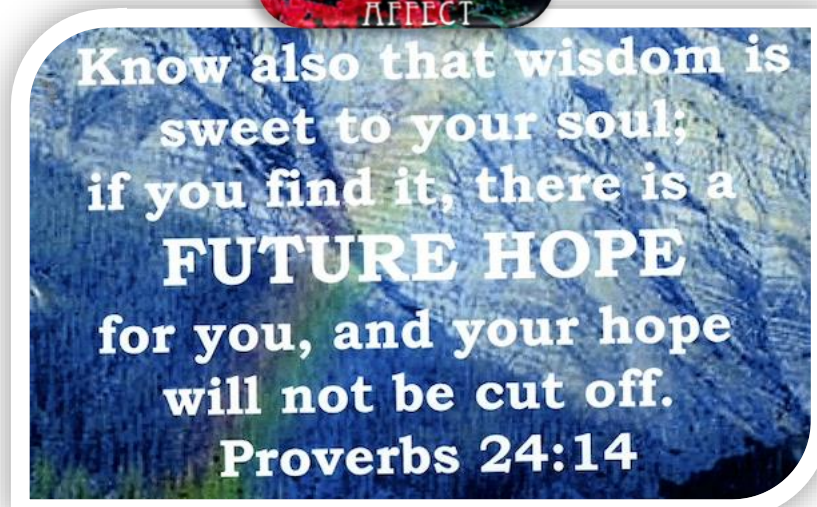
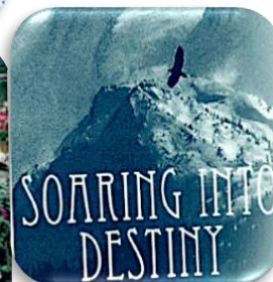
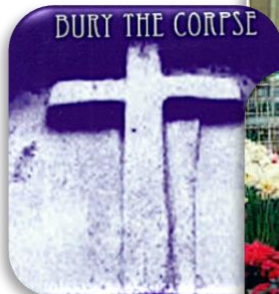
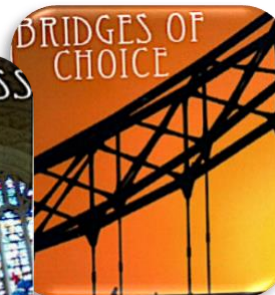
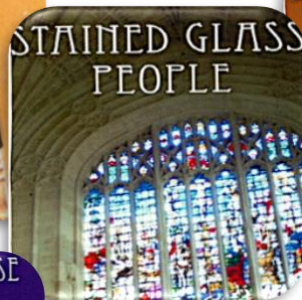
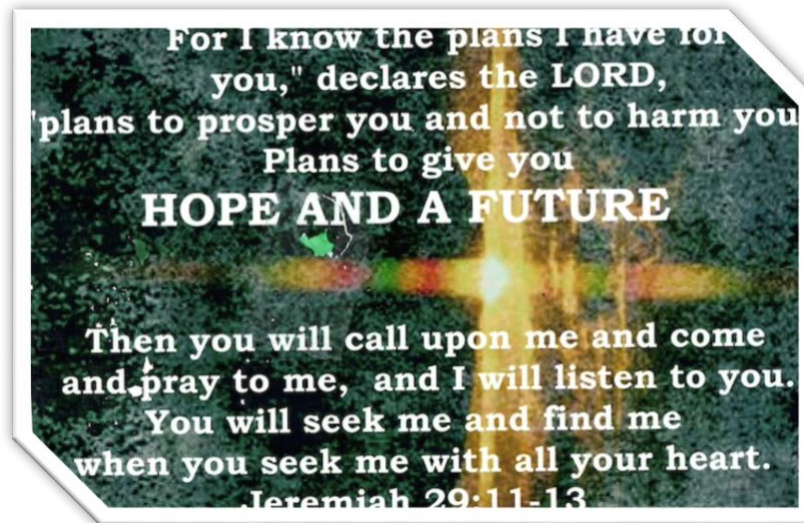


A HOPE AND A FUTURE Article -See page 2 for article.



THE
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A Newsletter for Grief and
Bereavement Professionals

"HOPE and A FUTURE"

AAB Presenter Develops New Christian-based Recovery Program

By Samara C. Kezele Fritchman, LMHC, J.D., Ph.D.

HOPE and A FUTURE is a faith-based life-process recovery program to help Christian clients walk in welfare and peace out from a place of brokenness.

Clients experiencing difficulty in personal, spiritual, relational, social, or occupational areas often struggle with deep-rooted toxic issues. As toxicity increases, serious symptoms and impairment in these areas of life ensue, diminishing their ability to function, creating an inability to maintain mental wellness to their optimal achievability.

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not harm you; plans to give you HOPE and A FUTURE. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart." Jeremiah 29:11-13

When clients' lives become unmanageable, exaggerated feelings are experienced that threaten to overwhelm them. Loneliness, destructive thinking, broken relationships, resentment, uncontrollable exaggerated feelings, making rules that aren't kept, fear, feeling a confused sense of unreality, unexplainable physical symptoms, and a growing compulsion to control in spite of harmful consequences are all challenges faced by counselors who are seeking to help clients.

The six elements of HOPE and A FUTURE help counselors work with clients who remain stuck in toxic-life patterns.

Counseling can be a doorway to recovery. HOPE and A FUTURE can be the path! This program is a way to help clients view and work on important aspects of their lives and recovery. It is a concept, a different way of looking at their past, present and future. HOPE and A FUTURE is a unique linear, yet circular journey. Its six elements can move some-

one from one place in life, in thinking, to another and then to the next. Or it can offer a way of viewing a moment in time, focusing on one of the six elements and then jumping to another when needed. In other words, you can move from the first to the last, or jump in on number three and then go to number one or six.

Clients obtain better mental wellness through understanding—and understanding often occurs when clients can see their struggles and then discover what to do about it.

Conceptual ways of looking at life can be beneficial. The six elements of HOPE and A FUTURE help counselors work with clients who remain stuck in toxic life patterns; strong negative reactions, continued beliefs in false ideas, destructive relationships, and interpersonal obsessions.

Here are the six elements:

PORTRAITS OF ART: Each one of us is uniquely painted and is a work of art. Counselors help clients shape their authenticity, discover their resiliency, and acquire tenacity.

STAINED GLASS PEOPLE: The world has affected everyone. Counselors help clients discover the benefits of brokenness, complexity, and simplicity.

BRIDGES OF CHOICE: In recovery, the choices we make are vital. Counselors help clients seek the sure path, walk the solid bridge, and find the secure destination.

BURY THE CORPSE: By choice, there are great benefits in laying certain things to rest. Counselors help clients detangle from destructive pasts, gain freedom from unproductive memories,

and separate from toxic relationships.

THE GREENHOUSE AFFECT: Everyone needs a place that feels safe; a place to grow.

Counselors help clients grow in a safe environment, grow in truth and love, and grow in healthy boundaries.

SOARING INTO DESTINY: We all have destinies to discover. Counselors help clients find their potential, their hope, and their future.

This program is about discovering and remaining true to one's own personality, spirit, and character, despite encountering external forces, pressures, and toxic influences. It's about encouragement to live life according to one's innermost being, uniquely created by God, rather than the demands of society or one's early conditioning. The six elements are steps of recovery from unwanted change, discouragement, or misfortune, helping individuals acquire personal buoyancy that enables them to resume their authenticity after being bent, stretched, or compressed by life.

Know also that wisdom is sweet to your soul; if you find it, there is a FUTURE HOPE for you, and your hope will not be cut off. Proverbs 24:14



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