

## **FRANCISCA BEST TORRU**

### **My Testimony About Hope Alive Group Counselling Training**

I am on the right side of sixty, and you would think I have been around, done this and seen that. I thought so too until Hope Alive Group Counselling Training.

It is not for everybody. It is a special kind of training in Group Counselling for Counsellors of Men and Women Damaged by child Abuse, Neglect and Pregnancy Losses especially Abortion. It is spiritual, it is scientific and it is hard work. It works for everyone no matter how much damage you have suffered.

The Hope Alive Training took me through a new realm of self analysis; from my childhood, family, marriage, motherhood (parenting) and other relationships. We are not as strong or put-together as we think we are.

It is all about rediscovering our authentic self through the process of reconciliation, forgiveness and healing with God at the centre of it all as the greatest physician.

I know God in a different and refreshingly positive way. I have been relieved of the heavy load and cumbersome issues of life and living. More importantly, I have learned to “forgive”. Forgiveness has freed me to love, accept who I am; try to be what God intended me to be and help others to grow. I am not perfect – no one is but I am a better person empowered by love.

So, what have you to lose with the Hope Alive Group Counselling Training for Counsellors? I dare you to try it and trust me, you can NEVER remain the same no matter your situation.