

# Lifeline to Hope Caregiving Course

## Answer Key and Comments

By Facilitator: John Woodward

### Session 1

This kind of ministry is a sacred trust

*Caregiving defined*

*Parakaleo*: to urge, do strongly exhort, to plead with, to beseech

*Noutheteo*: to admonish, to give instruction. The verb tense implies a sense of urgency in doing so.

*Paramutheomai*: to console, to encourage, to comfort. The verb tense implies a proactive 'seeking out' orientation

*Antechomai*: to help, to assist in a practical way. The verb tense implies an active participation

*Makrothumeo*: to be patient with, to give time to, to be long-suffering.

Motives and pitfalls

*The need for:*

intimacy  
control  
acceptance  
information  
restoration

*Character qualities that matter*

1 faithful  
2 teachable  
3 genuine  
4 humility  
5 unconditional love

Called to care

*An encourager is:*  
practical  
a risk taker  
all in  
others- oriented  
available  
long-suffering

## Session 2

We were created through a relationship

*ginosko* means recognition or to know exactly or intimately

We were created in relationship

*yada* means to know relationally

*qadash* means to dedicate

Learning style profile

abstract... primarily thinkers

reflective... primarily watchers

concrete ...primarily feelers

active ... primarily doers

Asking the right questions to make the right connection:

Where am I right now?

Where is the care receiver right now?

How do I connect where they are?

Where do we need to be or go?

How do we get there?

How (Hope for the Heart's) *Keys for Living* are structured

1. Definitions
2. Characteristics
3. Causes
4. Steps to solution

The power of identity

Jesus had a sense of  
provision  
purpose  
peace

### Session 3

[Page 8]

point 6 wasn't in the notes: Love--"to cover a multitude of sins" (1 Pet 4:8)

*Listening as an art*

verbal versus nonverbal communication

verbal 7%

nonverbal 55%

tone of voice 38%

[note: a secular study, probably studying non-directive counseling]

14.000 meanings

We need to pay attention to both content and process.

**Session 4** - *no "blanks" needing answers*

### Session 5

Self worth = my performance + the opinions of others

Self-worth = what God's truth says

relationships dysfunctional

behaviors self defeating

emotions damaging

thinking distorted

core beliefs false

1. Our greatest fear is failure

The doctrine of justification

2. Our greatest fear is rejection

The doctrine of reconciliation

3. Our greatest fear is condemnation

The doctrine of propitiation

4. Our greatest fear is no one will understand

The doctrine of regeneration

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### *John W's comments*

This session is a summary of Robert McGee's book, *The Search for Significance*. It has merit in that it addresses the functions of the soul, core needs and applies key biblical doctrines. It is an improvement of Cognitive Behavioral Therapy and Rational Emotive Therapy because it adds core beliefs as foundational. This opens the door for more explicit biblical solutions.

### *Drawback*

The theme of "self identity vs God's identity" (page 1) is commendable, but the chapter misses the explanation of the *basis* for each (natural birth and spiritual birth respectively), the content of our new identity in Christ, and the "doctrine of identification" (Gal. 2:20; Romans ch. 6). Spirituotherapy would include this chapter's content, but go beyond it. Belief therapy (this session) is still about the mind and self worth; Spirituotherapy is about the Holy Spirit revealing our identification with Christ. He enables the believer appropriate Christ as Lord, Life, Liberator and Leader...

## **Session 6**

### *Dysfunctional family rules*

don't talk  
don't feel  
don't touch  
don't resolve  
don't trust

### *dysfunctional family roles*

the chief enabler - keep the system balanced  
the family hero - bring worth to the family  
the scapegoat - vent the family pain  
the mascot - reduce the family pain  
the lost child - be one less person to worry about

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## Comments

This session is mostly about the psychology of parenting and family dynamics. We see the role of psychology as "contextualization." In other words, observable psychology is useful to get a context of the care receiver's problems. Psychological observations are also useful in helping to diagnose the care receiver's "unique version of the flesh." This is usually an area where the "rejection syndrome" shows up and identity messages are formed. Indirectly, we can be warned--by God's grace and wisdom--to avoid these errors in parenting.

