

Counselling ATCK's

Euro TCK Conference, Friolzheim, Germany, 2019

Objective

Introduction and Foundation

- How do you relate to ATCK (TCKs)?
 - Problem to be fixed? Or individuals created in God's image (value, worth...) – to be loved, respected, accepted...?
- One model (from training with Philippi Trust) – PHILIPPIANS 2:1-7
We aim to help people discover:

HOPE	that is realistic
ENCOURAGEMENT	that is meaningful
VALUE	as an individual
WORTH	within their home, church and community
RELATIONSHIP	within healthy boundaries

1. We aim to restore Shalom (wholeness and peace), by providing hope, and encouraging individual to appreciate their value and take responsibility for their own life.
2. We aim to facilitate the process of change and growth, from a place of brokenness and isolation, into mature people who know their value and worth and are able to enjoy a wide range of personal relationships.
3. We aim to provide an environment in which an individual can explore every aspect of their lives, including their spiritual journey (if desired), which can help them become more the people that God intended them to be.

We aim to help people achieve a sense of peace (Shalom) in their lives when that peace has been disturbed / shattered / lost...

(It uses an Integrative approach drawing on aspects of psychology and theology and proposes that both are essential for the necessary resolution of psychological problems as well as the awakening and growth of the core being that God created and intended each individual to be).

ATCKs Benefits

- Listen to, encourage individual, create space... to the benefits each one can identify in their own life.
Read, study...but let the ATCK explore it and share it in their own words. They are the specialists!

ATCKs loss of peace areas

Some of the following taken from list of injustices written down by ATCK at the last conference.

1. Belonging (navigating between world)
2. Identity: the prove it concept
3. Unresolved grief
4. Relationships (loneliness) – difficulties in forming significant relationships
5. Injustice
 - a. Expectations: to have faith; to be perfect
6. Faith

<i>Work in progress - Still to be developed</i>			
	<i>Experience / Feelings</i>	<i>Coping mechanism</i>	<i>Needs</i>
Belonging <i>Where is home?</i>	Insecurity Confusion Anxiety Fear	Chameleon Control, Power	Respect, Acceptance, trust, security... "Attachment"
Identity <i>Who am I</i>	Link to ministry, organisation, status (field + home) Shame Fear of losing TCK id.	Having to "prove oneself" Chameleon	Healthy boundaries Rooted in Kingdom id.
Unresolved grief	Anger (God, parents...) Fear of losing TCK identity, of letting "them" down...	Addictions Depression Aggressivity Self-harm Karpman triangle	Grief process Mercy, compassion, respect, patience, perseverance, encouragement...
Relationships	Loneliness At odd / alienation Fear of losing Tired of making new friends Fear of commitment		
Faith	Injustice		God's image Theology of suffering...
Expectations	To have faith (strong) To be perfect To serve	Proving oneself Disappointment, anger, resentment Burnout...	Clarify and adjust Identity...

Example Faith / Relationship / Identity (TG)

Adapted child (chameleon)