

The Two Week Living Wisdom Life Skills and Counselling School Curriculum includes the following:-

Personal and Professional Development:

- Introduction to Glossary – putting up the shelves.
- Understanding how memory works – so we remember more of what we learn!
- Surviving the ‘overloaded phenomena’ – tools to cope.
- Fundamentals of Emotional/mental health – where and when is my thinking sick?
- Checking Assumptions – the King Lies that pull the strings.
- Introduction to Misbelief/Insight Therapy – how is it unique?
- Formative Facts and Life Defining Moments – who are we really?
- Introduction to Psycho-therapy – revisit, revise and relinquish the past.
- Introduction to Pastoral Therapy – A four focused balance.
- Family Mottoes – the earliest conditioning, the unspoken rules.
- Unbearable Feelings – getting used to emotional allergies.
- Emotional Echoes – when the heart remembers what the head has forgotten.
- Welds – when the brain mis-associates.
- Psychological Survival Kits – the arsenal of keeping safe.
- Victim-hood – the powerless ploy.
- Spot the Rescuer – loves closest counterfeit.
- Understanding the Crazy-maker – a ‘spin’ on everything.

Counselling Topics:

- Tools for Counsellors – includes understanding empowering questions, truth coaches.
- Traps for Counsellors – fore-warned is fore-armed!
- Counselling session dynamics.
- Supervision – is it necessary, when and why, and by whom?
- The Counselling Craft – models of counselling.
- The Mental Loop – Vicious cycle of emotional torment.

Relationships:

- Anatomy of a Relationship Breakdown.
- Negotiation Skills – achieving the win-win situation – recognising power games.
- Marriage, Separation, Divorce – what makes it and what breaks it?
- Soul Ties – transference/counter transference – the slippery slope of immorality.
- Sexual Awakenings – sexual deviancy – when erotic desire goes wrong.
- Training Children – Defensive Detachment – Development of Rebellion

Theology:

- Recognising Toxic Religion – Legalism, control, fatalism etc.
- Advocate Evangelism – finding the point of contact first.
- Christ’s Vicarious Performance – the missing heart of the gospel.
- Our Vulnerable God – the forgotten humanity of the Risen Lord.

Pastoral/People Care:

- Forgiveness – leaving the past behind in a healthy way.
- Anger – enemy or friend?
- Unipolar Depression – causal analysis and diagnostic tools.
- Grief – the painful process of letting go.
- Fear – panic, anxiety, phobias.
- Escaping Addictions Pit – climbing out of the canyons.
- Goal-setting – turning dreams into reality.