CHRISTIAN COUNSELOR RX PROFESSIONAL LIBRARY

Free Depression Help Kit for CHRISTIANS

CHRISTIAN AUDITORY MEDITATIONAL THERAPY (CAMT)

- 30 Minute Mp3 CAMt Module
- Use in the Privacy of Your Home
- Bible-based and Pastor Approved
- Developed by Christian Counselors

SoulCare Research
BIBLE-BASED THERAPY TOOLS

Free Depression Help Kit for CHRISTIANS

Free Depression Help Kit for Christians may **not** be sold. It may be freely shared and distributed both online and offline; however it may only be shared or distributed in its original file format with all pages, text, links, and graphics intact.

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Legal Realities

We apologize for placing legal matter at the forefront of a document that has been created to help suffering people, however the present legal realities of the world have made this necessary—this is not our preference.

The *Free Depression Help Kit for Christians* kit is not meant to be used in lieu of seeing a qualified caregiver; please see a qualified Depression caregiver (we prefer Bible-based caregivers). Please understand that we cannot guarantee results and that the use of this product, as is with any form of medication or treatment, is done so by you at your own risk. We do not believe the Bible, prayer, and meditation could do a person harm, however we are sure you can agree that it is no longer farfetched to think a person might use this kit, then do something illegal, unethical, or immoral and then with the aid of legal representation, claim our product caused them to do what they did.

This product does not present any psychological advice and is not associated in origin or practice with any other religion beside the beliefs of mainstream Christianity. It is not denominational in belief or substance. You can review our statement of faith found in the FAQ section at www.christiancounselorrx.com/frequently-asked-questions

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Thank you for enduring the legalities.

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Quick Start *if You're Suffering Now*

If you are presently suffering Depression symptoms, just follow these instructions. When you feel better, review the entire kit.

1) Choose a quiet location where you will not be disturbed
2) Adjust your clothing so it is loose
3) Wear comfortable headphones or earbuds
4) Click this link, adjust volume, then pause the audio
5) Recline in a comfortable position
6) Play the audio
7) Breathe deep & even
8) Close your eyes to avoid visual distractions—listen

When you have completed the session, either print the *ThoughtNotes* Journal (page 16) or use any notebook to jot down your questions, concerns or revelations you experienced while listening.

Repeat steps 1 through 8 and writing in your *ThoughtNotes* Journal as often as you need.

When you are able, discuss your *ThoughtNotes* entries with your counselor or pastor. This will help them to more quickly determine any further course of action that can help you.

Preface

Amongst its members, SoulCare Research has over 110 years combined professional counseling & pastoral experience. From that experience, we have witnessed two dangerous beliefs within some members of the Church. First, some Christians think that once they are saved by Christ, they should no longer suffer. Second, when some find themselves suffering, they come to believe that they do not "do" their faith right; in other words, they don't have enough faith or enough Bible to force their suffering to go away. In our opinion, these are two Biblical, theological, and doctrinal distortions that create dramatic practical problems and can propel believers into intellectual, emotional, and even physical tragedy.

While we at SoulCare Research are first to confess, we would rather not suffer...at all, we cannot escape the evidence in Scripture; the Old Testament and New is filled with stories of struggle amongst the people of God. The Bible reads, *"...it rains on the just and the unjust."* Matthew 5:45. *"In this world, you will have trouble…"* John 16:33.

We do not intend to present a treatise here on suffering, but rather make clear that it has been our experience that many God-loving, Bible-believing Christians have and do struggle with difficulties, such as Depression. Moses, Job, and Elijah are just a few of those in the Bible who fought with Depression, and even some of our famous forefathers, like Martin Luther and Charles Spurgeon were in constant battle with Depression. To say that because a Christian wrestles with Depression, they have little faith, do not love God, or do not believe the Bible, is to spout dangerous inaccuracy and risk heaping guilt upon tired souls.

(Continued on page 7)

(Continued from page 6)

It may be true that some Christians have engaged in activities or acted without wisdom in regard to their personal health, and that has helped to bring on Depression. For some, it is a matter of guilt derived from unrepentant sin. For still others, it is due to the chemicals found within the foods they choose. For yet others, Depression arrives from a combination of poor sleep & nutrition habits. It is also common to see Depression in people who have suffered trauma as far back as childhood. Yet, it may also be true that we do not understand all that is to be known in regard to Depression.