On page 11: Dr. Scalise considers dealing with generational curses as misguided. We would agree that we are not responsible for the sins of our parents and grandparents...but I believe that step 7 in the Freedom in Christ Ministries "7 Steps to Freedom" is a valid way to more intentionally renounce the wrong influences of our parents/grandparents (especially when spiritual warfare is indicated).

On page 12: Instead of "two natures" we would say "flesh vs the Spirit." (Gal. 5:16,17)

Second recommended breakout session: Dr. Scalise envisions a "family sculpting" exercise as a breakout group activity. Although the group participation is commendable, I prefer not to facilitate it since it is a form of group psychotherapy and needs more explanation, supervision and interpretation.

## Session 7

What it means to be present with someone

*Problem ownership - the possibilities:*

I own the problem

You own the problem

We own the problem

They own the problem

There is no problem

*Baros* - a heavy weight, too much for one to carry

*Phortion* - personal responsibility

*A crisis can be:*

Real

Imagined

Anticipated

*A caregiving encounter (p. 18)*

vv. 3-4 Peter and John offered the beggar a sense of worth  
giving him their time and attention  
not judging him  
joining God

vv.4,5 Peter and John offered the beggar a reason to hope  
creating expectancy and belief  
commanding attention and focus  
building faith

v.6 Peter and John offered the beggar an introduction to Christ  
acknowledging His name  
acknowledging His deity  
acknowledging His Humanity

vv.6,7 Peter and John offered the beggar real help  
being engaged and involved  
being practical and pragmatic  
being genuine and authentic

vv.8-10. Peter and John offered the beggar a sense of belonging  
accepting him where he was  
leading him in a new direction  
allowing God to write him a different life script

vv.9-11 Peter and John offered the beggar an opportunity to be a witness  
being visible and present  
confirming the impossible  
drawing the hungry

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*Comments*

*A Hierarchy of Needs (p. 1)*

The first four correspond to the pyramid model of Abraham Maslow (1908-1970) an influential (atheistic) humanist psychologist. Although these needs seem obvious to human experience, the belief that they indicate a sequential priority for human fulfillment is an assumption. Often, poor and afflicted people find "self actualization" (Maslow's 5th/highest level) through the Christ-centered life (Hebrews 10:32-35; James 1:2).

"The ABCs of Crisis Care" assumes the caregiver is to function in somewhat of a social worker role. Consider this summary of the social work approach:

"First, the social worker and client identify problems contributing to stress or unhappiness. Next, the social worker guides the client in developing measurable goals and an action plan. The social worker offers support and validation as the client works toward goals. Lastly, outcomes are discussed and related back to the presenting problem. For example, a client who can't find work might set a goal of visiting an American Job Center and then discusses career training with their social worker who provides information on apprenticeships." <https://work.chron.com/social-work-counseling-techniques-4897.html>

However, your lay or pastoral counseling ministry may or may not have this ABC Case Management scope...

## Session 8

Strongholds and Spiritual Warfare

*Stages of addiction*

desired release experimentation

diminishing returns occasional using or doing

desired release regular using or doing on your own

desired release dependency

*The cycle of addiction*

(top of circle, clockwise)

pain/need (12:00)

hit bottom

seek relief

use/do

feel good

crash ...

(middle of the circle): tolerance

## *Spiritual warfare*

the path to spiritual bondage (2 Kings)

the Israelites forsook the Commandments

the Israelites made idols

the Israelites worshiped what they had made

the Israelites served Baal

the Israelites passed their sin to the next generation

## **Session 9**

The role of confession

step 1 recognizing and admitting

step 2 freeing up the emotions

step 3 renewing the mind

step 4 committing to action

<b>Process of Change and Healing</b>		
<b>Role</b>	<b>Breaking the power of:</b>	<b>by:</b>
1. Confession [spirit]	The secret	Recognizing & admitting
2. Grief [soul]	Denial	Freeing up the <i>emotions</i>
3. Truth [soul]	Unbelief	Renewing the <i>mind</i>
4. Accountability [soul]	Fear	Committing to action [ <i>will</i> ]

