

## **Description of Things to come this week:**

**Individual counseling:** Each person will be assigned an individual counselor who they will meet with every day. Individual sessions will be based on a collaborative relationship between you and the counselor aimed to bring about a better quality of life. This is a time for you to discuss the issues you want to talk about.

**Chapel:** Lead by director Mike Courtney, chapel is a time to reflect on what God is doing in the counseling process and to listen to Him to know what the next steps are.

**Discipleship training:** Discipleship training is a way to learn biblical disciplines, like prayer and daily Bible reading, to help you learn how to depend more fully on the Holy Spirit and to listen to Him. Learning to incorporate these biblical disciplines when you leave Braches will allow you to grow closer to the Lord.

**EMDR:** EMDR stands for Eye Movement Desensitization and Reprocessing, and has been shown to be an effective treatment with individuals who have experienced trauma. It focuses on enabling individuals to heal from the symptoms and emotional distress of these experiences in a shorter amount of time by reprocessing the memory and activating the natural healing processes in the brain. This is done by a certified clinician.

**Psycho-Educational groups:** These groups are based on learning about specific mental health conditions, like anxiety, or about healthy ways of living, good communication skills and appropriate boundaries. This knowledge allows individuals to gain a better understanding and therefore enhance their quality of life.

**Support groups:** Support groups are based on a specific topic that everyone in the group can relate to. These groups are facilitated by a counselor and are a combination of psychoeducation and group therapy.

**Celebrate Recovery:** CR is a biblically based recovery group that meets off-site to help those struggling with “hurts, habits, and hang-ups.” Directions will be provided and meetings are generally available near your hometown as well.

**Homework:** Occasionally there will be homework assignments to do in your hotel room that are assigned by your individual counselor or one of the group counselors. This homework is to help you continue to learn more about the issues you are facing and the work you are doing in sessions.

**Friday workshop:** The Friday workshop includes wrapping up with individual counselors, meeting with a nutrition specialist, and creating an exit plan. The exit plan is an individualized plan you create with the guide of one of the counselors that will give you a solid plan for the future.