

# Engedi Learning Center

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The **Engedi Learning Center (ELC)** is a unique environment which provides each resident with a variety of programs to learn the personal skills required to re-engage in a restorative life, free from the effects of sexual exploitation. The program at ELC is a 2 ½ yr - three phase program as outlined below. The ELC operates Monday through Friday. A resident is only asked to commit to Phase One upon entering the program.

By focusing on life skills, addiction issues, personal development and trauma counseling, our participants will be able to take control of their own lives, to realize their personal worth and to transfer the new skills and self esteem to their daily lives, thereby promoting commitment to healthy living free from exploitation.

## **Phase One - Life Skills Foundations**

**approx. 6 months**

### **1. Interpersonal and Relational Life Skills**

Boundaries	Goal Setting	Self-Defense
Building Trust	Safe People	Love Languages
Conflict Resolution	Anger Management	Communication – Feedback
Overcoming Insecurities	Intimacy Needs	Healthy Relationships
Values	Fear	Being a Woman of Value
Chaos	Listening Skills	Masks
Stress Release Exercises	Nutrition	

### **2. Addiction Education & Relapse Prevention**

Substance Abuse Management Program      Regeneration Workbook

### **3. Co-Dependency**

Resources from Pat Springle & Melodie Beattie

### **4. Employment Readiness**

Teaching Employment Groups Curriculum

### **5. Peer Mentoring**

Meet weekly with a survivor mentor who has been clean and sober and off the streets, who has been through sexual abuse/exploitation and can give practical guidance, advice and encouragement on how to STAY clean and sober, off the streets and away from exploitation.

### **6. Counseling/Therapy**

One on One therapy with a licensed therapist once a week using the Trauma Focused Cognitive Behavioral Therapy.

### **7. Spiritual Awakenings** (Awaken – to arouse, to become aware of something, to be fully conscious, alert)

Introduction to the Christian Faith, Topical discussions & Book Studies

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8. **Equine Therapy** Two Mondays a month  
Horsemanship and special therapeutic lessons

9. **Art & Crafts** opposite Mondays from Equine Therapy  
Therapeutic expression through many different art mediums

10. **Case Management**  
Assisting residents in gaining access to medical & DSHS services, health insurance & future housing opportunities and assisting in any ongoing legal issues.

11. **Psycho-Educational Trauma Support Group**  
Normalizing trauma through talking about how our bodies respond to trauma through a psychological perspective, educational in nature with some processing.

## **Phase Two - Vocational Foundations** approx. 4 months

Assessing individual education levels and setting continuing educational goals & implementing the process; attain GED if needed, or seek part time employment.

- Personal Finance & Budgeting Class & Financial Literacy
- Personal development plans & Career goal setting
- Employment Preparation
- Level 2 Co-dependency & Addiction Education
- One on One Mentoring
- Trauma Therapy
- Spiritual Discovery

## **Phase Three - Spiritual Foundations** approx. 8 months

Maintaining a healthy life without the addictions and entanglements of the past.  
Developing a solid spiritual foundation from a Christian perspective. Through the following studies:

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| ➤ Father Heart of God             | book study by Floyd McClung    |
| ➤ Praying with Women of the Bible | book study by Kathleen Kennedy |
| ➤ Secrets of the Vine             | book study by Bruce Wilkinson  |
| ➤ Mingling of the Souls           | book study by Matt Chandler    |

For those reuniting with their children

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| ➤ Getting to the Heart of Parenting | DVD/book study by Paul Tripp |
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You will be continuing the Spiritual Discovery study  
Learning to be a Peer Mentor to those in Phase One