

COUNSELING SERVICES

My goal is to help you:

- ◆ **BECOME**
empowered to act

- ◆ **HEAL**
the past that affects your present

- ◆ **UNCOVER**
emotional roots to illness

- ◆ **BE FREE**
to be all you can be

- ◆ **DISCOVER**
your worth in God's eyes

- ◆ **WHOLE PERSON**
spirit, soul and body

CONTACT

Rita Bennett Counseling

P.O. Box 576, Edmonds, WA 98020

Phone: 425.775.2965

Web: ritabennettcounseling.com

Counseling office in Edmonds

Office hours by appointment

Afternoons & Evenings

PROFESSIONAL CREDENTIALS

**Masters in Counseling for Individuals
and Family & Marriage** (*Bastyr Univ.*)

Honorary Doctorate (*Oral Roberts Univ.*)

PROFESSIONAL MEMBERSHIPS

**American Association of Christian
Counselors**

**American Association for Marriage &
Family Therapy**

**Washington Association for Marriage &
Family Therapy**



**RITA
BENNETT
COUNSELING**

**Counseling with Compassion
and Spiritual Wisdom**

P. O. Box 576, Edmonds, WA 98020
Phone: 425-775-2965

COUNSELING WITH COMPASSION & SPIRITUAL WISDOM



Dr. Rita Bennett

*Licensed Marriage & Family
Therapist and Individual
Counseling, Litt.D.*

Rita Bennett has been a faith-based counselor since 1966 when, her late husband, The Rev. Dennis Bennett, D.Div. was the senior pastor at St. Luke's Church in Ballard, Washington. She began writing a curriculum to record what she was learning and to ultimately train others in this field.

Her Course is called **Emotionally Free**® coined after the name of her first book on Inner Healing **You Can Be Emotionally Free** (Bridge-Logos Publishers). Dr. Bennett has written other books and traveled to bring the message of Emotional Healing across the United States and to eight other countries: England, Scotland, Singapore, Jamaica, Norway, Germany, New Zealand, and Africa.

Rita's Counseling style is her own developed therapy of Emotionally Free Prayer Counseling. She uses the whole person model: spirit, soul, and body.

Rita incorporates both professional and practical methods, as well as integrating *Narrative* and *Differentiation of Self* approaches. She checks validity of the client's old negative stories and supports the new healed one as it grows and develops.

Rita draws upon the spiritual gifts and fruits of the Spirit. She encourages trust of the Omnipresent loving God in a client's past, present and future. The ancient 6,500 year old wisdom of Scripture helps give a solid foundation for her counseling practice. The *Spirit of Counsel* in the lampstand (*menorah*) reminds us that God is the Great Counselor upon whom counselors can depend (Isaiah 11:1,2).

After gathering history and accessing present needs, we will meet together as we move into some of the areas listed below, and more.

Counseling Skills:

Listening and Experiencing Healing – It's amazing how many have problems communicating with one another in a kind, wise, and thoughtful way. Often individuals or couples have not learned these skills. We will practice communicating and perhaps Role Playing as we share together.

Inner Child Nurture and Growth – There are two kinds of trauma that begin in childhood. Type 1 trauma comes from neglect of things we should have received as a child. This requires caring people to make up for deficiencies and an understanding therapist can be a part of this team. Type 2 trauma comes from bad or evil happenings that occur early in life. A blank, amnesic spot may be left in the memory. Traumas require healing and that takes time. Without this, the person gets stuck in the past, not being able to mature properly. If a couple is composed of two wounded inner children of either type, they most likely will need counseling for survival of their marriage.

Narrative Inner Healing – A person may have been told a story about his or her life such as being a failure in school, couldn't sing, and couldn't read aloud in class. This story was told by the family and laughed about which shamed the person. A counselor will help the client go back to those scenes, appropriating the Presence of Unconditional love. Listening for what He would say about this person will build a New Narrative to replace the Old one. The message will be written down by the Counselor and the client. He will learn to

stand up for him/herself when the Old Story starts to be repeated. The new story will eventually be the healed one.

Grief and Losses – Human beings will eventually lose a loved one in death. One has to work through the "If only I had's." The client has to talk and pray through the hurtful memories and be enabled to forgive. They will be able to remember the happy times and may work on a photo album of the good times to share with others. It takes time but health and wholeness will come.

Strengthen Your Marriage – There are too many divorces that not only wounds the mate but the children. Everyone feels the loss. There are many people who get married but have not been healed from their own family's inflicted wounds. Marriage is a great commitment. It takes both parties doing their share to make it work. Learning to affirm one another is very important. Being "unequally yoked together" can make marriage difficult from the start. Also money, sexual intimacy, and faith are three areas that require extra work to have a lasting, fulfilling, and fruitful marriage.

Growing in Knowledge for Wholeness – The Bible is the greatest book in existence that tells us how to live. It is actually spiritual food from the wisdom of our Creator and some of the writers He chose to record history from the beginning of the human race. They tell about how God has a plan for your life now, your future years, and on into eternity. Make your connection with the Hero of the Bible, Jesus–Messiah. He will lead you to His Father God. And the comforting Holy Spirit will begin to fill your life with wisdom as He opens your understanding to why you were born and will give you everlasting love and purpose.