KJV) of the Bible
- † New International Version (NIV) of the Bible
- † Prayer when requested
- † Cognitive exercises

TREATMENT AND TECHNIQUES

Treatments used by Small-Sadler Counseling Service are effective in the renewal of client past ways of thinking, being, feeling and choosing. All this can happen by utilizing treatment methods such as Faith in God, Spiritual counseling, Prayer, moral guidance, and Scriptural study.

Small-Sadler Counseling Service does not have selected healers. God is the only One Who can Heal. However, being lead by God who created me to

become a counselor, He empowers me to assist clients in their mental, behavioral and cognitive healing process.

As clients' gain knowledge of The Word of God and His Holy Commandments, it will change what they believe and the way they think. When clients' change what they believe and the way they think, they will change their behavior.

The Word of God is The Holy Bible. When you look at the reference pages you will see a vast list of help topics. There is no problem in existence that the Bible, The Word of God does not address and have a solution to the problem.

When I am sure of what a client's presenting problem is, I can go to the Word of God for an answer and a treatment plan. These plans can yield everlasting results if client follow them.

It is an regrettable realism that in today's world of excess and instantaneous gratification, both men and women are finding themselves more enslaved by addiction, dishonesty, sexual uncleanness, loss of family values, and the family unit, weight problem, etc... We are no doubt in a time of crisis where the very idea of moral absolutes is ridicule, and man's heart has grown hard because of his rejection of what the Bible calls sin.

Because of this it has never been more important that I become vigilant in my call to help the hurting.

THEORY ON CLIENTS' IRRATIONAL THOUGHTS, BEHAVIOR AND CHOICES

Human being do what they do because they believe what they believe... "For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee. " (Proverbs 23:7 - KJV). So there is a correlation between what Human being believe and think and clients' behaviors are manifested because of their beliefs.

There are numerous reasons why clients think, feel and behave as they do. The list can include but not limited to, Transgenerational (the way they were raised), worldviews, intergenerational, tragic event/s, incest, poor parenting, violence in the house, etc...

Transgenerational is defined as the transmission and exchange of cultural interaction, in which the individual emotional experience is personally interconnected to and influenced by the multifaceted web of relationships within the family/social structure. This cultural inheritance integrates the transport of values, ideals and such characteristic from past generations to the latter.

Many time current problems arise from family relationship patterns (i.e.... family roles, rules, and repetitive behavioral patterns between family members) extending over two or more generations.

The good news is that the Bible tells us that "No temptation has seized you except what is common to man." (1Corinthians 10:12) This should be inspiring to everyone who is a believer because it confirms that our temptations and struggles are similar, and therefore should move us to share what we have learned in hopes of providing deliverance and encouragement to those who are still suffering.

WHAT CLIENTS SAY AND WHAT GOD HAS ORDAINED

There are people who believe that counselors and /or therapist as well as others in the helping field are not needed. They believe that prayer and Faith in God is all that they need to be healed. While God is the supreme healer, people fail to see that God ordain counselors and or psychotherapist and psychiatrist to serve Him by helping his children. God designed many people from all types of professions to help others such as doctors, nurses, lawyers, teachers, preachers...etc. We all have a role in life to help each other make it over and make it through loss of love ones, income, poor health, abuse of all kind, etc...

Gods' Word reads, "Where no counsel is, the people fall: but in the multitude of counselors there is safety" (Proverbs 11:14 - KJV).

Just imagine, if Jesus personally healed everyone, did all of the farming of crops, provided food, healed the sick, performed surgery, preached, taught school (elementary, high school, college, graduate school and medical school, Ph.D. school, counseled, drove a cab, bus, plane, train, was a nurse, a doctor, etc. all the time. What would we do all day?

We get in enough trouble as it is with the minimum amount of time we have. Working 8 hours or more a day, sleeping 6 to 8 hours a night and driving to and from work takes a minimum of 30 minutes. And for some driving to work takes an hour in both directions. What does that leave us with, hour wise? Well lets count: work 8 hrs + around 8 sleep hrs + 30 minutes driving time = 16 hrs and 30 minute. We won't add the long distance traveling hours. So in 16 hours or more, many of us get in more trouble that we will admit to.

If Jesus did every single thing for us as listed above and we had 24 hours a day to just wait on Him and do nothing for ourselves, we would get in a lot of trouble to the point that hell would definitely become our permanent home.

That is why Jesus anointed me as well as many other to be a psychotherapist and /or counselor, psychiatrists, someone else to provided food, such as farmers, shelters, food banks, grocery stores, doctors, nurses, aides, lawyers,

surgeons, preachers, teach school (elementary, high school, college, graduate school and medical school, Ph.D. school, counseled, drive a cab, bus, plane, train, the list is endless. We all have a purpose, and counselors are needed as well.

EFFECTIVENESS OF FAITH-BASED THERAPY

My Faith-Based therapeutic Counseling Approach will be effective because it will help clients recognize life directing problems that influence paths, decisions or choices which will inturn help them explore and change the way they make decisions.

Utilizing Bible Scriptures will help clients to recover from the guilt that comes with bad choices by showing how so many prophets, leaders and Kings were able to recover. They recovered by repenting from their sins. They were sorry for what they had done (sins). They ask God for forgiveness. When they allowed God to guide them their life changed forever. So your life can change also...

Being counseled with Faith-Based therapy, clients learn all of the ways God wants them to behave, think, feel and act. When client began to apply scriptures from God Word, behaviors, thoughts, feelings and actions will change. Once cognition's change, behavioral changes will follow. We have tried all of the European approaches, now it is time to incorporate Faith in God and Scriptures with traditional therapies for a life time outcome.

CONCLUSION

With the assistance of the Holy Spirit, Faith-Based Therapy is designed to be brief in length, yet eternally life changing in its effect. Its focus is on solutions, not problems, on the future, the here and now and not the past.

Because of the effectiveness of Faith-Based Therapy Client will not need to be in therapy forever.