



Grace Together and Loyal Love:

**Treatment Models to Challenge
Conflict and Create Intimacy in
Marriage**

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Charis Institute, School of Psychology and
Counseling

Regent University

A problem

- Couples need the church
- The church needs healthy couples
- Millennials are detached from church BUT Boomers, Gen X and Millennials have similar church attendance if raised in a home where parents were continuously married and attended church.



State of Marriage and Family Ministries

- 71% of Evangelical churches don't have any paid staff to run marriage ministry
- 85% of churches report spending **0%** of their ministry budget on marriage ministry



Substantive Marriage Ministry

- Substantive Marriage ministries include things like hosting a marriage retreat, workshop or seminar, or marriage support/small groups.
- 72% of churches report offering only 2 Substantive ministries per year, and
- 54% report 0-1 substantive ministry



Who Provides Marriage Ministry?

- 58% of pastors feel either not very qualified or only somewhat qualified to provide pastoral counseling to a couple considering divorce





You are the Answer to this Problem

- Counselors have the skills
- Marriage Ministry fits your vision and mission



A word about the Charis Institute

COUPLES COUNSELING AND
MINISTRY



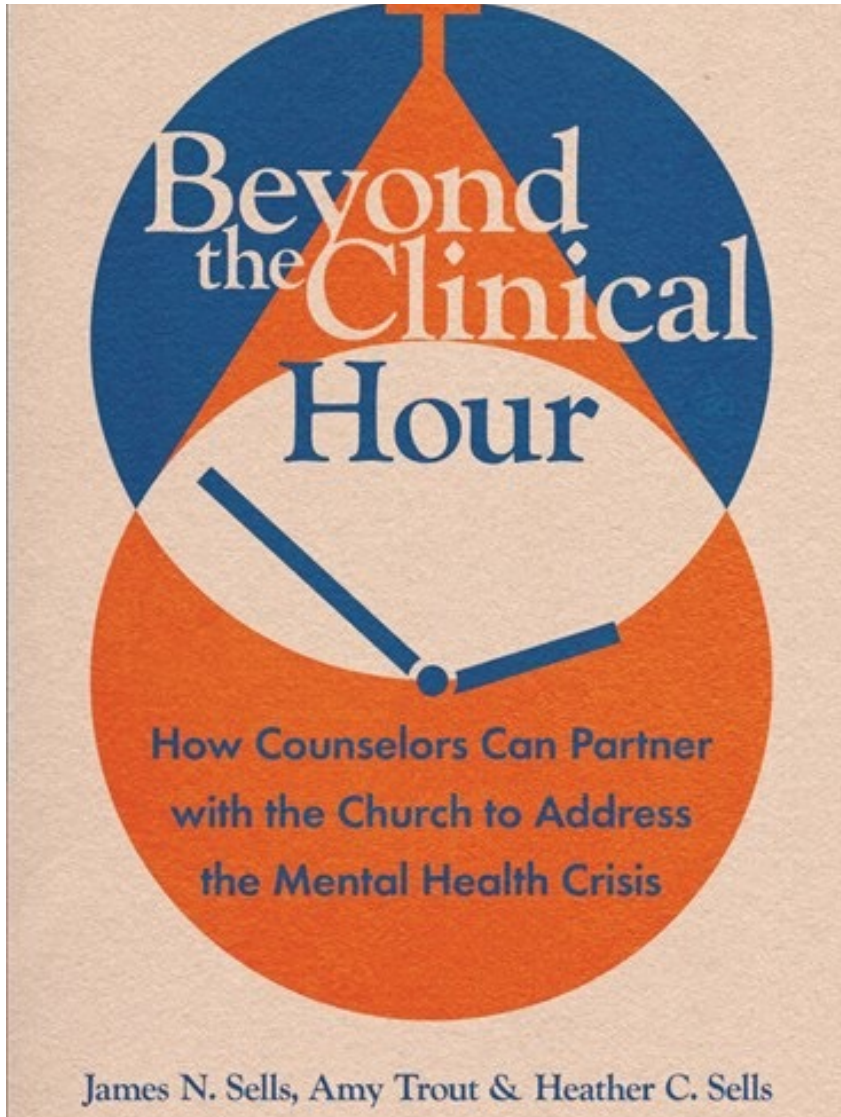
What we offer:

Counselor Training—We are part of a graduate program in psychology, counseling and counseling ministry. Much of what we do is teach graduate students how to provide sound clinical care in clinical, community and church contexts.

