

Bridge of Hope Ministries
10/27/22

We are a private, Biblical counseling agency with the goal of healing and improving the functioning of those who engage in our services.

Our services have a holistic focus. We have developed systems that work.

- A. Counseling any age starting at age 6
 - 1. Personality Profile – So we know the traits and tendencies to better help with marriage and children issues.
 - 2. Homework – You are connected to the process. Like getting two sessions for the price of one.
 - 3. Trauma, PTSD, and Grief – Issues attended to as needed, more common than often acknowledged.

\$75.00 per session

- B. Courses, Workshops, Classes – taught at our facility

We developed all these and have instructors with expertise in these areas.

Understanding Your Emotions – Adult, Instructor – Amy Welker

6 weeks \$120.00

God gave us all our emotions, and no one taught us about them. This class does that. We identify, define and confront triggers.

Contents of Course

- 1. Understanding the Nine Basic Feelings.
- 2. Thought Process, Understanding Boundaries, Creating Peace, Stress Relief
- 3. Exercise and Nutrition
- 4. Anger is a Secondary Emotion
- 5. React vs. Response, Understanding Triggers, Resulting Consequences
- 6. Automatic Thinking – Checking Signals
- 7. Multiple ways and techniques to deal with emotion
- 8. Evaluation of “Where I am now and my long-term plan”

Understanding Your Emotions – Children ages 8-18,

Instructor Amy Welker

6 weeks \$120.00

Contents of Course

1. There are many different feelings and emotions.
2. Emotions can prepare us for action.
3. Anger is a secondary emotion.
4. Emotions, thoughts, and behaviors are all connected.
5. Thoughts can change feelings and how your body responds.
6. Positive and negative self-talk.

Healing Art (ages 8 and up), Instructors - Scott and Bridget Peeler

6 weeks \$120.00

Developed for brain creativity, focus, and improved executive functioning.

Contents of Course

1. Canvas selfies – Paint how you see yourself.
2. Walk a mile in my shoes – Life experiences and situations painted onto a pair of shoes.
3. Draw with sand – Listen to music, and ambient noises while drawing how they make you feel.
4. Modeling clay – Mold and shape your goals or dreams while listening to a short story.
5. T-shirts – Decorate the back side of the shirt with fears and the front with who or what you want people to see about you.
6. Collage – Make a vision board of your dreams or goals using magazine and newspaper cutouts.

Caregiving, Instructor – Amanda Lawson

6 weeks \$120.00

For the caregiver and/or recipient of care

Contents of Course

1. Caregiving starts with taking care of yourself.
2. Grief and caregiving.
3. Children with special needs.
4. Being a parent to foster, grand, or stepchildren.
5. Caring for addiction issues.
6. Caring for a parent, grandparent, or spouse.
7. Caring for yourself while helping others.
8. End of life.

Divorce Recovery, Instructor – Jerry Jensen (Single parent, Blended family)

8 weeks \$160.00

Regardless of how long divorced or separated, this class is needed (even if remarried).

Contents of Course

1. Divorce Recovery.
2. Growing through a divorce.
3. Processing stress.
4. Anger Inventory.
5. Checklists.
6. The former spouse.
7. Single Parenting.
8. Blended Family.

Spiritual Gifts, Instructor – Raymond Fabing

8 weeks \$160.00

Even when taught, seldom is it shared how to know your spiritual gifts, what all of the gifts are, and the pros and cons of each gift. Our class covers all of these.

Contents of Course

Types of Gifts, Ministry, Motivation, Manifestation

1. Going the distance with your gift.
2. Who are you? Your shape, passion, heart.
3. Temperament Profile – Now I understand me.
4. More processing of “Now I understand me and you”.
5. “Binding the Strongman” for life and ministry.
6. Leadership/Mentoring/Unique Ministry Issues
7. Spiritual Warfare and Mapping
8. Pastoral Leadership, Accountability Questions, Organizational Charts, and Casting a Vision for your group

HOPE INSTITUTE

9 Courses on How to Counsel from the Word of God

Written by Dr. Raymond Fabing, Ph.D., LPC

Practical Intervention

A foundational course to show the Word of God is a practical tool to intervene in behavior change. Covers areas of Biblical caregiving with an approach to behavior in accordance with the Word of God.

Foundational Course Outline:

1. Introduction. Learn about the enabling power of the Holy Spirit; how the Holy Spirit makes us overcomers; a confession for overcomers; what the Bible is; a generic counseling format and how Jesus counseled.
2. The ministry of Encouragement
3. Organizing the Counseling Effort
4. Concerns for Counseling
5. Basics of Counseling
6. Learning “How to Counsel”

MINISTRY SERIES

Advanced Training – Beyond the Basics

In-depth information to help in understanding specific care concerns. Provides tools and techniques. Multiple formats for change.

Evangelism, Study, Mentor & Minister – Reviving Lost Arts

The full range of ministry is taught: presenting the gospel, developing of study concepts, overseeing the mentoring process, and understanding leadership skills in ministry.

Biblical Care Concepts – Dr. Fabing’s over 50 years of experience

Learning how to deal with dysfunction, enhancing listening skills, developing counseling performance objectives, and understanding concepts of giving good care.

Temperament – Understand how God created us different

Understanding of temperaments regarding behavioral and practical application will be taught. Blending strengths and weaknesses will be explained to teach why one thinks and responds the way they do. How to resolve internal conflict and give others God's grace.

RELATIONSHIP SERIES

God's Call to Manhood

A review of man with a focus on identity, understanding, and restoration. This includes finance, emotions, conflict, health, fathering, and leadership of the home.

God's Call to Womanhood

A review of woman with a focus on identity, her role in God's eyes, and her worthiness. This includes health, fears, shame, and identity.

Divorce Recovery/Single Parenting/Blended Families

This is a study to better understand how to minister to the pain and needs of those who have experienced divorce, single parenting, and blended families. Attention is given to the one who did not want the divorce, single parent real issues, stages of the blended family, and moving forward with life.

Hope Institute can be taught at:

- Our location
- Your location
- Correspondence

Like a Master's Degree in Biblical Counseling. \$300 per course.