

The following is a sample list of workshops Covenant Counseling & Family Resource Center provides.

Understanding Adolescents - Looks at what is going on with teenagers and discusses ways for parents to deal with the powerful changes they work on the family.

Parenting Adult Children - Explores the phenomenon of children returning to the parental home as adults and discusses the roles, rules, and responsibilities for family members in this increasingly common situation.

Communication Issues in Families - Outlines major pitfalls in family communication drawing upon the work of Virginia Satir. Course helps to demonstrate how families rely heavily upon assumptions in order to relate to each other.

The Fabled Life - Teases out the foibles of family process through the story-telling technique of fables. Everyday issues confronting us, such as “How much responsibility do I take for another?” And “How do we stop the sins of the parents from visiting their children?” will be addressed through a collection of fables designed to engage our most basic concerns regarding family life.

Understanding Families - Helps family members understand the essential dynamics at work in the family system. A series of lectures based on a systemic approach covers issues like triangles in the family, transgenerational patterns and family projection processes.

The Family Life Cycle - Families have beginnings and endings. This course focuses on what happens between the “birth” and “death” of the family.

Problems in the Family Life Cycle - Focuses on those issues that create difficulty in the life of the family. (Part 2 of Family Life Cycle)

Hallmarks of the Healthy Family - Examines the characteristics of healthy family life and focuses on how to facilitate and maintain these healthy aspects of family life.

Becoming a Step Family - Provides a support group for people struggling with the complexities of becoming a step family. Combines biblical, theological and developmental insights to help educate participants regarding the uniqueness of living in a step family. Looks at step family's expectations about life, and identifies methods for dealing with areas of conflict. Minimum six week commitment.

Strengthening the Family - Looks at meeting the needs of the family as a whole to create the best possible environment for raising children.

Quality Time - Looks at the meaning of quality time and discusses how parents can be sure to have this with their children.

Improving Bad Grades: How to Motivate Your Child - Looks at 11 things parents can do to influence their children to do better with school responsibilities.

Children and Stress - Looks at some of the signs and symptoms of stress in childhood and discusses what parents can do about it.

Creative Parenting - Explores self-esteem issues in children and parents

Helping Your Children Live with Your Divorce - Looks at divorce from the viewpoint of a child. Explores how to help children manage with the trauma of divorce.

Positive Parenting - Teaches new methods of improving your child's behavior. The focus is to promote positive parenting and to help parents develop new ways to handle behavior problems. Some of the topics to be covered include positive reinforcement, parents as models, time out, giving effective commands, listening, common discipline mistakes, and expressing feelings. The SOS Help for Parents manual is used as a text.

Development of Self-Esteem in Children - Helps parents to understand how self-esteem develops in children and the role of parenting in its development. Explores developmental stages and offers practical suggestions on "How to" promote healthy self-esteem in these stages.

Ministry with the Aging - Looks at what churches can do in ministry with and for senior adults.

Understanding the Elderly - Focuses on helping adult children of the elderly understand some of the dynamics of the aging process and how to respond in light of these dynamics.

Grandparenting - Looks at the role of grandparents in families and the influence grandparenting has on children.

Quality of Life in the Senior Years - Looks at the positive aspects of aging and discusses several outstanding role models; reviews the characteristics of quality aging and goes over a number of tips provided by successful senior adults.

Communicating Love - Reviews positive communication techniques and coaches participants in actively practicing them to achieve more satisfying relationships.

Conflict Resolution - Examines some of the Do's and Don'ts for moving from conflict to cooperation.

Couple Communication - Helps couples understand and appreciate different styles of communication and how to improve the quality of communications.

Talking and Listening Together: Couple Communication - Focuses on communication styles, effective listening, self-awareness and disclosure, and conflict resolution.

Money, Sex, & Power: Couples and Creative Conflict - Helps couples to look at major issues in marriage and explore creative ways to deal with conflict.

Developing Intimacy in Relationships - Examines what it means to be close to another

person and discusses how to improve intimacy between a man and a woman.

