

Finding Real Healing



**with Non-Traditional
Christian Counseling**

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How to Bring Yourself to New Thinking

Who's the owner and expert regarding your life experiences, passions, and struggles? You are, of course! This fundamental concept throws a spotlight on a universal truth: Regaining control of your life and its challenges cannot simply be "outsourced" to others, including traditional therapists.

Therapist as the "Expert" of Your Life?

Traditional therapy views your therapist as the expert at handling your most difficult life challenges, among them phobias, depression, anxiety, relationships, and other matters. It's a sad fact that both therapists and their clients have fallen prey to this crippling notion. It is simply not true!

Case in point: Before coming to **Nurturing Life Concepts, LLC**, a counselee and her husband were having communication problems and sought help to develop better skills in this important, relationship-affirming area. But instead of listening to their core pain and stated goal, their presumptuous traditional therapist surprised them both by accusing the husband of infidelity, saying to him point-blank, "My training tells me that you're having an affair. You are having an affair, aren't you?"

Both clients were completely stunned! The husband vehemently denied the accusation, and his wife had never even entertained such a notion about her devoted spouse. Instead of addressing the issue they'd come to solve, the couple spent the session, and their hard earned-money, trying to convince the therapist the woman's husband was faithful!

The counselee called and shared this horror story with us. Needless to say, she was upset, and rightfully so. She intuitively "knew" that her husband had not had an affair, but the



knowledge that a "professional helping expert" thought he had made her doubt even her own internal wisdom and knowledge regarding the man she had married. She admitted to asking her husband for further assurance that he had NOT had an affair following the meeting with the therapist.

It was fortunate that the counselee did confide in us. We were able to talk about it so that she was able to enjoy and relish again the truth of her husband's fidelity. We asked the

couple to meet with a pastoral counselor who works at **Nurturing Life Concepts, LLC**. In a very short period of time, the couple was able to achieve their goal and communicate like the wonderful, loving partners they were. They've been married 27 years and remain gloriously happy!

The Medical Model, Yet Another Way Therapists Become "Experts"

The Medical Model, developed by and for doctors, states (in general terms) that a "patient" exhibits or provides symptoms, and his or her doctor (the "expert" in the disease or malady) gives a diagnosis and a specific course of action to achieve a designated end: a cure, if possible; palliative therapy, if not.

This same model has been adopted outright by traditional psychologists. Out of the Medical Model came the DSM-IV-TR. This is the "bible of disorders" followed by mental health practitioners who are charged with diagnosing mental health disorders in individuals. It is from this mental health library that practitioners decide what your affliction is - depression, anxiety, ADHD, neurosis, psychosis, and the rest. It works like this: You provide your symptoms, verbally or via your abnormal actions and reactions, and your doctor decides which mental health disorder best fits your profile.

The problem with this model is that no two people are alike. Every diagnosis given in this limited way is subjective.

How Accurate Are Traditional Therapy Mental Health Diagnoses?

Two of our colleagues did a research study on the accuracy of mental health diagnoses. One of them scheduled and attended six mental health appointments, giving the identical

symptoms to all six practitioners - and ended up receiving four different medications and five different diagnoses. True story!

Traditional Therapy Can Be Endless

We can relay story upon story about individuals who have spent years and hundreds of thousands of dollars in therapy only to report that they have not experienced measurable improvement. There simply is little benefit in "eternal" therapy sessions that don't produce measurable results.

Traditional Counseling Discusses Problems

All too often, our society – and traditional therapy – seems to be based on juicy, delicious news, gossip and other "dirt," real or assumed. Ears perk up whenever salacious details or negative matters are uncovered in

conversation. Few people are immune to the allure of "sharing secrets." And while traditional therapists rarely thrill to such intimate details, they do commonly believe that they have their clients' best interests at heart when they require them to reveal what's bothering them.

They believe that many, if not most, clinical "problems" reflect a basic mental illness which needs to be uncovered, explored and treated. The traditional therapist's mindset is: "People cannot be treated if the true source is not revealed."

