



Christian Families Today

A Christian Counseling and Training Ministry

Advanced Discipleship Training I

And

Advanced Discipleship Training II
(Life Coaching)

Syllabus

2008

Presented By

Christian Families Today
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Advanced Discipleship Training I and II

Objective

The objective of the CFT's Advanced Discipleship Training I (ADT I) is to provide believers with an opportunity to gain a deeper and more comprehensive personal and practical understanding of the Good News of God's wonderful grace in Christ which is known as the Exchanged Life.¹

The objective of CFT's Advanced Discipleship Training II (ADT II) is to provide an opportunity for the ADT I graduate to learn how to effectively disciple or coach others in the Good News of God's wonderful grace in Christ also known as the Exchanged Life truths.²

The Exchanged Life

The discipleship or "life coaching" process taught in the ADT I and II is known as the Exchanged Life. The Exchanged Life is simply a term describes what happened to each believer at the moment of his or her salvation. When a believer receives Christ he or she exchanges his or her old life in Adam for a new life in Christ.³ The Apostle Paul sums up the Exchanged Life when he says, "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me, and delivered Himself up for me."⁴ Paul also speaks about the exchanged life in Colossians when he says, "For He delivered us from the domain of darkness, and transferred us to the kingdom of His beloved Son...."⁵

Training Philosophy

The focus of ADT I training is concentrated on personal growth in Christ. The Exchanged Life or identification truths in Christ are taught in a class framework within a safe environment that encourages group discussion and personal application. Care is taken in maintaining a balance between learning, dialogue, and personal growth. We believe that it is *necessary* to correlate scripture work and reading along with the one's own practical experience. Therefore, one may need to work through some issues in his or her life as the training classes progress.

The ADT I program consists of lectures, recommended reading, video and audiotapes, open book exams, and a paper expressing one's personal growth and experience of the Exchanged Life. One will be asked to complete a brief monthly report reflecting their progress through the material and to participate in supervision sessions with a CFT staff supervisor. Each trainee will personally go through the Exchanged Life discipleship process with their supervisor.

The ADT II program immediately follows the completion of ADT I. The focus of ADT II is learning how and developing the skills to disciple others in the Exchanged Life. The ADT II continues the same class format as ADT I but includes group practice (in a dyad and/or triad format) and co-discipling training with supervision. At the completion of ADT I and II, the trainee will receive a certificate certifying that he or she has completed all of The Association of Exchanged Life Ministries International and Christian Families Today's requirements for the course. The certificate however does not "certify" or "license" a believer to be a "Christian Counselor" or "Therapist."

¹ Ephesians 2:8-10

² Matthew 28:18-20

³ II Corinthians 5:17

⁴ Galatians 2:20

⁵ Colossians 1:13

It should be noted that much of the learning occurs at CFT incidentally; that is, through interacting with the staff, fellow students, and participation during “check-out” time. Trainees will not be monitored as in a “school”, although there are definite expectations. No one will be looking over another’s shoulder to insure that he or she completes his or her work. One has, in Christ, the necessary grace sufficient to carry out this learning and training program.

Acknowledgements

Classical Christian writers such as C. S. Lewis, Hudson Taylor, A.W. Tozer, and Watchman Nee have written, taught, and experienced the Exchanged Life during the past century. The ADT was developed from an accumulation of these and other resources. Dr. Charles Solomon first introduced the concept of “spirituotherapy” as an “exchanged life” counseling or discipling model in 1980. His book, *The Handbook To Happiness*, has been used by thousands of Christians as a discipleship resource of the Exchanged Life and is part of the required reading for the ADT training program.

Various members of the Association of Exchanged Life Ministries (AELM) have contributed to the development of the ADT. Lee LeFever of Exchanged Life Ministries, Bill and Anabel Gillham of Lifetime Guarantee, Al Scardino, Director of First Baptist Church of Atlanta Counseling Center, Tom Grady formerly of Grace Ministries Int’l. (GMI), and Steve McVey of GraceWalk Ministries and others have contributed through their books, conferences, and personal input to the development of the ADT. References from other sources will be given as they occur within the text during the course of the ADT.

