

FROM PERFORMANCE TO REST IN THERAPY USING THE HEARTHOUSE MODEL

ACC Webinar
25.11.2020
Ulla Dahlen



-Asko Kuittinen-

**”ABOVE ALL ELSE GUARD YOUR HEART FOR THAT IS
THE WELLSPRING OF LIFE.” (PROV. 4:23)**

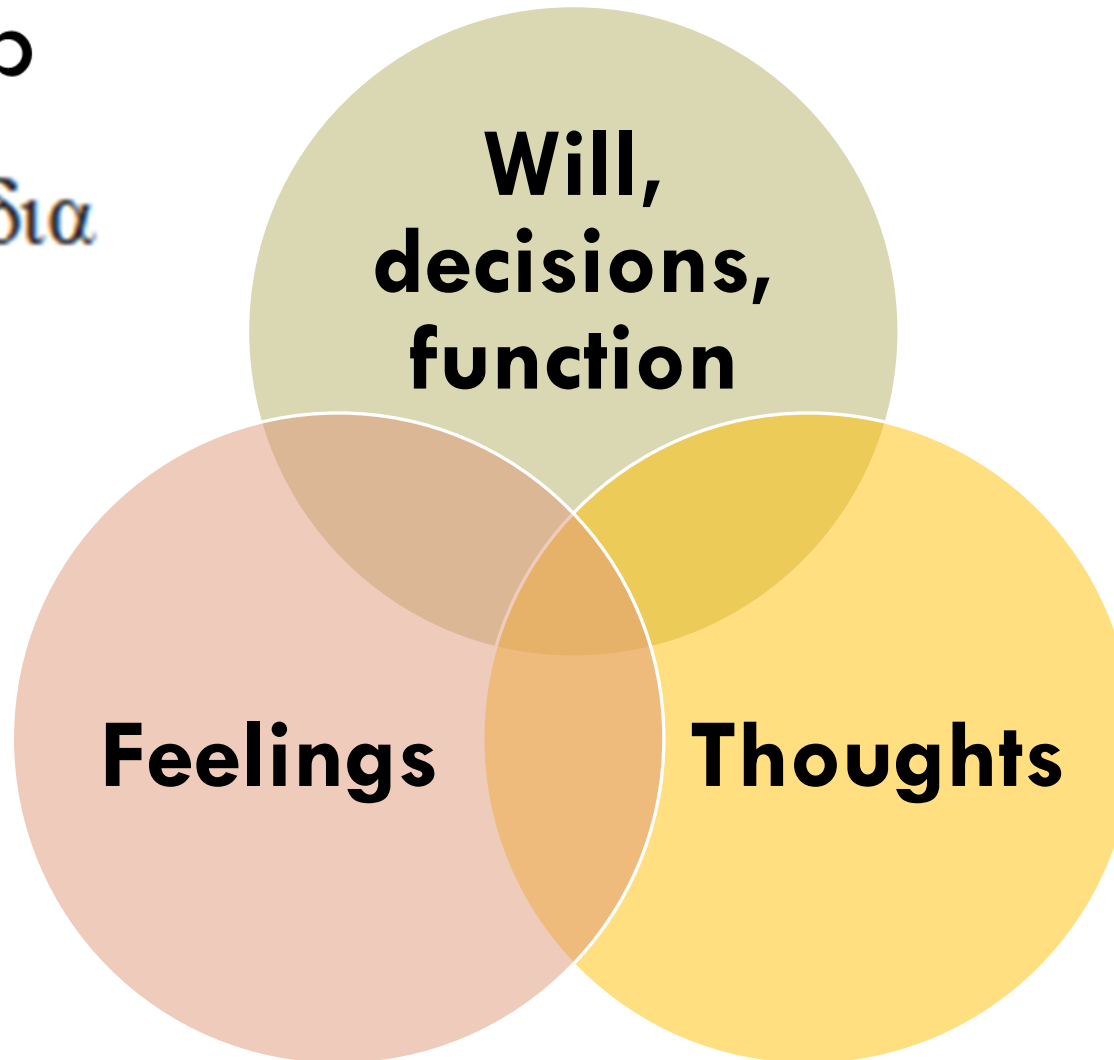
'LEB' - HEPREW DESCRIPTION OF THE HEART

לב Leb

Kardia καρδια

Leb/heart: Center of human life, center of inner being

Each aspect affects all the other aspects



Prov.4:23

1.Sam.16:7

Jer.17:9-10

Dt.8:2

Lk.6:45

Matt.23:27

Eph.3:16-17

HEARTHOUSE ASPECTS/ AREAS

Closet:

