

RESOURCES & PROGRAMS FOR GOING DEEPER

HEALING CARE MINISTRIES

SPIRITUAL EXERCISES

- **SAFE PLACE**

<https://www.patreon.com/posts/episode-16-safe-34967066>

In this video, Terry brings a reminder about the importance of again and again--as a spiritual practice--bringing our hearts and minds into a safe place with Jesus. He then takes time to lead us in a "safe place" spiritual exercise. (Length: 23 minutes. The exercise begins 8 minutes in.)

- **BREATH PRAYER ("What Do You Want?")**

<https://www.podbean.com/eu/pb-tu5fh-dc9fdf>

Listen to a teaching by Terry on breath prayer, an ancient spiritual discipline of praying a word or short phrase that can be expressed in the time it takes to breathe in and out once. (Length: 14 minutes.)

- **TRUE OF YOU**

<https://www.podbean.com/eu/pb-5fk7u-8dd123>

In this podcast, Terry will lead you in a spiritual exercise of listening to statements that are true of you, all from Ephesians 1 – 4. (Length: 18 minutes.)

- **THREE R'S – REST, RECEIVE, RESPOND ("An Exercise of Awareness")**

<https://www.podbean.com/eu/pb-2tvms-73b3a7>

In this spiritual exercise, Terry will lead you in a time of resting in, receiving, and responding to God's love. (Length: 15 minutes.)

- **FOUR STRANDED GARLAND**

<https://www.podbean.com/eu/pb-syis-ab4666>

In this podcast, Terry teaches four movements from Martin Luther for reading scripture in order to position oneself to approach scripture as a living document not to be handled, but in order to allow it to handle us. He uses Matthew 11:28 to model this four-step process.

VIDEO TEACHINGS

HONORING THE ROLE OF EMOTIONS IN THE HEALING JOURNEY

<https://www.patreon.com/posts/episode-10-role-32392553>

In this video Destry Wardle, Clinical Counselor and Director of Healing Care Ministry's Come Away with Me Retreats, talks about the important role that feelings and emotions play in our healing journeys. This video will be a valuable resource for you on your own journey as well as a resource that you can use with people you minister to. We believe it contains a message that many Christians are longing to hear. *(Length: 26 minutes.)*

TERRY WARDLE TALKS WITH HIS SON AARON WARDLE ABOUT HIS NEW BOOK

<https://www.patreon.com/posts/terry-wardle-his-34172530>

One of our subscribers to Patreon (monthly teaching videos), Scott Williamson, asked a great question about whether writing his healing memoir "Some Kind of Crazy" was a healing experience for Terry. (Thanks for the question Scott!) Terry speaks to that question and others in this interview that was recorded in late summer of last year. A shorter version of this interview has been shared on social media but there are a few minutes of extra content in this new video. Enjoy! Scott shared about how the book resonated with him. We would love to hear how God has used this book in the lives of others of you who have read it. *(Length: 5 minutes.)*

SCHOOL OF FORMATIONAL CARE HIGHLIGHTS

<https://www.patreon.com/posts/school-of-care-35471172>

Here is a video with some short snippets from our School of Formational care Episodes. We hope it brings encouragement to you. Also, feel free to share with friends that you think may enjoy being part of this community.

(Length: 4 minutes.)

THE SCHOOL OF FORMATIONAL CARE – INFORMATION

Through The School of Formational Care we provide bi-monthly video teachings from Terry Wardle and other teachers within the Healing Care Ministries Community. These teachings cover a variety of topics. We provide these videos to subscribers at a cost of \$10 per month. All proceeds go toward the operational costs of The Healing Care Center. With your subscription you gain access to high quality teaching and you also help position other people for a healing touch. [Watch a free short video to help you decide if this opportunity is for you.](#) You can also sign up by clicking [here](#).

PROGRAMS

ROOTED

Rooted is a program for those who desire a deep and transformative connection with Jesus Christ, fostered within the safety of meaningful community. This program is a 10 month journey of spiritual formation that is designed for anyone who is seeking greater spiritual maturity in Christ. This program provides the flexibility you need to participate in a way that fits the uniqueness of your life and schedule. [Find out more.](#)

THE INTERNATIONAL SCHOOL OF FORMATIONAL PRAYER

For those in ministry outside of the United States, we provide training in Formational Prayer for those who are unable to travel to attend our seminars in person through this online program. [Find out more.](#)

THE SPIRITUAL DIRECTION PROGRAM

Spiritual Direction is an ancient practice in the church now rediscovered by many in both Catholic and Protestant traditions. The Certificate Program in Spiritual Formation and the Art of Spiritual Direction provides participants with the contemplative experiences, knowledge, and wisdom necessary to deepen their awareness of God, self, and others while training and equipping them to serve as a spiritual director. A series of four residencies and two praxes form the core of this two-year program with a virtual format between residencies to facilitate faculty guidance and peer interaction. The final stage of the program is an enterprising praxis in which students explore and discern how they are being called to serve in the ministry of spiritual direction. Students graduating from our program are eligible for membership and recognition in the ESDA (Evangelical Spiritual Director's Association) and CFCSD (Canadian Fellowship of Christian Spiritual Directors). [Find out more.](#)

THE CERTIFICATE PROGRAM IN FORMATIONAL PRAYER

Our certificate program is the core training program through which we have now trained and certified hundreds of caregivers in our unique counseling/inner healing method called Formational Prayer. In addition to attending a series of seminars and completing required readings, participants receive one on one support and guidance from a highly trained Caregiver. [Find out more.](#)

THE HEALING CARE CENTER

COUNSELING | SPIRITUAL DIRECTION | COACHING

The Healing Care Center (THCC) is part of the Healing Care Ministries family, which has been helping the hurting find wholeness for more than 20 years. THCC is both a place and an approach. Rooted in the deep belief that genuine wholeness comes through Jesus Christ, we also draw upon proven practices in traditional counseling and emerging research in modern neuroscience for a holistic approach to care. With compassion and skill our Caregivers help the broken journey into the darkness where Jesus can meet them.

Our Christian counselors, spiritual directors, and coaches are ready to walk with you through past hurts and present hang-ups towards the future God has designed for you. Experience hope as you find purpose in the pain and frustrations of life and come to know Christ in a deeper way. Experience hope as you find purpose in the pain and frustrations of life and come to know Christ in a deeper way.

We find that the best first step is a conversation which will help you get to the type of care that fits your needs. Fill out the form at the website below and we will contact you within 24 hours to get started. Or if you prefer you can call us now.

<https://www.thehealingcarecenter.org/book-an-appointment>

Keith McLaughlin, Executive Director of THCC
(419) 496-6223