Marriage Ministry—We assist and train pastors and lay counselors to care for your church body through the power of psychological literature combined with ministry tools.

Couples Counseling--We create resources and serve as a clearing house of information for Christian Counseling.

Charis Scholars—We are a community of scholars, world-wide, interested in conducting research in mental health, ministry, intervention formation, and outcome studies.



Our emerging projects. . .

- The global mental health crisis is growing faster than our existing mental health care system can address. To meet the scope of human need, we need new models of care. The good news is that there is an institution uniquely positioned with the resources and the heart to help: the church. . .
- Christian Association for Psychological Studies (CAPS) Books explore how Christianity relates to mental health and behavioral sciences including psychology, counseling, social work, and marriage and family therapy in order to equip Christian clinicians to support the well-being of their clients.



Ministering to Families in Crisis: Intervarsity Press

Jennifer S. Ripley, James N. Sells, and Diane J. Chandler (Editors).

Shameless commercial for free product

- **Tuesday September 26th**
- **11:00 AM Eastern Time on Zoom**
- **Charis.regent.edu**

- **Or email us at charis@regent.edu
for info**

- **In November- CE event on Race-
Based Stress in Families is planned.**

- **Free to attend, low-cost for CE**



Charis Institute

Vision to Reality: Strategies for Building a Successful Counseling Practice



JOIN US ON TUESDAY SEPTEMBER 26TH
AT 11:00 AM EST FOR A ZOOM
CONTINUING EDUCATION EVENT WITH
GUEST SPEAKER DR. LAURA BOKAR. DR.
LAURA BOKAR IS THE CEO/PRESIDENT
OF FOX VALLEY INSTITUTE FOR
GROWTH AND WELLNESS AND HAS BEEN
AN INDIVIDUAL, MARITAL/COUPLE AND
FAMILY THERAPIST FOR OVER TWO
DECADES. HER APPROACH IS TAILORED
TO THE CLIENT'S NEED. AT TIMES IT IS
VERY IMPORTANT TO SET GOALS AND
OTHER TIMES PEOPLE JUST WANT TO
BE HEARD. DR. LAURA PROVIDES BOTH
APPROACHES, AS WELL AS OTHERS.
SHE IS AN OPEN, NON-THREATENING
THERAPIST WITH A SENSE OF HUMOR.
SHE IS CERTIFIED IN RAPID
RESOLUTION THERAPY (RRT), NEURO-
LINGUISTIC PROGRAMMING (NLP),
CRITICAL INCIDENT RESPONSE,
PREPARE/ENRICH PRE-MARITAL
ASSESSMENT, PRIMARY CARE
BEHAVIORAL HEALTH AND DBT.

Register at: <https://charis.regent.edu/home/online/>



A word about Marriage Ministry Workshops

Marriage Ministry Workshops –Are very powerful experiences on the day of the event. Couples typically report high praise in the evaluation of most marriage workshops. This is particularly true if:

1. The speakers are entertaining.
2. The cost and commitment is low.
3. The technology and environment is comfortable.
4. The experience serves good food and ends early.

Marriage Ministry Workshops are More Effective When—There is the formation of real relationships with other couples who experience marriage along a similar path. Everyone struggles and we all are advancing together.

Marriage Ministry Workshops are MOST Effective When- The growth experience is extended over months and is not limited to a single event. Habits are formed with “time on task”.

Spotlight: Grace Together & Loyal Love

- Evidence-based Christian marriage workshop and small group curriculum.
- Combines the best of Christian teaching on marriage from Colossians with the latest research on brain and behavior

So, Grace Together and Loyal Love, what is the difference?



- **Grace Together–We Go Fast!**

A weekend, high intensity, big group experience.