SoulCare Research has chosen to not debate all the possibilities of how Depression develops and the myriad of treatment options; instead we make available a Bible-based Therapy "tool" for counselors and this kit for anybody to use, regardless of the origin of Depression within a Christian. We hope this "kit" is of help to those Christians who abide in Christ, but yet still find themselves suffering with the effects of Depression.

Introduction

Free Depression Help Kit for Christians is meant for those who struggle with Depression, or those who help with Depression, such as counselors, pastors, therapists, psychologists, and psychiatrists. SoulCare Research offers this kit in response to the growing awareness within the Christian Church in regard to what is typically called, mental illness. Our goal is to offer practical help, not education or debate about mental health practices, Biblical interpretation, or any other topic that ultimately often serves to cause division...all the while, the suffering continue to suffer.

The title, *Free Depression Help Kit for Christians,* does not infer religious bias, as if to suggest help is only offered to Christians, and to exclude from help all people of faith other than Christian. Indeed, to deny help to any suffering person would be an act contrary to Christian ethics! SoulCare Research states with emphasis that men & women of all faiths are welcome to use this kit for the purpose of help with Depression. The title simply serves as a "signal" to alert the public that there is help available and created from a distinctly Christian and Biblical perspective.

By “Christian and Biblical perspective,” we assume that the people who will most likely be at ease with the content and approach of this kit are those who hold to a “classic” or mainstream Christian faith (for clarification, please see our statement of faith): http://www.christiancounselorrx.com/frequently-asked-questions. Essentially, we are referring to people who believe that there is one God, in three persons: Father, Son (Jesus Christ) and Holy Spirit, and those who also regard the Bible as the Word of God.

(Continued on page 9)

This kit includes unlimited access and use of the Depression edition of the Bible-based Therapy process developed by SoulCare Research, entitled: *Christian Auditory Meditational Therapy* (CAMt). Read about it here.

There is nothing required of the user other than to recline in a relaxed position, in a quiet environment where they will not be disturbed, and to listen with either earbuds or headphones. The use of earbuds or headphones is important because the audio program has been engineered to simulate a surround-like effect. This technique aids the listener in relaxing more easily and quickly toward Alpha-level brainwaves. Alpha is when we are in a most restful state, but yet still alert. We have found that it is then that people are able to hear and assimilate the information most reliably, simply because *their body is comfortable*, *their mind is at ease*, and *their soul is willing*.

The elements experienced during the audio portion of the CAMt process are a *custom produced, soothing, and worshipful music therapy soundtrack* that appropriately supports a *professional Christian narrator* who gently leads the sufferer through a 30-minute program that includes:

- scripture passages specific to Depression
- moments of guided prayer
- modeled reflection & review
- praise example
- meditation
- guided thanksgiving
- strengthening of practices for greater relationship with God

The session ends with a musical score designed for rest & renewal.

It is helpful to understand that CAMt is not presented in a formal teaching, preaching, or lecture format; neither is it a complicated process that requires great effort. Instead, CAMt is a professionally-designed & narrator-guided experiential process that can have positive effect within the emotions, the body, and of course, the soul. This therapy has been developed by practicing Christian counselors & pastors over a period of decades, and it has proven to be helpful.

A compelling aspect of CAMt is that it can be used:

- whenever the sufferer chooses
- wherever the sufferer may be
- however often the sufferer may need

The simplicity of CAMt is that the sufferer only needs to:

- LISTEN to the Depression session, then…
- WRITE their thoughts in their *ThoughtNotes* Journal
- DISCUSS their *ThoughtNotes* with a counselor or pastor

The use of this kit is not intended to be a substitute for a qualified caregiver.
The kit is an excellent tool that can be combined with the efforts of a caregiver.

We have released this kit, as well as other tools of communication, to inform the greatest number of Christians that there is Depression help available for free that can be used within the privacy of their own home. We hope that this kit helps you. If you think it may help others, please send them to where you got your kit. Thank you and may God help you.

