

# CHURCHES THAT HEAL

*Based on material release by Henry Cloud*

- *Churches that Heal* by Henry Cloud is a resource designed to equip pastors and churches to address mental health challenges within their communities. The program features six short videos that explore four key areas of common personal struggles, as identified by Cloud.
- Participants are encouraged to watch the videos and engage in roughly two hours of group therapy for each topic. While the core series includes six sessions, extending the program to ten sessions is recommended. This additional time allows for deeper understanding, personal reflection, prayer, and ministry tailored to individual needs.
- **Session 1: Introduction + Questions**
- **Session 2: Grace truth time + Questions**
- **Session 3: Grace truth time + Questions**
- **Session 4 : Relational Connections + Questions**
- **Session 5: Boundaries + Questions**
- **Session 6: Processing Pain + Questions**
- **Session 7: Becoming an Adult + Questions**