
1. How To Use This Guide

This peer-mentoring *guide* is best understood and used alongside my related slide presentations, articles, and essays available at my website.

Even though my material has been developed over more than 40 years of work as an integrative, holistic, pastoral-spiritual counselor, *it's not new*. The principles are simple timeless common-sense truths taught by many for thousands of years.

A good start is to read my related pamphlets:

- *Agape Counseling Accompanying Diagrams*
- *How to Communicate Heart to Heart*
- *Simple Principles for Making Wise Decisions*

Also, see my 70 slide PowerPoint presentation.

It's also helpful to read these two articles —

- (4 pages) Peer Support Counseling Networks: *The Science & Lost Art of Free Friend-to-Friend, Compassionate One-Anothering*. (Sid Galloway)
- (Long Essay) Jesus's Model of Psychotherapy & Social Harmony: *Ancient Wisdom That Matches Effective Evidence-Based Models*. (Sid Galloway)

In addition to the many other articles & essays on the website, it's helpful to read my **HOME PAGE**, which provides an overview of the psychological, philosophical, and theological background behind **AGAPE-CENTERED COUNSELING**.

*** Please keep in mind that on the internet you will find other people using the phrase "agape-centered" counseling in different ways. Not all of them mean the same thing.*

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Compassionate Living for ALL Souls:
Both People & Animals,
especially the Needy, Abused, & Helpless



*BLIND Bartley the therapy duck
who loves music & hugs*

ChatGPT — Common Factors of effective, evidence-based therapies which are also a core of peer to peer mentoring:

“While there are hundreds of different “brands” of therapy, research consistently shows that the specific techniques (the “bits and bolts” of a certain method) often matter less than a core set of shared factors. This is often referred to in psychology as the Common Factors Theory. You don't necessarily need the person with the most certificates; you need the person with whom you can build a solid, goal-oriented working relationship. Multiple lines of review and meta-analytic research converge on the same idea, which involves these simple relational psychotherapeutic factors:

1. Therapy based on empathy & trust
2. Therapist's responsiveness and warmth
3. Client's commitment to active change.”

Peer-To-Peer
Agape-Centered
MUTUAL MENTORING
For Mature Character & Relationships
FREE Since 1983



SidGalloway.com

GallowaySid@Gmail.com

Text - 985-285-4630

Sid Galloway BS, M.Div.

Just an Old Sheepdog

40 years serving PEOPLE

Family-Counselor (animal-assisted as requested)

Science-Teacher, Seminar-Speaker

60 yrs. helping rescue ANIMALS

Dogs-Cats-Elephants-Leopards

Wolves-Raccoons-Otters ...

Yes, even Lions & Tigers & Bears.

Linda Galloway BS, RN

Co-Counseling, Mother of Six

Life-long Advocate for Souls in Need

2. A Personal Relationship, NOT a Quick-Fix Program

WHEN facing emotional, psychological, or relational struggles, people naturally look for a quick-fix program to eliminate uncomfortable symptoms. In doing so, the *deeper* underlying causes are often ignored or only superficially addressed.

WHETHER individuals, couples, or families are pursuing one of the hundreds of different *secular* psychotherapy models or seeking *spiritual* or religious counseling, their desire is just to quickly “feel better” or “stop the conflict.” Unfortunately, there are always therapists and religious counselors who promise something that sounds like a *magical* or *miracle* solution—an easy, rapid “method.” But no such shortcut exists, at least not one capable of producing long-term, meaningfully stable change toward *mature* character & *rewarding* relationships.

THINK back across history. Individuals, couples, families, and even entire communities that have demonstrated emotional *maturity*, relational stability, clear and realistic reasoning (*positive mental health*) did *not* arrive there through quick-fix solutions. They developed these qualities and relationships by *persistent* application of practical principles involving honest *struggle* and gradual *growth* over time.

GROWTH is *never easy*. Yet there is *good news*: the path is *simple*. The approach that works has been tested and proven across cultures and throughout history. It is simple—but not easy—because it requires confronting and overcoming our natural but often destructive human desires and tendencies.

3. THE NEED FOR BALANCE

DIFFERENT counselors and mentors, both secular and spiritual, often mistakenly over emphasize one out of two different types of causes for negative life patterns. But both categories of causes need to be addressed. The two different categories are **woundedness vs. selfishness**. Wounds cause patterns that are not a person’s “fault”. But patterns of selfish choices are our responsibility.

WOUNDEDNESS = Our childhood experiences and life histories often leave us with deep *hurts* and unhelpful patterns in our attitudes, thinking, beliefs, communication, and behavior. This category also includes our struggles to deal with personal *disabilities* (neurological, etc.) that hinder our ability to perceive, process, & respond in an optimum way.

SELFISHNESS = (a modern word for an old term, which was “sin”). “Sin” literally means to “miss the goal”, and that goal is *unselfish*, compassionate love for others. Selfishness is willful attitudes & choices that seek to please and protect self, even when it is not best for others. Too many “religious” leaders and counselors not only *over* focused on “sin”, but do so in a way that Jesus did NOT.

JESUS, the *wounded counselor*, understood well, and deeply empathized with the negative patterns individuals, couples, and families struggled with. His comprehensive, therapeutic “Way” was grounded in strong, compassionate love. The New Testament term for this kind of love was “Agape”.

NOT CULTURALIZED “CHRISTIANITY” — Jesus’s “way” is *not* politicized, commercialized, corporatized “Christianity” that dominates today. ***His way is about relationships not religion.***

4. SOURCE - WAY - GOAL

As you read my other resources, you’ll see how and why (God who is agape-love — 1st John 4:8) is the ultimate Source, the way, and the goal for effective long-term therapeutic change toward strong mature personal character and for deeply rewarding life-long relationships. It’s NOT by self-righteous rules, but BY humbly yielding to God so that love can fill & flow thru you to ALL others (John 15:1-17 THE VINE).

It’s a moment to moment, 24/7, consciously intentional way of walking and growing (*practicing*) the *mature* character qualities of agape-love, described in Galatians 5:1-16 & 1st Corinthians 13.

WAKEUP: Choose a committed attitude to let God live agape thru you for others — each second of the day. When you fail, self-evaluate whether you really are committed to serve others or just to serve self. Only one way grows joy & peace. Seek forgiveness from others, & keep *walking out*, the habit of love.

MIDDAY: Take time to prayerfully *REST* in God’s love for you & reevaluate your efforts to live it out. Remember, living it includes your attitude, facial expressions, tones of voice, words, and actions.

AFTERNOON: Again take time to rest in the infinite, unconditional love of your Creator, the Mind and Heart behind the Universe. Reevaluate your walk, ask others for forgiveness as needed, and trust God to provide opportunities to help you grow in love.

BEDTIME: Let God’s forgiveness of you — as demonstrated by Jesus’s open arms on the cross — embrace you and your imperfect efforts. Prayerfully put the past day in God’s hands, & know you will grow more in agape during the days to come.