A special thanks is given to GMI who sponsored CFT into the AELM as well as the AELM who has allowed CFT the liberal use of their resources. CFT’s staff has taken that which has been gifted to us and expanded it. CFT has split the original ADT into two parts, ADT I & II.

Summary of ADT I Units

January-August, 2008

Unit 1 – A Foundation in Grace (7 Sessions)

This unit is a theological and Biblical look at The Concept of God as well as an in-depth study of Romans 1 – 8. We will compare Law and Grace as well as our personal concepts of God with what we have just uncovered in Scripture related to the heart and character of God.

Unit 2 – Healing In Grace (7 Sessions)

This unit probes one’s unique version of the Flesh and how it was developed. We will look into God’s solution to one’s Flesh and the identity problems the Flesh creates. We will also look at Satan’s primary weapon of deception and how to grow free from the control of any false beliefs.

Unit 3 - Walking in Grace (8 Sessions)

This unit will begin with a Mid-Term exam (open book) and continue with the following sessions: Practical application for Family Systems, Marriage and Premarital Discipleship, Divorce and Re-marriage, Parenting, Discipling Children, Codependency and how to experience freedom through Forgiveness.

Unit 4 - Freedom in Grace (6 Sessions)

This unit focuses on how God’s grace is applied to specific issues such as Addictions, Sexual Abuse and Abortion, Dealing with Grief and Suicide, and a look at Biblical answers to dealing with Shame and Guilt.

ADT II (The Exchanged Life's "Discipleship" or "Life Coaching" Process)

August-November, 2008

Discipling in Grace (12 Sessions - Graduation)

The ADT II gives the student continued understanding of God's grace in specific areas of one's everyday life. It also emphasizes how to share the healing we have experienced through God's grace with others. Freedom received through Christ's healing enables us to "comfort others with the comfort which we have received"⁷ as we rest in His amazing grace.

Summary of Material for ADT I and Requirements for ADT II

Highly Recommended Books

- *Sacred Romance* – by John Eldredge
- *Wild At Heart* - by John Eldredge
- *Captivating* – by Stasi & John Eldredge
- *Families Where Grace Is In Place* – by Van Vonderen
- *Tired Of Trying To Measure Up* – by Van Vonderen
- *Classic Christianity* – by Bob George

AELM Required Books *

- *Lifetime Guarantee** – or *The Life Video Series* - by Bill Gillham
- *Birthright** – by David Needham
- *The Rest of the Gospel** - by Stone & Smith
- *Bondage Breaker** - by Neil Anderson
- *Foundations of Exchanged Life Counseling** – by Richard Hall
- *The Christian Secret to A Happy Life** - by Hannah Smith
- *Handbook To Happiness** – by Charles Solomon
- *The Normal Christian Life** - by Watchman Nee
- *Principles Of Spiritual Growth** - (now Green Letters) by Stanford
- *A Divine Invitation** – Steve McVey

AELM Required Booklets*

- *A Study of The Mind** - Gillham
- *The Exchanged Life** - Taylor
- *Faithful Forever** - A. Gillham
- *Himself** - Simpson
- *Resolving Misunderstanding of the Exchanged Life* - Best
- *Perils of the Victorious Life* – (final chapter from *Victory in Christ*-Trumbell)

Video Tapes AELM Required *

- *Spiritual Deception of Passivity ** (1) – Lee Lefebre
- *Liberated in the Beloved ** (1) – Ortiz
- *Marie Marshall Series ** (9) Lee LeFebre
- *Resolving Personal Conflicts (4)* – Anderson
- *The Believer's New Identity* (1) – Lee LeFebre

IPOD Listening AELM Required *

- *A Study of Romans** – Bob Warren (listen to prior to beginning class)
- *Strength of Weakness ** – Jack Taylor
- *Receiving ** – Jack Taylor
- *Brokenness ** – (6) Stanley
- *Turkeys and Eagles ** – Peter Lord
- *Search for Self-Worth ** – (5) Malcolm Smith
- *What a Beautiful Bride* - McVey