**Secret shame-fear-guilt,
sorrow not grieved,
things not faced**

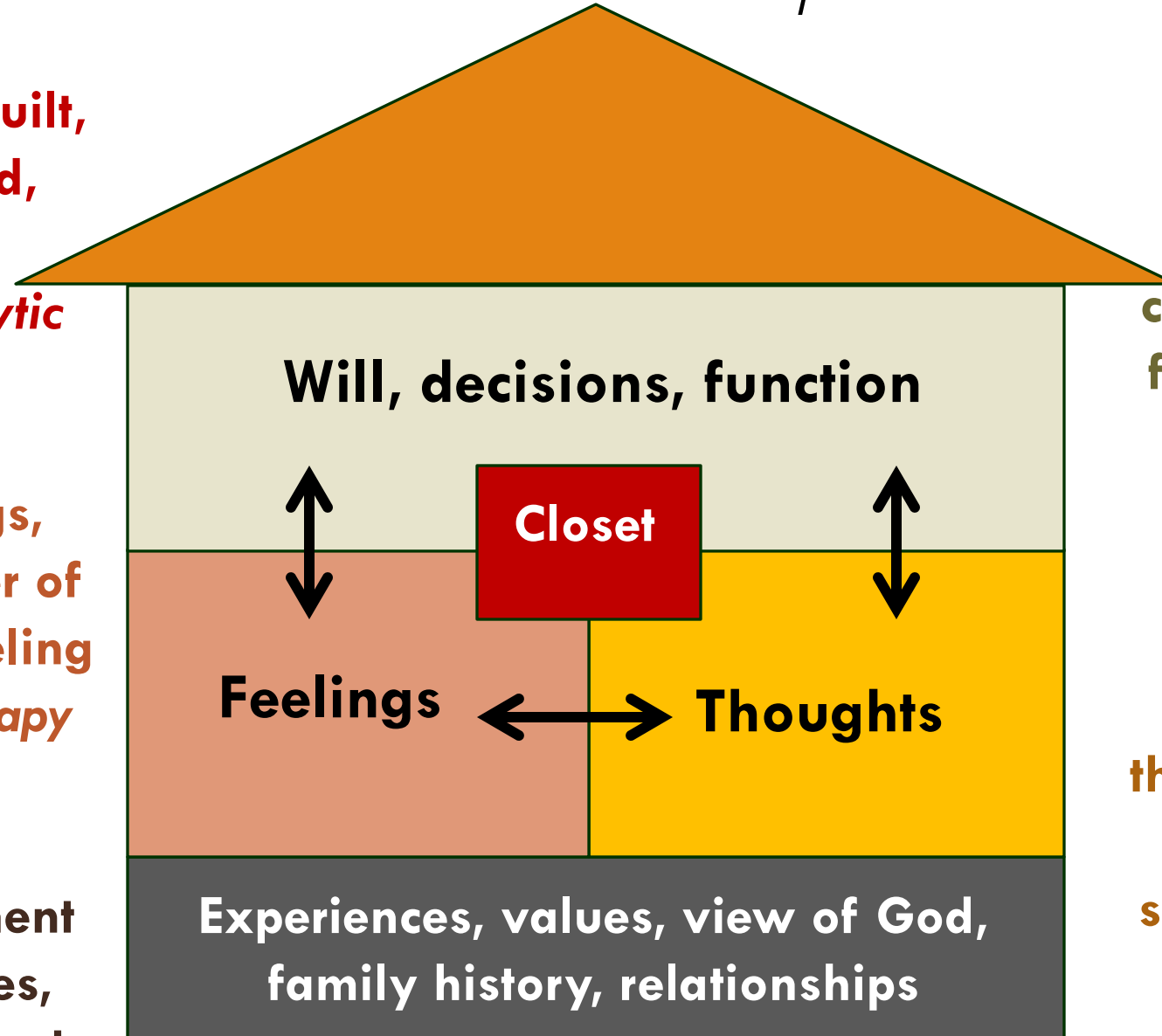
Psychodynamic/analytic

Feelings:

**Expressing feelings,
feelings at the center of
function/ lacking feeling**
Emotion focused therapy

Foundation:

**Relational/ attachment
models, experiences,
relationship with God**



**Will, function:
Decision making,
choices, motivation for
function – or difficulty
deciding what to do**
Behavioral therapies

**Thoughts:
Way of thinking/
thought patterns, lies or
truth believed about
self, others, God, & life**
Cognitive therapy

