

Everything you need to become a certified faith-based mental health coach.

Click on underlined headings below to go to corresponding videos.

Abide Coach Training

- _____ Attend the course (online or in-person)
- _____ Take each quiz

13 Weeks to Peace

- _____ Read the book
- _____ Review chapter questions
- _____ Review toolbox (in the back of the book)
- _____ Write a one-page reaction paper* and turn in to Educational Supervisor

The 7 Deadly Psychological Sins

- _____ Watch videos
- _____ Write one page reaction paper* and turn in to Educational Supervisor

13 Weeks to Love

- _____ Read the book
- _____ Review chapter questions
- _____ Review toolbox (in the back of the book)
- _____ Write one page reaction paper* and turn in to Educational Supervisor

The 7 Deadly Relationship Sins

- _____ Watch Videos
- _____ Write one page reaction paper* and turn in to Educational Supervisor

God Made Love: The Design, Departure and Redemption of Human Sexuality

- _____ Watch videos
- _____ Write one page reaction paper* and turn in to Educational Supervisor

Dr. Jen Techniques

- _____ Watch Videos
- _____ Write one page reaction paper* and turn in to Educational Supervisor

The Feast Bible Studies (optional)

- _____ Watch Videos
- _____ Write reaction paper* and turn into Educational Supervisor

10 Coaching Sessions

- _____ 1. Session
- _____ 2. Session
- _____ 3. Session
- _____ 4. Session
- _____ 5. Session
- _____ 6. Session
- _____ 7. Session
- _____ 8. Session
- _____ 9. Session
- _____ 10. Session

- _____ During the period of time these sessions take place, attend 3 supervisory sessions with Intake Supervisor.

Register for courses at: Abide.Network/Programs

Products can be purchased from our website: Abide.Network

Videos can be accessed for free at: youtube.com/@JenniferJillSchwirzer/playlists

Anxiety & Depression Relief Workshop

- Complete course (online or in-person)
- Read the course manual
- Write one-page reaction paper* and turn in to Educational Supervisor

Abuse, Trauma, & Faith Workshop

- Complete course (online or in-person)
- Read the workbook
- Write one page reaction paper* and turn in to Educational Supervisor

Try This at Home: Marriage Workshop

- Complete course (online or in-person)
- Read the workbook
- Write one page reaction paper* and turn in to Educational Supervisor

Project Safe Church Training

- Complete course (online or in-person)
- Write one page reaction paper* and turn in to Educational Supervisor

Agree to Abide Network Policy**

- Read Abide Network Policy (See next page)
- Agree to policy ([Click here to go to form](#)).

40 Additional Coaching Sessions

- | | |
|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> 1. Session | <input type="checkbox"/> 21. Session |
| <input type="checkbox"/> 2. Session | <input type="checkbox"/> 22. Session |
| <input type="checkbox"/> 3. Session | <input type="checkbox"/> 23. Session |
| <input type="checkbox"/> 4. Session | <input type="checkbox"/> 24. Session |
| <input type="checkbox"/> 5. Session | <input type="checkbox"/> 25. Session |
| <input type="checkbox"/> 6. Session | <input type="checkbox"/> 26. Session |
| <input type="checkbox"/> 7. Session | <input type="checkbox"/> 27. Session |
| <input type="checkbox"/> 8. Session | <input type="checkbox"/> 28. Session |
| <input type="checkbox"/> 9. Session | <input type="checkbox"/> 29. Session |
| <input type="checkbox"/> 10. Session | <input type="checkbox"/> 30. Session |
| <input type="checkbox"/> 11. Session | <input type="checkbox"/> 31. Session |
| <input type="checkbox"/> 12. Session | <input type="checkbox"/> 32. Session |
| <input type="checkbox"/> 13. Session | <input type="checkbox"/> 33. Session |
| <input type="checkbox"/> 14. Session | <input type="checkbox"/> 34. Session |
| <input type="checkbox"/> 15. Session | <input type="checkbox"/> 35. Session |
| <input type="checkbox"/> 16. Session | <input type="checkbox"/> 36. Session |
| <input type="checkbox"/> 17. Session | <input type="checkbox"/> 37. Session |
| <input type="checkbox"/> 18. Session | <input type="checkbox"/> 38. Session |
| <input type="checkbox"/> 19. Session | <input type="checkbox"/> 39. Session |
| <input type="checkbox"/> 20. Session | <input type="checkbox"/> 40. Session |

- Discuss with Educational Supervisor and Intake Supervisor upon Completion

Two Additional Elective Courses

- Discuss with Educational Supervisor

Monthly Abide Network Meetings

- Attend Monthly Coach Meetings

NOTES: *For one page reactions, write about how the material impacted you personally.
 **All seeking certification will be required to consent in writing to the Abide Network Policy (see next pages) and provide a letter of recommendation from their pastor and two additional professional references. The Intake Supervisor will ask for these toward the end of the certification process. Please be advised that Abide Network retains discretion in whom to certify and platform on our website.

Abide Network Policy

The stated purpose of Abide is to offer affordable, accessible, biblically-grounded services to clients. Therefore, we ask that network participants assent to the following:

Counseling/Coaching Principles

The purpose of counseling and coaching, while practical in application, is ultimately to help clients come to know Jesus and to live in harmony with God's timeless life principles, stated clearly in His Word.