⁷ II Corinthians 1:3-5

- *Emotions: Bridges or Barriers* – VanVonderan
- *Centrality of the Cross (2)* - Best

46 Hours of ADT I Classroom Instruction AELM Required *

- Introduction / Seeking The Heart of God*
- Rejecting The Heart of God and His Redeeming Love*
- Distortion of The Heart of God*
- Romans 5 & 6 *
- Romans 7 & 8 *
- Law and Grace *
- Growing Free *
- The Flesh *
- Diagramming Flesh*
- The Great Exchange and The Believers New Identity *
- Satan's Deception / The Principle of Sin
- Brokenness and Surrender *
- Family Systems / Codependency
- Pre-Marriage, Marriage & Single Family Systems
- Sexuality / Sexual Maladjustments
- Divorce and Remarriage
- Parenting / Blended Families & Children's Issues
- Forgiveness *
- Addiction and Grace
- Trauma I (Sexual Abuse)
- Trauma II (Abortion)
- Dealing with Grief and Suicide
- Grace: God's Answer to Shame and Guilt

A total of 7 hours of personal supervision with a CFT supervisor is required. 3 Hours of supervision will be scheduled during class. 4 additional supervision hours will need to be scheduled during regular office hours with your supervisor.

22 Hours of ADT II Classroom Instruction

- Counseling Approaches and Code of Ethics
- Listening Skills I *
- Listening Skills II *
- Family Systems and History Taking
- Flesh Diagramming
- Tools of Assessment (Taylor Johnson Temperament Analysis)
- Advanced Discipling Skills
- Pre-Marital & Marriage Discipleship
- Discipling Sexual Maladjustments
- Discipling Children
- Wrap-up of Co-Discipling
- Suicide

ADT II 30 Discipling Hours (25 Hrs AELM *)

- 10 Hours of dyad/triad discipleship practice in class
- 10 Hours Marie Marshall Series – co-discipling credits*
- 10 Hours co-discipling scheduled during office hours w/staff & clients

* AELM requirements for certification.

ADT I and II TRAINING INFORMATION

Finances – The cost of ADT I is \$950*. The *payment schedule is to be made with the director of training (for example, payments of \$33.93 can be made weekly, \$67.86 can be made bi-monthly, or \$135.72 can be made monthly)*. Full payment is expected prior to completion of the program and graduation..

Payment of \$450* for the ADT II begins at the end of ADT I. *Payment schedule is to be made with the director of training (for example payments of \$37.50 can be made weekly, \$75.00 can be made bi-monthly, or \$150.00 can be made monthly)*. Full payment is expected prior to completion of the program and graduation.

* A \$100 deposit is required with the Application Form. This \$100 is the the fee for use of CFT's iPod during the course. It is above and beyond the \$950 and \$450. The iPod contains all of the listening requirements. \$50 of the deposit will be reimbursed to the student when the iPod is returned in good working order.

*Check with the director of training for creative ways former students have used to supplement their budget in order to pay for the cost of ADT I and II. In the past scholarships have been available through CFT provided by donations from those who have been through the training, the church one attends, or a Christian businessperson.

Loan Library – A limited number of loan books and tapes are available for student use. Audiotapes and books may be checked out overnight and must be returned within a two week period. Videotapes may only be viewed in the office and may not be removed from the premises. Arrangements can be made for viewing DVD's and videotapes at CFT's office after normal business hours. Any loan books or tapes not returned will be charged to your account so that we can replace them for future students.

Private "Discipleship" – Intensive issues that arise during the yearlong process should be discussed with your supervisor. Any "discipleship" or "Life Coaching" needed by student beyond ADT supervision will be handled as a regular "discipleship" client.

Respecting Schedules – We ask that all students gracefully respect their fellow students and staff regarding times for study, reading, and personal discipleship, as well as *beginning class at the designated time*.

