The Philippi Model of counselling grew out of my own encounter with God as I experienced His unconditional love and healing in Jesus, over a number of years. It did not start out as an academic model or a Psychodynamic model, but an experiential/developmental model with four core components and an identifiable process.

The components are:-

1 The Beatitudes

2 Shalom

3 Philippians 2:1-5

4 Carkuff

My own journey through the Philippi Model started with the Beatitudes. I discovered that these 8 Blessings were not a random group of verses but a healing process, similar in some respects to Kubler Ross grieving process.

3 “Blessed are the poor in spirit,

for theirs is the kingdom of heaven.

*I was a broken man. Morally corrupt with no values or principles and filled with a mixture of self-loathing and self-pity. I was spiritually bankrupt.*

4 Blessed are those who mourn,

for they will be comforted.

*I began to recognise what I didn’t have and grieved for the family and life opportunities I had lost and the absence of any goodness in me.*

5 Blessed are the meek,

for they will inherit the earth.

*This was a tough one. I could always find someone else to blame for my messes. Owning responsibility and accepting blame for my own behaviours and actions required humility and genuineness.*

6 Blessed are those who hunger and thirst for righteousness,

for they will be filled.

*How was it possible to put right all that wrong? St Paul saw the Light on the Damascus Road. This was where the real soul searching began as I began to see the truth of Jesus’s death and resurrection. Of new hope and New Life in Him. I found faith!*

7 Blessed are the merciful,

for they will be shown mercy.

*I then discovered the richness of Gods’ Grace and forgiveness. It is the most beautiful feeling in the world to know and receive Gods’ forgiveness and love at that level. That Christ shed His blood for me became a certainty.*

8 Blessed are the pure in heart,

for they will see God.

*God is my Father and I am His son and nothing will ever change that. I know that beyond any doubt. I also know that I am a disciple and a member of a very special family – the Church – and as such I have to live to live my life to Biblical standards. Not in my own strength, but in the strength the Holy Spirit gives me.*

9 Blessed are the peacemakers,

for they will be called children of God.

*As I was forgiven, so I too needed to forgive, fully and unconditionally. I had hurt and offended a lot of people and my New Life demanded I make restitution. Where possible over the next few years I made full restitution.*

10 Blessed are those who are persecuted because of righteousness,

for theirs is the kingdom of heaven.

*Being a Disciple of Jesus Christ is a challenge and a blessing all in one. Gone was my old life and gone were my distorted values. I now had a new set of values and principles to live by and the best Book ever written to guide me – the Bible.*

SHALOM

After my initial journey through the Beatitudes I re-visited these verses time and time again and each visit brought new healing and new insights. Yet there were deeper issues that weren’t being touched. These were identified by a Church Elder in Tenerife where I had gone on a prayer retreat. She had a picture from God for me. She saw me carrying around an old rucksack on my back and every now and then I would search around in it and pull something out of it from my old life. God wanted me to hand it over to Him.

I wasn’t sure how I could do what God asked because I couldn’t get into those deeper places. Six months after I returned from Tenerife I again went away for a week of prayer, and this where the full meaning of Shalom hit me! It was in an old Prayer Book at the retreat House. *Shalom was about Peace with God, Peace with Self and Peace with Others.*

Peace with God

This fits in with many of the Beatitudes and provides a link for a deeper inner exploration. It was as I reflected on each of the three aspects of peace that new insights into the Beatitudes opened up. Within the Beatitudes I found a greater understanding of the depth of Gods’ peace and in the ‘silences’, Grace, Mercy and Forgiveness