

# **What is Online Christian Counseling and Coaching through Trinity Recovery Coaching**

**If you've lost your path and you've strayed from God's grace, Trinity Recovery Coaching is here to bring you back to the road that leads to forgiveness, love, and acceptance. Understanding how faith and Christianity can help to guide you through your recovery is our expertise.**

**Trinity Recovery Coaching offers free (Donation Based) online Christian Counseling and christian coaching for those struggling with addictions (i.e. Alcohol, Drugs, Pornography, Gambling and etc). Our faith-based community of experienced Christian recovery coaches are here to walk the path of recovery with you!**

**Trinity Recovery Coaching has a 70% success rate because we understand what it means to have an addiction and to find our way back to a healthy and productive lifestyle. Each person's struggle is different, past trauma and mistakes are heavy burdens that push us further into our addiction and away from the Grace, Mercy, and Peace that Jesus Christ and the Holy Spirit has in store for us.**

**Our goal is to help you free those burdens and follow the path of Jesus Christ back to salvation. Your recovery story is a great one that you have yet to write. It's time to begin that story today! With certified Christian counselors and recovery coaches our discreet methods of communication via face-to-face video chat in the comfort of your home is designed to help you transition safely back to living a clean life free of regrets and sorrow.**

**If you think you're not ready to make the call, consider this; we have a 70% success rate and every single one of those people was where you are today. Using the understanding and the teachings of Jesus Christ we're waiting on you to reach out.**

**As a non-profit organization (501(c)3), we offer expert treatment and counseling services through donations with individuals such as yourself to help get you on the road to recovery through the grace and mercy of Jesus Christ. We haven't given up hope on you, Your Lord and Savior hasn't given up on you, now it's time for you to focus on getting better and getting back to a path of enlightenment.**

## About Trinity Recovery Coaching

James Egidio is the founder of Trinity Recovery Coaching. He has studied and utilized the Genesis Recovery Process for recovery coaching for the past 5 years. In his experience, this Christian-based recovery approach has been highly successful in his practice in keeping his clients from relapse. The mission of Trinity Recovery Coaching is to move addicted individuals and their families from Recovery to Discovery through empowerment, self-awareness, purpose, empathy, and compassion by the grace and mercy of Jesus Christ utilizing Biblical Principles. We are a non-profit 501c3 company that only accepts tax-deductible donations for coaching services.

### Genesis Recovery Process Syllabus

The Genesis Recovery Process is a robust 20 Week Online (Via Face-to-Face) recovery counseling/coaching process that have 4 main requirements 1.) That you are **MOTIVATED** for “REAL CHANGE” 2.) That you have abstained from the use of drugs/alcohol for a minimum of 2-3 weeks and 3.) To benefit and succeed with the Genesis Process you have to be willing to be very honest with yourself and others about your addiction. In each process (session), you and your Genesis counselor will review an introductory process and you will be held accountable to do the worksheet exercises before each session. 4.) To see the benefits and “fruits” of your efforts with the Genesis Process you will have to commit and complete all of the 10 Genesis Processes in approximately 20 weeks give or take depending on your personal schedule with work, school, family and etc. Below is the 20 week Syllabus as to what we will be covering with you. This is a very enlightening, successful and fun Process that has a 70% success rate to avoid relapse based on the full completion of the program compared to most other programs that only provide a 20% success rate:

#### Process 1: Assessment (Week #1)

- Assessment Worksheets
- Counseling Commitment Form
- Release Forms
- Client at a Glance Counseling Form
-

### **Introductory Process (Week #2 & 3)**

- Understanding the Basics
- “The Law of Pain”
- Double Bind
- Social Immaturity
- The Problem of Control
- The Secret of Recovery
- Red Dog/Blue Dog Exercise

### **Process 2: False Beliefs (Week #4 & 5)**

- Belief System Worksheet
- Common False Beliefs Worksheet
- Road to The Wound Worksheet

### **Process 3: Identity (Week #6 & 7)**

- Unhealthy Attachments Worksheet
- Dialoguing with God Worksheet

### **Process 4: Life-Management Skills (Week #8 & 9)**

- The FASTER Scale
- Stress Level Scale
- Reach Scale Worksheet
- Anger Logs
- Conflict Resolution Worksheet

### **Process 5: Life History (Week #10 & 11)**

- Chronological Life History Worksheets
- Summarizing Major Events Worksheet
- Forgiveness Lists

### **Process 6: Support Teams (Week #12 & 13)**

- Dangerous Situations Worksheet
- Current Relapse Scenarios Worksheets
- Healthy Intervention Team Worksheet

### **Process 7: Dead Ends (Week #14 & 15)**

- Relapse Calendar Worksheet
- Dead End Scripts Worksheets
- Movie Script Worksheet

### **Process 8: Déjà Vu (Week #16 & 17)**

- Déjà Vu Faster Relapse Worksheet
- Triggers Worksheet
- Double Binds Worksheet
- Genesis Road Worksheet

### **Process 9: Accountability (Week #18 & 19)**

- Accountability Cards
- Mirror Worksheets
- Weekly Recovery Program Plan

### **Process 10: Exodus (Week #20)**

- Repentance Worksheet and Prayer
- Forgiveness Worksheet and Prayer
- Generational Wounds Worksheet
- Personal and Generational Blessing Worksheet