Team Concept – Please remember that the focus of CFT's ADT I and II is the Exchanged Life approach to discipleship or "life coaching." Occasionally, someone will want to emphasize denominational doctrines. *We request that students respect the desires of CFT to minister to all denominations by refraining from focusing, promoting or emphasizing denominational doctrines and/or issues*. All are free to discuss denominational doctrines and/or issues with their individual supervisors.

Absence – Students in the ADT I & II program are expected to attend all sessions. If it is not possible to attend a session or if one is going to be late for a session, we ask that the student call the office. Total absences should not exceed 2 per unit. **Also note that some classes are requirements for AELM certificates.** Arrangements to make up these classes will need to be made with a trainee's supervisor.

Co-Discipleship

Thirty hours of co-discipleship are required for certification. We intend for you to participate in actual discipleship sessions as an observer. Time and availability may limit these opportunities, so some options are allowable. The following methods of discipleship activity will count as credit towards the 30 hour requirement.

1. **Actual co-discipleship** with a CFT staff discipler. You should maintain record of these sessions containing initials of disciplee, discipler, date of session and number of hours.
2. **Video Sessions** – 10 hours credit will be given for the Marie Marshall series. Other videos may also be suitable. See your supervisor.
3. **Practice co-discipleship** during ADT II classes – Up to 10 hours credit will be given for attending and participating in discipleship role-play led by CFT staff.
4. **Associated Discipleship sessions** – A maximum of 15 hours credit will be given for discipleship sessions outside of CFT with the following conditions:
 - Must be formal discipleship/counseling
 - Must be pre-approved by CFT staff
 - An observation report must be filled out and discussed with supervisor.

Dress

Although we do not have a dress code, we stress the need to maintain a professional appearance when co-discipleship during office hours. Business casual attire is suitable for most situations.

Credit for Education

CFT will cooperate and coordinate as best we can with colleges, universities or seminaries that wish to offer credit for work accomplished in ADT I/ADT II program. Please see the director of training if you have questions about credit for your work. We will write a letter to the school outlining the requirements you have completed and assist, as best we can, in any other way your program may require.

Office Operations

1. Scheduling
 ADT I Units One - Four 6:00 PM to 9.30 PM
 Lecture, Breaks, "Check-out", Video's & Supervision

 ADT II **6:00** PM to 10:00 PM
 Lecture, Co-discipleship, Marie Marshall videos, breaks.
2. Confidentiality – **Confidentiality is a must** while students are in the training class and outside of the training class. Care must be taken to refrain from discussing **any** information that would be considered personal and private. Confidentiality should be observed at all times including breaks, "check out", commuting times or other social activity where a violation of trust could occur. Recording is not allowed. All rights are reserved by CFT.
3. Telephones – Phones are available for personal use and inter-office communications. Long distance calls should either be collect, charged to a credit card or on a calling card. Incoming calls should use 770-502-8050.
4. Building Access –
 Newnan Office hours:
 9:00 am to 5:00 pm.....Monday - Thursday
 Closed for Staff Research & Development.....Friday
Access on weekends or evenings may be obtained by coordinating with the director.

5. Book and Tape Discounts – A **discount** is provided for all students while enrolled in either ADT I or II.

6. Refreshments – Coffee will be provided for the intern's benefit. *Students are also encouraged to bring refreshments to share. Many past classes have created a refreshment list so that students can sign up to bring snacks*). Foods left in the refrigerator or cabinet should be labeled with one's name or are subject to be eaten! ☺

7. Housekeeping - CFT does not use a cleaning service and the staff and volunteers perform all housekeeping. We ask that students please do their part to help us keep the office "peachy" clean. ☺

About Christian Families Today

Christian Families Today (CFT) is a non-profit interdenominational ministry founded by Greg and Connie Brezina in 1980. CFT's purpose is to share God's grace so that others may know and worship Jesus intimately as Savior, Lord and Life in the context of family.

Encouraging others is accomplished through one-on-one Exchanged Life "Christian discipleship" or "Christian life coaching", Grow In Grace seminars, Advanced Discipleship Training I and II, marriage, parenting, and family enrichment seminars.

For further information regarding our Advanced Discipleship Training or any other CFT ministry services please contact us at:

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