Getting the Love You Want - Helps couples understand each other from the perspective of what they bring into the relationship from their family of origin and how they might respond to each other more empathically. Uses exercises from Harville Hendrix's book, Getting the Love You Want.

Growing Together - A marriage enrichment workshop aimed at facilitating the growth and development of couples. The focus is on looking forward in a positive direction, identifying areas in which to grow and discovering ways in which that growth can take place. The workshop utilizes David Olson's Prepare/Enrich material.

Understanding Your Spouse - Based on the book, Please Understand Me, each spouse will have a clearer understanding of the type person to whom they are married and how they might respond in ways that would be more useful in creating a marriage with understanding.

Improving Personal and Professional Relationships - Examines a variety of ways to have better relationships at home and at work.

Listening for Success - Reviews the characteristics of a good listener and gives practical tips for better listening.

Misunderstandings: How Men and Women Confuse Each Other - Examines the differences between men and women and the typical conflicts these create. Discusses ways to better understand and communicate with the opposite sex.

Stress Management (A) - Recognizes stress as strain on personal endurance and focuses upon a three step process of "stepping back," "breathing deep," and "diving back in" to cope more effectively with the demands of life.

Stress Management (B) - Looks at both healthy or constructive stress and unhealthy or destructive stress. The participants will evaluate their own stress and how they might deal with it.

Coping Strategies for Reducing Stress - Teaches strategies for controlling stress on the job, at home, and in relationships. Also looks at ways to be more assertive and how to deal with anger.

The Bible and Stress Management - Examines the wisdom of the Old and New Testaments for dealing with Stress.

Stress Related Disorders - Looks at physical, mental, emotional and spiritual symptoms of stress to form a foundation for discussing treatment options. The need for balancing the many aspects of our lives is emphasized and creative approaches to this challenge are encouraged. Relaxation techniques will also be demonstrated.

The Overworked Woman - Looks at the special demands placed upon women and discusses practical ways of dealing with stress.

Children and Stress - Looks at some of the signs and symptoms of stress in childhood and discusses what parents can do about it.

Burnout: What to do before your life goes up in flames! - Examines the practices and characteristics of people who burnout and discusses prevention and recovery techniques. Special attention is given to workplace issues.

Developing a Mission and Vision Statement - Presents how to write a Mission and Vision Statement and discusses the purpose and value of such a document. Examples shared. Coaching available.

Making the Most of Life - Discusses how to live and enjoy life more fully.

Money Management - Provides worksheets to get a handle on debt, cash flow, and planning for the future. Discusses practical ways of developing a budget, saving money, and evaluating financial products and financial needs.

Living Better and Spending Less - Looks at the relationship of money and quality of life. Discusses how to live and enjoy life more fully without making or spending more money.

Time Management - Examines principles and practices of effective time management.

Bereavement and Grief - Normalizes bereavement and grief as a universal part of human experience, examines typical patterns of grieving, and discusses, when added to the support of family and friends, medical and professional support would be helpful.

Dealing with Loss and Grief - Explores the stages of loss and grief and assists participants to learn how to respond in these difficult situations.

Death and Dying - Leads the participant through an experiential encounter with the feelings associated with loss and grief.

Grief Processing - Discusses the stages of grief along with the process of conscious and unconscious integration of loss. The wide variety of losses that each individual must encounter in life are explored. Also, practical techniques for expression of grief to facilitate the process are offered.

Grief Recovery Workshop - Provides a four week support group in which participants can express the pains of their loss and voice the many questions they find themselves struggling to answer. The pain of separation and abandonment will be addressed.

Divorce Recovery - Discusses how, wanted or unwanted, divorce does violence to the spirit and healing is necessary to become free to love again. Reviews typical experiences of divorced people and discusses how to grow through the pain of divorce to wholeness.

Rebuilding: Divorce Recovery - Assists divorced persons to begin to accept the ending of a relationship; to deal with anger, loneliness, feelings of rejection; and to tap inner, spiritual resources.

