

CLOUD-TOWNSEND RESOURCES



Loving People, 4: Healing—Restoring the Broken

Featuring

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Visit CTR at www.cloudtownsend.com

I. Healing: the part of love that restores brokenness

You can do a lot to help others move into healing without being trained

II. How do you know when people need healing?

- Problems in the clinical arena: things you can't fix all by yourself
 - Depression
 - Anxiety
 - Problems with substances
 - Problems with anger

- Problems in the relational arena: connection with somebody you care about
 - Alienation
 - Power and control
 - Being critical

- Problems in the functional arena: the task area of life
 - Finances, household, staying organized

III. How is love related to healing?

Healing is narrower in focus than connection

Healing is about repairing an injury that we can't repair on our own

People don't heal outside of relationship

People without training can help

People with support systems do better than people without

Things you can do to help others heal:

- Meet regularly
- Assure them you're still for them
- Make it safe to talk about issues
- Pray: ask for God's touch and healing
- Talk about how the others' actions affect you
- Make the other accountable for the underlying issues
- Don't let their issues hijack the group

IV. Elements of the love that heals

Receive healing yourself

You need to be able to identify your own issues

Get mentoring and training

Learn how to connect with a focus

Move toward others' pain

Make sure you have heard well: advice comes second

Hold on to your own reality

Listen and empathize, but don't assume it's all true

Help people understand themes

Provide constancy and structure

Know when you need to refer

Make sure you are patient with the process

⁴How can you say to another believer, 'Let me take the piece of sawdust out of your eye,' when you have a beam in your own eye? ⁵You hypocrite! First remove the beam from your own eye. Then you will see clearly to remove the piece of sawdust from another believer's eye."
—Matthew 7:4-5

He who gives an answer before he hears, it is folly and shame to him.
—Proverbs 18:13

V. Next steps in healing

- Listening is active, not passive: ask questions and check things out
- Make it clear that you are for the person even if the person doesn't change
- Keep God's perspective as the big picture

Help the other see the universality of suffering

- Get a sense for when the pain is too much

Next week on *Solutions*: “Loving People, 5: Letting Go—Accepting What Is”

Resources

BOOKS:

Loving People

By Dr. John Townsend
www.cloudtownsend.com

Who’s Pushing Your Buttons?

By Dr. John Townsend
www.cloudtownsend.com

Hiding from Love

By Dr. John Townsend
www.cloudtownsend.com



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