



# WOUNDS: HELPING & HEALING

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## REV. DR. BENJAMIN FRANKLIN, JR.

- **Founder & Senior Pastor at IHMC**
- **Doctorate in Formational Counseling**
- **Founder & Director of The Christian Counseling Services of Greater Cleveland**
- **Established The Christian Counseling & Inner Healing Conference**





# AGENDA

- Review
- Counseling Models
- Defining Wounds
- Life Problems vs. Wounds
- Types of Wounds
- Inner Wound Observations





*Let's Review!*

## CHRISTIAN COUNSELING

**A ministry whereby counseling principles along with faith, prayer, and The Holy Spirit, are used to guide, comfort, and help persons find viable solutions for problems, losses, painful experiences, and challenging life issues.**

*Christian Counseling Services of  
Greater Cleveland, 2015*

# S.O.L.E.R COUNSELING POSITION

- **Squarely**
  - Face the person
- **Open**
  - Your posture
- **Lean**
  - Towards the client
- **Eye**
  - Contact maintained
- **Relax**
  - While attending



# CUES FOR EFFECTIVE LISTENING



EYES



EARS



HEART



HOLY  
SPIRIT

# LISTEN

- Counselors should provide an ample opportunity for the client to tell his or her story in a comfortable atmosphere where they are not threatened, rushed, distracted, or judged.
- When troubled individuals can release their pain and emotional baggage in a safe, non-threatening environment, the therapeutic and healing process begins.



# EMPATHIZE

Counseling becomes extremely effective when clients know that you are truly concerned about them, that you feel their pain, see the world through their lens, and understand what they are going through.

As genuine empathy is expressed by the counselor it can move the client to become more transparent, and honest, with their feelings and issues.

# EVALUATE

The counselor helps the client to be honest enough to take a candid look within themselves to make a forthright assessment of his or her situation.

The counselor then helps the client come to grips with their emotions, circumstances, and unresolved issues. Such evaluation helps the client see things more clearly and move forward truthfully and courageously.

# EXPLORE

Here, the counselor helps explore possible solutions, steps, and strategies that would be the best plan of action going forward to promote growth, change and positive movement for the client.

- A. Short Range (Emergency) Solutions
- B. Medium Range Solutions
- C. Long Range Solutions

# EXPLORE

- A. **Short Range (Emergency) Solutions**– These are highly important, non-negotiable things that need to be done immediately! Everything else depends on these steps being taken. Examples would be; drug treatment, getting much needed medical attention, suicide intervention, getting out of a life-threatening situation, help for alcohol addiction, intervention for sexual, verbal, physical, or emotional abuse, addressing a sinful or immoral issue that is not pleasing to God.
- B. **Medium Range Solutions**– After any short-range problems are handled, Medium Range solutions are significant lifestyle changes. Furthermore, they are ongoing things that the client must work on consistently that will help them move forward in their life and prevent them from making the same mistakes again.
- C. **Long Range Solutions** – These are ultimate life goals, objectives, or spiritual aspirations that can be achieved over a significant period of time. These steps are achieved as the client exercises patience. Many of the client's life goals can only be realized as the individual gains more character development, personal growth, emotional maturity, and faith.

# ELEVATE

The Christian counselor should encourage the client to look at their situation from a heavenly point of view or from a spiritual perspective.

