



The Christian Therapist's Notebook: Homework, Handouts, and Activities for Use in Christian Counseling

Philip J. Henry, Lori Marie Figueroa, David R. Miller

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Provide professionally sound and principled therapy based on the truth of God

Christians are faced with the same range of problems as everyone else. However, Christian therapists understand deeply the unique issues involved with their therapy. The Christian Therapist's Notebook is a single source for innovative, user-friendly techniques for connecting the everyday world of the client with Christian principles and Scripture. This creative, timesaving guide assists therapists in helping clients achieve therapy goals through professionally sound and principled exercises while always maintaining a positive, supportive connection with Christian beliefs. Helpful features include Scripture references relevant to common problems, case studies, vignettes, professional resource lists, client resource lists, in-session exercises, homework exercises, and handouts.

The Christian Therapist's Notebook bases its success on three foundations: the truth of scripture; the centrality of Christ; and the guidance of the Holy Spirit. The book's three sections include individuals, couples and families, and children and adolescents. Each chapter focuses on a single exercise to address an important issue that may be affecting the client. Chapters provide a guiding Scripture quote, an objective, rationale for use, clear and specific instructions, suggestions for a follow-up, a vignette illustrating the exercise's success, contraindications, extensive resources, and related Scriptures.

The Christian Therapist's Notebook exercises include:

- "A New Creation," which uses a Christogram to personalize the Biblical promises and truths of the spiritual transformation
- "Snapshots," which reveals repetitive behavior patterns in relationships
- "Core Connections," which helps the client explore the organization of relational core connections to other people as well as to God
- "Temptation Judo," which explores the connection between temptation and needs while uncovering God's promise of escape
- "Broken Mirrors," which identifies unresolved issues affecting self-image and moves the client to a personal relationship with God
- "The Book of My Life," which helps identify situations and people that have had an impact on clients, while helping them to acknowledge that God has a plan for them
- "Tearing Down Strongholds," which helps take the client through the process of repentance
- "It Was Wrong," which helps abuse victims deal with pain and frustration
- "Bowing Down," which helps to restore a healthy relationship
- "Panic Breaker," which helps get to the root of client fears
- "Parenting after Divorce"
- "Self-esteem," which helps children with self-concept
- *and many, many more!*

The Christian Therapist's Notebook is the answer for practicing therapists, counselors, interns, pastors,

educators, and students searching for activities for client therapy based upon the truth of God.

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From reader reviews:

Jack Harbin:

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Jessie Henricks:

A lot of people always spent their free time to vacation or perhaps go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity honestly, that is look different you can read the book. It is really fun for you personally. If you enjoy the book that you simply read you can spent 24 hours a day to reading a reserve. The book The Christian Therapist's Notebook: Homework, Handouts, and Activities for Use in Christian Counseling it doesn't matter what good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. Should you did not have enough space to bring this book you can buy often the e-book. You can m0ore simply to read this book from your smart phone. The price is not too expensive but this book has high quality.

Lisa Thomason:

Reading can called mind hangout, why? Because if you find yourself reading a book particularly book entitled The Christian Therapist's Notebook: Homework, Handouts, and Activities for Use in Christian Counseling your head will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely might be your mind friends. Imaging each and every word written in a e-book then become one web form conclusion and explanation that will maybe you never get previous to. The The Christian Therapist's Notebook: Homework, Handouts, and Activities for Use in Christian Counseling giving you a different experience more than blown away your head but also giving you useful data for your better life in this era. So now let us teach you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished studying it, like winning an activity. Do you want to try this extraordinary investing spare time activity?

Elvia Ecklund:

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