



In Our Lives First: Meditations for Counselors

By Dr. Diane Langberg



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In Our Lives First: Meditations for Counselors is a collection of six week's worth of readings about the work of counseling and its impact on the counselor's life and soul. Based on her 40 years of counseling experience, the author shows how the true work of counselors is tending first to their own souls in relationship to Jesus Christ, since they cannot lead clients where they themselves have not gone first. Change, growth, and spiritual health must be a reality in their lives first, in order to effectively facilitate change, growth, and health in others. Dr. Langberg's essays are interspersed with quotes from her favorite authors, most of them Puritan pastors and theologians, for 40 days' worth of readings.



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In Our Lives First: Meditations for Counselors By Dr. Diane Langberg Bibliography

- Sales Rank: #156448 in Books
- Published on: 2013-12-13
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .44" w x 5.50" l, .51 pounds
- Binding: Paperback
- 174 pages

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Editorial Review

About the Author

Dr. Langberg is a practicing psychologist whose clinical expertise includes 40 years of working with trauma survivors and clergy. She is the director of Diane Langberg, Ph.D. & Associates, a group practice in suburban Philadelphia, Pennsylvania, and speaks internationally on topics related to women, trauma, ministry, and the Christian life. Dr. Langberg is a clinical faculty member of Biblical Seminary and is core faculty with Biblical Seminary's Global Trauma Recovery Institute. She is the author of "Counsel for Pastors' Wives" (Zondervan), "Counseling Survivors of Sexual Abuse" (Xulon Press), and "On the Threshold of Hope: Opening the Door to Healing for Survivors of Sexual Abuse" (Tyndale House), and is a columnist for Christian Counseling Today. Dr. Langberg is Chair of the Executive Board of the American Association of Christian Counselors, serves on the boards of GRACE (Godly Response to Abuse in a Christian Environment) and the Society for Christian Psychology. She is also founder of The Place of Refuge, an inner city, non-profit trauma and training center. Dr. Langberg is the recipient of the Distinguished Alumna for Professional Achievement Award from Taylor University, the American Association of Christian Counselor's Caregiver Award, and the Philadelphia Council of Clergy's Christian Service Award. She is married and has two sons.

Users Review

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Conrad Degregorio:

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