

# Teleconference Training – Step 5

## 2010: Spiritual Relationships Counselor Training

**Pre-requisite: Ordained Ministerial Counselor with Current Membership**



This in-depth training provides understanding of the procedures and processes used in effective Spiritual Relationship Counseling.

As with all Pathways of Light courses, you will find from taking this course that you will personally improve how you relate to *everyone* in your own life, having the awareness and learning the skills this program provides. What you learn can be applied to any relationship – your spouse, significant other, co-worker, friend or relative, etc.

*The purpose of the Spiritual Relationships Counseling 12-week program is to learn how to relate to others in ways which contribute to your deepest need – your need to wake up to the Spirit within you both.*

This program will help resolve relationship challenges or will enhance current relationships. It is designed to revitalize a relationship into a path of greater health and wholeness.



### With This Training You Will Be Able to Add to Your Ministry:

- Counseling the 12-week Spiritual Relationships program with a client one-on-one
- Counseling the 12-week Spiritual Relationships program with a couple  
(Note: a couple is any 2 people, could be spouses, partners, friends, family members, co-workers, etc.)
- Many ministers offer the Spiritual Relationships program as a pre-marital relationship class
- \* You may find when working with clients for relationship counseling that it may be helpful to suggest an Accessing Inner Wisdom Counseling, which you learned in Step 4 - Course 2000.

Or you may be guided to suggest a course in Steps 1-3 to facilitate for a client(s), a 900-series course you are certified in, and/or an 8-week program from Step 4: HIC or SA.

### Once You Complete Step 5 – Course 2010

1. You will be a *Pathways of Light Spiritual Relationships Counselor*.
2. You may list yourself as a Spiritual Relationships Counselor on the POL website.
3. You're able to facilitate the 12-week Spiritual Relationships program with client(s).

## Step 5 Training Session Consists of:

14 weekly classes, 2 to 2-1/2 hours long (30+ facilitated hours)

Over 30 add'l handouts for Ministers' personal growth in spiritual relationships

Classes are held via Teleconference phone calls

Maximum ministerial participants: 4

**Materials you will receive:** (Note: Step 5 is not available as an e-course.)

*Creating a Spiritual Relationship - Removing the Blocks*

Workbook with 12 lessons, 2 CD's, Our Agreement Cards

*Creating a Spiritual Relationship - An Accelerated Path of Growth*

CD, booklet, 2 laminated prayer cards

*Spiritual Relationships Counseling Materials*



**In Step 5 you will learn tools you can use to help your client(s):**

- Identify the key areas which need attention in the relationship.
- Set achievable goals for the kind of relationship they would like to have.
- Develop effective listening and communication skills.
- Recognize defensive thoughts which become barriers to love and lead to conflict in the relationship.
- Dedicate ample time to the relationship to share with and listen to the needs of both partners.
- Become nurturing and supportive to each other in their process of awakening to their true potential.



**Once you become a Spiritual Relationship Counselor**

**This is a description of what the *Creating a Spiritual Relationship – Removing the Blocks* 12-week program offers to your clients:**

- Learn how to create an atmosphere of total safety, full disclosure and validation with each other.
- Learn safe ways to communicate what is troubling you that is productive and not hurtful to each other.
- Discover new ways you can give compassionate attention to each other and express your needs without criticizing, belittling or blaming.
- Learn to develop a common vision – a shared intention. See how this contributes to your sense of closeness and personal fulfillment.

**Note Program Includes: 2 CDs, Our Commitment Cards, weekly worksheets & journaling pages.**

**Lessons 1 and 2** look at 14 common causes of problems in relationships and their solutions.

**Lesson 3** focuses on openness, willingness and patience – important ingredients that can make the difference between a stagnant, unfulfilling relationship and a vibrant, energizing relationship that is an ongoing adventure in growth.

**Lesson 4** teaches you 11 skills and attitudes to help your communication.

**Lesson 5** looks at 19 skills and attitudes to help any relationship. Worksheets guide you to write the qualities you value in your partner.

**Lesson 6** helps you have a good relationship with yourself which helps your relationships with others.

**Lesson 7** helps heal childhood wounds and understand parental influences.

**Lesson 8** provides understanding for how anger and judgment in yourself and your partner stem from fear, and how to stop using blame and criticism as a way of getting what you need.

**Lesson 9** teaches new ways to build a bridge that heals anger and hostility.

**Lesson 10** helps you practice effective communication and listening skills and teaches responses that build trust, empathy and unconditional love.

**Lesson 11** focuses on 6 key ingredients in creating productive spiritual relationships and how to be nurturing with your thoughts and actions.

**Lesson 12** offers 12 ways to keep your relationship healthy.



**Questions?  
OR to Enroll**

**Contact: Rev. Debra Joy Bredican, *Director of Teleconference Training***  
**debraJOY@PathwaysOfLight.org**

## **What Previous Participating Ministers Say About Step 5** 😇

“This was the most straightforward and practical relationship counseling course I have ever taken. And I have taken a lot! The simple format is exceptional. I feel much more equipped to do relationship counseling now and I have been doing relationship counseling for many years. The most valuable things I gained in this course was the healing of my own mind as I focused on my own relationships as we went through the material and did the lessons and homework. I simply cannot praise this course highly enough! It was both personally and professionally rewarding.” T.R. 2021

“This course was helpful to me because it showed me how to untangle relationships. And how to choose love again and again. There are so many tools jam packed in here one can't but be helped. I especially

liked the Accelerated Path meditation tool. The most valuable things I gained in this course was the fellowship, during the weeks we all shared and spoke of relationships and how we could see and overcome the obstacles and choose to love again.” M.B. 2021

“This course was very helpful. I learned how to communicate effectively with my partner and others around me. The most valuable things that I gained in this course is learning the twelve lessons of having loving and peaceful relationships. I saw how I have unconscious blocks to loving myself that is keeping me from having more nurturing relationships with myself and others. I love this course, I have definitely learned a lot and I can't wait to share this information with others and help them have loving relationships also.” C.C. 2021

“This particular course helped me to awaken more to all kinds of relationships and learning to take them all to Holy Spirit for Help in transforming and relating with Spirit, myself and all types of relationships. Number one is my relationship with Self and Holy Spirit. I was lead by the Holy Spirit to take this training at this time. I felt and saw the synchronicity through out the whole time period of this course, and received much healing and awakening, which I am truly grateful.” R.E. 2021



“Loved it. It is an amazing class with tools and clarity that make immediate and lasting improvements to access real love. The introduction of having a holy relationship by understanding the mechanics of where ego is in the midst. I now have the ability to have faith that I know what a spiritual relationship feels like and the mechanics of understanding the road blocks I have used. The extra handouts you personally made and the way you can make the course part of everyday life was excellent.” N.E. 2021

“I now have confidence in facilitating couples through the counseling process. Reminding myself that I am a facilitator and not a counselor takes the pressure off of me. Reminding myself that I merely need to turn each session over to Holy Spirit affirms my role as one of God's messengers. By practicing some of the skills within the course, I have personally witnessed and experienced an improved relationship with xxx. It is he upon whom I focused as I moved through the course. Our communication is easier; less strained. His facial expressions are less tense; he smiles more.” B.A. 2021

“The materials are excellent and well put together. I have learned a lot about relationships, how to improve communication, how to see where I / people project, and much more. I look forward to getting the certification and being able to offer this program to people, as I see it as highly transformative.” K.L. 2010