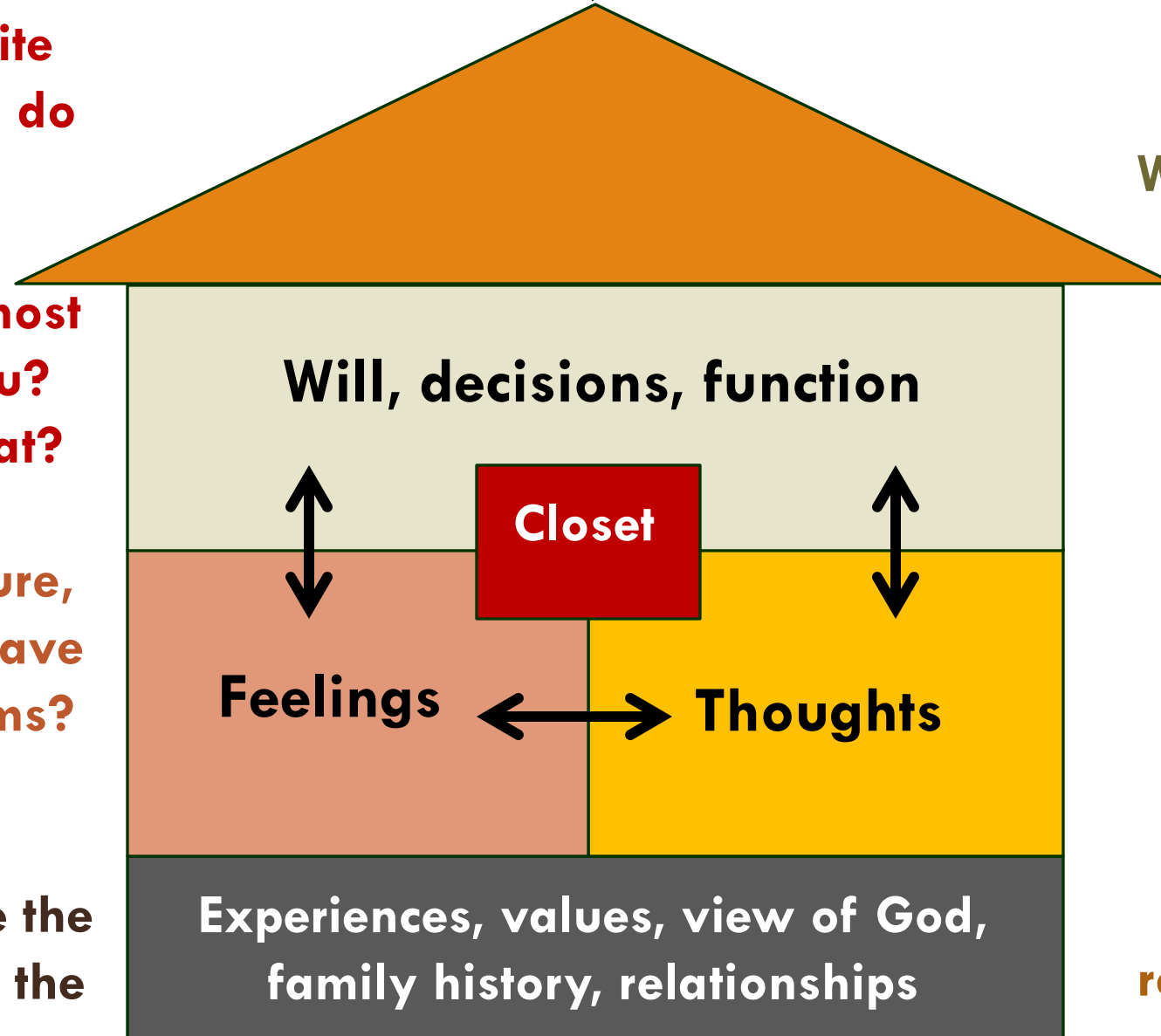
PROCESS QUESTIONS

What is your favorite room? What do you do there?

Which room is the most challenging for you? What influences that?

What kind of furniture, memories, do you have in the different rooms?

How does your foundation influence the other parts/areas of the hearthouse?



What is it like for you to climb upstairs and do what is important for the sake of your personal well-being and rest?

What factors affect that?

In what areas does your hearthouse need renovation? What kind?

