

TOP 12 COMMONLY IDENTIFIED NEEDS¹

1. Acceptance: Receiving another person willingly and unconditionally especially when the other's behavior has been imperfect. Being willing to continue loving another in spite of offenses or differences. (Rom. 15:7) *"Therefore, accept one another, just as Christ also accepted us to the glory of God."*

2. Admonition: Constructive guidance in what to avoid; to warn; gentle reproof. (1 Thes. 5:14) *"We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone."*

3. Affection: Expressing care and closeness through physical touch. Saying "I love you." (Rom. 16:16) *"Greet one another with a holy kiss . . ." (Mk. 10:16) "And they were bringing children to Him so that He might touch them . . . And He took them in His arms and began blessing them, laying His hands on them."*

4. Appreciation: Expressing gratefulness through thanks, praise or commendation. Recognizing effort or accomplishment. (Col. 3:15b) *" . . . and be thankful."* (1 Cor. 11:2) *"Now I praise you because you remember me in everything and hold firmly to the traditions just as I delivered them to you."*

5. Approval (Blessing): Expressed commendation; to have or express a favorable opinion of; think and speak well of; building up or affirming another; affirming the fact and importance of a relationship. (Eph. 4:29) *"Let no unwholesome word proceed from your mouth, but only such a word that is good for edification according to the need of the moment, so that it will give grace to those who hear."*

6. Attention: Conveying appropriate interest, concern, and care; taking thought of another; entering another's world. (1 Cor. 12:25) *"so that there may be no division in the body, but that the members may have the same care for one another."*

7. Comfort: Responding to a hurting person with words, feelings, and touch; to hurt with and for another's grief or pain; to give consolation with tenderness. (Rom. 12:15b) *" . . . mourn with those who mourn."* (Matt. 5:4) *"Blessed are those who mourn for they will be comforted."*

8. Encouragement: Urging another to persist and persevere toward a goal; stimulating toward love and good deeds. (1 Thes. 5:11) *"Therefore encourage one another and build up one another . . ." (Heb. 10:24, 25) "and let us consider how to stimulate one another to love and good deeds . . . encouraging one another . . ."*

9. Instruction: Modeling, equipping and training in how to live. (2 Tim. 3:16) *"All Scripture is inspired by God and profitable for teaching, reproof, correction and training in righteousness."*

10. Respect: Valuing and regarding another highly; treating another as important; honoring another; conveying great worth. (Rom. 12:10b) *"give preference to one another in honor."*

11. Security (Peace): Harmony in relationships; freedom from fear or threat of harm. (Rom. 12:16, 18) *"Be of the same mind toward one another . . . If possible, so far as it depends on you, be at peace with all men."*

12. Support: Coming alongside and gently helping with a problem or struggle; providing appropriate assistance; to help carry a load. (Gal. 6:2) *"Bear one another's burdens, and thereby fulfill the law of Christ."*

¹ Adapted from *Intimate Encounters* and *Understanding Personal Needs*, Dr. David Ferguson, Relationship Press, 1997, Austin, TX., p.12.

Three-Day Marriage Clinic™



Discover the number one reason relationships fail, the top twelve needs of men and women, and practical tools to deepen your intimacy with God, your spouse, and others.

What Will You Learn?

- Top 25 Essential Marriage Skills to Help Your Marriage
- One Concept that Stops Anger and Arguing
- Meet Most Needs in 30 Seconds
- Stop Arguing about Money, Communication, Sex
- Should I divorce or stay married?
- Recover from Adultery
- Why One-Hour Sessions Don't Work for Most Couples
- Many more topics

About Christway Counseling Center

Karl Elkins, ThM, MA, LPC-S, has met with over 4300 clients in his 25 years of counseling, and is an instructor at College of Biblical Studies, teaching marriage and family courses. Karl has recorded 20 "Building Healthy Relationships" television episodes for "Up with the Son" series. Karl has Master's degrees in Theology from Dallas Theological Seminary, and Counseling from Colorado Christian University. Karl directed a Minirth-Meier New Life Clinic in Houston and served with Intimate Life Ministries, Center for Relational Care, and Center for Relational Leadership. Karl is gifted at teaching practical applications from the Bible. Karl is a Licensed Professional Counselor (LPC-S) with Supervisor status in Texas.

Terry Elkins has provided lifestyle coaching for over a decade. She has served as a corporate coach with Center for Relational Leadership and Intimate Life Ministries. Terry is gifted at providing biblical guidance in a warm, cheerful, and caring environment.

If you are interested in private counseling, contact Christway Counseling Center.

Contact Information

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Christway Counseling Center

2017-2018 Clinics

September 22-24 **Austin**

Sept. 29-Oct. 1 **Amarillo**

October 6-8 **Houston**

October 20-22 **Austin**

October 26-28 **Iowa**

November 10-12 **Austin**

December 1-3 **Austin**

December 1-3 **Houston**

January 19-21 **Austin**

February 23-25 **Houston**

March 2-4 **Austin**

March 23-25 **Austin**

April 6-8 **Houston**

April 13-15 **Austin**

April 27-29 **Austin**

May 18-20 **Austin**

June 1-3 **Houston**

June 8-10 **Austin**

Helping Children & Families Recover from Hurricane Harvey

Presented by



We were CREATED for CONNECTION!

