



LIFE SKILLS INTERNATIONAL

"Learning to Live, Learning to Love"

RE: Life Skills Curriculum

Thank you for your interest in Life Skills, a world-wide network of affiliated centers whose trained facilitators teach the '**Learning to Live, Learning to Love**' curriculum developed by Dr. Paul Hegstrom, founder of Life Skills International. This powerful, video-driven curriculum is a 26-30 week program. Each gender-separate class meets once a week and is 3 hours in length. It can also be taught twice a week for 15 weeks. These classes are for anyone who wants to: resolve their issues, develop healthy relationships, break the cycle of abuse and dysfunction, 'get a life without the strife', process their anger/emotions, or for anyone who can say 'YES' to any of the following statements.

There is blaming, cursing, or name calling. I cannot express my own opinion. I feel alone or rejected. I make excuses for his/her behavior. There are mind games, hostile humor, put downs. I live in fear. Sex is not a 'mutual agreement'. Household responsibilities are not shared. One person controls the money. A home where there are threats to leave or of suicide. My children are being used against me. I have trouble communicating. I yell at others, especially those I love. I feel angry, depressed, trapped, or suicidal. I have been abused.

Trained facilitators present this extensive life-changing information via oral presentation, workbook study, group discussion, videos, and other visual aids. Homework is given, when applicable. Class fees are based on a sliding scale according to each family's gross annual income and may be paid weekly. The minimum fee is \$20.00 per class. Fees are determined at each intake appointment.

Some of the in-depth topics covered include:

Introduction to Life Skills, Power of the Subconscious Mind, and Discovering Feelings
What is Abuse? (20 types of abuse, including silence and the inability to bond in a relationship)
Breaking the Cycle of Abuse
The Male and His Emotions and Dirty Fighting
Anger, Anger in the Family, and Coping with Stress
Identify and Learn How to Break Life Commandments
Arrested Emotional Development, Guilt and Shame, and Shame and the Journey Out
Reactive Lifestyles, Passive, Aggressive, and Assertive
Learning to Forgive
The Subconscious Mind, Right and Left Brain, and Communication
Unhealthy Mother/Son and Father/Daughter Bonds and how they impact our relationships
Roots of a Healthy Family, Respecting Self and Others, and Accepting Responsibility
Developing Friendship, Understanding Love, Intimacy, and Making Lasting Relationships

ARRESTED EMOTIONAL DEVELOPMENT (Emotional development is stopped)

One wound in childhood (rejection in the original home, incest, molestation, emotional or physical abuse) will arrest or stop emotional development. When wounded, a child becomes 'stuck' developmentally, cannot grow emotionally more than 2 years past this point of trauma, and may develop a dual personality.

(Dr. Jekyll/ Hyde) in order to be accepted. If arrested in emotional development, I will struggle for a lifetime with:

Anger and Anger Management

Sexuality

Intimacy

Conflict Resolution (unable to resolve conflicts)

Making Decisions (my crisis situation or someone else makes my decisions)

Doubt Knowledge and Fear Truth

Resist Authority and Make Myself My Own Authority (may also have many views and opinions)

DEVELOPMENTAL RECONSTRUCTION (The Solution for Healing)

Dr. Hegstrom has developed **4 KEYS** not typically used to bring healing and is why less than **6% go back to repeat the pattern**. When arrested in emotional development, the Life Skills, psycho-educational program, gives the correct information, line upon line. This enables each person to do his own work. As a result, the brain is able to restart, rewire around the trauma, and start the maturing process by unlocking a person where stuck developmentally / emotionally. If teachable, a person can grow to age 18 emotionally the first year and gain the skills to continue their growth. This healing is called '**developmental reconstruction**'.

Life Skills offers a discipleship type of support and follow-thru, if a student wants it. It can take up to 3 years for total emotional healing. Many students take Phase 1 (26-30 weeks) twice. **Phase 2 is an 18 month program and can be taught in modules. Professional centers can offer our Youth/Teen or Foster/Adoption Programs.**

For the majority of students, their Life Skills classes are the highlight of their week! They receive compelling and life-changing information for 3 hours each week, then have a whole week between classes to process this information. Many say 'they have learned more in 4 or 5 classes than in 7 years of counseling'.

