



List of Classes offered by Healing Center International

For each listing we give the class name, how hard it is to teach, the number of hours the class runs, a brief description, the format, and a website for more information.

Listening for Heaven's Sake (easy, for a good teacher, 6-10 hours)

What: Learn how to attune to others by increasing your ability to communicate warmth, empathy and respect, skills that are foundational for healthy relationship.

Format: One-third live lecture, one-third role-plays and skits, one-third practice in triads. Teacher resources include written curriculum, PowerPoint slides and a short DVD clip. Those close to Reston can borrow our amazing collection of monkeys! A new version of this class that is significantly shorter has been released.

More: www.GodHealsToday.org and www.EquippingMinistries.org

Immanuel Day (teacher needs strong Immanuel skills, 6-7 hours)

What: Learn an easy method for experientially connecting to God in order to receive comfort, healing, guidance, mentoring and to just enjoy being with Jesus. The class also covers common hindrances such as fear, anger, doubt, self-hatred, and lies.

Format: One half live lecture, one-quarter quieting and connecting to God, one-quarter sharing in triads and large group. PowerPoint slides with notes available to HCI Network members.

More: www.ImmanuelApproach.com

Life Model classes *These use experiential exercises to rewire your brain*

Joy Starts Here (teacher needs experience with basic Life Model exercises, 20 hours)

What: Learn how to build joy, multigenerational community and relationship skills.

Format: Can be taught live using PowerPoint slides and notes or using video recording of Betsy teaching the main concepts (teacher must be able to lead exercises and answer questions). Contact us for more information.

More: www.JoyStartsHere.org

Forming (easy, recommended for new teachers, 20-24 hours/12 weeks)

What: Learn how to build a joyful relationship with God by aligning your heart with his in conversational prayer, Lectio Divina, knowing our part and God's part, as well as face barriers to intimacy such as fear, self-hatred, and lies. Includes a maturity self-assessment.

Format: DVD led. Teacher's book gives clear instructions on how to lead discussions and exercises.

More: www.Forming-Course.com and www.KingdomFormation.org

Restarting (moderately difficult, 24 hours/12 weeks)

What: Build a joyful relationship with God and others that will help free you from addictions, relationship pain, and insecure attachments. Includes a maturity self-assessment. Course aimed at addicts but useful to all.

Format: DVD led. Teacher's book gives instructions but for best results the teacher should understand the Life Model as this class usually generates a lot of questions! We also have specific suggestions to enhance the success of this class, which you can read here. See advice for running Life Model classes, below.

More: www.ThrivingRecovery.org

Belonging (easy but time consuming, 24 hours/12 weeks)

What: How to create joy so others want to belong to you. Focuses on relationship skills by teaching everyone their role in building community. Learn not to overwhelm others and how to tame your cravings. Teaches the 19 brain skills.

Format: DVD led. Teacher's book gives instructions but it is a time-intensive class to teach, so be forewarned.

More: www.ThrivingRecovery.org

Facing Life's Losses (intense. Best done first in a group of three, but teacher needs to be able to lead exercises, 24+ hours. Some report that they have to slow down to tend to class participants so it may take more than 12 weeks.)

What: Learn how to face your losses, large and small. The class provides an opportunity for people to let their grief surface and surrender it to God through Immanuel prayer and other Life Model exercises.

Format: Taught Live; PowerPoints, and facilitator and participant workbooks available at GodHealsToday.org

More: www.GodHealsToday.org/Facing-Life's-Losses

Living Relationally (easy, recommended for new teachers, 12 hours)

What: An experiential introduction to the Life Model with exercises from all of the Connexus classes and more. This class can be taught in one-hour increments and is designed to introduce people to the basic Life Model exercises so they can experience what it feels like to change through brain training.

Format: Taught live. Teacher must be familiar with basic Life Model exercises so they can demonstrate how they are done. Participant and facilitator workbooks and PowerPoints available from HCI at GodHealsToday.org

More: www.GodHealsToday.org/Living-Relationally

For Leaders

Leadership Development (Experienced, Ongoing, two hours a month)

What: Connect with other like-minded leaders so you always have a go-to person to call when in distress; learn new skills, and get your questions answered. Training for leaders that covers all HCI offers and more. Required for all HCI teachers and group leaders. Four locations and an online option: Truro, first Monday of the month; Fairfax, third Tuesday of the month; Arlington, fourth Monday of the month; Charlottesville, first Monday of the month; Zoom (online) first Tuesday of the month. There is also an online group for people outside the DC metro area which meets on the first Tuesday of the month from 6:00 to 8:00 pm (EST). More locations will be added as the ministry grows. Contact Betsy Stalcup at Betsy@GodHealsToday.org for more info.

Format: Mostly live. Taught by Jeannie Herbert and Betsy Stalcup.