- SoulCare Research Team

What is Christian Auditory Meditational Therapy (CAMt)?

Christian Auditory Meditational Therapy (CAMt, pronounced cam-tee) was developed by SoulCare Research, and is the flagship therapeutic process in a category of alternative health care entitled, Bible-based Therapy, also pioneered by SoulCare Research. CAMt is a careful blend of calm & therapeutic music mixed with reassuring narration that includes guided prayer, scripture, and meditation. It is a unique and Biblically genuine method of bringing rest, relief, and remedy. CAMt works in the manner expressed below.

CHRISTIAN: Therapeutic products that are Bible-based and free of psychological advice. These products do not take the place of a Christian counselor, but assist by providing a type of scriptural "medicine" in a familiar format for a modern, media-rich culture.

AUDITORY: A Bible-based therapy developed for listening, comprised of: speech, music, sound effects, and specialty audio engineering that can add an extra layer of awareness, comprehension, and retention for important information, such as Bible learning, and thus, can be effective more deeply than simply reading the same material.

MEDITATIONAL: The material is carefully developed for repeated meditation while alone and relaxed.

THERAPY: A maximum therapeutic effect is realized by closing out external visual and auditory distractions and then delivering a constant and concentrated "dose" of issue-appropriate Biblical truth, set in a relaxing, custom-designed soundtrack.

What is the FaithWorks PRAY Model?

The FaithWorks PRAY Model is a type of map the narrator uses to guide us through the CAMt process and ensure that we move through each facet of approaching God, thus "PRAY" is an acronym. P *represents Praise*. R *represents Review*. A *represents Ask,* and Y *represents Yield*.

PRAISE: When we suffer, we often rush God toward our relief, but the best way to find relief is to train ourselves to first recognize God for who He is; thus, we enter PRAISE. We determine to praise God first and that helps us to remember His ability & attributes, indeed...who He is.

REVIEW: We ask the Holy Spirit to REVIEW us to make known to us if we have somehow caused our suffering or if there is sin. Jesus called the Holy Spirit, the Counselor; a counselor offers guidance. In that sense, we need the Holy Spirit as our counselor to show us, if it be His will at this time, the root cause of our suffering, and to lead us to Biblical remedy.

ASK: We ASK Jesus for His help to do whatever we must according to His will regarding our Depression; even if His will is that we do nothing now. We want His answers, because His answers are always better than ours.

YIELD: Regardless of how we feel, we YIELD ourselves to God in thanksgiving. We thank Him for experiences, people & things that have blessed us. An attitude of gratitude is "medicine" to our souls during suffering, and when we give thanks to God, we find humility and remembrance of His ability to meet our needs.

At the conclusion of "YIELD," we receive an additional period of musically accompanied meditation that serves to "finalize" the process.

How To Use Your CAMt Session

The main practice you will do is listen & interact with the recorded audio program; the narrator will guide you along the entire experience. Once you begin to listen, you will understand how easy this process is to follow. You do not have to fully grasp the concept or memorize rules or guidelines; just follow the narrator.

Keep in mind that when the narrator prays, he prays in first person, so it is meant to be as if you are praying. This is similar to when we read Psalms and "listen in" on David as he prays; we typically find his words comforting and reassuring. As the narrator prays, you should listen, but also agree in prayer. Then, when the narrator has finished, you will be given time to pray in your own words, as well. Also, when the narrator speaks portions of the Bible, it is meant to be as if God is speaking directly to you and replying to your preceding prayer.

Remember that CAMt is not meant to replace a counselor, pastor or qualified caregiver; it is meant to act as an additional source of help. An easy way to understand is by this analogy: think of a counselor as your doctor and CAMt as a medicine your doctor may prescribe.

When you are ready to begin, turn the page and follow the instructions.

Instructions for CAMt Use

Repeat steps 1 through 10 as often as you need.

1) Choose a quiet location where you will not be disturbed
2) Choose a time you are least likely to be interrupted
3) Adjust your clothing so it is loose
4) Wear comfortable headphones or earbuds
5) Click this link, adjust volume, then pause the audio
6) Sit or lay in a comfortable position
7) Play the audio
8) Breathe deep & even
9) Close your eyes to avoid visual distractions—listen
10) When you have completed the session, either print the *ThoughtNotes* Journal (within this kit) or use any notebook to jot down your questions, concerns or revelations you experienced while listening.