Nurturing Life Concepts, LLC recently treated a client who came from this type of "problem-oriented" therapy. We will call her



Cindy (not her real name). Cindy is a beautiful young woman in her early twenties. She was seeking counseling for depression and visited a recommended traditional therapist before coming to **Nurturing Life Concepts, LLC**.

The traditional therapist took her, session after session, on a guided tour of her problems--the scenic route, heavily laden with all its emotional and physiological torment. Cindy told our **Nurturing Life Concepts, LLC** counselor that she dreaded going to the appointments

Nurturing Life Concepts, LLC, we talked with Cindy about the issues at hand to allow her to vent and purge out the information but in a way that brought about goals, solutions and success.

Traditional Therapy Rarely Honors Your Spiritual Beliefs or Practices

Another failing of traditional therapy is that it rarely incorporates spiritual beliefs into the protocol. In fact, in some cases traditional therapists have even considered faith and spirituality a form of "mental illness." So if



"because all they talked about was the challenge," never about the solution, or a way forward. She felt like a fly caught in amber, like Bill Murray in the movie Groundhog Day.

After a number of weeks, Cindy decided traditional therapy was not for her. Actually, constantly talking about her problems weighed her down and made her think that her depression was insurmountable and her situation hopeless. Cindy knew she needed help, but was apprehensive to reach out to any other mental health organization or treatment provider. However, her innate desire to take care of herself kicked in and she contacted **Nurturing Life Concepts, LLC**. We were able to help her in a very short period of time. At

you share a devout reverence for God, you may be discouraged from consulting with or acknowledging Him. This can cause very real harm in countless ways.

How Nurturing Life Concepts, LLC Therapy Differs and Actually Improves Lives

In stark contrast, **Nurturing Life Concepts, LLC** believes that you are the expert in your own life and that you should set your own goals. Of course, we assist and direct -- but we do not dictate. Our chief goal is your success, not your long-term dependence upon us. As mental health professionals, we bring skills, tools, techniques and guidance to help you tap into your natural strengths, resources,

values and beliefs. We don't impose judgment, bias or our own desires upon you. We also do not commonly "label" individuals with mental health disorders or illnesses. Coming in for help does not make anyone a "nut case." Quite the opposite: It shows strength, courage and an intense desire to develop life skills and resilience in the face of common (and uncommon) life challenges. The people who walk through our doors are celebrated as victors, not tolerated as victims. They've taken a crucial first step in coming to us; we're here to shine a light and share helpful strategies and wisdom with all who seek them.

As mental health professionals, our job is to discover the perspective you carry regarding your challenge and to partner with you to find workable solutions. You have value and inherent worth. Just because you feel "stuck" and need help does not mean that you have failed or that you have no say or expertise when it comes to your own life. We know you're the expert! You're the one who lives with you, 24/7!

How Long Does Nurturing Life Concepts, LLC Therapy Take?

Most of our clients, like Cindy, work with us on their issues for just a short time before beginning to feel a sense of recovery and joy. One to ten sessions is the norm. Problems can usually be fixed in very few sessions when therapists dedicate themselves to recovery and problem-solving. Here at **Nurturing Life Concepts, LLC**, Cindy briefly shared with us the story of her chronic depression, sleeplessness, and her lack of energy, desire and enjoyment in her life. But we spent the majority of the time asking Cindy to talk about the many exceptions to these times, and she uncovered and nurtured her innate ability to summon joy and possibility every time lower/lesser energies threaten to depress or challenge her. She's a changed woman!

Our skill, expert probing, questioning, empathy, genuineness and respect keep our clients on track until each can celebrate his or her recovery and success with us. And our six to twelve month follow-ups have shown that most of our clients continue to advance as they nurture the skills they learned while with us. Their success is our success. And their many referrals - of friends, business partners, and relatives - are a chief source of pride here at **Nurturing Life Concepts, LLC**, offering consistent proof that the lives we change every day for the better go on to change other peoples' lives as well. We're all about "pay it forward"!

