

Genesis Recovery Process Syllabus

Introductory Process (Week #1 & 2)

- 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 1: Assessment (Week #3 & 4)

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

Process 2: False Beliefs (Week #5 & 6)

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

Process 3: Identity (Week #7 & 8)

- Unhealthy Attachments Worksheet
- Dialoguing with God Worksheet

Process 4: Life-Management Skills (Week #9 & 10)

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

Process 5: Life History (Week #11 & 12)

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

Process 6: Support Teams (Week #13 & 14)

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

Process 7: Dead Ends (Week #15 & 16)

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

Process 8: Déjà Vu (Week #17 & 18)

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

Process 9: Accountability (Week #19 & 20)

- 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