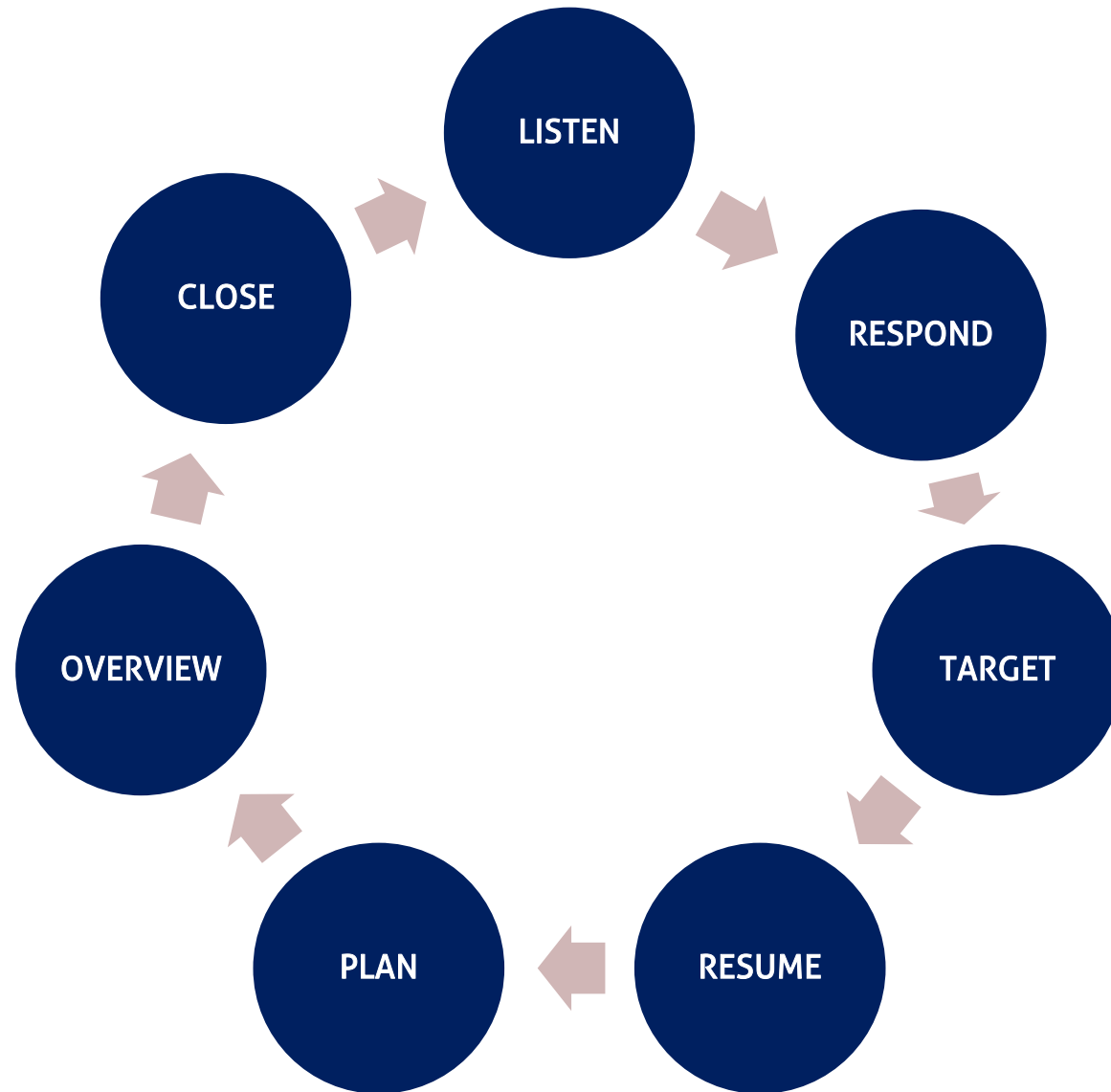
Through prayer, the power of the Holy Spirit, and invoking the Word of God, the client can be elevated to a higher level of faith and hope as they ultimately trust in the Lord to work out their situation.