At **Nurturing Life Concepts, LLC** we believe you want to change and want what's best for your life and the lives of others. We commit to helping you with changes, large and small, because we believe change is constant and inevitable and that it should not be feared when it's definitely progress. Small incremental changes have a big impact on your life and lead



to more change. Yard by yard, life and change can be difficult. But inch by inch, both large and small changes are major blessings!

We don't want to keep you "eternally" as a client. Our mission is to help you to see possibilities, to employ strategies, to make changes, and to feel better quickly. We do our

best to accomplish this in one to ten sessions. But because some hurts and wounds are deeper than others and some people need more time, we'll be here however long it takes to help you through at your own unique pace. We'll always honor you as "the expert" in your own life as we collaborate with you to bring you to a place of healing and growth.

There are seasons for everything and life has predictable and unpredictable ups and downs. We're here to help when you get "stuck" and need assistance getting out of the ditch.

Our therapeutic interventions are so successful that once positive change starts, it keeps coming, even after therapy has ended. Living your life to the fullest and experiencing your joy and the joy around you is much more important than being in therapy. We want you back in the game of life as soon as possible!

Sessions can be scheduled weekly, bi-weekly, monthly, or whatever is most conducive to your busy schedule.

You Are Not the Problem, You Are the Solution!

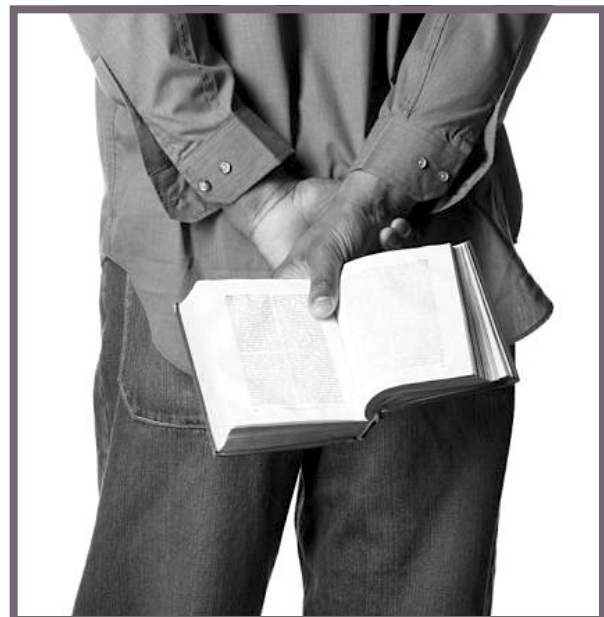
You are not your challenge or your illness. We will not allow you to identify who you are with your problems. We will show you why you are not your problems. By separating you from your challenges, you become empowered and receive the ability to make change happen. For example, saying "My Attention Deficit Hyperactivity Disorder" and "my allergies" is discouraged at **Nurturing Life Concepts, LLC**. Symptoms and illnesses are not who you are, so don't "own" them; if you do, they will own you! To the same degree that you identify them as "mine", you handicap yourself and limit your ability to overcome them.

We repeat for emphasis: You are not your problems, your challenges or your issues!! You are a person of value, dignity, desires, worth and skill. You are important and deserve to

have personal power, love and a sound mind. All of this is yours if you just reach for it and take it!

Case Study

We worked for a time with a teenager who cut himself constantly. His arms, neck, chest, ankles and inner thigh were all scarred from years of self-abuse. These cutting behaviors were destroying his life and the lives of his parents, but he insisted he could not stop. By helping this young man and his parents "externalize" the cutting (giving the destructive tendency its own identity) he began to gain control over the unwanted behavior. He identified his self-destructive behavior as "the Razor". Once this cutting had its own identity, he was able to beat the Razor because he could look at it from an outsider's point of view. After nine sessions the Razor was gone. By guiding discussions and asking pertinent questions, we proved to him that the Razor had no real power or value in his life. We are writing this a year later, and the Razor is still gone. The young man has a job, goes to school, and volunteers at a local hospital. He has regained control of his life and his parents are much more "in tune" with their son's needs.