A PERFORMANCE-BASED HEARTHOUSE

Closet:

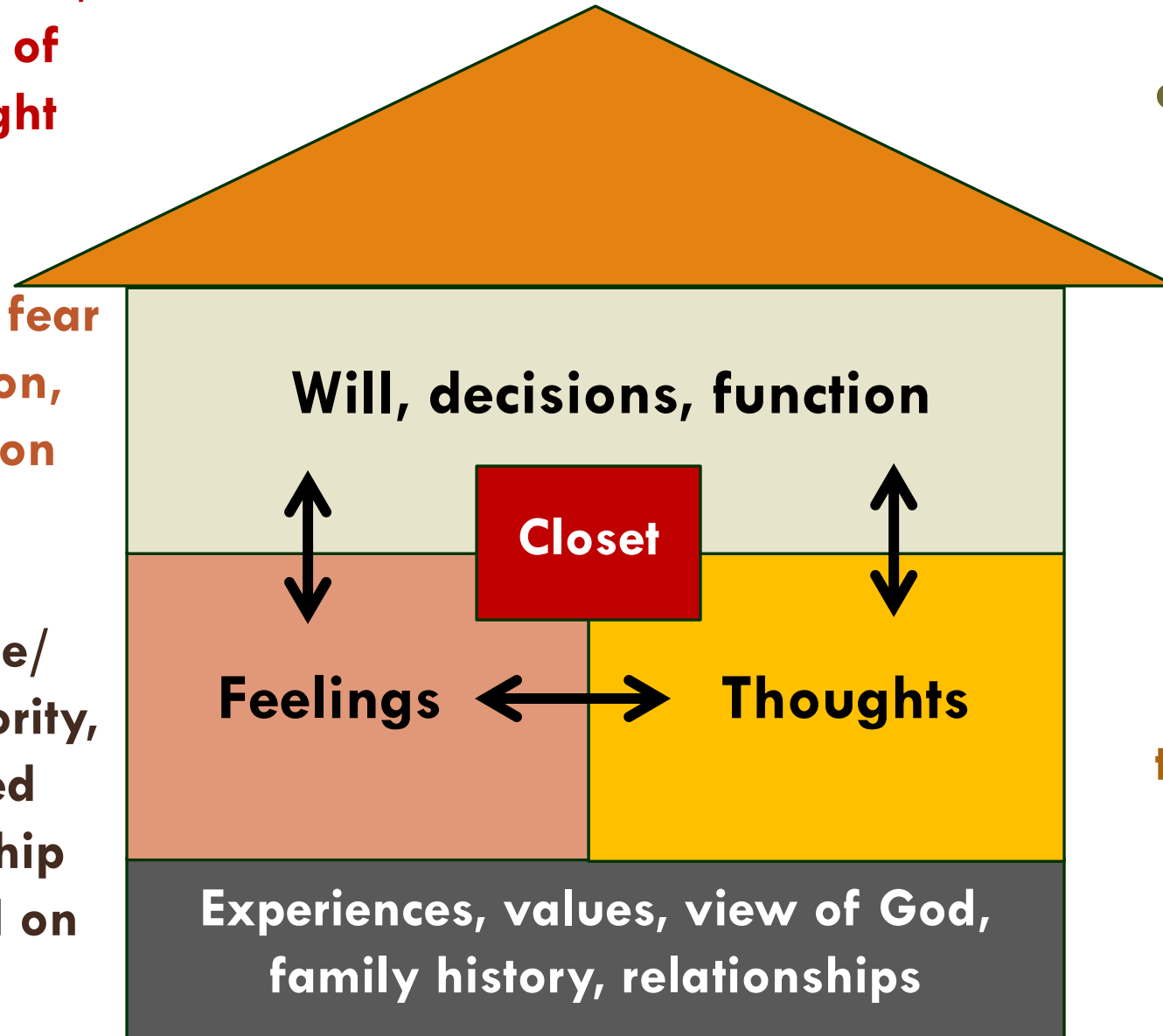
Sense of worthlessness,
need to push signs of
tiredness out of sight

Feelings:

Anxiety, self-blame, fear
of failure, frustration,
aggravation/ tension

Foundation:

A demanding voice/
example of an authority,
performance-based
theology, relationship
with God not based on
adoption



Will, function:

Driven by the demands
of self, others or hurry,
making decisions to
please others, hard to
relax, stop, and be at
peace

Thoughts:

Critical thoughts
toward self and
others, "I must, have
to..." , a faulty view of
self-worth, hard to
concentrate and set
priorities

A HEARTHOUSE AT REST

Closet:

