

**FREQUENTLY ASKED QUESTIONS AND ANSWERS**  
**Re: TRAINING FOR HOPE ALIVE GROUP COUNSELLING**

We are very glad you have expressed an interest in training for Level I Hope Alive group counselling. This program is designed to provide both symptomatic relief and conflict resolution for those who have been deeply damaged by a combination of childhood mistreatment and pregnancy loss, particularly abortion. Since there are many millions of women, men and children who have been affected by abuse and abortion who are not being properly treated, the need is huge and urgent. By God's grace you could make a big impact.

**1. Q. On what theory is your counselling based?**

A. Hope Alive was developed specifically for people who have been dehumanized by the devastating trauma of childhood abuse and neglect to which is later added pregnancy losses. Our text *Deeply Damaged* outlines the "Psychology of Created Humanity" which provides the data and the foundation concepts. God created humans with a wonderful blueprint to become His wonderful, bright, curious, adventurous human friends. Abuse and abortion almost destroys the humanity that God holds so dear. The damage is deeper than any other traumatic assault. Thus it requires intensive, expert counseling.

**2. Q. Does Hope Alive work?**

A. Hope Alive was developed with God's guidance over 30 years of treating the most difficult psychiatric patients. It has been scientifically scrutinized. It is one of very few programs whose pre and post measures have been statistically analyzed and published in a peer reviewed medical journal. There are hundreds of "post abortion" programs that claim to be effective but have no basis in fact to make such a claim and thus they mislead wounded people and make chronic illnesses that should have been treated quickly and thoroughly. (Ney PG, Ball K, Shiels C, "Results of Group Psychotherapy for Abuse, Neglect and Pregnancy Loss". Current Women's Health Reviews, 2010; 6: 332-340.)

**3. Q. Is Hope Alive Christian?**

A. Yes, Hope Alive depends on God to heal like a surgeon who carefully sutures the edges of a wound together then watches in wonder as God knits the wound together. We rely on the Great Physician to heal therefore He gets the credit. However we facilitate that healing with the best techniques that science can provide.

**4. Q. Do you use prayer, singing, scripture and meditation?**

A. We use all of these while training but not during counselling. We operate like a mission hospital. Everyone is equally welcome to have the best of treatment but no patient is required to participate in staff worship. Thus people of all faiths or lack of faith, feel welcomed and safe while doing Hope Alive counselling.

**5. Do you want counselees to come to know Jesus Christ as Saviour and Lord?**

A. Certainly we do. We hope and pray the all people will find faith in Christ but they are under no pressure. We find that because Hope Alive is so well grounded in the principles of Christianity, they find Christ quite spontaneously. Besides counsellors, facilitators and supporters are free to share their own faith when asked or when helping counselees sort out their spiritual conflicts.

**6. Q. Do the counsellor trainees need to be Christians?**

A. Yes, they do for the following reasons: We are a Christian mission with a Christ centered mission statement. All our counsellors must sign a statement of faith that includes the essentials but does not emphasize any denomination. Hope Alive counsellors need the direction and guidance of God's Holy Spirit because they are doing extremely difficult work with very damaged people. The counsellors will need to be able to introduce people to Christ. You can't introduce someone to another you don't know. God heals and needs our gratitude. He protects us and corrects our mistakes.

**7. Q. What if your counselees are not Christian but Buddhists or atheists?**

A. We find that people of any religious background feel welcomed and accepted and partly because we don't have any religious exercises and partly because we openly discuss all forms of religious abuse.

**8. Q. What about the involvement of other family members?**

A. We include spouses when we do an evaluation of someone who has been referred to us. They often have a different view of what is going on and why. We encourage spouses and sometimes older children to be part of a family support group that meets about once per month. These anonymously report on their husband, wife or child who is undergoing counselling. They are given homework to do that will help and encourage. In broad terms they are informed ahead of time what changes in mood and thought to expect so they can remain calm and understanding in times of great stress.

**9. Q. Can Hope Alive be used together with other counselling programs? If not, why not?**

A. Hope alive is a highly specialized technique which is used for those who are deeply damaged by a combination of childhood mistreatment and pregnancy loss, especially abortion. Doing Hope Alive is similar to doing a specialized surgical technique like removing a cataract. Children who are born with congenital cataract disease are blind. They long to see. Removing the cataract for an eye surgeon is relatively simple. If qualified people were taught to do the surgery, many thousands of children could also see. Since there are many millions of people who have been damaged and blinded by abuse and abortion, there needs to be many more Hope Alive trained counselors.

You will be taught a specialized technique on the understanding that you will:

- 1) Recognize how complex and necessary it is to use every part of this technique.
- 2) You can't leave out any part, any more than you can leave out any part of a surgical operation.

3) Don't assume that because you can do one operation, you are a surgeon. Hope Alive is statistically effective for the damages it was designed to help the Lord treat. It cannot be used in part, nor can it be used for other conditions.

4) You will not use components of Hope Alive with other programs.

5) You will not plagiarize the program, claiming it as your own or renaming it. Plagiarism is considered a serious academic offence. If you use Hope Alive conscientiously, you will get good results. If you use it in any other way, you will lose your Hope Alive certificate. If you use it well and there is criticism or question of competence, we will strongly support you. If you do not use it conscientiously, you are on your own as if we had never trained you.

**10. Q. After taking Hope Alive training, what happens next?**

A. At the end of your training, your teachers discuss five options that could be offered.

a) You learned well, could become a good counselor, and will be offered the opportunity to do the exam if you request it.

b) You did reasonably well, but there are significant parts of the program that you missed. Therefore you should do the training again, the sooner the better.

c) You could become a good counsellor, but there are important personal problems that you first need to resolve. You would be offered the opportunity of being a counselee. On completion and with the recommendation of your counsellor, you would be offered the opportunity of writing the exam.

d) You feel hesitant about becoming a counsellor without experiencing the whole process. Thus you would be offered the opportunity of being a facilitator of a group with an experienced counsellor.

e) By mutual agreement, it is understood that being a counsellor is not your way of serving the Lord. However you would like to become part of a Hope Alive support group.

**11. Q. With Hope Alive training, does one qualify to be a registered counsellor?**

A. In some parts of the world, you will be recognized as a counsellor while in other parts you will need additional training. If the laws of the land do not permit you to call yourself a registered counsellor, you can practice as a 'hope and healing guide'.