

Phase 1: HOPE & HEALING INTENSIVE (Intake, plus 4 individual sessions)

- Review of history (relationship & family of origin)
- Giving “Grace & Space” to yourself & others
- Goal setting & problem identification
- Neurodiverse relationship education
- Self-Care & Self-Control
- Emotions: Anger, anxiety, and grief
- Boundaries & Staying in your lane

Outcomes:

- ***Reduction in conflict with others***
- ***Identifying past trauma***
- ***Improved self-regulation***
- ***Beginning to grieve***
- ***Clarity about identity***

Phase 2: EQUIP & ENERGIZE (4+ individual sessions)

- Understanding past trauma
- Conquering Shame & Blame
- Support for grieving
- Improving communication
- Building your “Joy” team

Outcomes:

- ***Proactive communication***
- ***Healthy personal boundaries***
- ***Emotional & spiritual resilience***
- ***Building confidence & hope***

Phase 3: GO THE DISTANCE: ENDURANCE TRAINING (As-needed)

- Applying resilience to life problems
- Identifying potential threats & obstacles
- Long-term goal-setting
- Assessing physical health & Fitness
- Using spiritual gifts to serve others
- Leaving a legacy of healthy relationships

Outcomes:

- ***Emotional & spiritual health***
- ***Self-confidence & dignity***
- ***Consistent gratitude & Joy***
- ***Increased fruitfulness in life***