

The Living Wisdom Transformation Bootcamp is designed to bring sustainable and powerful transformation to every area your life from your emotional health and relationships through to theology and pastoral care. The topics covered include:

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.