The goal of counseling and coaching is change, and change is a power dilemma. Therefore, helping connect clients to the Source of power is essential to their growth. This is facilitated by encouraging in-session prayer with clients, at the same time respecting their right to opt out.

Both the Bible and the writings of Ellen White provide rich resources for the ministries of counseling and coaching, both to enhance the effectiveness of the provider and to share with the one being helped.

Good lifestyle, such as plant-based diet, temperance, exercise, abstinence from alcohol and avoidance of narcotics, promote mental health. These principles should be followed and promoted with care, wisdom and a knowledge of the individual in their application.

The moral principles of the Bible, including but not limited to God's ideal of monogamous heterosexual marriage, are, in essence, descriptions of how life "works" such that they do not arbitrarily dictate, but graciously inform, His children. As such they should be upheld and encouraged.

While Abide grounds its approach in biblical principles, providers integrate current, well-researched scientific data and knowledge of mental health issues with their approach.

The ethical principles outlined by professional organizations such as the American Counseling Association should be respected where they do not conflict with Scripture or the law.

A coach or counselor's deportment with clients should be consummately gentle and winning versus forceful, pushy, or unkind. While we hold our beliefs very sacred, we never use the counseling or coaching forum to impose those beliefs upon clients. Clients reveal their most vulnerable selves to their counselors and coaches and the helping process, as such, should be regarded as holy ground.

Modesty and purity in dress and speech will lend a professional and spiritual tone to the coaching process. As the vast majority of our clientele are Adventists, please present while in official Abide capacity in keeping with church dress standards. Make sure language is pure and avoid the use of expletives or crass terms. This is especially essential given that many clients come with abuse histories and trauma and desire to feel safe from anything off-color or suggestive.

The counseling world is full of methods grounded in spiritualism and humanism. Biblical providers carefully vet out methods and use only what harmonizes with biblical truth.

Because of the power imbalance between client and provider, permission must be granted by the client for the provider to use session time to teach the Scriptures. Preaching and hardline evangelism are out of place in a counseling/coaching setting.

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Because individuals are highly unique, one coaching method does not fit all. As such, the modality should be fitted to the client rather than the client fitted to the modality. Yet the coach is a professional or paraprofessional with a knowledge of the healing process, so works with the client as an educated expert. A “toolbox” approach best balances these two realities. Abide Network’s own growing set of tools are provided free of charge on the website.

Because “teletherapy” is fairly new to the counseling world and is under some scrutiny, providers should be careful to avoid taking high-risk (suicidal, homicidal or psychotic) individuals as distance clients. Should the risk escalate after the coaching or counseling relationship is formed, coaches should help the client find suitable local inpatient or outpatient help as soon as possible. A call to the client’s local mental health crisis unit can help with this process.

For God to work and heal through a provider such as an Abide mental health counselor or coach, the provider must be in recovery from their own addictions, harmful habits, and mental health issues. Should an Abide provider fall into active drug, sexual or other addiction or other erratic or unhealthy behavior, they should ask to be removed from the network until such a time as they can confidently say they are clean, sober and in recovery. The fitness of the applicant to serve in the Abide Network is always at the discretion of the leadership of Abide, specifically the Director (Jennifer Schwirzer), the Educational Director (Jennifer Schwirzer) and the Intake Supervisor (Jeanine Goodwin).

Business Policies

Abide is a referral network, not a group practice. Each provider runs their own private practice, receiving referrals from Abide. Providers are free to accept other referrals or work other jobs.

Abide asks that for the referrals gained through Abide, the providers give 10 percent of session costs back to Abide for maintenance costs (website, advertising, etc.) throughout the duration of the therapeutic relationship.

Abide asks that the providers do their part to promote the network via social media and other avenues.

Abide asks that providers attend the monthly supervision session conference Zoom meeting, held the first Monday of each month, 8 PM ET Zoom room# 656 079 5097. Notifications are sent out before each meeting.

Because much of our work is across state lines, Abide uses the term “coaching” or “mental health coaching” to describe what we do. Providers are responsible for keeping up to date on state regulations and are asked to update other Abide providers on any known changes to those regulations.

Mission Statement

Abide Network aims to provide biblically-grounded, scientifically informed, wholistic, affordable, accessible mental health coaching and education to any and all who would benefit from it.

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Questions for Those Seeking to Join the Network

1. Is your purpose to gently, carefully assist your clients in a better knowledge of God and His love for them?
2. Can you sincerely recommend Biblical principles as life guidelines?
3. Do you embrace and recommend a healthy lifestyle including eating abundantly from the plant kingdom, exercise, rest, and abstaining from harmful narcotics, smoking, and alcohol?
4. Do you align with the moral principles of Scripture, including that marriage is monogamous and heterosexual?
5. Can you commit to never using the counseling or coaching forum to pressure clients religiously or spiritually?
6. Can you commit to modesty and purity of dress, speech, and deportment?
7. Can you commit to using only methods aligning with or permitted by Biblical principles, avoiding methods informed by spiritualism or humanism?
8. Do you embrace a “toolbox” approach to helping people and do you have a basic toolbox of your own from which to draw?
9. Are you in recovery from any addictions, harmful habits, and mental health issues that might impede your success as a service provider?
10. Are you essentially stable in your current spiritual and psychological state and relationships and have you been so for the past year?
11. Are you prepared to comply with the Abide Network operational procedures, including returning 10% of your Abide-client income to Abide?
12. Are you a local church member in good and regular standing?

[Click here to go to agreement form](#)