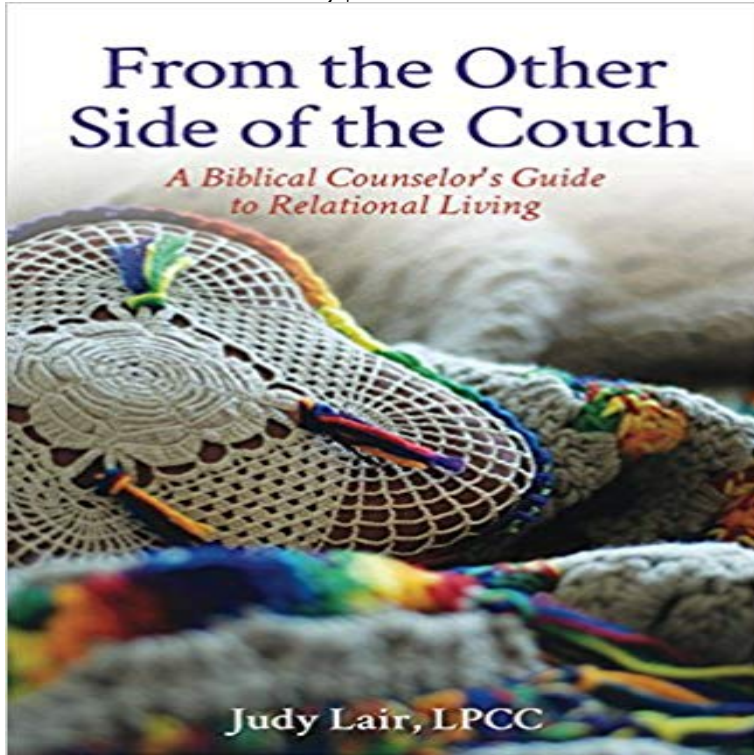


From the Other Side of the Couch: A Biblical Counselors Guide to Relational Living



From the time Adam & Eve were cast out of the Garden of Eden, humankind has lived out of a rule-oriented, standardized framework. This strategy is great for getting tasks done, but significantly impacts the ability to do relationships well. Self-protection, anxiety and depression, bitterness, and resentment indicate a fear-based life. Learning how to love God, ourselves, and others requires a transformative process. Living a Relational lifestyle brings the happiness, contentment, and joy every human craves. Therapists use outcome-based models to form a diagnosis and apply an applicable treatment plan. The clinical models start with identifying specific symptoms, then show the process of moving from the problem to the solution. The treatment plan lists specific behaviors and suggestions to be given to the client and measurable goals to determine whether treatment is successful. I don't look at life through that lens. Rather than viewing people as problems to be solved, I guide clients through a godly transformational process. The journey will be unique to each person, but the process is the same. Success is measured very differently than in traditional Cognitive-Behavioral Therapy. Growth in maturity and character comes from experiencing increased freedom and permission to live out who God created us to be our personhood. My Roadmap to Freedom shows how to walk through the valley of woundedness, liberate your feelings from captivity, wrestle inaccurate beliefs into submission, plant your flag on the mountain of truth, and learn how to live in godly freedom. Every person who picks up this book is looking for hope. Hope that change is possible this time. What I can tell you is that I absolutely, positively, completely believe in God's heart for you and your healing because I know His heart for me. I welcome you into my counseling office where I share the

insights God has given to me on both sides of the couch.

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