

Discovering ME: Foundational Counseling Course

Module 1: A Journey Out of Fear into Love

- How a Heart Gets Hidden
- Learning the Language of the Heart
- Unveiling a Heart Hidden in Fear
- Living in Love is Living Wholeheartedly
- Tying it All Together

Module 2: Your Own Journey

- Evaluating Where You Are
- Your Own Journey
- When the Past is Present
- Emotional Health Includes Good Thinking
- Tying it All Together

Module 3: Exploring Emotions

- Emotions, What are They?
- Window of Tolerance/Our Emotional Capacity
- Regulation and Attunement
- Personal Application
- Tying it All Together

Module 4: The Dynamics of Being Human

- Introducing Function/Protection/Emotion
- Function
- Protection
- Emotion
- Tying it All Together

Module 5: Humans and God

- Trauma-Informed for the Church
- Spiritual Abuse
- Psychospiritual Effects of Spiritual Abuse
- So What DOES God Expect from Humans
- Being an Image-Bearer
- Tying it All Together

Module 6: Attachment

- Childhood Attachment
- Attachment Foundation and Interpersonal Dynamics
- Attachment and Defensive Posture
- Antidote for Lack of Attachment Pain
- Tying it All Together

Module 7: Shame

- Normalizing Shame
- Men, Women and Worthiness
- Shame: Perfectionism and Foreboding Joy
- Empathy and Self Compassion
- Practice Steps Out of Shame
- Tying it All Together

Module 8: Powerlessness

- Powerlessness
- Anger – Faces of Powerlessness
- Fear – Faces of Powerlessness
- Anxiety – Faces of Powerlessness
- Tying it All Together

Module 9: The Body

- The Physical Experience of Emotions
- Body Language
- Nonverbal Behavior
- Body Responses When You Feel Under Siege
- Tying it All Together

Module 10: Regulating in Relationships

- Interpersonal Neurobiology
- Social Engagement System
- The Body Stores Information
- Neuroplasticity
- Grieving Loss – A Brain, Emotion and Body Process
- Tying it All Together

Module 11: Case Studies

- Case Study 1: Henry
- Case Study 2: Allison
- Case Study 3: Carmine
- Case Study 4: Nellie

Modules 12: Living Wholeheartedly

- Do You Know When You Are In Defensive Posture?
- Turn Around Time
- Living Wholeheartedly in Relationships
- Tying it All Together