Lifeline
Basic Lay Counseling Training Course
Eric Scalise, Ph.D., LPC, LMFT

Session 1 – A Biblical Basis for Caregiving
- Mission and Vision: The Goals and Purpose of Lifeline and for the Training Process
- A Biblical Model for Christian Caregiving: Living and Serving in a Broken World
- A Look at Motives and Personal Needs: Potential Pitfalls for the Caregiver
- Character Matters: Qualities of the Christ-centered Helper
- Called to Care: The Power of Encouragement

Session 2 – The Foundation of Relationship
- The Foundation of Relationship: The Power of Perspective
- Decision Making and Problem Solving: The Learning Style Profile
- Becoming Fishers of Men: Connecting with Others
- Disciples and Disciplers: Connecting Others to God
- The Power of Identity: Our Security in Christ

Session 3 – Caregiving and the Bible
- Our Worldview: Serving in an Upside Down Kingdom
- The Holy Spirit and Caregiving: The Priest and the Prophet
- Theological and Psychological Synthesis: Applying Godly wisdom
- Becoming Partakers of the Divine Nature: Principles of Life and Godliness
- The Caregiver’s Role in the Helping Process: An Acts 3 Encounter

Session 4 – Effective Listening and Communication Skills
- How Men and Women Communicate: Generalized Tendencies
- Listening as an Art: Essential Skills and Techniques
- Barriers to Effective Communication: How the Process Can Be Hindered
- A Look at Perception: What Happens When We Put God in a Box
- Two-Way Communication: The Role of Trust and Safety

Session 5 – The Search for Significance
- Who We are in Christ: Self-Identity vs. God-Identity
- Addressing the Root Causes: The Fear of Exposure
- The Four False Beliefs: Walking in the Darkness
- The Result of the Fall: Guilt, Shame, Punishment, and Hopelessness
- God’s Solutions: Walking in the Light
Session 6 – Your Parents and You
- Our Family of Origin: Generational Patterns
- Stages of Development: Bonding and Separateness
- Family Dynamics: Dysfunctional Rules and Roles
- Resetting the Same Scenes: Ego-Defense Mechanisms
- Rewriting the Old Script: Healthy Attachments with God and Others

Session 7 – Basic Helping and Crisis Intervention
- The Whole Person Concept: Understanding Needs-based Care
- Proportional Helping: Balancing Love and Grace with Truth and Action
- Problem Ownership: Bearing One Another’s Burdens and Setting Boundaries
- The Nature of Crises: Universal Principles and Coping Mechanisms
- The ABC’s of Crisis Intervention: Critical Incident Stress Management

Session 8 – Trauma and Abuse
- Trauma and Traumatic Stress: Understanding PTSD
- Complex Trauma: Signs, Symptoms and Precipitating Factors
- Crossover Trauma: Impersonal and Interpersonal Events
- Mind-Body Connection: The Neurobiology of Stress and Trauma
- Broken Hearts, Broken Spirits: Childhood Sexual Abuse

Session 9 – Grief, Loss and Mood Disorders
- Depression and Anxiety: Signs and Symptoms
- Mood Disorders: Physiology, Guilt, Anger, and Spiritual Factors
- Suicide Risk Management: Using the S.T.O.P. Protocol
- Loss, Death and Dying: Understanding the Grief Cycle
- A Theology of Suffering and Hope: Bringing Balance

Session 10 – Marriage Counseling and Caregiving
- A Biblical View of Marriage: The Excellence of Love and the One Anothers
- Understanding the Love Languages: Words, Time, Service, Gifts and Touch
- Gold Medal Relationships: Creating a Marriage Two Die For
- The Ten Commandments: Communication, Decision Making and Conflict Resolution
- Broken and Shattered: Separation, Divorce and Remarriage

Session 11 – Parenting and Blended Families
- The Great Debate: Healthy and Dysfunctional Parenting Styles
- Head to Head: Managing Confrontation and Conflict Resolution
- When “No” is the Right Answer: Setting Healthy Boundaries
- Strategic and Balanced Discipline: Prevention and Key Factors
- The Father Heart of God: Principles of Discipleship
Session 12 – Addictions and Strongholds
- The Addictive Cycle: Stages and Categories of Abuse and Dependence
- Signs, Symptoms, and Strongholds: A Look at Spiritual Bondage
- Prevention and Caregiving: Steps Toward Freedom
- Spiritual Warfare: Our Weapons and Our Strategy
- Bullet-Proof Faith: Putting on the Whole Armor of God

Session 13 – The Process of Change and Healing
- The Road to Recovery: Four Basic Building Blocks
- The Role of Confession: Breaking the Power of the Secret
- Restoration and Transformation: Becoming Vessels of Honor
- Forgiveness and Learning to Let Go: Giving Up Control
- Understanding God as a Father: Our Adoption in Christ

Session 14 – Liability, Ethics, and the Law
- Setting Up a Church-Based Caregiving Ministry: Important Considerations
- Next Steps: How and When to Refer
- Caregiving Protocols: Utilizing Resources in the Church and the Community
- Ethics, Liability and the Law: The Hot Issues in Church-based Caregiving
- Compassion Fatigue: Making a Commitment to Balanced Self-Care

Session 15 – The Great Commission
- Servanthood: The Highest Calling
- God’s Bigger Plan: Rescuing vs. Ministry
- Self, Others, and God: The Ministry of Reconciliation
- Plenipotentiary Leadership: Becoming Ambassadors for Christ
- The Power of a Seed: Viewing Ourselves and Others with the Eyes of Christ