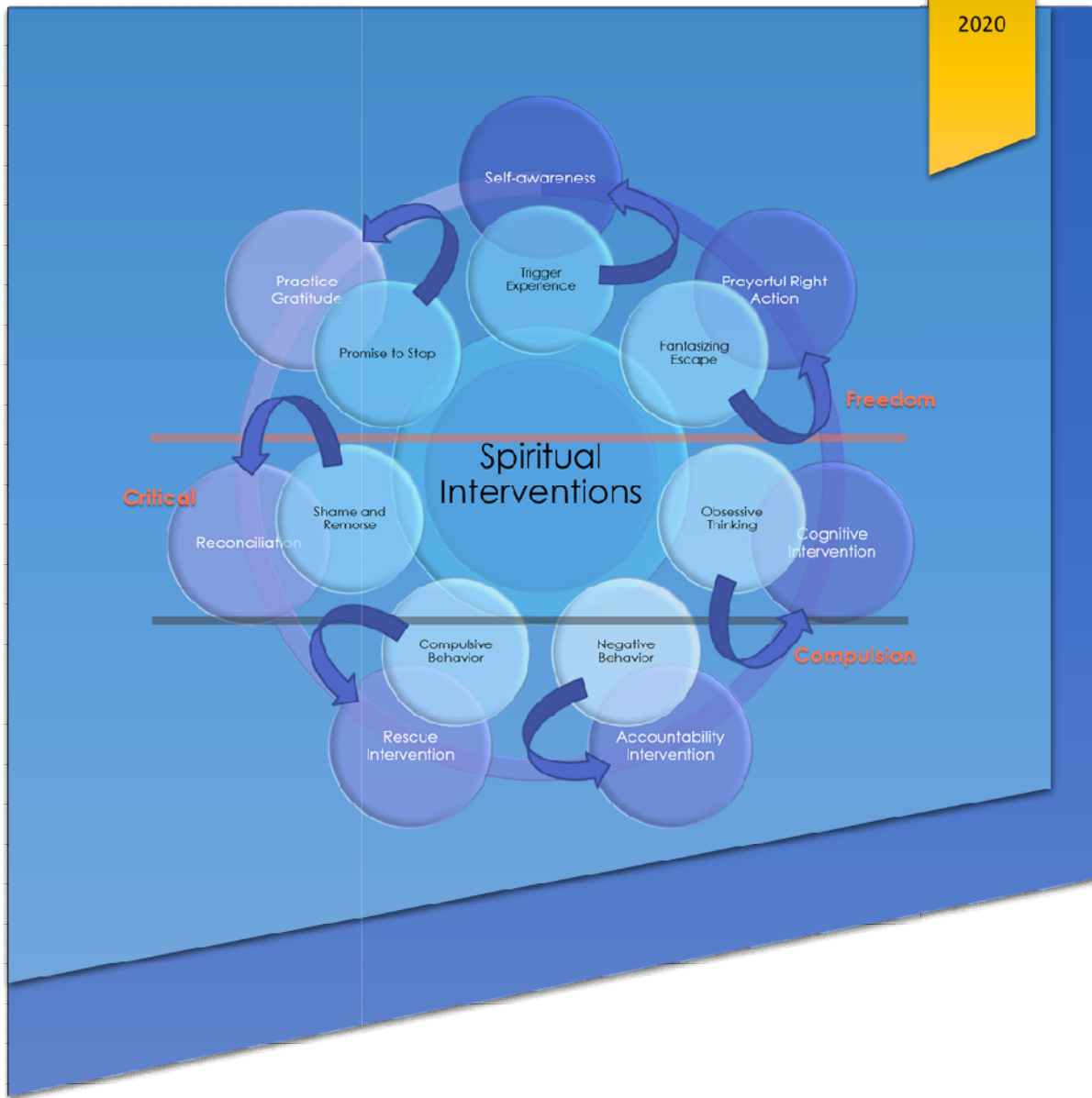


2020



# Deep Recovery 2.0:

Faith, Skills and Applied Neuroscience for Lifelong Liberty

Rev. Matt Mirabile

**Context:**

It was an honor and a pleasure to help Rev. Matt Mirabile as he formulated a workbook to be used during spiritual retreats by addiction and PTSD sufferers. Rev. Mirabile collaborated with renowned Harvard psychologist John T. Chirban, PhD to ensure that his method would be as effective as possible. To extend his reach, Rev. Mirabile now trains other ministers in the use of this handbook.

This short excerpt from the introduction is used by his permission.

**Excerpt:**

This course is grounded in a Christian understanding of the human person as an integrated whole, created in the image of God. The goal is to get to the root of your unwanted and harmful thoughts, actions and feelings. Through spiritual exercises, we will challenge and correct the false understanding you have of yourself, equipping you with the skills to grow into a life of real interior liberty.

This course will uncover past traumas. If you feel distress during the course, please talk to someone you trust - a therapist, pastor, friend or the course director. If you need to take a break from class, feel free to. If you feel distressed and can sit through the class, I encourage you to press through, knowing that you will be given strategies that can lead to a lifetime of liberty from your past trauma...