

Information & Overview

Nikanor Training Series – Module 2

Seminar Focus: This second module is designed to deepen and build on the understanding, tools and skills taught in the first module. Participants who successfully complete this module are given the opportunity to become proficient with a comprehensive set of interventional tools and skills.

- **Dismantle the strongholds of the Lie established in the soul (personality or psyche) since childhood.**
 - **Penetrate the mental/emotional barriers to healing and freedom.**
 - Learn to expose and challenge the perceptual distortions and false belief system, the self-defeating behaviors, and the enslaving emotions, that maintain the operations of the Lie's self-system.
 - Learn how to work effectively with all the unregulated, powerful negative emotions that imprison the spirit and trigger relapses.

[This includes, but is not limited to, a specific set of tools to address
 - *Panic, anxiety and worry*
 - *Anxiety or shame-generated avoidant behavior*
 - *Anger*
 - *Depression and hopelessness*
 - *Resentment, bitterness, regret, and unresolved grief*]
- **Target the Lie's self-system at every level**
 - Recognize and create interventional opportunities ("windows") at each and every level of the Lie's self-system
 - Effectively and efficiently apply the selected interventions with versatility, and in a concerted and targeted manner.
 - Skillfully apply the comprehensive set of interventional tools to expose, unravel and dismantle the Lie's self-system
- **Effectively enter the inner battle (conflict) in every person**
 - Develop the required discernment, intentionality and firm conviction.
 - Recognize and expose the works of the internal enemy (the virus of the Lie programmed into the brain that creates an artificial intelligence to counterfeit our identity, and maintains the perceptual distortions and false belief system,

the self-defeating behaviors, and the enslaving emotions, that maintain the operations of the Lie's self-system)

- Expose and isolate the internal enemy to counter any resistance to healing and freedom that it creates
- Empower the spirit in the person to choose and act with hope and courage on all personal revelation of truth
- **Expose the active Root of the Lie in the soul (personality or psyche) of each person**
 - Create experiential portals to effectively access defining memories
 - Skillfully explore defining memories to expose the Lie-generated deceptions and entrapment established in childhood
- **Take the trauma victim into the path of sustainable victory**
 - Understand the vicious cycle of deception and entrapment generated by trauma as a vehicle for the Lie
 - Skillfully explore traumatic memories to expose the trauma-generated deceptions and patterns that keep the person in the victim role
 - Challenge the person to break the patterns that maintain the vicious cycle of victimhood
- **Equip each person to effectively fight his or her own internal battle and to become immunized against the deception and entrapment of the Lie**
 - Guide the person to the discovery of his or her true identity
 - Guide the person to the discovery of the enemy's lies and enslaving patterns
 - By being Christ to the person, impart the hope and courage that each person needs for healing and victory
- **Develop an operational plan for real victory**
 - Clearly understand the pre-requisites and obstacles to victory
 - Clearly understand and recognize the true nature and substance of victory
 - Know and develop the essential elements of an effective operational plan for victory

- Clearly understand the relapse dynamics and process
- Skillfully work with relapses to turn them into opportunities for ongoing victory

In addition, the *Appendix to the training manual for this module* contains the following set of tools:

- *Process Note Guidelines (Level II)*
- **INTERVENTION STEPS:**
 - *Expressive Intervention*
 - *Open Hands Intervention*
 - *Focusing on the Internal Experience*
 - *Focusing on the Internal Mirror*
 - *Working with Defining Memories*
 - *Unpacking Traumatic Memories*
- *Grounding the Person in the Here-and-Now*
- *Common Cognitive Distortions*
- *Patterns that Maintain the Victim Role*
- *Suicide Intervention*
- *Critical Incident Debriefing Guiding Structure*
- *The Panic Cycle*
- *Symptomatic Treatment of Panic*
- *Challenging Avoidance*
- *Overcoming Worry*
- *Response-Prevention Treatment for Obsessive-Compulsive Disorder*
- *Understanding the DSM and its Multi-axial System*
- *Guidelines for Medical Treatment Referral*
- *Guidelines for the Interventional Assessment of the Addicted Person*
 - *Stages of Readiness for Change*
 - *Key Elements of an Assessment Timeline*
- *Working in the Collective Context*
- *The Family History and the Genogram*
- *Guidelines for Forgiveness*
 - *For Those Who Have Been Wounded*
 - *For Those Who Have Wounded Others*