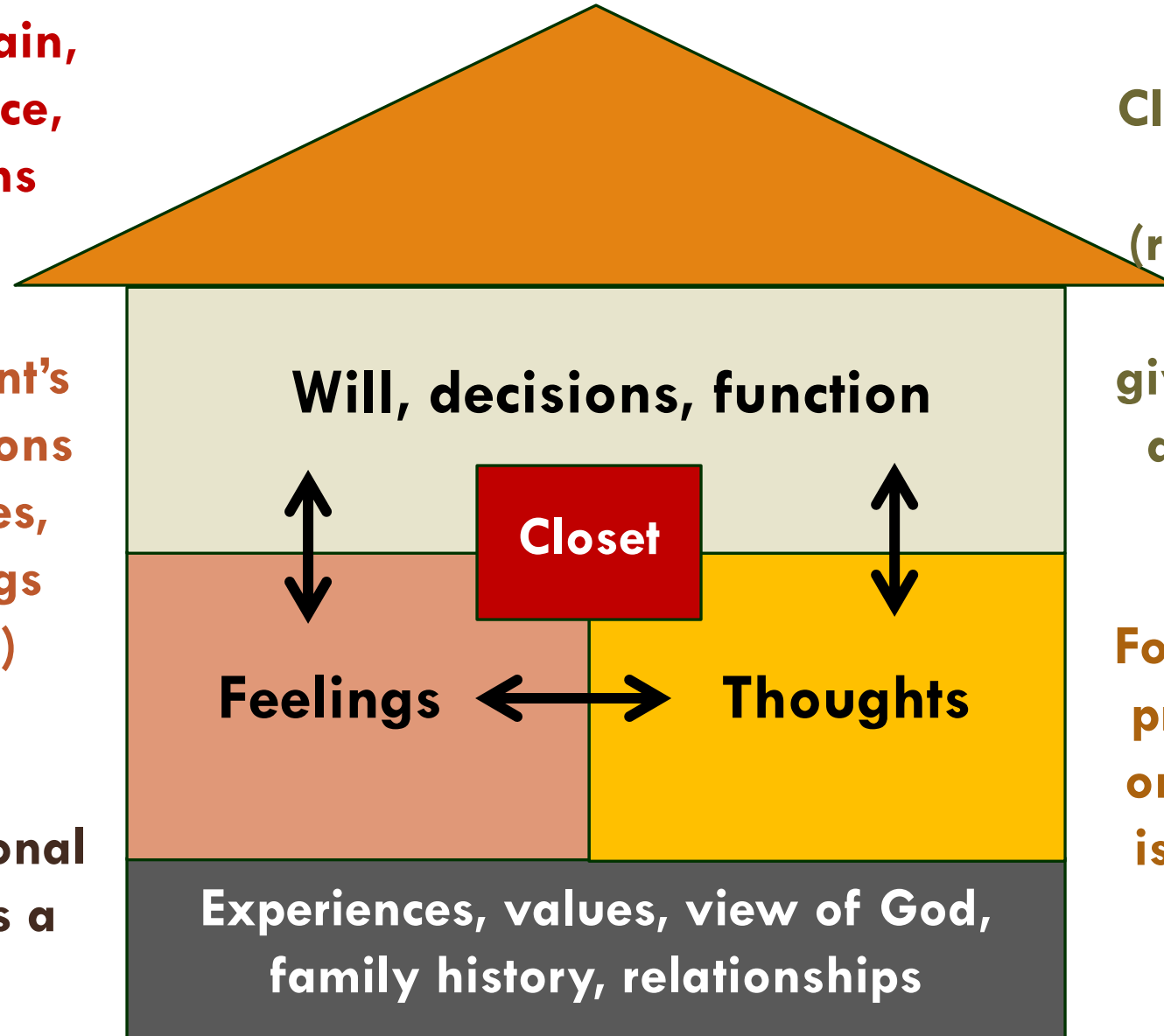
Facing, expressing and working through pain, counter-transference, and other concerns

Feelings:

Separating the client's feelings and reactions from personal ones, expressing feelings (supervision etc.)

