

SPIRITUALITY AND EMOTIONAL HEALTH FROM A FAITH BASED PERSPECTIVE

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COURSE DESCRIPTION:

This course, will explore the importance of spirituality and emotional health through a faith based perspective. Investigate the views of mental health, the psychological, emotional, social and biological impacts. We will address self actualization and what that is. How faith transforms a person's life. We will examine spiritual components and assess questions of spiritual deliverance, versus progressional healing and working through maturity of character.

We will also compare the differences of healing theologies and practices from a faith based perspective-(i.e. instantaneous healing vs. progressional healing). We will examine importance of relationship and community, a context for the journey of restoration and identity.

Spiritual integrity and emotional health are very important for functionality of a healthy person to contribute their talents and gifts to the world around them. Emotional health can either motivate someone to live life fully or debilitate their life in hopelessness. This course will help you understand spiritual integrity and integrate emotional health for yourself, others and in your practice or community to help those around you.

OBJECTIVES:

Attendees of this course will:

1. Understand and define what spirituality is and its' importance to explore.
2. Explore the worldview of a faith based individual on mental health.
3. Define soul and explain the impact of emotional pain on a person's well being.
4. How faith of an individual impact changes and creates growth.
5. Define deliverance and healing. (When to refer).
6. Describe the differences of healing for development and maturity of an individual versus the need for spiritual deliverance.
7. Be equipped to effectively help faith based individuals in your practice and/or community.

SEMINAR/CONFERENCE/OUTLINE

I Worldviews on mental health

- a. Spirituality
- b. Faith in God vs. faith in (I, Me, Self) - How is it different?
- c. Resistance to future therapy help- exploring values and beliefs
- d. Faith and the different views of psychology.
 1. Faith based community.
 - a. Is psychology reliable?
 - b. Is psychology and theology compatible?
- e. Importance – therapy (therapeo) Greek- around to heal & doctors, behavioral health and therapists.

II. Self- Identity in the Christian Faith

- a. Who God created you to be – taking a self assessment.
- b. The nature of sin and the affects in this world.
- c. How God created you to live

III. Emotional Health Impacts/Emotional crisis in the Christian Faith

- a. Psychological – how a person's cognitions are affected.
- b. Emotional -
What happens?

- c. Social- the relational aspects and how that is affected.
- d. Biological- physical health and the brain

IV. Importance of Faith

- a. Hope- importance, who is the hope, vessel, motivation for change
- b. How faith brings change- psychologically, emotionally and socially

V. Differences of Healing from a Faith Based Perspective

What is Healing and Deliverance?

1. Definition of deliverance

- a. What is that?

2. Healing

- a. Instantaneous- physical, emotional

- b. Progressional healing

1. Emotional healings – (i.e: grief, disappointment)

- a. Maturity and development

- b. Resources needed for healing- community and relationship

2. Inner Healing- faith based, prayer counseling- (further addressed on another training)

B. Discernment- importance

-Asking questions to the counselee / checking in

1. Strongholds

If you are not trained on spiritual deliverance- refer to a Pastor- trained in deliverance ministry.

- 2. Importance of being a believer in Christ at this level that is trained in this area.

VI. Questions and Answers

Recommended Resources:

Brown, Warren S., Malony, H., Murphy, Nancy (1988) Augsburg Fortress. What Happened to the Soul? Scientific and Theological Portraits of Human Nature

Dueck, Alvin C., Lee, Cameron (2005) Wm B. Erdsmans Publishing Co. Why Psychology Needs Theology

Hayward, Chris (2003) Regal Book. God's Cleansing Stream

Sandford, John & Paula (2007) Charisma House. The Transformation of the Innerman