When you are able, discuss your *ThoughtNotes* entries with your counselor. This will help them to more quickly determine any further course of action that can help you.

How to Use Your *ThoughtNotes* Journal

You will find it helpful to use these pages as a type of diary or journal. Please don't consider this *ThoughtNotes* segment as secondary in importance to the actual listening segment. Both listening/interacting with the narrated audio, and writing your thoughts are important; you should think of them as "two sides of the same coin."

When you write your thoughts, even if they are difficult, you help yourself to more clarify your thinking about what is happening within you. That can be quite helpful to you directly, as well as indirectly, because you are then able to share your notes with your counselor, and they in turn, are better able to understand and help you.

Another feature is that when you gain a sense of God speaking to you or leading you during the listening segment, when you afterward write it down, this helps you at a later date to remember what He showed you. Too many times we think we will remember, only to later regret not writing it down, because we are no longer certain of what was said.

Finally, writing in your *ThoughtNotes* Journal serves as a kind of "memorial" to the time God spent with you. It is useful in the future, because you are able to look back and see "where" you were in your struggle, and compare that to how far you have come from that point.

That said, when you finish listening to your session, reflect on the experience you have had, and write your thoughts in your journal. Do this each time you listen and interact with the session.

Date: ___/___/_____ Time: _____ a.m. p.m. Location: _____

Bible Verse(s) That Caught My Attention: _____

_____

_____

Main Points of the Session I Want to Remember 1) _____

_____

2) _____

_____

3) _____

_____

Prayers I Spoke to God: _____

_____

_____

_____

Most Meaningful to Me During the Session: _____

_____

_____

_____

Additional Thoughts, Questions or Concerns: _____

_____

_____

_____

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_____

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_____

Founder's Message

video

I was once addicted to drugs & alcohol; it would take me years to become sober and finally realize that the drugs and alcohol abuse were "symptoms" of a deeper problem. When I came to Christ, I began my education in how a person's soul can become "broken," and how that can lead to issues such as drug & alcohol addiction.

Later, I became a pastor & professional counselor, and for decades I served the Church with focused attention on helping to bring wholeness in Christ to other "broken souls."

I'm now the founder of SoulCare Research; we develop practical "tools" that help suffering Christians. I should add that I also struggled with Clinical Depression & Anxiety for many years, even as a man who studied his Bible, and as one who loved his God.

I know there are many opinions in the Church regarding mental illness and depression. But can we put those aside for a few minutes? I'd like to tell you a story .

Recently, I was in my office remembering a friend. He was an elder in the Church, an excellent business man, and a family man. I was grieving, because my friend had committed suicide this past year. I knew that he fought with depression for a long time…just like me.

While I was thinking of him, I received a message about another Christian brother who had just committed suicide. He also suffered with Depression. He was the son of a nationally known and well-loved pastor…

I wept.

I wept for these brothers, because I knew how dark that darkness can be; it grieved me that they fought well for so long, but in just one moment of weariness…they slipped.

I wept for the families. I have four adult children and a grandson I deeply love and I cannot imagine the pain of losing any of them. Now this fellow pastor & family would know that pain. My friend's wife & their four children would also suffer this immeasurable sorrow and bewilderment.

I wept for the Church. I knew that the suicide of this pastor's son would spark a great deal of discussion in the Church, and that can be good. Yet, history has also shown that we in the Church can, at times, be ugly toward one another and resort to bitter judgment, casting stones, and doing the work of the one Jesus called the Accuser of the Brethren. I truly hope we don't do it this time.

Anyway, with this recent awareness of Depression in the Church, I thought I would enter the public discussion, but over the course of a weekend, I changed my mind. I don't have all the answers, but what I do have may help more people than any ideas I can offer.

That said, SoulCare Research now provides our Depression treatment module, free of charge, to anybody who needs it. This tool was born out of my personal struggle with Depression and it's helped others, as well.