Foundation:

At peace with personal history, security as a child of God



Will, function:

Client's ownership in the therapy process (responsible for choices and actions), avoids giving excessive advice/answers, not hurrying

Thoughts:

Focusing on client, being present, thinking based on truth regarding what is whose responsibility and why

CHRISTIAN INTEGRATION

Will/function

Js.1:22

Col.3:17

Lk.6:46-49

Lk.10:33-35,15:18

Gal.5:16

Feelings

Gen.6:6

Zeph.3:17

Ex.4:14,20:5-6

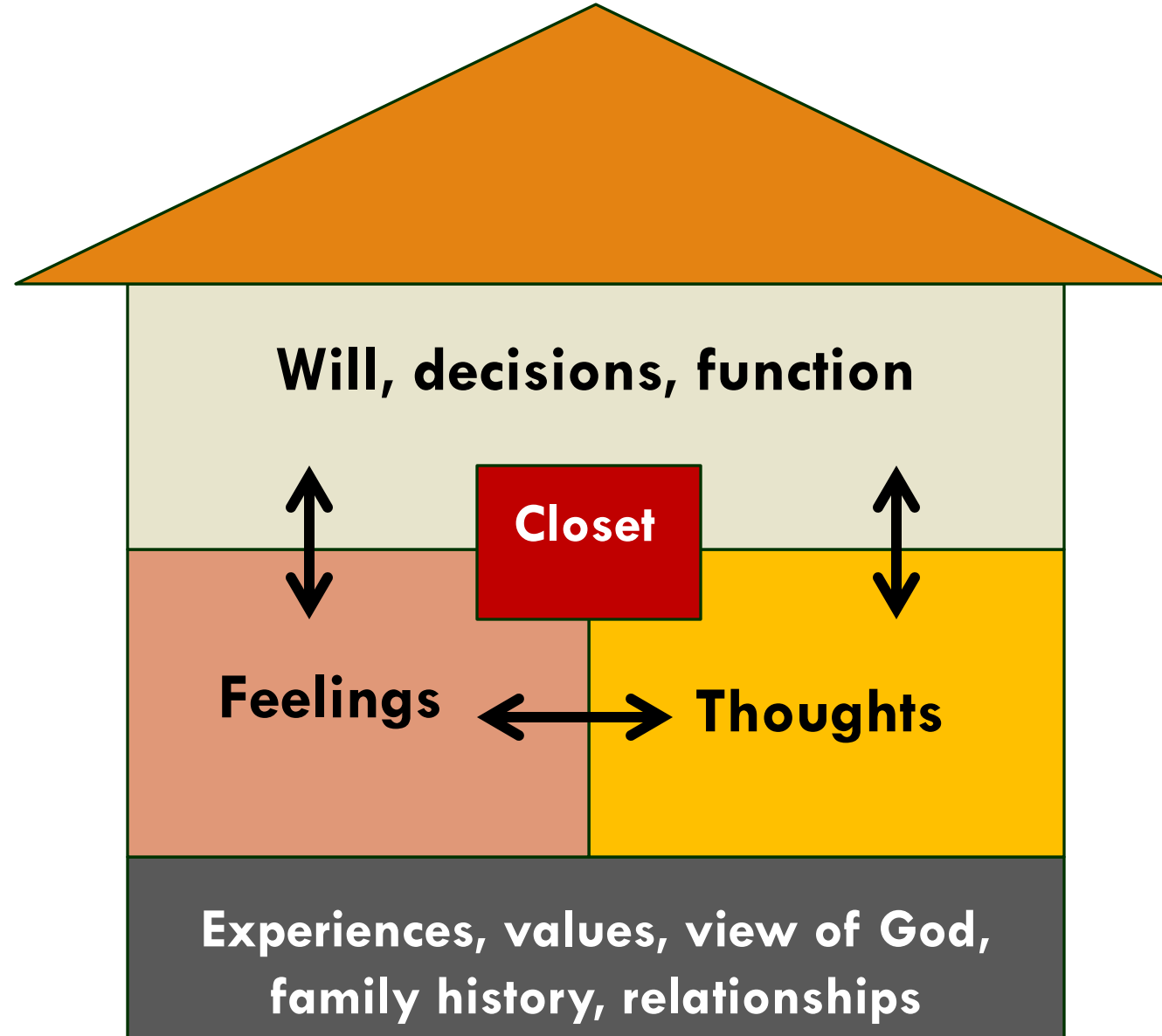
Matt.9:36,14:14

Mk.3:5

Jn.11:35

Lk.10:21

God's questions about feelings



Closet

Jer.17:9-10

Thoughts

Gen.6:5

Prov.23:7a

2.Cor.10:5

Phil.4:8

1.Cor.12:15,21; 14:20

Ps.139:23-24

Foundation:

