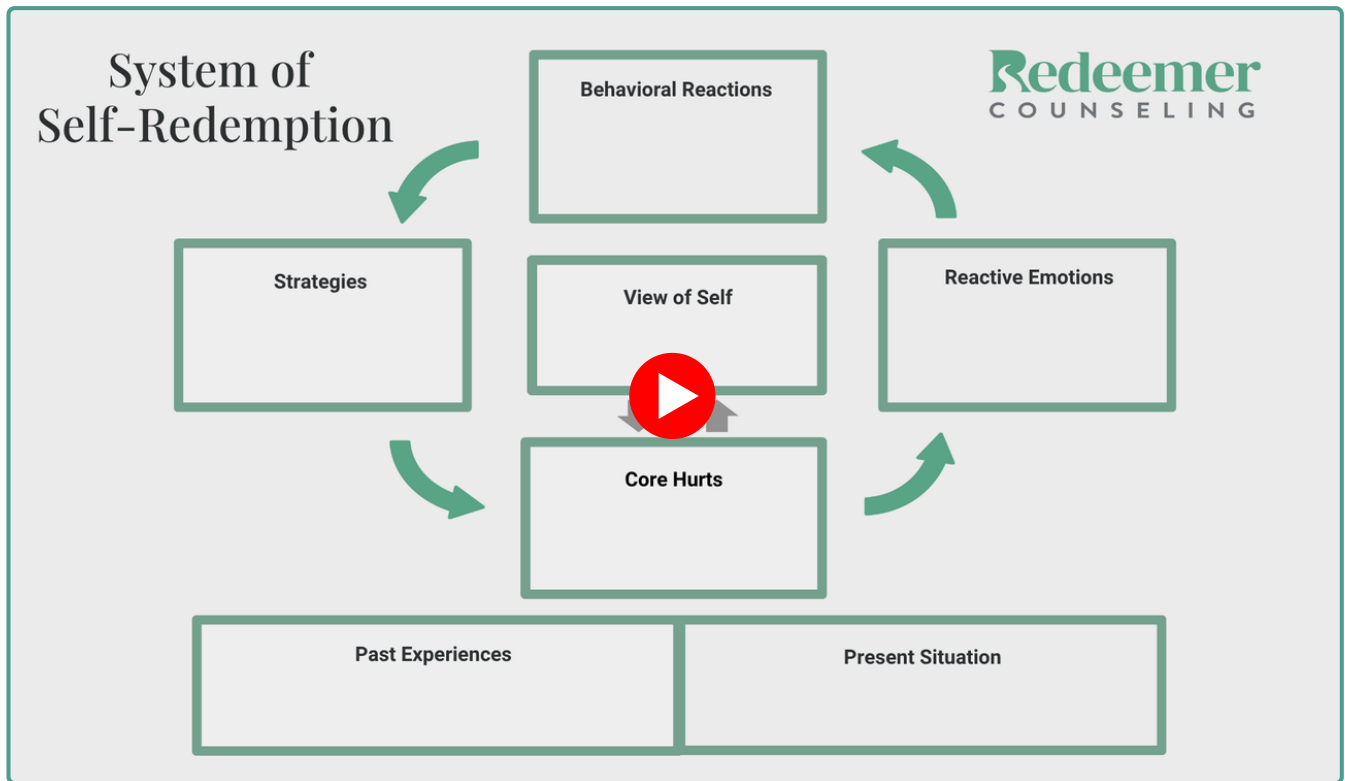




System of Self-Redemption

Video Toolkit Series, Part 1

Additional Resources

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Have you ever wondered, 'Why do people do what they do?' or 'Why do I react the way I do at times?' or 'How does deep change happen?' In this video series, we will look at how Redeemer Counseling answers these questions through the Gospel-centered Integrative Framework for Therapy or the GIFT.