Helping Your Children Live with Your Divorce - Looks at divorce from the viewpoint of a child. Explores how to help children manage with the trauma of divorce.

Chemical Dependency and Divorce - Examines the relationship of chemical dependency and divorce and discusses issues of divorce recovery and relapse prevention in this special population.

Spiritual Enrichment - Focuses on spiritual listening. Ideas for opening up the spiritual eyes and ears within us are examined, and some techniques such as visual imagery are demonstrated. Individuals are encouraged to identify specific areas for growth and design a plan for further exploration.

Spirituality - Defines spirituality as being really and deeply human; looks at the costs of being unreal and issues to be faced.

Self-Motivation - Defines and examines motivation; looks at how to improve self-motivation; reviews five action steps to get yourself going; and goes over some basic rules for self-improvement.

Team Building - Demonstrates both academically and experientially what elements are essential in building a team.

Men and Intimacy - Focuses on a male audience and is oriented toward helping men understand the cultural values that have shaped and distorted our perceptions about and efforts at intimacy. Includes some directions and suggestions of ways men can change some of the old patterns in their effort to achieve more satisfaction in intimate relations.

Addictive Diseases - Includes a description of the dynamics involved when individuals seek to escape pain and despair through various forms of self medication. Addictions can range from seemingly innocuous behaviors such as watching T.V. or working, to drug and alcohol abuse. Emphasis is on the psychological and spiritual adjustments necessary for the recovery of the individual, and for the healing of those who relate intimately with an addicted person. Intervention methods are also discussed.

Alcoholism and Drug Abuse - Examines the signs and symptoms of alcohol and drug abuse and discusses issues of intervention and treatment for the abuser and affected family members.

Relapse Prevention - Reviews the warning signs of relapse in addictive diseases and discusses techniques for prevention.

Chemical Dependency and the Healthcare Professional - A special focus on the problems of identification, intervention, treatment, and monitoring of chemical dependency among healthcare professionals.

Chemical Dependency and Divorce - Examines the relationship of chemical dependency and divorce and discusses issues of divorce recovery and relapse prevention in this special population.

Co-Dependency - Looks at origins of the current dynamics of co-dependent relationships and how to break out of dysfunctional patterns.

Co-Dependency Challenged - Focuses on co-dependent behavior to bring about healthy ways of caring for self and other.

Co-Dependency and Religious Teachings - Explores the dynamics of co-dependency and its relationship to some of the traditional teachings of the church. For instance, when is trying to "love" another person really "caretaking?"

Compulsive Eating - Occurs when the individual eats for reasons other than physical hunger. He or she may or may not be overweight. Possible causes will be explored and approaches to treatment will be considered.

The Body, Memory, and Growth - Looks at the relationship of the body to memory and personal growth. Discusses how massage therapy complements psychotherapy to achieve deeper healing of old hurts.

Depression - Focuses on symptoms of depression, types of depression, underlying causes, and treatment of depression. The power of choice is explored as it is related to depression and its effects. Also, the importance of one's unconscious foundation on which expectations of life are abased is explored.

Depression and Suicide - Examines various levels of depression and discusses the difference between normal highs and lows and clinical depression which is best handled with professional support. A range of self-help and treatment options are described. Because depressed people are more likely than others to commit suicide the warning signs of suicide are discussed along with appropriate responses for family and friends.

Understanding Yourself with the Myers-Briggs Personality Profile - Includes group administration of the Myers-Briggs Type Indicator and discussion of results to identify strengths and weaknesses and to facilitate accepting and working with others more successfully.

Identifying and Dealing with Sexual Abuse - Helps participants identify the symptoms or after-effects of childhood abuse and provides some beginning understanding of the steps toward recovery.

Surviving Sexual Abuse - Examines what it means for adults to have survived childhood sexual abuse and explores possibilities for the healing journey.

Violence and Trauma - Examines how common violence and trauma have become in our society and looks at the impact it has on individuals and families. Discusses what to do to overcome the scars of these events.

Workshops can be tailored to your needs. Please email us for more information at information@covenantcounseling.org