

Jaider Angola

Professor Maret

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### Critical Thinking and Interrogation

“The Healing Cycle: A Christian Model for Group Therapy” is an article that promotes and sufficiently explains the process and steps that are necessary to take when in need of an emotional feeling. However, it is broadcasted in a Christian perspective. Jan Paul Hook and Joshua N. Hook, the authors of this article, were attempting to accomplish the idea that there are steps, other than a secular perspective, that can be taken. As mentioned before, the problems that are meant to be fixed by the healing cycle are the common problems us humans go through, throughout our lives. Examples are depression, anxiety, anger, guilt; as well as a lack of appetite, sleeping problems or other illnesses.

The Christian perspective of the healing cycle is illustrated on page two of the article. Which begins with step one, Grace; the importance for grace to be the first and last step of the cycle is to exemplify the foundation of the process of healing. “The Christian doctrine of grace teaches that God forgives humans for their sin and offers unmerited kindness and love to those who acknowledge their need for God.” (Pg. 2). Next, there is safety, which of course related strongly with grace, because in the group with discussion of everyone's personal problems, safety is vital for the members who are opening up to one another to feel accepted. Third step is vulnerability; this simply exemplifies how vulnerable the group becomes once they begin to

open up and the depth everyone will get into as they continue to feel safe within their group. The fourth step in this process is the truth; the truth is what will be realized by each person in the group who continued to open up, because the realization that is found is the truth about themselves. Scripture says, “Jesus taught that his followers would know the truth and that the truth would set them free” (John 8:32). The fifth step is ownership; this step is simple, it is owning up to the situation and taking responsibility for their problems. In the Bible, 2 Samuel 12:13, David took ownership for the truth when King David sinned with Bathsheba and was rebuked by the prophet Nathan. The sixth step is confession; in order to heal, one must verbally acknowledge and confess their ownership to their problem. Confession in a Christian perspective is the simple task we all should take, confessing our sins to God. Finally, the last step in the healing cycle is grace once again. The authors in this article are very confident in this form of healing, and they believe that the therapeutic ways that are used now by the help from the secular world are wrong. Only through our Lord and Savior may we accomplish healing in our lives. “I can do all things through Christ who strengthens me” (Phillipians 4:13).

Throughout the reading of this article, I had some personal opinions that I wanted to share as well, especially since it comes from actual past experiences. Therefore, in my past, I went through an extremely dangerous depression throughout the last year and a half of highschool, due to a girl who I dated for three years ended up cheating on me. Although I was young when I started dating her, I grew older with her, matured with her and eventually became closer then I would have ever though with her, so therefore, the event hurt me more than expected. At the time, of me finding out what was going on, I was not a Christian, so I wasn't aware of the true love that the Creator had for me, so consequently, I went into a very dangerous

depression, as a result, a lack of appetite began to commence, as well as an extent of suicidal thoughts.

Eventually, I told myself that it was time to put my pride aside and get a therapist, a secular one of course. Then during those few months in therapy, I gave my life to Jesus, and that is when my mind completely changed. I immediately began to see how my therapist was encouraging me to do things that she believed would help me but I was just simply not comfortable with anymore. Those things were hanging out with my secular, drug addict friends, listening to secular music, sexual intercourse, etc. The reasoning behind why my style in comfort changed is all based on God and his wonderful power. When I put a pause on my therapy sessions, I began to seek God even more and just by wanting that, God slowly started to heal me and it was the most beautiful miracle that has ever happened to me so far. "When anxiety was great within me, your consolation brought joy to my soul."(Psalm 94:19).

In the non - Christian society, there are different healing cycles, where the difference is the involvement of God. To illustrate, stage one of the secular healing cycle starts with grief and denial. Stage two is anger, stage three is bargaining, stage four is depression and stage five is acceptance. Some may say that there is no difference between these two healing cycles, however there is in my opinion. Although, many similarities are shown between both cycles, the one difference is God. When I was in therapy with a woman who did not know the word of God, I was being suggested forms of healing that were not helping me whatsoever, but once I was introduced to my Lord and Savior, I used the forms of healing from the secular healing cycle and in every step, I involved God as much as possible. For instance, during the stage of grief and denial, my trust in God got me through the emotional pain by having assurance that there were

better plans for my life in God's view. In stage two, when anger came about, I calmed down by asking my close friends and family for prayer and peace. For stage four and five, God helped me overcome depression by giving me strength when I asked. Using my religious beliefs allowed me to find a new route for healing, and this new route is displayed in the article. Therefore, I agree strongly with Jan Pal and Joshua N. Hook, because coming from experience, the Christian model healing cycle is a sufficient way to overcome emotional problems.