God is Essential in the Healing Process.

At **Nurturing Life Concepts, LLC** we not only help you tap into your personal strengths but we lift you to an even greater, fuller meaning of life. One that is obedient to God. We lovingly and gently assist you in exploring where you are spiritually and where you need to go for an even deeper relationship with God, yourself and those around you.

Nurturing Life Concepts, LLC bases this protocol on a core set of absolute beliefs and values found in the Bible, the source of all truth: “All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness so that the man of God may be thoroughly equipped for every good work” (2 Timothy 3:16-17).

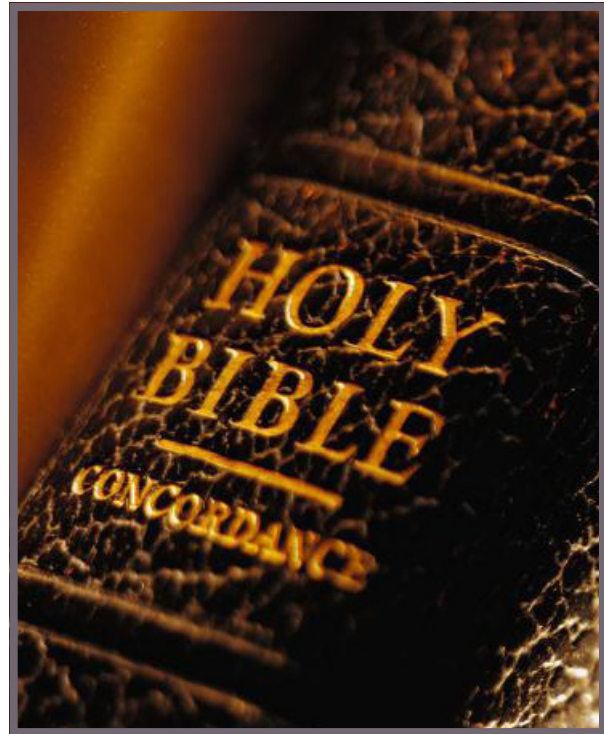
A traditional counselor who does not combine spirituality in sessions relies on societal norms and the latest research findings to guide clients; there are no absolutes or constant standards. **Nurturing Life Concepts, LLC** guides people with the Bible AND professional training and expertise.

Nurturing Life Concepts, LLC believes the Bible, not psychology, is the final authority: “His Divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness” (2 Peter 1:3). We believe that true healing and health come from obedience to God by following His Word, vision and purpose for your life.

We believe that problems, challenges and issues that cause distress or internal pain can be opportunities for growth.

What We Believe at Nurturing Life Concepts, LLC

At **Nurturing Life Concepts, LLC**, we know you need to share your pain and story, but we



don't want you to remain “stuck” there. We take your problems and challenges seriously, and we believe help will come to you from the inside out and from our resources, wisdom and knowledge, as we share with you the following insights and reassurances:

1. You are all right, and everyone needs help at times.
2. You are not alone, and
3. You can get through your challenges because **Nurturing Life Concepts, LLC** and its professional staff of Licensed Clinical Social Workers and Pastoral Spiritual Guides want to help and encourage you for all the right reasons: **because you have value and because we care!**

We can help you to tap into your own native strengths and resiliency, and into outside and internal resources designed to resolve your complaints and issues. We won't dwell – and won't allow you to dwell – on your problems. We're here to gently guide you toward wholeness and health so that

you'll enjoy a profitable and productive life. We'll take you on a journey that celebrates your skills, talents, abilities, strengths, and that uncovers the moments during your life when you felt you were at your best. These celebratory times **do** exist (though they may seem long-dead and buried to you as you read this), and we will help you locate and resurrect them so they can set you free to live the life you were intended to live.

Get To Know Us!

Call or email today for an appointment to meet us and discover all the ways in which we are here to help you when you need a trained professional to help you sort things out during a difficult time.