Mt.16:15

Patriarchs, David's family

2.Cor.3:18

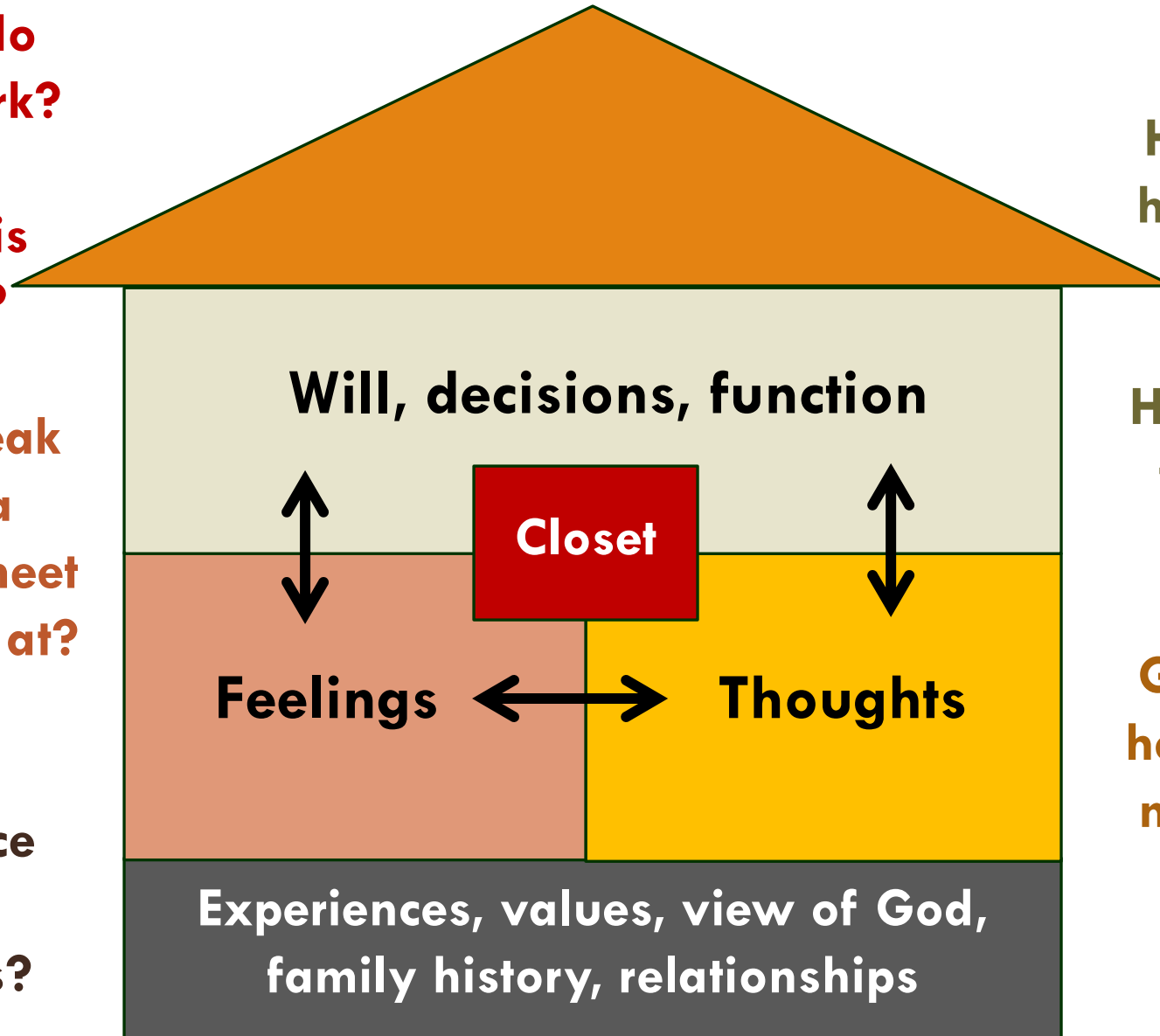
PROCESS QUESTIONS: HEARTHOUSE IN THE THERAPEUTIC RELATIONSHIP

From which room do you begin client work?

Which client room is most challenging?

When might you speak to the client from a different room- not meet them where they are at?

**How does your foundation influence your client work?
Strengths - dangers?**



How do you support/help the client to walk the steps upstairs?

How do you help calm the client when they hurry impulsively?

God's aim is a whole-hearted change – what might that look like in your client work?