# CHRISTIAN COUNSELING STAIRCASE



# GENERAL COUNSELING MODEL





# Review Anytime Online

Watch Videos

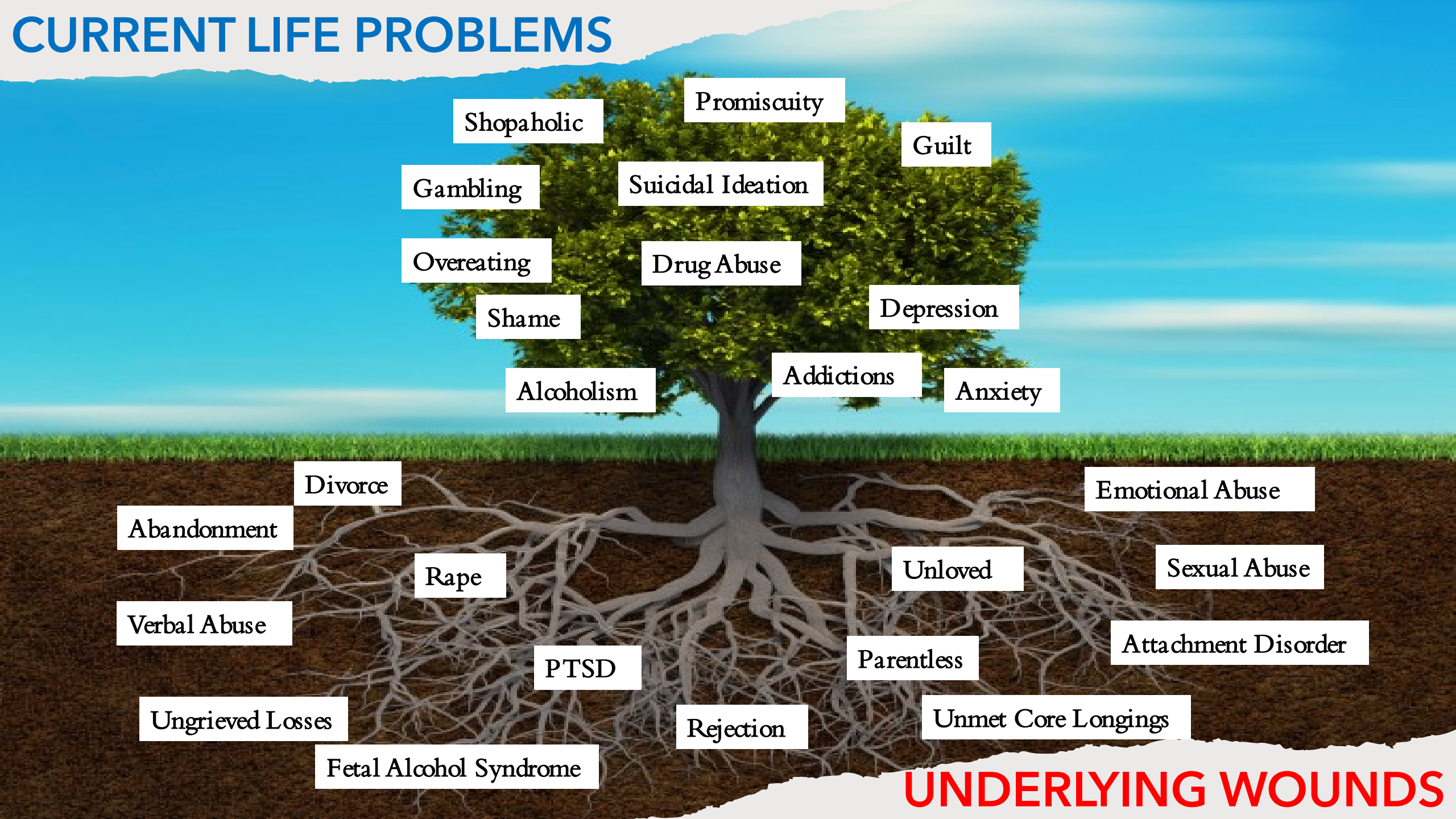
Download Powerpoint Slides

[www.ihm-cleveland.org/courses](http://www.ihm-cleveland.org/courses)



## DEFINITION OF A WOUND

For counseling purposes, a wound is any negative occurrence, or traumatic life event that causes significant emotional, psychological, social, spiritual, or physical injury to an individual.



# CURRENT LIFE PROBLEMS

Shopaholic

Promiscuity

Guilt

Gambling

Suicidal Ideation

Overeating

Drug Abuse

Shame

Depression

Alcoholism

Addictions

Anxiety

Divorce

Emotional Abuse

Abandonment

Rape

Unloved

Sexual Abuse

Verbal Abuse

PTSD

Parentless

Attachment Disorder

Ungrieved Losses

Fetal Alcohol Syndrome

Rejection

Unmet Core Longings

# UNDERLYING WOUNDS



# WOUNDS - TYPE A



Are wounds of neglect and withholding

They occur when a person's basic human needs  
and Core Longings are not met.

# WOUNDS - TYPE A

## EXAMPLES

1. Not receiving unconditional love
2. Not belonging or being accepted
3. Not being validated and celebrated
4. One's gifts, talents, and abilities are not recognized
5. Not receiving encouragement, and reinforcement of worth
6. Not being protected or having a safe and secure environment
7. Not receiving basic care and nurture
8. Not having a pathway for fellowship with God (unsaved)



# WOUNDS - TYPE B



These are wounds of abuse, trauma, and personal pain, which include physical and emotional injury.

# WOUNDS - TYPE B

## EXAMPLES

1. Sexual Abuse
2. Emotional Abuse
3. Physical Abuse
4. Verbal Abuse
5. Rape
6. Beatings
7. Ridicule
8. Racism



# IMPORTANT OBSERVATIONS ABOUT INNER WOUNDS

1. Although most inner wounds occur in childhood, they can happen at any time in life, even before birth ie. (Alcohol Fetal Syndrome, Crack addicted births)





