

BRUCE BIBEE COUNSELING

5610 Silverado Way, Ste. A6
Anchorage, Alaska 99518

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Winter Schedule

Spiritual Warrior Program The Basic Training

The Spiritual Warrior Program is a series of three ten-session workshops that provide the student with the tools to navigate life on life's terms.

The Basic Training covers the 'bad news' first by examining Abuse dynamics and Codependent dynamics. These are the dynamics one should avoid in all relationships. We examine them so that the student will 'know the enemy' and be able to avoid it. Additionally, in that many of us grew up in those dysfunctional systems, we introduce the need to recover from those systems. Which is what we offer in the following sessions.

The fully matured adult is able to resolve problems and conflicts in a win-win fashion, but there is a 'language' that one needs to know in order to actually accomplish that task. In the next few classes we introduce Assertiveness training, Conflict Resolution, and gain practice in creative problem solving.

Furthermore, if one isn't taking care of oneself, not much good comes from that situation. Stress Management is next so that the student can develop his/her own self-care program.

Self Esteem is next, and we spend four sessions on it, because it's the deeper level of self-care. We break self-esteem down into four categories: Uniqueness, Personal Power, Connectivity, and Organization.

With these skills and basic knowledge, one can easily and successfully manage the gamut of relationship challenges an adult faces during life. In that sense, this series of classes is the basic training needed to operate as an adult in the real world.

Agenda:

Jan 10: Abuse — definitions and dynamics
Jan 17: Codependency — definitions
Jan 24: Codependency — dynamics
Jan 31: Assertiveness Training
Feb 7: Conflict Resolution
Feb 14: Stress Management
Feb 21: Uniqueness
Feb 28: Power
Mar 7: Connectivity
Mar 14: Organization

Location: 5610 Silverado Way, Ste. A6

Schedule: Wednesdays at 6p to 9p for ten consecutive Wednesdays

Cost: \$25/person per session

Optional: 3 College Credits. HUMS 280. Prince William Sound Community College, Glennallen, AK