The Tapestry of Connection



- Attunement = emotional responsiveness between parent/child.
- Trust = reliability, truth, ability, strength
- Autonomy (independence) = voice, self-efficacy
- Love = the ability to both give & receive

*From the moment
of conception to
the end of life, we
each engage in a
unique dance of
connection*

BRUCE PERRY

Trauma

- Injury or harm (simple definition)
 - Perceived or Real
 - Life saving or Life threatening
 - Acute Trauma (one time event)
 - Chronic Trauma (consistent)

TRAUMA enters in and....

We experience:

1. An Interruption in Connection
2. Distraction instead of Attunement
3. Ambiguity instead of Trust
4. A Stripping of our Independence.

Hurricane Harvey

- Caused fear & anxiety to grow in adults & children alike
 - Primary & secondary trauma: those who lost through the flood and those who watched other loose are both deeply impacted.
 - Fear, anxiety, grief & loss lead to:
 - BIG emotions & BIG behavior

BIG Emotions/Big Behavior

- Increased feelings of insecurity, unfairness, anxiety, fear, anger, sadness, despair, worry about the future, and dread of a flood reoccurring
- Reactions of distress and anxiety when reminded of the flood
- Believing myths or folklore as to the cause of the flood
- Disruptive behaviors, irritability, temper tantrums, agitation, or hyperactivity
- Clinging-dependent behaviors, especially when separating from parents or caregivers
- Avoiding people or situations
- Irrational fears (phobias)
- Disturbances in sleep or appetite
- Somatic symptoms, such as stomachaches or headaches
- Increased concerns regarding the safety of family members, friends, and loved ones
- School-based problems, with decreased motivation and a decline in school performance
- Adolescents may respond differently than younger children in a flood or other natural disaster:
 - Withdraw socially
 - Become angry or irritable
 - Behave in risky ways
 - Have conflicts with authority

Adult's may find it difficult to gauge the emotional impact of the floods/Harvey on children & teens, who often find it hard to disclose their feeling to adult caregivers.

Adapted from the National Child Traumatic Stress Network (Floods)

So what can we do to help our children through this traumatic experience?

#1



Let's not take the impact of trauma lightly, either in our children or ourselves.

DAREN JONES

EMPOWERED
TO CONNECT

#2

CONNECTION IS AT
THE HEART OF HOW
GOD RELATES TO US.
IT'S HOW HE HAS
CALLED US TO
RELATE TO OUR KIDS.

#3

“

Providing an atmosphere
of "felt safety" disarms the
primitive brain and
reduces fear. It is a critical
first step toward helping
your child grow and heal.

THE CONNECTED CHILD

#4

IF A CHILD NEEDS
NURTURE
AND I GIVE HIM
STRUCTURE
I HARM HIS ABILITY TO TRUST ME.

IF A CHILD NEEDS
STRUCTURE
AND I GIVE HIM
NURTURE
I HARM HIS ABILITY TO GROW.

- Dr. Karyn Purvis -

CHILD
DEVELOPMENT

#5 Play, Play, Play!

Play disarms fear...

Play builds connectedness...

Play teaches social skills...

Play teaches competencies!

#6 Encourage Feelings!

Helpful acrostic:

C: Curiosity
O: Openness
A: Acceptance
L: Love

Remember: "When our kids are at their worst is when they need us the MOST!"

#7 Care for your bodies!

Nutrition: Good/balanced Food

Hydration: Water, Water, Water

Exercise: "Get Moving"

Sleep: 8-12 hours daily

#8 Time In vs. Time Out

When our kids are at their worst is when they need us the most!

When your child is escalating out of control or shutting down, they need to be CLOSE so that YOU can help them calm down and pull it together!

#9 Telling Stories to help CALM BIG emotions

- Story telling allows us to understand ourselves and our world...
- Story telling HELPS us HEAL
- Pressuring our kids to story tell will backfire so let them go at their own pace.
- Story tell in the midst of other things, like chores, driving, playing games...

In the parenting journey success
cannot be measured necessarily
by the absence of challenges,
but by whether we are able to
stay connected even in the face
of challenges.
#EmpoweredToConnect

Information presented in summary of the Empowered to
Connect Parent Training Course and adapted to meet the needs
of families in Houston due to Hurricane Harvey. For more
information on Empowered to Connect visit,
www.empoweredtoconnect.org

Interested in learning more? Join us each Wednesday night
beginning Oct 11 for Trust Based Relational Interventions.

Room 507

6:30-8p

Childcare provided through Wed night programming

Questions? Email: legacy685@HoustonsFirst.org