- **Loyal Loyal-We go Deep!**

A small group or Sunday class designed spread over two months, including daily exercises and weekly conversations.



Grace Together
and Loyal Love
Combined—
an intense
weekend and
extended weekly
learning.

Fast and Deep



Fast and Deep: The specifics of Grace Together and Loyal Love



- **Grace Together** exposes and describes frequent marital conflict-generation patterns.

We want couples to say when they encounter the Grace Together experience, “That’s US! That is exactly what happens when we get into a fight!”

Loyal Love focuses on how to implement change, over time and offers daily activities to build a loyal, loving marriage.

We want couples to say when they encounter Loyal Love, “We know how to prevent conflict and build patterns of intimacy and trust.”

Charis VIDEO HERE (length: 1:01)



Grace Together

6-sessions of a about one hour each

-> Introductory Video + exercise + small group discussions

- Session 1: Who are We as a Couple and Why are We Here?
- Session 2: Christian Vision of Marriage
- Session 3: Pain
- Session 4: Pain Defense Offense Cycle
- Session 5: Grace & the Story of a Healthy Family
- Session 6: The Good Marriage



Grace Together Session 01 Final



Watch later



Share

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Video from Session 1

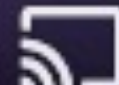
MORE VIDEOS



2:02 / 12:21



YouTube



Loyal Love

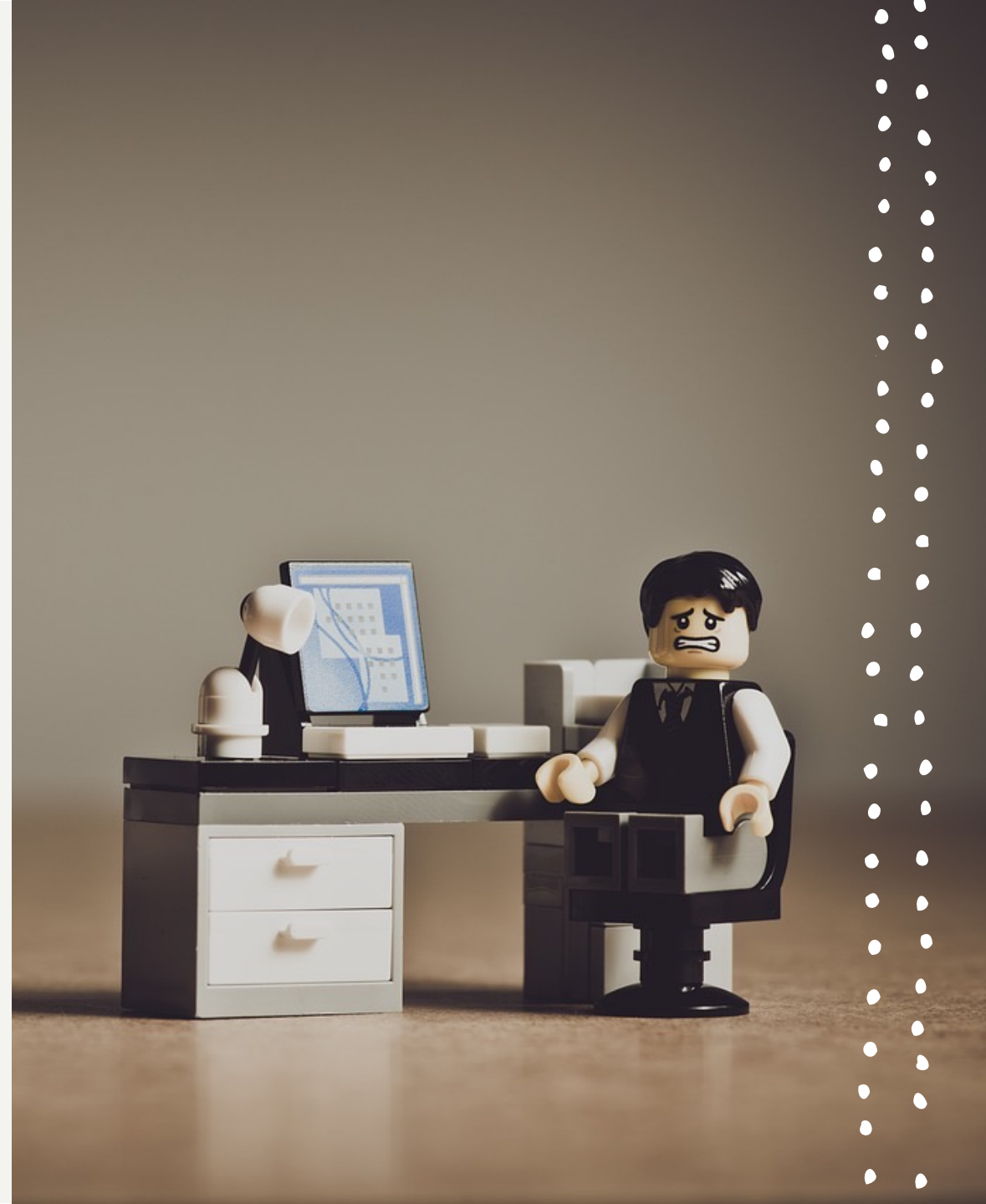
- 8-week small group format
- Similar to Grace together with a focus on discussion, fellowship and relationship building
- Week 1: Cast a Vision
- Week 2: Grace Together
- Week 3: Gratitude
- Week 4: Compassion
- Week 5: Humility
- Week 6: Forgiveness
- Week 7: Trust
- Week 8: Love



