

Alongside

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- ALONGSIDE's **3-week Renewal and Growth Intensive Retreat** consists of initial personal and marital psychological testing plus the following components on a daily basis, Monday through Friday:
 - a **devotional time**;
 - 2 one-hour **seminar sessions** on topics such as burnout, conflict resolution, anger management, God-image, etc. (see full list below)
 - 1 one-hour **group counseling** session
 - 1 forty-five-minute **personal counseling** session—individual or marital or family or some combination thereof
 - 1 or more hours of structured opportunity for "milieu therapy" (a mental health term that means "an experience of **community**" in normal English or "**fellowship**" in church language!) in addition to the other components listed above.
- The above components of the program play off one another in a way that creates a **total experience** that is more than the sum of its parts. The seminars bring up factors to examine in personal counseling. The seminars and group counseling allow counselors to observe their clients interacting with others, providing concrete examples of relational issues to discuss in personal counseling. Personal counseling gives counselors opportunity to coach counselees in how to make the best use of group counseling. A deep sense of community provides encouragement and develops a greater openness to experiences of constructive confrontation. The end result is more than the sum of its components!
- Several times a year we hold a **2-week** intensive program instead of a 3-week intensive program, generally to work around holidays. See our website (above) for dates.
- The 2-week or 3-week intensive program is more than would typically be needed for **normal re-entry**; however, these intensive program are advisable in cases of "**complicated re-entry**" when there are serious difficulties (such as ongoing marital conflict or conflict with field personnel) or trauma (such as evacuation, a death on the field, unusual depth of "culture shock," etc.) added to the normal re-entry issues.
- An intensive program is also a very wise and cost-effective first step for **early intervention** during home service when a difficulty has surfaced. It is important to "nip it in the bud." Missions sometimes respond to relational, psychological, emotional problems in a way that offers "too little too late" (partly because missions often do not find out about problems until they are BIG!). Missions sometimes send people to Alongside's 3-week program when a missionary really needs 3 months of pretty intensive counseling! And missions sometimes send missionaries to a 1- or 2-week program with less emphasis on mental health services when something like Alongside's 3-week program is needed. This contributes to avoidable attrition. Early and adequate intervention is key—and cost-effective in the long run!
- **Seminar Topics** covered in Alongside's 3-week Renewal and Growth Retreat:

Anger Management	Family/Organizational Systems
Anxiety and Stress	Goal-Setting
Assertiveness	God-Image
Boundaries	Identity Issues
Burnout	Loss and Grief
Communication	MK/TCK Issues
Community Building	Parting Well
Conflict Resolution	Personality Styles—Yours and Others!
Control Issues	Positive Parenting
Depression	Psycho-Social and Spiritual Development
Emotional Wholeness	Self-Talk
Facing Adversity	Trauma