



Asklepiós
“to cut open”

The Wounded Healer

Care for the Care-giver... what do you do
when the wounds of others injures you?


Crucial Insights



“The counselor is effective **only** when he himself is affected. Only the wounded physician heals... The pains and burdens one bears and eventually overcomes is the source of great wisdom and healing power for others.”

“Our service will not be perceived as authentic,” Nouwen warns, “unless it comes from a heart wounded by the suffering about which we speak. Thus, nothing can be written about ministry without a deeper understanding of the ways in which ministers can make their own wounds available as a source of healing.”

(The Wounded Healer, p. 4)



Being a wounded healer starts with a deepening self-awareness of **our own personal struggles** and receiving empathy — tender-hearted understanding and compassionate support — from God and other people that we need. Being filled with love we can overflow with love to others (1 John 4:19) so they know they are not alone. Feeling our own sadness, anger, anxiety, and inadequacy we can deeply empathize with the emotions of other people so that they can **express** their experience and receive care.

Important Quotes

“The great illusion of leadership is to think that man can be led out of the desert by someone who has never been there.”

“Who can listen to a story of loneliness and despair without taking the risk of experiencing **similar pains in his own heart** and even losing his precious peace of mind? In short: **“Who can take away suffering without entering it?”**”

— Henri J.M. Nouwen, *The Wounded Healer: Ministry in Contemporary Society*



The Counselor works and ministers in the world of prodigals ... to succeed, he must have the heart of a loving father ...otherwise he will be viewed as the unforgiving, prideful brother.

The Counselor



- ▶ We are called to be healers of the greater whole; we find our purpose in this work.
- ▶ Some of the people that have the greatest weaknesses are those who heal others but don't take care of themselves.
- ▶ We "go to hell" to experience the pain so we can be more effective in helping others

The Counselor





- ▶ Hurt people hurt people.
- ▶ To help a broken client, the counselor must work in the reality of pain
- ▶ To know reality, the counselor must experience brokenness. Illustration: the Moses, Jesus, and.....you!
- ▶ Brokenness is a never to be forgotten lesson


Caution!





- ▶ The greater the wound in the healer, the easier it is to get hurt...
- ▶ We use our therapy to avoid being able to get healed. We must be careful about our own healing. **LEADERS LEAD IN VULNERABILITY!**
- ▶ Our personal story becomes the most powerful tool in counseling
- ▶ We are a bio-psycho-spiritual being. I have never had a soul come to the office apart from having a body...we are body, soul, and spirit.


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- ▶ **Our body expresses our soul. The part of our being that carries the essence.**
 - ▶ **Healthy bodies are essential to emotional health. Most physical problems are psychogenic.**
 - ▶ **We need to pay a whole lot more attention to what we do with our bodies.**


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- ▶ We take in negativity from our clients, and it affects us...it is toxic negative energy. We must get expel it! We do this by working with fellow counselors and we heal together!
 - ▶ We tend to fight...flee when the enemy is nearby. We tend to try to survive. We sit still and the chemicals stay in our body all day. There is a psychological element To exercise. (Do it)


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- ▶ **Our body is a temple. If we don't take care of our body, we can't function normally**
 - ▶ **We become overwhelmed with the rest of the world...with anxiety disorders. Exercise is a great way to deal with it.**
 - ▶ **We can't get reenergized as quickly as we should...we get rundown.**


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- ▶ We need to be more involved in dealing with our own wounds.
 - ▶ Your own analogy is the only thing required to be a good counselor. Jungian psychology requires 300 hours of training! LPC's over 3,000 hours!
 - ▶ If somebody doesn't hear it, it can't make a sound. **Going to your own counselor is making the sounds.**

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- ▶ We spend our life distracting from hearing the sounds. We all need some person to hear us.
 - ▶ We must be aware of our own inner world.
 - ▶ To be mentally healed, you must understand what is pushing your behavior

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- ▶ Each of us goes through trials in life:
 - ▶ Rites of Passage, physical illness and pain, mental confusion, emotional trauma,
 - ▶ Spiritual distress. These trials help us to learn compassion.
 - ▶ They teach us how to be a Wounded Healer.

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- ▶ For many who have spent years living with caregiving and have tried everything possible to keep the situation from growing worse, the thought that finding happiness while the caregiving continues seems inconceivable.
 - ▶ The key to peacefulness is finding the wisdom to know the realistic difference between what we can and cannot change.
 - ▶ One of the keys to that reality is detachment.


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- ▶ Chances are happiness seems like an unrealistic goal, something that only make-believe families on television shows have.
 - ▶ For the care-giver reality can become one crisis after another.
 - ▶ Pain, heartache, agony, stress, pressure, and emotional turmoil, we've got -- but *happiness?*


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- ▶ **As the literature says, "Detachment is neither kind nor unkind.**
 - ▶ **It does not imply judgment or condemnation of the person or situation from which we are detaching.**
 - ▶ **It is simply a means that allows us to separate ourselves from the adverse effects that another person's condition can have upon our lives.**

We must focus on our self...

If we put the focus on ourselves, we will no longer be in the position to:

- ▶ Suffer because of the actions and reaction of others.
- ▶ Allow us to be used or abused by others.
- ▶ Do for others what they could do for themselves.
- ▶ Manipulate situations so others will eat, sleep, get up, dress themselves as best as they can
- ▶ Cover up for anyone's mistakes or misdeeds.
- ▶ Create a crisis.
- ▶ Prevent a crisis if it is the natural course of events.

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- ▶ *But what about the elderly? What happens if I stop doing all these things that I have done all these years to "help?"*
 - ▶ Has it helped? You must learn that no individual is responsible for another person's disease or recovery from it.
 - ▶ The simple answer to what to do about it: "Let go, and let God."

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- ▶ "It's simple, but it isn't easy." You do not have to do it alone.
 - ▶ Coventry House where you will find people who understand as few others can. (Barnabas Initiative)
 - ▶ They have experienced it themselves, and by sharing their experience, strength and hope, they can help others find their own path to serenity.