The 4 KEYS of DEVELOPMENTAL RECONSTRUCTION (The Solution for Healing)

- Identifying being arrested in emotional development
- Being able to heal by restarting the brain and rewiring around the trauma,
- Applying the dynamics of the unhealthy Mother-Son bond
- The unhealthy Father-Daughter Bond

These keys are the reason why one of the Texas centers has put over 500 court mandates thru Life Skills classes and in the last 5 years, NOT ONE has gone back to jail!

By identifying what type of adult (underachiever, competitive, etc.) these dynamics produce and how these dynamics trigger and damage or destroy the marriage, healing can then begin. **Using these keys is why less than 6% go back to repeat the pattern.**

By laying an axe to the root causes of the unresolved wounds of childhood that drive behaviors even over a belief system, behavior can be changed (not modified) and skills can be taught for a lifetime of growth and change. One can note the maturity of a person by the stress or the amount of conflict that causes a person to get angry. Their behavior goes right back to where they were first arrested in emotional development. They may act like a 2 year-old and throw a temper tantrum.

Dr. Hegstrom states: '**oftentimes we can't heal until someone comes along who makes sense out of the craziness**'. Each week, one can notice the students' self-esteem growing and observe behavior Paul Hegstrom, founder of Life Skills International and author of 'Broken Children, Grown Up Pain', and 'Angry

Men and the Women Who Love Them' is a renowned researcher, T.V. host, certified cognitive behavioral therapist, and internationally recognized authority in attitude and behavioral changes.

1. FIVE CHILDHOOD WOUNDS THAT STOP EMOTIONAL DEVELOPMENT: Rejection (in original home), Incest, Molestation, Emotional, or Physical Abuse. One wound in childhood will arrest or stop emotional development. As a result of this wounding, I cannot grow emotionally more than two years past my point of trauma. Because my emotional development is 'frozen' or 'stuck', ALL of my relationships will be affected in areas of: anger, anger management, intimacy, conflict resolution, decision-making, and sexuality.

2. ARRESTED EMOTIONAL DEVELOPMENT: Other symptoms manifest as: low self-esteem, self-loathing, shame-based behavior, emotional isolation, despair, immaturity, abusive behavior, resisting all authority and making myself my own authority, and doubting knowledge and fearing truth. Where there is anger, there is also shame and rejection.

3. DEVELOPMENTAL RECONSTRUCTION (The Solution for Healing): Going to the place where character development was arrested and restarting the brain and the maturing process. By getting the correct information through the Life Skills curriculum, my brain is able to rewire around my trauma. As a result, I can begin to build self-esteem, grow and mature, and unlock where I was 'stuck' emotionally, develop true character (in place of the Dr. Jekyll/Hyde personality), build healthy relationships, identify and process my emotions, break life commandments that sabotage my success, and gain skills to continue my growth for a lifetime.

4. TROUBLED MARRIAGES: Getting married triggers unresolved childhood wounds, resulting in 96-98% of all marriage problems. This triggering results in: reactive behaviors (reacting out of or stuffing my pain), behaviors that block personal intimacy, withdrawal of affection, or insensitive acts. This may lead to affairs or to the destruction of many marriages.

5. TROUBLED TEENS: In the aftermath of the Columbine School shootings where traditional counseling was largely ineffective, the Life Skills Youth Program brought healing to the majority of traumatized teens. Paul can readily explain how unresolved childhood wounds in troubled teens drive the behaviors that trigger the bullying and violence found in our schools.

6. ANGRY ADULTS: With less than a 6% recidivism rate and exceeding all state guidelines for certification, many Life Skills Centers also work with court-mandated folks. Domestic violence and other abuse issues are addressed. At least once a year, 53% of church women are being physically abused. This is higher than 50% in the secular community. There are 19 other categories of abuse as well. It is time to take action to reverse these growing trends.

7. ADOPTION CASES: Life Skills Birth-Bonding techniques are effectively implemented in some states in the course of the adoption process, allowing the adoptive child to readily bond. If a child has not properly bonded at birth, he cannot properly bond in a marriage.

Life Skills is over 30 years old and is on several TV programs and cable TV such as Direct T.V., or on Regular Dish.