*chart: JBW*

## Session 10

[Please note that we noticed a typo; the session 10, page 3 title should read "Consent." (The three C's are competence, consent, and confidentiality.)]

p.13

*Some individuals need to be:*

- reconciled to God
- reconciled with others
- reconciled with themselves

"plenipotentiary"

adjective: (esp. of a diplomatic envoy) *invested with or possessing full power or authority*

noun: *a person invested with full authority to transact business, especially a diplomat authorized to represent a country.*

*Ambassadors are:*

- handpicked
- faithful
- trustworthy
- given a mission
- dignified
- wise
- sent out

## Session 11 (Bonus session)

When helping you is hurting me: compassion fatigue and making a commitment to balanced self-care

page 6

1. preoccupation with stress producing people
2. overindulge in escape behaviors
3. avoid intimacy and seek fantasy
4. seek to control
5. justify one's actions by blaming other things

6. choose to simplify quit or leave the profession

### *The building blocks of stress*

1. role ambiguity
2. role conflict
3. role overload
4. role significance
5. role isolation
6. role rigidity

stress hormones (p. 9)

adrenaline and cortisol

(Page 12)

It is sometimes referred to as secondary or vicarious traumatic stress

The effects of stress, like sleep, are accumulative

### *Creating your stress prevention plan*

1. Don't forget your first love, because you are not your ministry.
2. Learn what it means to have joy and understand that it is not the same thing as happiness or pleasure.
3. Learn to depersonalize the process...
4. Learn to rest because God has a lot to say about rest, and slow down the rate of change.
5. Maintain a healthy foundation of sleep...
6. Pay attention to diet and exercise
7. Learn to be silent and learn to be still

8. Create outlets...
9. Seek to give your burdens to God.
10. Learn to triage your daily and your life events.
11. Learn to have realistic expectations...
12. Seek to resolve those things that can be attended to easily
13. Learn to manage your time by saying "no"
14. Learn to delegate to others...
15. Find one or two people in your life to be accountable to.

Answer key and notes compiled by course facilitator, John Woodward  
Grace Fellowship International  
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... connecting a life in crisis with a life in Christ!

## Executive Summary for Live Training Course

### I. Description

*Lifeline to Hope* is a national/international “gold standard” 11-week basic lay caregiver training and certification program that utilizes content drawn from the *Keys for Living Library* at Hope for the Heart and the 40 years of mental health and ministry experience of course designer and lead trainer, Dr. Eric Scalise.

### II. Core Resources Attendees Will Receive

1. A **Comprehensive Training Manual** for learners with core lessons (e.g., A Biblical Basis/Model for Caregiving; The Foundation of Relationship; Caregiving and Biblical Integration; Effective Listening and Communication Skills, the Ministry of Presence; Self-Identity vs. God-Identity, Family Dynamics, Basic Helping and Crisis Intervention; Spiritual Strongholds and Warfare, The Process of Change, Recovery, and Healing; Liability and Ethics; and Self-Care).
2. A **dynamic, interactive, experiential, and hands-on training environment** that will incorporate small group discussions, relevant object lessons, listening skills practice, case studies, journaling exercises, and more.
3. A signed copy of June Hunt’s *Counseling through Your Bible Handbook*.
4. **Lay caregiving related resources and forms/templates** for churches, pastors, and ministry organizations to utilize in their caregiving ministries (e.g., Initial Intake Form, Care Receiver Welcome Letter, Consent Forms, Symptom Checklist, Session and Communication Notes, etc.).
5. An official **Certificate of Completion** suitable for framing.

### III. Key Value Takeaways

1. To equip you as a competent biblical caregiver so you can more fully recognize and help meet the needs of hurting and broken people.
2. To utilize faith-based training materials, sound instruction from leading experts, relevant case studies, and interactive exercises that are Christ-centered in their orientation.

3. To help establish a network of caregivers such as yourself who are able to assist church leaders, support existing caregiving efforts, and/or launch a dynamic lay caregiving ministry.
4. To create a local community of likeminded servants who are available to one another for the purpose of support, encouragement, resources, and accountability.
5. To present you with opportunities for personal and spiritual growth, transformational and biblical insights, and leadership development.