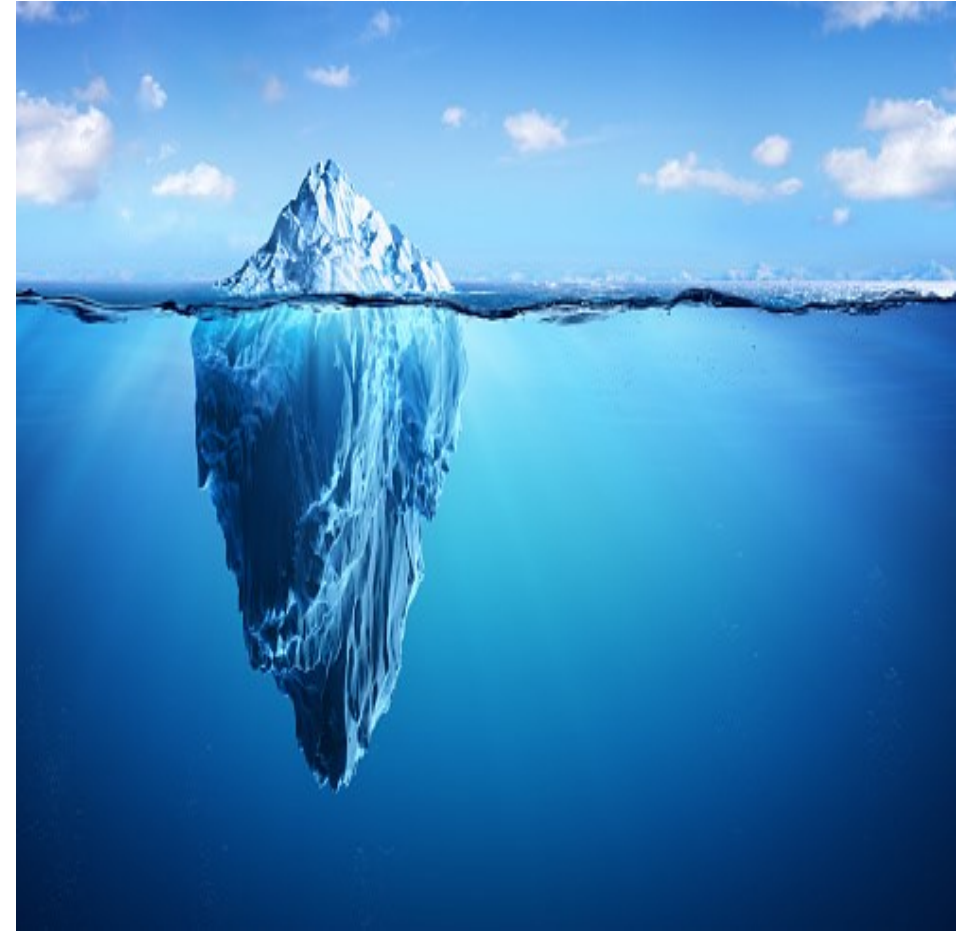
# IMPORTANT OBSERVATIONS ABOUT INNER WOUNDS

2. Most people deny, repress,  
and refuse to admit or face  
their inner wounds.



# IMPORTANT OBSERVATIONS ABOUT INNER WOUNDS

3. Inner wounds which have not been discovered, addressed, or dealt with are the underlying cause of many addictions, dysfunctional behaviors, negative emotions, and troubling life issues that people experience.



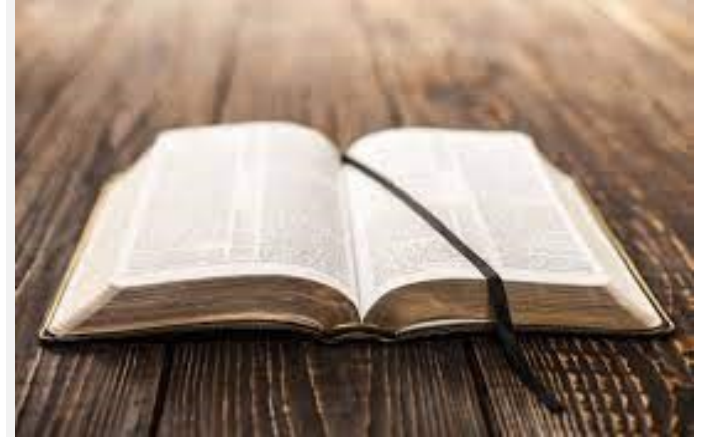
# IMPORTANT OBSERVATIONS ABOUT INNER WOUNDS

4. One of the major steps to our mental health, and emotional wellness, is that we discover, admit, and appropriately address our inner wounds.



# IMPORTANT OBSERVATIONS ABOUT INNER WOUNDS

5. One of the major works of Christ which is consistently overlooked, is His ministry of healing for deep emotional wounds and mending of inner brokenness. Luke 4:18



# QUESTIONS







## Next Class

Friday – December 16, 2022

7:00pm via Zoom

[www.ihm-cleveland.org/courses](http://www.ihm-cleveland.org/courses)



*Thank You!*