



# HOPELINK

## Training Syllabus

### Week 1:

#### Equipped to Care

##### Key Takeaways:

- Defining and equipping the Christian Caregiver
- Helping Care Receivers recognize, accept and express feelings
- The art of listening
- Remaining Christ-centered

**Prep:** Read Training Manual, Modules 1-4

Read Book **Christian Caregiving: A Way of Life**

Read **Plan B** by the time you complete your training

### Week 2:

#### Managing Care

##### Key Takeaways:

- Creating and maintaining boundaries
- Moving from crisis to wholeness
- Caring vs. Curing
- Trusting God for healing and wholeness
- Assertiveness- relating gently and firmly

**Prep:** Read Training Manual, Modules 5-8

Read Book **Speaking the Truth in Love**

### Week 3:

#### Methods of Care

##### Key Takeaways:

- Confidentiality
- Caregiving by phone
- Depression and suicide
- Professionals and community resources
- Grief

**Prep:** Read Training Manual, Modules 9-14

Read Book **Don't Sing Songs to a Heavy Heart**

### Week 4:

#### Stages of Care

##### Key Takeaways:

- The first visit
- Collaboration
- Closing the Care relationship

**Prep:** Read Training Manual, Modules 15-18

Optional Reading: **Instruments in the Redeemer's Hands** by Paul David Tripp (must be purchased on your own.)

Training Session Dates:

Contact: