

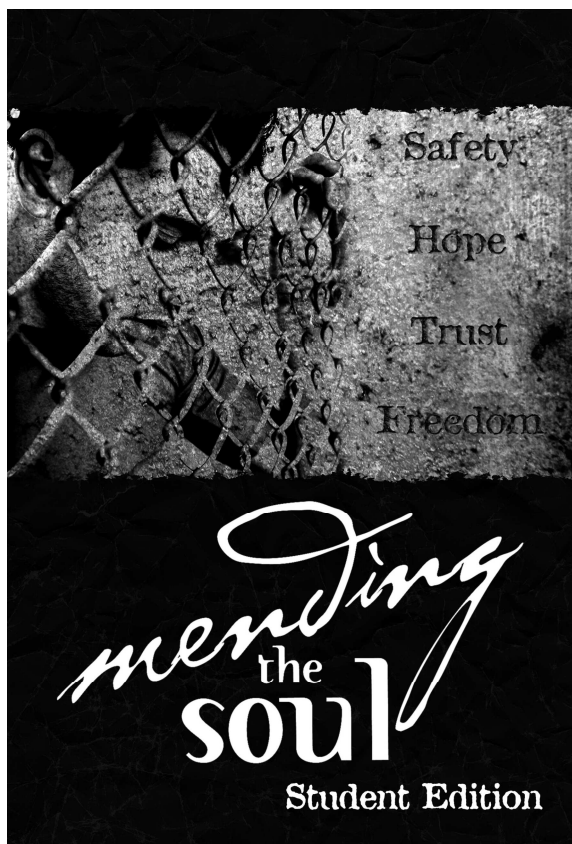
Mending the Soul Student Edition Program Information

The *Mending the Soul Student Edition* was written by Kristi Ickes, a Licensed Clinical Social Worker who works at a public high school in Avondale, AZ. The book is a simplified adaptation of Dr. Steven Tracy's book, *Mending the Soul* (Zondervan, 2005). It is written for students who have experienced deep pain in order for them to find hope, healing, and freedom. The *MTS Student Edition* can be used one-on-one or as a small group resource. It gives one guide for healing that can be used to address a variety of issues at their core. Dealing with core pain is essential because you can't put band-aides on a broken heart.

Who can benefit from the *MTS Student Edition*?

Jr. High, High School, and College-aged students who:

- come from **hurting families**— divorce, domestic violence, verbal insults, emotional abandonment, hitting, inappropriate touching, and other deeply painful events.
- are engaging in **unsafe/risky behaviors**— substance use/abuse, cutting, eating disorders, suicidal threats, abusive dating relationships, sexual activity, etc.
- have trouble managing their **emotions**— anger, depression, anxiety, perfectionism, shame, hopeless.



PART 1: UNDERSTANDING MY PAST

Chapter 1: Understanding the Pain of Abuse

Chapter 2: Understanding the Pain of Abandonment

Chapter 3: Understanding Unhealthy Families and Abusers

Chapter 4: Understanding Unhealthy Dating

PART 2: ADMITTING MY PRESENT

Chapter 5: The Effects of Abuse = Risky Behavior

Chapter 6: The Effects of Abuse = Shame

Chapter 7: The Effects of Abuse = Trauma

Chapter 8: The Effects of Abuse = Isolation

PART 3: LOOKING TO MY FUTURE

Chapter 9: Facing the Brokenness

Chapter 10: A Healing Model

Chapter 11: Forgiveness

Chapter 12: Where Do I Go From Here?



What steps can an organization / ministry take?

1. **Leadership Training:** The effects of hurting teens are all around us—even in our churches. Teens act out their pain in various ways—risky behaviors, extreme emotions, and unhealthy relationships. It is essential that youth leaders have an understanding of deep pain and how to minister to hurting teens.

Training topics include:

- Crisis Intervention: Responding to students in crisis
- Creating Safety: Developing an environment for healing and growth
- Unhealthy Families: Understanding the dynamics and damage of dysfunction
- Abuse & Abandonment: What it is, what it does, and how to heal it
- Mending the Soul Student Small Groups: Facilitator Training

2. **Student Support Groups:** The *MTS Student Edition* is an excellent support group resource for teens and young adults (age 13-23). Trained volunteer leaders can lead students through the 14 week program. Students read through the book and are encouraged to do some journaling activities during the week. The facilitator then guides them through relevant activities each week during the small group time. This process allows students to experience healthy community and begin to express their pain in appropriate ways. It creates a foundation for healing that will last a lifetime.

2. **Become a *MTS Student Edition* pilot church:** The *MTS Student Edition* is being published by Youth Specialties (Zondervan) and the anticipated release is the fall of 2011. A 5-week comprehensive teaching series called “BROKEN” is being developed by the Student Ministry Team at New Life Community Church in Peoria, AZ. This series will include video communicators, promo videos, bumper videos, and everything a youth ministry needs to do a series about the topics found in the *MTS Student Edition*. We are looking for churches who would be willing to pilot this series within their youth ministries next spring/summer (2011). These pilot churches will provide crucial feedback and become the model for youth ministries around the country to follow.