

Information & Overview

Nikanor Training Series – Module 1

Seminar Focus: The teaching will focus on the establishment of a foundation of understanding, guiding principles, skills and tools that are indispensable to carrying out your professional, ministry, mission, role or calling, effectively and efficiently:

- **Understanding and applying the fundamentals of personal and spiritual resilience:** To be truly effective, we need to develop an unmovable conviction, grounded in the foundation of Christ's character, authority, and unconditional love for us – the foundation for our true identity, for lasting spiritual resilience, and for real liberty and equality in Christ.
 - Taking a closer look, through the lens of the New Testament, and understanding the essence of the human spirit, how we are created to function, the fullness of the miracle of spirit regeneration (the new birth), and of our true liberty in Christ.
 - Understanding mind, emotions, personality, the self-system, and the true self, through the integration of the current knowledge, in the fields of psychology and neuroscience, with the foundational truths of the scriptures.
 - Understanding the real nature our core internal conflict (as illustrated by the apostle Paul in the second half of the seventh chapter of Romans and the fifth chapter of Galatians).
 - Recognizing and exposing the variations on the internal deception responsible for the theft of our identity and the internalized distortions of the parent image of God.
 - Understanding the process of transformation, the fruit of brokenness, the power of forgiveness, and the paradox of surrender that results in true liberation.
- **Maximizing the transforming power of our relational tool:**
 - Mastering the essentials of interpersonal dynamics.
 - Tapping into the power and authority of our inherent Christ-likeness and *agape* love in our work with each person.
 - Understanding the interpersonal projections and re-enactments of wounding experiences that can either create traps in our relationship, or give us the opportunity to effectively overcome – thereby imparting to others the hope and courage necessary for sustainable victory.

- **Mastering the motivational dimension.**
 - Efficiently harnessing the major human motivational forces.
 - Developing effective motivational leverage against all resistance.
 - Anticipating, recognizing and successfully countering resistance.
 - Developing the necessary discernment and ability to enter the internal battle (conflict) in each person for whom we intervene.
 - Exposing and challenging the self-defeating life-goals in each person's life.
 - Effectively guiding the person into the discovery and appropriation of a life that is in line with God's good and perfect will for each individual.
 - Obtaining clear and unequivocal commitment to freedom.

The afternoon skills training and refinement sessions will focus on the following:

- Polishing the delivery and quality of our reflections.
- Enriching our questions tool bag, and refining our skill with the use of questions.
- Mastering the **reflection-question coupling tool**, in order to enhance the power of our probing, challenging, and our advanced interventions.
- Developing the understanding, tools and skills necessary to effectively and efficiently navigate the Human Motivational Terrain (refer to "Mastering the motivational dimension" above).
- Developing the ability to effectively analyze our work, and to give constructive feedback to our peers.

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

- *Recognizing the Variations on the Original Lie*
- *Recognizing Common Cognitive Distortions*
- *Navigating the Human Motivational Terrain*
- *Developing Effective Motivational Leverage*
- *Challenging the Patterns that Maintain the Victim Role*
- *Enhancing the Efficacy and Efficiency of Debriefing*
- *Suicide Intervention*
- *Grounding the Traumatized Person in the Here-and-Now*
- *The Interventional Assessment of the Addicted Person*
- *Completing the Work of Forgiveness*