Also, this kit is for people to receive help for Depression—*free of charge*. Thus, all counselors & pastors, you are welcome to use this kit to help others, but you may not sell it. If you purchased *Christian Counselor Rx*, your license allows you to duplicate & charge a fee for our materials.

Thank you for making the time to read this.

Donald Mondell, Founder & President
SoulCare Research, LLC

About SoulCare Research

SoulCare Research develops practical Bible-based Therapy products & services that assist lay & professional counselors, pastors, therapists, psychologists & psychiatrists in Christ-inspired soul care. We are also in development of assisted services for end users.

SoulCare Research, LLC is the originator of the alternative mental health treatment category: Bible-based Therapy, the developer of Christian Auditory Meditational Therapy (CAMt) and the creator of the *Christian Counselor Rx* product line.

Christian Counselor Rx is the first prescriptive and meditative Bible-based therapy instrument available and can be used as an adjunct to therapy sessions thereby enhancing the therapeutic outcome for client and practitioner. *Christian Counselor Rx* provides prescriptive enhancement to session content during or after the client therapy session for over 40 of life's most difficult issues.

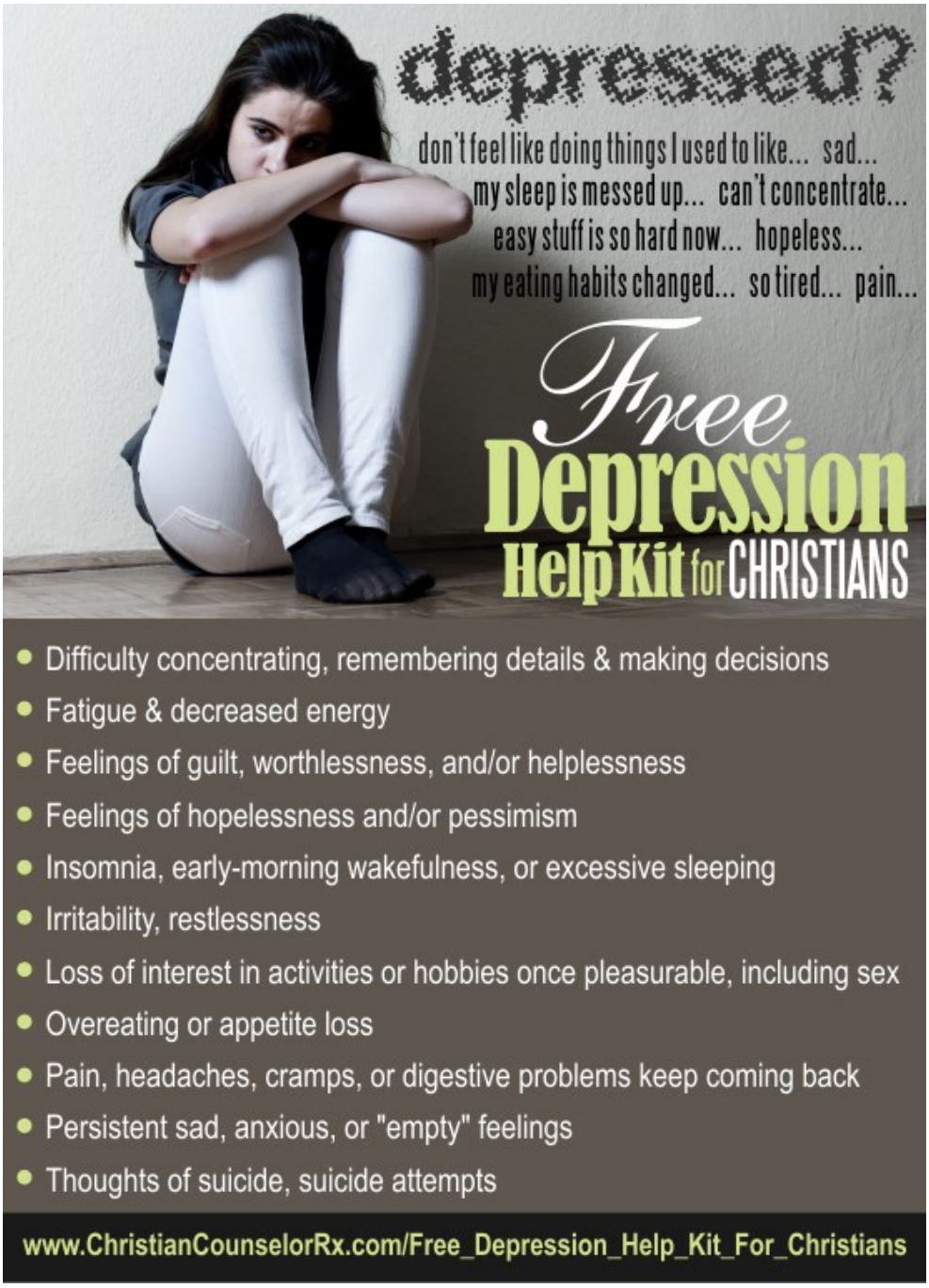
SoulCare Research members in Research & Development, Administration, and Business Development carry doctorate, masters, and undergraduate degrees, diploma, and professional certifications in Psychology, International Business, and Christian Counseling with an additional 70+ years combined experience in professional-level pastoral counseling and therapy & counseling within institutional settings, such as Hospice, rape clinics, grief & trauma, crisis & disaster relief, and private practice.