PROCESS: PRACTICAL TOOLS FOR FUNCTIONING FROM REST

Closet:

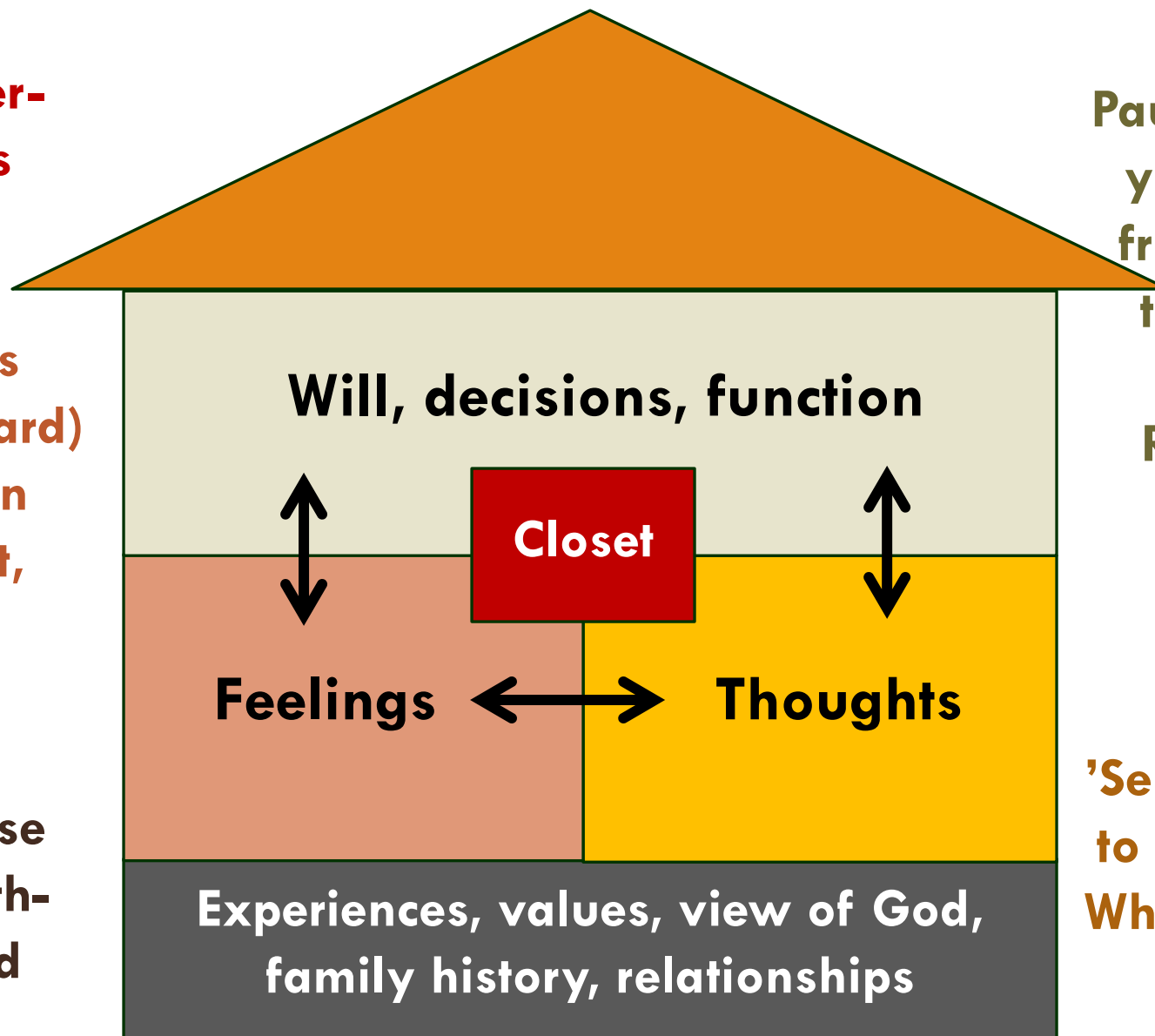
'Empty chair' conversations with Jesus

Feelings:

Feeling boundaries (what is on whose yard)
Creative expression through music, art, writing, nature

Foundation:

Family sculpt- whose script do I live? Truth-based view of God



Will, function:

Pause: when and why do you perform? Function from rest? What affects that? Draw a cartoon

Rest, deep breathing, muscle relaxation, exercise

Thoughts:

'Self-talk': how do I speak to myself? Keep a record
What I believe about self?

Recognize schemas



Holy Spirit, the Spirit of a Living God,
You breath in us to all that
which is fragile and incomplete.

You make living water to bubble even from
our wounds.

And from Your power the valley of tears is
turned into a place of springs.

In this inner life, which has neither
beginning nor end,
Your ongoing presence brings forth a fresh
sense of newness.

Taíze Veli Roger