

Thank you for requesting more information regarding the Recovery Workbook.

The Workbook has been produced by Dr. Gillie Jenkinson of Hope Valley Counselling and is a structured programme of education and insight, designed to help you on your road to recovery after living part of your life in a high control setting, such as the Jehovah's Witnesses.

Potential trigger warning

The Workbook was designed by Dr. Jenkinson to help survivors or former members of cults, spiritual abuse and other high control situations such as radicalisation, psychopathic partner abuse, coercive control etc. Although called 'Cult Recovery' the term 'cult' is used as a term that refers to all these situations.

I undertook a course for a Certificate in Post Cult Counselling (C-PCC) under Dr. Jenkinson and am one of very few people in the world to hold this Certificate. As a result of completing that course, I am now able to offer the Workbook Recovery Programme to my ex Jehovah's Witness clients.

What is the Recovery Workbook?

It is important to understand that the Recovery Workbook is not the same as 'counselling'. Its purpose is to assist you, with my support, in examining your identity and experiences as a Jehovah's Witness. It is not a 'self-help' book. It has been created to be used by the client and a trained therapist working together. We will look at how layers of beliefs and JW doctrine have been placed over the 'real you' so that your true identity is almost lost. We will make efforts to uncover that identity to allow your true self to appear and flourish.

Other areas of the Workbook will look at the importance of boundaries and how 'anger' is a positive emotion. We will look at how trauma may have impacted you and how it can still affect you, even if considerable time has passed.

Finally, we will look at how all this was done to you and why you were powerless to stop it. You will have new understanding of the powerful and manipulative psychological processes that were used against you.

The Workbook is carefully structured and comprehensive in its content. At the end you will likely have a clearer picture of who you have been in the past, who you are now, and the person you would like to be in the future. You should be more compassionate and understanding towards yourself and how you may be feeling now as a result of your Jehovah's Witness experience. You may be struggling after leaving the JW's but the Workbook could help provide many answers that will leave you feeling more hopeful and optimistic.

As mentioned earlier, the Recovery Workbook is not the same as counselling. One term used to describe it is 'psychoeducation'. It is to give you the knowledge you need to make sense of what has happened.

On completing the Recovery Workbook, you will likely take one of two paths.

1. Your Recovery Workbook journey will prepare you for more conventional counselling. With this new understanding of the person you are, along with the feelings and emotions you experience, your examinations of your life during counselling will likely seem more effective,

thanks to the clearer vision you have about yourself and the world. ([Click here for more information on counselling for ex Jehovah's Witnesses](#))

2. The contents of the Recovery Workbook provide the missing piece of the puzzle. Whereas you may have tried counselling in the past, with limited success, the information provided in the Workbook may provide the answers you have been looking for all along and counselling is actually no longer required.

Whichever path you ultimately take, the Recovery Workbook could be the key to unlocking a happier future.

About the sessions.

Sessions using the Recovery Workbook do not follow the same format as regular counselling. You will have your own physical copy of the Workbook and we will go through it together. We will work our way through it systematically, page by page, discussing each aspect in depth in order that you fully understand what we are exploring. Some elements can involve looking for patterns in your behaviour which you may wish to continue between our sessions. That is not to say that you will be given compulsory homework, but there are likely to be ideas or concepts you may wish to explore further outside of our time as things start to fall into place for you.

Each session will be for 90 minutes, as opposed to the usual 50 minute or hour-long timings for regular counselling. The content of the Workbook is designed to stimulate thought and conversation between us and restricting sessions to 60 minutes just doesn't seem to work quite as well.

Sessions can take place in person, if you are close enough to my practice in Southport or, more likely, over Zoom.

Costs.

An initial assessment will be arranged between us, which will be free of charge. That will be an opportunity for you to let me know how you are struggling at this time, to ensure that the Recovery Workbook is the best option for you. It will also be a chance for you to ask questions and find out a little about me to make sure you feel I am the right person for you, which is very important. This generally takes around 30 minutes, but it's best to allow up to an hour, just in case. This can also take place either in person or via zoom.

If you decide to proceed, I will send you a bound copy of the Recovery Workbook in the post. It is a substantial volume with over 100 pages so there will be a charge of £25 to cover the cost of printing and postage.

Each 90 minute session is charged at £60. Generally speaking, clients tend to ask for sessions either weekly or every 2 weeks. The Recovery Workbook can be quite mentally draining at times so I will always be guided by your needs and what suits you the best.

What to do next.

If you've not already done so, contact me to arrange the free initial assessment.

You can either send an email to nicolas_spooner@outlook.com or call +447365 115274.

If I am unable to take your call, please leave a message and I will get back in touch as soon as I can.

Thank you for your interest in the Recovery Workbook for ex Jehovah's Witnesses and I hope to hear back from you very soon.

Nicolas Spooner (Dip Coun)

RMBACP (Accred)

C-PCC