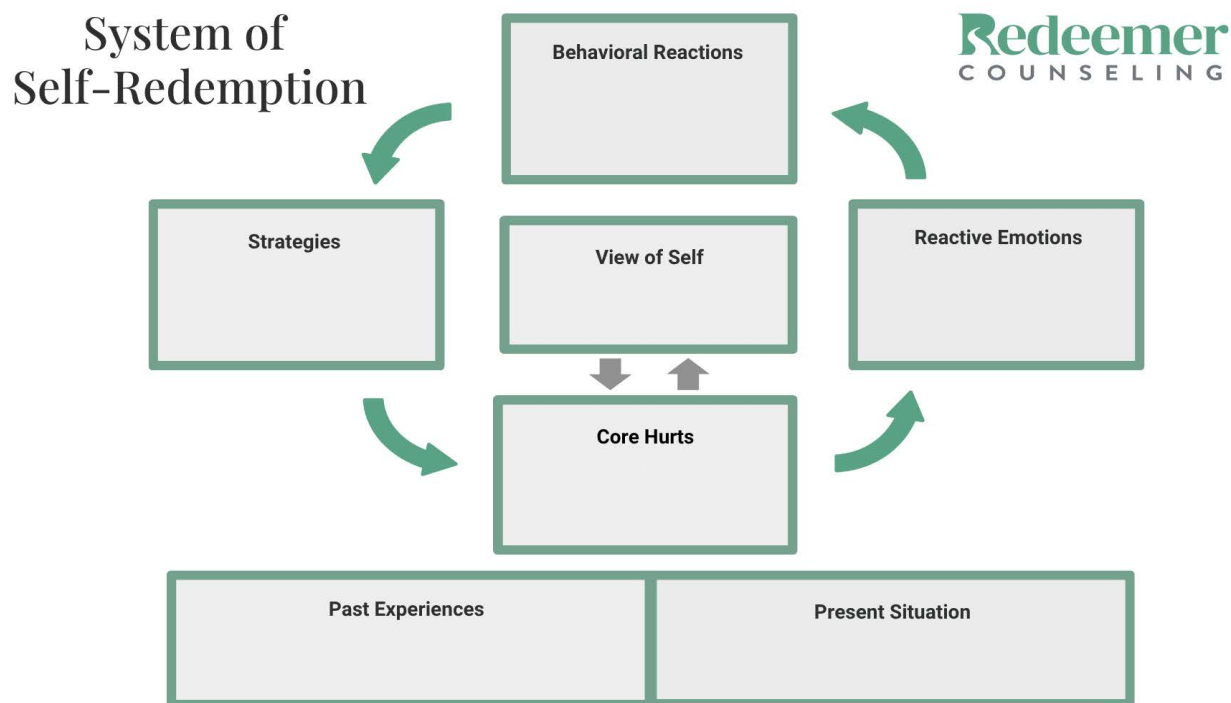
GIFT is a framework that helps us to make sense of people that is Gospel-centered and psychologically integrative. It also provides guidance on the necessary elements of helping people experience deep heart transformation.

The focus of the next three videos is the System of Self-Redemption, which is how the GIFT makes sense of why people do what they do.

- The System of Self-Redemption is how we make sense of the root problem, and every counselor at Redeemer Counseling uses the SOSR to define what the real problem is.
- The System of Self-Redemption also helps capture the effects of sin comprehensively because sin did not just affect individual hearts, but everyone and everything in creation.
- People create their System of Self-Redemption as a result of being separated from **the very** source from which to derive their identity— to assert an identity of their own and to deal with the pain they experience living in this fallen world.
- It is a system - an internal system we develop, in the context of our personal history, to redeem our shame and validate our identity, purpose and worth apart from God.

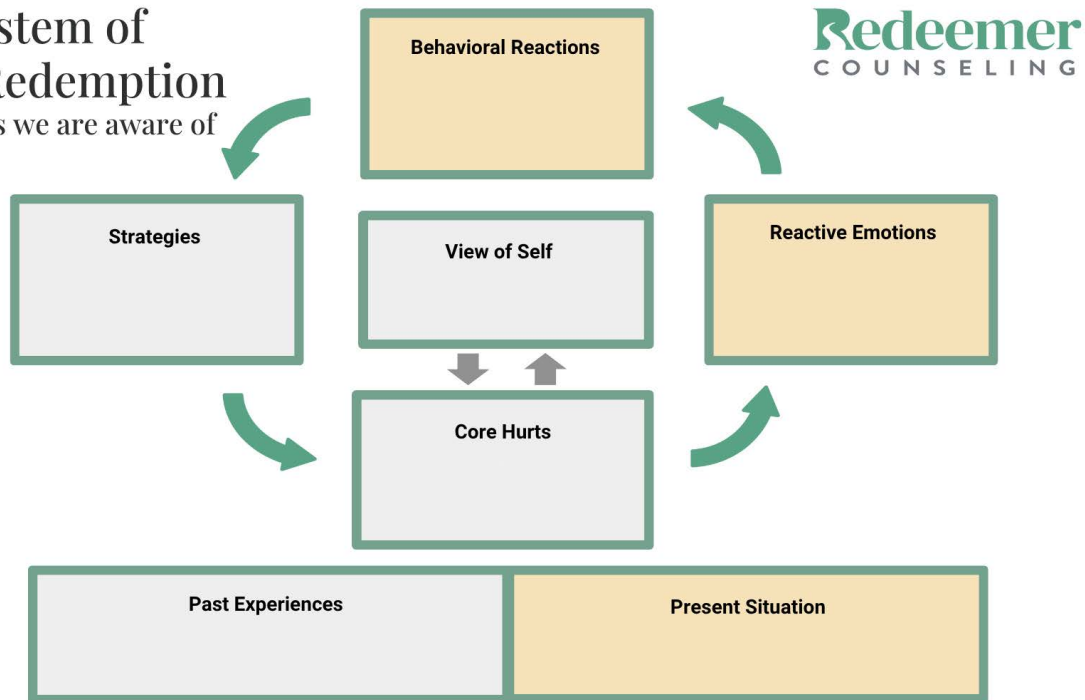
This system has multiple components. Some of these components, we are aware of—the Present Situation, Reactive Emotions and Behavioral Reactions. Usually, one of the conscious parts of the System of Self-Redemption will be listed as the reason why clients are seeking counseling.

The System of Self-Redemption also includes the components that operate underneath our conscious awareness: the View of Self, Core Hurts, and Idolatrous Strategies.



System of Self-Redemption

Elements we are aware of



System of Self-Redemption

Subconscious Elements

