



Helping People

*Helping the Hurting
Nurturing Hope
Encouraging Growth*

Apostolic Christian Counseling & Family Services

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An Objective

Help people live with God,
unearthing holiness where
they are.

A Model

1. Turn toward them.

- Basic Need: Attachment.
- Answer this question: Am I safe?

2. Get to know them.

- Basic Need: To be known and loved.
- Answer this question: Do you understand me?

3. Care for them.

- Basic Need: To be helped.
- Answer this question: Are you with me through it?

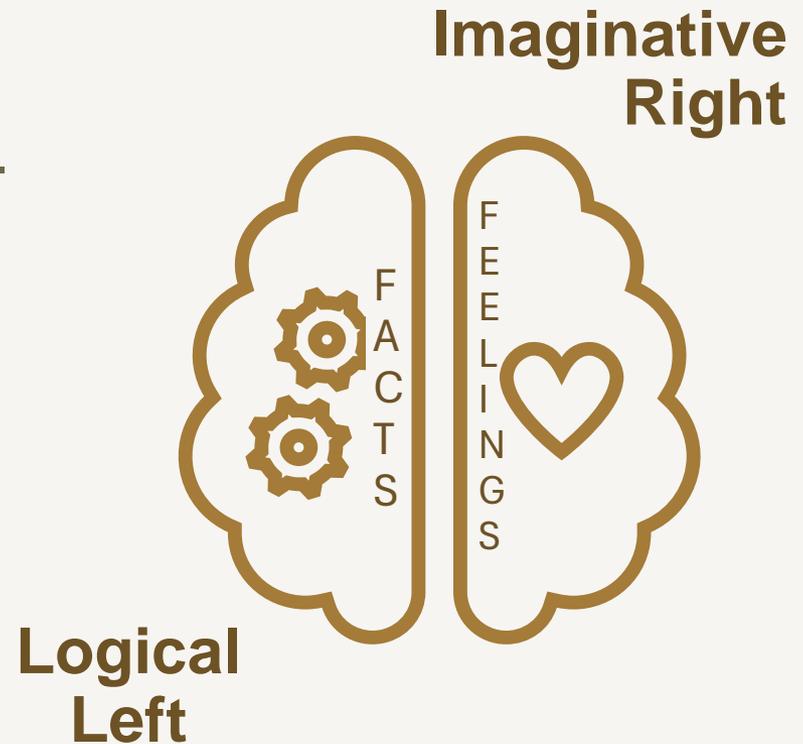
Connect

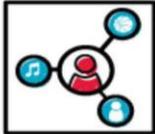
Know

Care

Healthy Attachment with the Whole Brain

- Assure safety.
 - Establish trust.
 - Listen without judgement.
- Assure reception.
 - Take them on your team.
 - Believe in them.



| | 1. Get to know each other | 2. Build mutual trust | 4. Confirm shared commitments | 5. Invest in each other's growth |
|---|---|--|---|--|
| | Explore first impressions and shared interests. | Explore mutual interests and bond through appropriate self-disclosure. | Test the depth and boundaries of the relationship | Put energy into reaching goals and adapt the relationship to match growth. |
|  <p>Express Care</p> | Listen | Be dependable | | |
| | | Believe in me | | |
| | Be warm | | | |
| | | | Encourage | |
|  <p>Challenge Growth</p> | | Expect my best | | |
| | | | Stretch | |
| | | | Hold me accountable | |
| | | | | Reflect on failures |
|  <p>Provide Support</p> | | Navigate | | |
| | | | Empower | |
| | | | | Advocate |
| | | | Set boundaries | |
|  <p>Share Power</p> | Respect me | | | |
| | | Include me | | |
| | | Collaborate | | |
| | | | | Let me lead |
|  <p>Expand Possibilities</p> | | Inspire | | |
| | | | | Broaden Horizons |
| | | | | Connect |

Listen for understanding by using thoughtful questions.



What to listen for:

- Listen for fear.
- Listen for shame.
- Listen for meaning making.
- Listen for pain.
- Listen for desire.

Activity

Lucy is a university student struggling with depression. She lives on campus with some friends. Judith Johnson is the therapist.

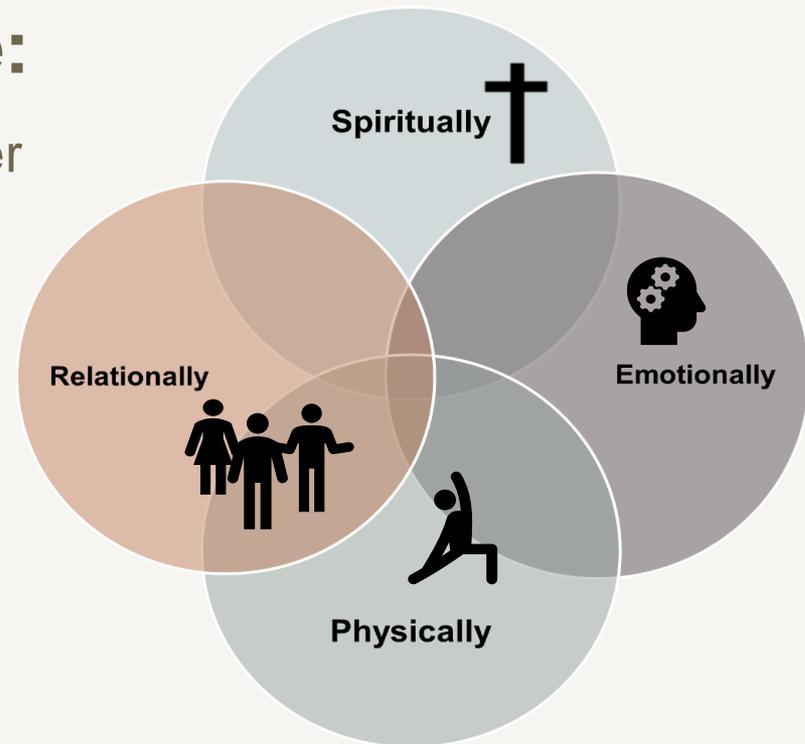


- What can you learn from Judith's skillful questioning?
- Which of the following can you hear from Lucy:
 - Fear, shame, meaning-making, pain or desire
- What questions might you want to follow up with?

Care for healthy bodies, relationships, minds, and hearts.

Two Categories of Care:

1. **Crisis Care:** Attend to the matter of crisis.
2. **Living Care:** Attend to the matters of living well.



Activity

Review the “Helping People Live” document.

- Which of these strike you as “I could help a person do that!”
- Which of these do you want to know more about?