Our goal at **Nurturing Life Concepts, LLC** is to develop mutually beneficial relationships with all of the people and families we serve and to ensure a good match so that healing, growth

and vision can be achieved.

Email or call today to set up a brief consultation to determine if working with Wendy and **Nurturing Life Concepts, LLC** is right for you. We offer counseling via the privacy of your own home (if local), in our office, or by phone and email.

Nurturing Life Concepts, LLC is a non-denominational Christian Counseling, Life Coaching and Nurtured Heart Consultant/Trainer Organization, the only one of its kind in the Central New York Region. Everyone at Nurturing Life Concepts, LLC is an expert in the field of helping people locate and realize their life's purpose and vision.

Personal Message To You:

We want to commend you for the tremendous courage and insight you are showing by contacting **Nurturing Life Concepts, LLC**. By reaching out, you're acknowledging that you need help to overcome a challenge or two in your life. It takes guts to reach out. Take your time, do some research, and find the right fit for you. (We can help, even with this!) But know that we admire your self love and willingness to explore healing, growth, peace, faith and love in your life.

Blessings and Miracles,
Wendy and the Nurturing Life Concepts, LLC Staff

Frequently Asked Questions

What if I need immediate emergency help right now?

If you are extremely distraught and in an emergency situation right now, contact 911 first or a loved one who can provide immediate one-on-one support, then let us know of your need as soon as possible after you've been helped by paramedics or your loved one.

Why should I choose you over another mental health provider?

We are unique in the area because we offer three distinct services: Counseling, Life Coaching, and Consultation and Training of the Nurtured Heart Approach™. We are also unique because we are the only agency in Central New York offering all these services from a Christian worldview. We are also different because you can work with us in the comfort of your own home (via email, phone, or if you are local, we will come to you). We are ready, willing and able to rock your world with insight, Biblical and clinical wisdom, training and compassion, all of which will reveal a brand new outlook on life.

What is your scope of services?

Nurturing Life Concepts, LLC provides comprehensive counseling and psychological services for adolescents, adults, couples and families in the following areas:

General: Depression and anxiety, adjustment issues, neglect and abuse recovery, grief and loss, job stress and burnout, financial troubles, weight management issues, self esteem, guilt and forgiveness, spirituality, anger management and conflict resolution, relationships, social skills and boundary issues.

Couples & Marriages: Marriage counseling, premarital counseling, separation, recovery from adultery and divorce.

Family: parenting issues, behavior problems, oppositional defiant disorder, attention deficit hyperactivity disorder, abuse and neglect recovery, school issues and phobias, bed wetting, tantrums, sibling issues, and other concerns and challenges associated with children and teens.



Vision Statement

“Leading people of all ages, throughout the world, to realize their life’s passion, purpose and vision.”

Mission Statement

“To educate, equip, motivate and collaborate with individuals of all ages, throughout the world, so they may develop, perfect and accomplish their life’s passion and vision.”

Three Ways To Reach Us

Web: www.nurturinglifeconcepts.com
Email: wendy@nurturinglifeconcepts.com
Phone: (315) 682-4005

Don't forget to sign up for our free newsletter, The Nurturing Life Networker.
It is filled with valuable healing stories and information!

Finding Real Healing with Non-Traditional Christian Counseling

In this ground-breaking new book, Licensed Clinical Social Worker Wendy A West Pidkaminy explores the striking difference between traditional secular mental health counseling and Solution-Focused Christian counseling. Although both disciplines share a common clinical foundation, Wendy throws a spotlight on numerous real-life stories showing how Christian counseling has far-surpassed the successes seen in much of traditional counseling, both in its ability to hasten the healing process and to create a new mindset that is focused not on a painful past but on a bright new future filled to the brim with God-given opportunity and joy.

Anyone seeking healing, hope, and new-found excitement in life should be greatly encouraged by reading this life-changing book and moving forward with Nurturing Life Concepts LLC to make a break with the past and embrace the future.