More: www.GodHealsToday.org/Leadership-Development

Advice for Connexus/Life Model Classes

We tell people that taking Life Model classes is like going to the gym or learning a language, you have to keep at it, you have to keep doing the exercises until they are an every day part of your life. I tell our classes, “If you are like me, you won’t practice without the structure of a class, so keep coming. It is the exercises that change your brain.” As a result, we run classes continually and we are always developing new material that incorporates Life Model exercises so all of us will keep training until we have automatic, instinctive healthy responses to the joys and sorrows of life.

Always, always, always do the exercises with your class. Even if you did them ahead of time, take advantage of the opportunity to get even more brain training. You will find yourself energized! Do not use the exercise time to look ahead, do the exercises. The class can wait a minute while you glance at your agenda (which will keep you on track).

We advise facilitators to stick to our guidelines. We go over them in detail before group sharing the first week and then summarize them briefly every week after that. Guidelines build joy by creating a safe place for everyone to share who they are without masks.

Another motto at HCI is “despise not small beginnings!” We urge new facilitators to start small and easy. Get three to four people in your living room to do *Forming* the first time and let it grow from there.

Forming

We often recommend that people begin with Forming because the material is so user friendly. We’ve also found that most participants enjoy connecting to God, as modeled in this class, which helps them build capacity so they can face some of the painful “ah ha” moments in the other classes.

We have only one word of advice, in chapter four, Exercise 4B should be done after playing video Session 4 – Part 2. They are reversed in the workbook but David Takle talks about exercise 4B during the video clip.

Restarting

This class is about addictions and attachments but we think everyone should take Restarting because we’re all addicted to something. Apple fritters, control, performance. Many get triggered by this class and drop out. It is painful to realize that you are an addict when you never thought of yourself that way, yet we all have something or someone we turn to to regulate our emotions and help us cope.

We recommend:

1. Presenting the material found in this article at the beginning of class to set the stage for what is to come: [A brief intro to Restarting](#).
2. Teaching the class in 2-hour sessions rather than 90 minutes.

3. Be prepared to answer questions at the end of the video clip each week. Email us any questions you don't have answers to and we will do our best to answer them.
4. Do not show the clip of Rocky receiving an Immanuel healing session during the first week. We got this advice from Canon Andy Miller and we are so grateful. The session is very intense and overwhelms people. We suggest you don't show it at all or you consider showing the clip up to the point where Rocky begins to sob and then fast forwarding to the post session interview where Rocky looks like a completely different person!
5. Doing a short Immanuel Prayer session at the end of each class. Countless people have told us, we kept coming back because the Immanuel sessions helped us connect to God and get his perspective and comfort. If you don't know how to lead a short Immanuel session, practice first using these [instructions](#).

Belonging

Everyone loves this class because it really does create Belonging.

Here are some tips:

1. It is best if you have a group of at least twelve, so you have two round tables since some exercises are done in groups of three, others are done in groups of six and some exercises involve one round table doing something to "create Belonging" for the other table.
2. Some have found the phrase "Creating Belonging" confusing. I usually explain this asking the class to think of what they would do if they met someone they wanted to know better? How would they show that person that they would like to get to know them or that they appreciate them? The goal here is for each person to identify how they like to reach out to others as well as how they like to be approached. For example, some people love to hug, and others hate hugging. So, asking the question, if you met someone how would you show that person that you like them and want to get to know them? This can be as simple as smiling at them, making eye contact, listening, inviting them to meet you for lunch, telling them you enjoyed meeting them and would like to get to know them. Some people like to mail cards, buy small gifts. Some like to text, others only check Instagram.
3. Belonging is very time intensive for the teachers so we recommend if you do the gifts (page 17 in the Belonging Workbook) that you have whoever received the gifts that week buy the gifts for the next week. (In Belonging you collect money each week and give out small gifts to those who did the best job creating belonging). After running the class at least ten times, we had a group last fall that did not like having to select someone to receive the gifts each week so the class voted to jettison this practice. Feel free to ignore the gifts, if you prefer.
4. Likewise we have not had great success convincing people to give out star cards outside of class so be sensitive to the desires of your group, they may not want to hand out cards. Most

don't mind giving them out in class, in fact it can be quite fun to see who gives a card to whom, often with dramatic flair. If your class does not want to give out cards, encourage them to verbally praise people who are creating belonging. For example, if you spot someone holding open a door for a mother pushing a stroller, you can simply say, "That was very kind of you," and smile.

5. Coin toss! What a great idea to get us to synchronize but our class got overwhelmed trying to catch pennies so I would suggest soft balls or Velcro catchers that make throwing and catching easier!
6. Consider doing a short Immanuel Prayer session at the end of each class. Countless people have told us, "We kept coming back because the Immanuel sessions helped us connect to God and get his perspective and comfort." If you don't know how to lead a short Immanuel session, practice first using these [instructions](#), or watch the [YouTube video](#) of Betsy leading a session.