

## **Fresh Aire Samaritan Counseling Center**

### ***(Sample of Classes, Groups, Retreats, Resources Available for Churches)***

*Many of the classes/workshops/resources listed here can be easily adapted to fit the block of time, churches wish to plan such an event, whether it be a weekend seminar, several weeks in a row, or several sessions/modules spread out over longer time span. Many of them can also be shortened by taking out certain parts. They are simply listed here in the format that they have been done before. We will work with the individual churches to try to format the workshop/class/group in the way that best fits the situation.*

- **“Endings & New Beginnings” – Divorce Recovery**
  - A six-week support group/psycho-spiritual educational experience for those experiencing separation and divorce.
  - Weekly topics include:
    1. “This Was Not the Contract” (facing the reality of divorce and moving through the various stages of separation and divorce)
    2. “Goodbye Answers, Hello Questions” (divorce and one’s belief system; spiritual challenges)
    3. “Breaking Old Patterns and Learning New Ones – Part 1” (personal growth experienced in facing and understanding the past)
    4. “Breaking Old Patterns and Learning New Ones – Part 2” (communication and conflict...learning to relate in ways that are more healthy and effective)
    5. “Steppin’ Out and Movin’ On” (legal aspects, financial future, living single again, kids and family caught in the middle)
    6. “Turn the Other Cheek” (working through bitterness, anger, and hurt while learning to forgive)
  
- **“Managing Life’s Transitions”**
  - A 5-week/session psycho-spiritual educational class/support group for those experiencing unexpected career moves, loss of employment or marriage, serious illness, caregiver/
  - Caregiving changes, empty nest, or any experience of loss that propels a person into unexpected change. Focus is to move through a change process in healthy, hopeful ways.
  - Topics include:
    1. Transition verses Change: Opportunity for Self-Growth (Stages/What to expect)
    2. Coping Skills & Tools
    3. Managing Emotions/Relieving Stress
    4. Avoiding the Victim Trap and other Issues Related to Co-dependency
    5. Embracing Change
  
- **“Tips for the Journey” - Marriage Enrichment Workshop**
  - Marriage is a journey, and there is not just one map. As couples journey together in marriage, there are times when they are bound to make a wrong turn, feel lost, or find themselves on an unplanned detour. This 5-session workshop allows couples to learn from and provide support for one another as they receive additional resources for sustaining and enjoying the journey
  - Topics include:
    1. GPS Programming (meaningful marriage)
    2. Check the Glove Box (healthy communication)
    3. Bumps in the Road (joy in disagreement)
    4. Are We There Yet? (intimacy, playfulness)
    5. When All Else Fails, Check the Map (spirituality and wholeness)

- **“I’ve Said Good-bye...What’s Next?”**
  - A forum for those grieving the loss of either welcome or unwelcomed endings and transitioning to new careers and lifestyles after retirement or lay-offs.
  - Topics include: vocational assessment, spiritual gifts, stages of and managing transitions, spiritual, psycho-relational and physical dynamics
  
- **“Life After Loss: Journey Through Grief”**
  - Dealing with the death of a loved one can be among life’s most difficult and stressful experiences. While everyone grieves differently, all experience a range of emotions that are important in healing. Research shows that those who give time and honest expression to their grief in community with others who care, listen and understand are often able to move through grief in ways that bring greater healing and wholeness. Providing this community of support is the goal of this 5-week support group
  - A five-week support group/psycho-spiritual educational experience for those who have had a significant loss in their life during the past 2 years.
  - Weekly topics include:
    - 1. . Stages of Grief and Loss and What to Anticipate
    - 2. Guidelines for Growing through Loss/Warning Signs for Complicated Grief
    - 3. Self-Care, Milestones and Non-grievors
    - 4. Positive/Negative Issues Related to Religious Faith and Grief
    - 5. Saying Goodbye and Carrying the Light Forward
  
- **“Fill My Cup” - Women’s Spiritual Retreat**
  - Drawing from her own research and life experience in the study of the correlation between spiritual crisis and growth with physical and emotional pain and crisis, Rev. Lisa McIlvenna will invite participants into their own reflective and experiential journey of Jesus’ visit with the woman at the well in John’s Gospel. Participants will be invited to place themselves in the shoes of the woman and to wonder about the cup in their own lives/souls and the “living water” that Jesus offers.
  - 6-8 hour retreat with the following sessions:
    - 1. Cups as Earthen Vessels
    - 2. Filling the Cup
    - 3. Broken Cups
    - 4. Stained Cups
    - 5. Cracked Cups
    - 6. Have Thine Own Way
    - 7. Cups Overflowing
  
- **“Building a Shared World” – Marriage Enrichment Workshop**
  - An eight-hour workshop designed to help build healthier relationships combining experiential learning modalities with couple dialogue exercises, light-hearted role playing and skits, and individual and group exercises mixed with didactic learning.
  - Couples will learn and practice skills for better communication, navigating through conflict in healthy ways, building relationships that offer a lifetime of respect, commitment, shared vision, and fulfilled dreams.
  - Topics include:
    - 1. Blueprint for a Satisfying Marriage
    - 2. Relationship Building Tools: Understanding and Overcoming the Roadblocks
    - 3. Creating Common Goals and Expectations
  
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- **“After We’ve Said Goodbye: Considering Some of the Emotional and Spiritual Issues Related to Retirement”**
  - Retirement is a significant ending in a person’s life. When we experience change in the external world, there is also a transition that takes place emotionally and spiritually. This class addresses those changes and seeks to strengthen a participant’s ability to fully embrace and move through this emotional/spiritual transition.
  - Topics include: psycho-emotional reactions to retirement, phases of retirement, examining expectations, values, personality and stress profiles for retirement, health issues, relationship issues, and post-retirement goals
  
- **“Taming the Lions In Our Life”**
  - A five-week class designed to assist people in learning to face, thrive, and ‘shine’ in the midst of life’s threatening emotions. Classes focus on depression, anxiety & panic, anger & resentment, loneliness & grief and doubt & skepticism. Often seen as “giants that need to be slain” or disposed of, this class seeks to assist participants with ways of living and growing with and through them.
  
