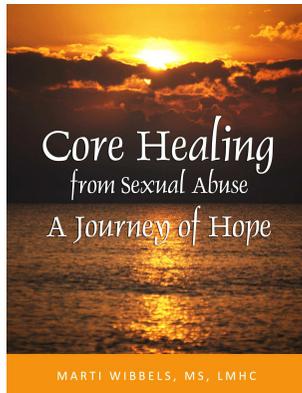


Core Healing from Sexual Abuse: A Journey of Hope

Marti Wibbels, MS, LMHC

Transforming Lives



Pastors, professional counselors, life coaches and lay counselors are using this workbook in individual and group counseling to help people heal. Individuals, too, are using *Core Healing* to experience freedom and hope.



"*Core Healing* changed my life. I came to understand who I am in God and how much He loves me. I came to know God as my true Father. It has given me the confidence to face challenges and overcome fears."

A Survivor

For More Information or to Order

Marti Wibbels, MS, LMHC

Palm Beach Counseling & Life Coaching

marti@pbcounseling.com

www.pbcounseling.com

561.620.0089

Ask about hosting a
Core Healing Workshop.

A Journey of Hope

Core Healing helps you help people! **Based on over thirty years of research and practical application**, this workbook offers an **eight-stage treatment plan** with proven multicultural effectiveness for men, women and adolescents.

Throughout *Core Healing*, **Scripture is integrated with cognitive behavioral and solution-focused therapy**, to help survivors move from the complex suffering generated by abuse into God's incredible hope and freedom. *Core Healing* also explores ramifications of sexual abuse on **psychosocial development**.

- 1. Stabilization, coping, and cognitive training:** Help individuals begin their unique healing journeys. Learn how to identify distorted thought patterns and replace them with truth, while offering authentic hope and profound, gentle healing at a safe pace.
- 2. Competence:** Establish new beliefs which result in experiencing godly self-respect and competence. Identify the FUD trifecta of fear, uncertainty and doubt. Survivors will learn how to replace feelings of shame and worthlessness and learn how to trust others, including God.
- 3. Security:** Discover the security God provides by illuminating how to have a voice and a choice to make healing decisions. Instead of a living a life of frozen emotions or insecurity, this chapter offers how to experience peace and safety.
- 4. Forgiveness:** Sensitively help individuals understand and apply specific steps to forgiveness. This vital stage of *Core Healing* helps people move beyond suffering, resentment and hurt into the freedom and hope God offers.
- 5. Identity:** Recognize five areas of identity and learn how to grow in each area. This core area addresses spiritual, emotional, social, physical and intellectual concerns, presenting balance and healing for the whole person.
- 6. Purpose:** Help people understand and articulate their life purpose. From finding focus to writing a personal vision statement, "Designed with Purpose" helps individuals steadily move into life as "more than a conqueror"!
- 7. Belonging:** Articulate God's design for healing in community. Aware of the need for interpersonal safety, this chapter offers numerous tools for building healthy relationships and skills for moving out of isolation fueled by ramifications of sexual abuse.
- 8. Living as a victor:** Understand and apply living as a Creator/Victor instead of as a Victim. You can help survivors recognize the human tendency to look for Rescuers (in people, places, things or activities) and find Coaches instead.

Recommended

Focus on the Family - January 2013

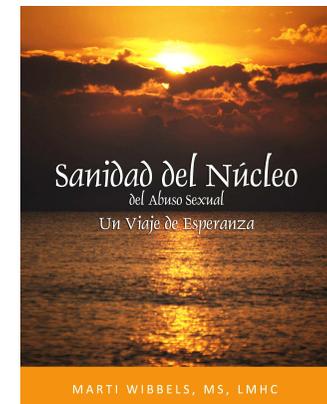
"How can I be set free from the pain of the sexual abuse I experienced as a child?"

Jim Daly and Dr. Juli Slattery answered this question in their newspaper column, stating, "There are several good books to help you through this process... Consider 'Core Healing from Sexual Abuse' by Marti Wibbels."



Also featured in AACC's
Christian Counseling Connection
Volume 19 - Issue 2 - Summer 2013

Also Available in Spanish



"We are grateful for the *Core Healing* training sessions at our church in **Guatemala City**. We were captivated every moment by the practical and compassionate teaching. People know that they don't have to struggle alone anymore... Our church leaders are better equipped to help them heal from sexual abuse, using *Sanidad del Núcleo*."