I would like to do this at my church (or equip someone to do it), but I do not have a lot of experience organizing such a workshop...

Or, I am not sure how to talk with local church leadership about a program like this

No Problem! We have all the resources that you need and can help you get started!



How can you get started with the Grace Together Program ?

- Visit our website at Charis.regent.edu and download the guides and videos.

Couples Counseling and Ministry

***BRINGING PRINCIPLES AND PRACTICES IN
COUPLES COUNSELING AND FAMILY CARE TO
EVERY WILLING HOME, HELPER AND HOUSE OF
WORSHIP.***



Resources that are available



Participant workbook



Leader's guide
including information
on set-up supplies



Project Planning Guide



Online group tip guide

www.charis.regent.edu

REGENT UNIVERSITY | Charis Institute

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Sign up for Continuing Education

Reserve your spot for Continuing Education in [Couple Counseling](#) and Ministry – offering real solutions to address relationship needs.
For Professional Therapists | Church Leaders | Couples

[Learn More](#)

COUNSELOR TRAINING
Collaborate with us! Register for training or review video workshops in marriage and family ministries.

MARRIAGE MINISTRY
Access the Grace Together and Loyal Love Marriage Ministry Curriculum created by the Charis Institute.

or couples and
r good.



Couples Small Group Handbooks & Videos

Grace Together Workshop

+

LOYAL LOVE SMALL GROUP



Download the workbooks

Workbook Downloads

[Participant Workbook](#)

[Leader Workbook](#)

[Project Planning Guide](#)

[Online Group Leader Tip Sheet](#)

The videos are a youtube playlist

Access to direct page
Password: Charis@Regent

GRACE TOGETHER VIDEO CONTENT

- ♥ Module 1: Welcome and What to Expect ([Click here to watch Module 1](#))
- ♥ Module 2: The Us: Who are We as a Couple and Why are We Here?
- ♥ Module 3: Pain
- ♥ Module 4: Pain, Defense, Offense Cycle
- ♥ Module 5: Grace: The Story of a Healthy Family
- ♥ Module 6: The Good Marriage

The Grace Together videos are currently on a password-protected webpage which can be found by clicking the button below. If you need the password, please email us at charis@regent.edu.

[Access all Grace Together Videos](#)



Interested in doing Grace Together or Loyal Love in your church?

- Reach out to us, so that we can help you get started !
- charis@regent.edu

Sign up now

- Email us at charis@regent.edu to see if this fits for you
- Visit charis.regent.edu
- We have a blog on which we share content from the workshops and additional information and resources regarding important topics such as:
 - Communication
 - Conflict
 - Forgiveness
 - Gratitude
 - And so much more