SoulCare Research also has in-house professional communications and media production. The combined expertise in counseling and media development enables the firm to craft unique forms of Christian “full-senses” therapy, such as Christian Auditory Meditational Therapy.

The team builds its Bible-based Therapy processes into modern interactive media that are then packaged for easy use amongst clients, to whom the “media-enriched medicines” are prescribed and provided by their counselor, pastor, therapist, psychologist or psychiatrist.

SoulCare Research is a Christian-owned and operated firm that continues to research & develop practical and easy to use products & services that assist in bringing wholeness to the souls of struggling people.

Please let other suffering people know



NEWS RELEASE
FOR IMMEDIATE RELEASE

Free Depression Help Kit for Christians

SUMMARY: $29.95 Depression treatment product now available free.
Available at: www.ChristianCounselorRx.com/Free_Depression_Help_Kit_For_Christians

TENNESSEE May 23, 2013. The *Free Depression Help Kit for Christians* is now available. In response to recent news and growing awareness within the Church regarding Christians and Depression, SoulCare Research has packaged their $29.95 Depression treatment module into a kit and now offers it free of charge to anybody in need. The kit contains full instructions, a *ThoughtNotes* Journal, unlimited private access to the 30-minute audio Depression treatment, and can be instantly downloaded to a computer, tablet or smartphone. The treatment can be used anywhere, as much and as often as needed, and all that is required is a pair of earbuds or headphones. Counselors are welcome to use the kit with their clients, but it must remain free. While the kit title cites "Christians," people of all faiths are welcome to use the free kit.

The "active ingredient" in the Depression treatment module is *Christian Auditory Meditational Therapy* (CAMt, pronounced cam-tee) a technique first developed by SoulCare Research. CAMt was the initial therapy process that helped SoulCare Research pioneer a new category of alternative mental health care, entitled: *Bible-based Therapy*. *Bible-based Therapy* does not favor a particular church denomination, nor include drugs or psychological advice.

"Bible-based Therapy, and more specifically, CAMt is not based on a psychological model, but rather spiritual dynamics found within the Bible, and it works. I can't say it works 100% for all people, but what I can say is it has helped a lot of people. An aspect of Bible-based Therapy that I personally like is it can't hurt you to try it and there are no side effects or threats to physical health as may be found in some chemical solutions." said Donald Mondell, founder of SoulCare Research.

In regard to the company, Mondell went on to say, *"SoulCare Research is a friend to Christian counselors of all types and organizations. We're aware of the differences that occur between various counseling schools & organizations, but we're not interested in debating the differences; we're focused on providing practical, Bible-based Therapy tools that any counselor, pastor, therapist, psychologist or psychiatrist can use. We want to help those who help the suffering."*

Get Depression help at: www.ChristianCounselorRx.com/Free_Depression_Help_For_Christians

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Free Depression Help Kit for CHRISTIANS

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