- **“Just Friends” - Caring Ministry Team Training**
  - A six-hour training for laity intended to provide skills in compassionate care for and visitation with others.
  - Topics include:
    - 1. Defining and Understanding Caring Ministry
    - 2. Tools for Effective Listening
    - 3. Tools for Effective Speaking
    - 4. Issues of Confidentiality
    - 5. Healthy Boundaries
    - 6. Issues Specific to Visiting the Elderly, Sick & Hospitalized, Bereaved, Those in Crisis
    - 7. First Visits
  
- **Spiritual Gifts: Discerning God’s Direction for Our Lives**
  - Three-week community building experience of discovery, renewal and spiritual growth to empower/equip participants for service and leadership in the local church and beyond.
  - Participants will learn:
    - 1. to name, claim and use their spiritual gifts
    - 2. to discern God’s direction for and the work of the Holy Spirit in their lives
    - 3. the biblical foundation for understanding spiritual gifts and the importance of every persons’ gifts as part of the Body of Christ
    - 4. to focus their energy in activities/ministries that match their gifts, thereby bringing enthusiasm and joy rather than fatigue burnout
    - 5. difference between spiritual gifts and talents and abilities
  
- **Self Care, Stress and Burnout Resources** (any combination of these resources can be used to put together a presentation, workshop, retreat or seminar)
  - Facts on stress and burnout
  - Assessment tools/scales
  - Bible Study based on Elijah
  - Wellness Wheel
  - Tools for Wholeness (exercises)
  - Stress Diary
  - Tools for Creating Balance

- **“Prayer as a Gateway of Expression” – Spiritual Formation Retreat/Seminar**
  - Purpose of the retreat/workshop/seminar is to help participants grow in their understanding of and use of prayer as a venue for opening the door to a deeper, more authentic relationship with God.
  - Topics include: What I Prayer, Spiritual Journaling, Contemplative Prayer, Imagery Prayer, Labyrinth Prayer, Mandala Prayer, Movement Prayer
  
- **“Experiencing Sabbath Through the Senses” (prayer stations)**
  - Experiencing Sabbath through Touch
  - Experiencing Sabbath through Sight
  - Experiencing Sabbath through Taste
  - Experiencing Sabbath through Smell
  - Experiencing Sabbath through Hearing
  
- **“Finding Balance in Life” – Women’s Retreat/Workshop Dealing with Stress, Burnout, and Emotional and Spiritual Wholeness**
  - A combination of experiential learning exercises, didactic sharing, group process, Bible Study, and individual assessment/reflection
  - Participants are invited to access the balance in their lives, discover ways for finding greater emotional, spiritual, relational and physical balance/wholeness, and learn how to address some of the barriers of implementing what they learn/know to move toward a healthier lifestyle.
  
- **“Becoming the Author of My Life” - Coaching Class/Seminar/Workshop**
  - Participants are invited to compare their lives to a stage play or a movie as they ask themselves the question of who is authoring the drama. Participants are challenged to consider whether they are following a script for their lives that they are actively writing or if they are following a script that has been written and is being directed primarily by others.
  - Participants are given resources and coaching in how to become the author of and re-direct their lives in order to feel greater control and ownership of their lives, identifying ways of expanding their freedom and developing strategies for making change that leads to a greater sense of wholeness
  
- **“What We May Be – If You Knew Who You Were, You Could Become Who You Are” - Vocational Assessment Workshop/Resources**
  - Using a combination of vocational assessment tools and resources, participants will be able to discern not only their vocational interests but also their gifts, skills and abilities for various vocations and how various vocations compliment their personality, leadership styles and values as they build their own personal career profile.
  
- **Support Group Therapy**
  - Help for those who would benefit with some assistance in daily living and building and maintaining healthy relationship but are not drawn to or find it difficult to afford the cost of individual therapy
  - After several weeks of open enrollment, the group will be a closed. Format and content will then be adapted to the needs/issues/interests of the participants. Emphasis will be upon faithful attendance, maintaining confidentiality, creating a safe environment to share differing feelings/values/perspectives, and increasing participants’ repertory for dealing with issues in their life without diagnosis or trying to “cure” or “fix.”

- **PREPARE Premarital Counseling**
  - six hour workshop for couples planning to be married
  - makes use of PREPARE/ENRICH assessment tools as well as personality assessments
  - Topics include: healthy communication, resolving conflicts, building intimacy at various levels, stages of marriage, differences in marriage, building relationships that will thrive through the changes, helpful and less helpful things that each person brings into the marriage from his/her family of origin.
  
- **Hope Is Not a Plan: Preparing for Parent/Child Role Reversal**
  - We all have hope that we will not have to move into a nursing home, that we will die in our sleep and not have to experienced prolonged suffering/pain, that we can die in our own home, or that our parents will naturally be open to talking about end of life issues. Yet, while we may “hope” these things, hoping is not really a plan, and when we only “hope,” we make it more difficult to move through difficult decisions.
  - It can be much more helpful to talk openly and intentionally about the future rather than waiting until after there is a crisis.
  - This 4 module workshop/seminar is a mix of psycho-spiritual education and emotional support for those who are experiencing the realities of Parent/Child role reversal.
  - Modules cover the following topics: Emotional Impact of Role Reversal, Identifying and Addressing the Losses for both Elderly Parents and Children of Elderly Parents, Crucial Conversations, Renegotiating the Boundaries