

DIVORCECARE VIDEO SEMINAR SUMMARIES

<p>SESSION ONE What's Happening to Me? 37 minutes</p>	<p>This introductory seminar helps answer the question, "Why do I feel the way I do?" It helps participants become comfortable with the support group concept.</p>
<p>SESSION TWO The Road to Healing/Finding Help 31 minutes</p>	<p>This video segment helps the participants identify the losses that occur as the result of divorce. It also discusses ways to begin the process of healing from the hurt of divorce.</p>
<p>SESSION THREE Facing My Anger 36 minutes</p>	<p>This video seminar deals with the subject of anger, a nearly universal reaction by both spouses during a divorce, and offers constructive suggestions for dealing with anger.</p>
<p>SESSION FOUR Facing My Depression 32 minutes</p>	<p>Depression can paralyze a person going through divorce. Despite this, it can be a "healing emotion," and this video seminar explores constructive responses to depression.</p>
<p>SESSION FIVE Facing My Loneliness 35 minutes</p>	<p>After divorce, many people respond to their loneliness in ways that will cause them even deeper pain. This segment explores healthy ways to overcome loneliness.</p>
<p>SESSION SIX What Does the Owner's Manual Say? 35 minutes</p>	<p>This video seminar explores real-world answers from the Bible on issues related to separation, divorce and remarriage, presented in an easily understandable format.</p>
<p>SESSION SEVEN New Relationships 40 minutes</p>	<p>This seminar will help viewers understand the hurt that can come from a premature new relationship and how to know when they are ready to enter a new relationship.</p>
<p>SESSION EIGHT Financial Survival 35 minutes</p>	<p>Most people are stretched financially during divorce. This video segment offers practical help on how to survive and ways to deal with the many money issues that arise in divorce.</p>
<p>SESSION NINE KidCare 37 minutes</p>	<p>This video seminar helps parents understand the effects of divorce on children and offers tips on being an effective single parent.</p>
<p>SESSION TEN Single Sexuality 36 minutes</p>	<p>This important video segment will help viewers understand sexuality from God's perspective and will discuss how to deal with sexual urges and desires. It is possible to be single again and satisfied.</p>
<p>SESSION ELEVEN Forgiveness 34 minutes</p>	<p>The hurt that comes with divorce is a barrier that prevents many people from forgiving their former spouse. This seminar shows that healing cannot occur without forgiveness.</p>
<p>SESSION TWELVE Reconciliation 41 minutes</p>	<p>This video seminar profiles the different types of reconciliation that can occur after divorce and explains why pursuing reconciliation is so important, even when those involved don't feel like reconciling.</p>
<p>SESSION THIRTEEN Moving On, Growing Closer to God 38 minutes</p>	<p>How can God produce something good out of something as bad as divorce? This segment will show participants how they can grow closer to God through their divorce experience.</p>