



# COMMITTED TO FREEDOM

## Teacher Training Certification Application

Those who enroll in the teacher training course for *Committed to Freedom* are required to first have the written approval of the Executive Director of their ministry. After the staff has completed this training course, this form must be returned to the Teen Challenge International, USA CTF Certification.

A certification of completion will be awarded to those who successfully complete this course.

Name of Applicant \_\_\_\_\_

Name of Program \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### Part 1: Director Approval

You must have the written approval of the director of your ministry before you begin this teacher training course.

\_\_\_\_\_  
Director's signature

\_\_\_\_\_  
Date

### Part 2: Sexual Abuse Seminar

All teachers must attend a Committed to Freedom seminar given by Sallie Culbreth or use the following schedule with the Committed to Freedom Video Training.

I attended a Committed to Freedom Seminar.

Date and Location \_\_\_\_\_

1. Watch and listen to DVD 1 for **Overview of Curriculum**  
•Complete pages 1-2 in the Staff Training Manual.

Date Completed \_\_\_\_\_

2. Watch and listen to DVD for **Definitions**  
•Complete pages 3-4 in the Staff Training Manual.

Date Completed \_\_\_\_\_

3. Watch and listen to DVD for **Damage that Results from Sexual Abuse**  
•Complete pages 5-8 in the Staff Training Manual.

Date Completed \_\_\_\_\_

4. Watch and listen to DVD for **Lies That Survivors Believe**  
•Complete pages 9-11 in the Staff Training Manual

Date Completed \_\_\_\_\_

5. Watch and listen to DVD for **Longings and Voice**  
•Complete pages 11-14 in the Staff Training Manual.

Date Completed \_\_\_\_\_

6. Watch and listen to DVD for **Helping in Ways that Do Not Hurt**  
•Complete pages 14-16 in the Staff Training Manual.

Date Completed \_\_\_\_\_

7. Watch and listen to DVD for **Resources**  
•Complete pages 17-18 in the Staff Training Manual.

Date Completed \_\_\_\_\_

### Part 3: Overview of Committed to Freedom curriculum

Enter the date you complete each of these sessions. Please read the corresponding pages in the *Committed to Freedom Student Manual* and *Teacher's Manual*.

#### Video Tape 2

1. Watch and listen to DVD for **Curriculum Intro**  
•Complete pages 4-9 in the Teacher's Manual.

Date Completed \_\_\_\_\_

2. Watch and listen to DVD for **Abuse Questionnaire, Student Learning Contract**  
•Complete page 10-11 in the Teacher's Manual and 19-22 in the Staff Training Manual.

Date Completed \_\_\_\_\_

3. Watch and listen to DVD for **What We Believe**  
•Complete pages 13-19 in the Teacher's Manual.

Date Completed \_\_\_\_\_

4. Watch and listen to DVD for **Project 1: You're Not Alone Anymore**  
•Read pages 21-32 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_

5. Watch and listen to DVD for **Project 2: Where are You Going to Let Your Pain Take You?**  
•Read pages 32-43 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_

6. Watch and listen to DVD **Project 3: You Are Here**  
•Read pages 45-53 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_

7. Watch and listen to DVD for **Project 4: Walls to Hide Behind**  
•Read pages 55-67 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_

### **Video Tape 3**

8. Watch and listen to DVD for **Project 5: The Path to Freedom**  
•Read pages 69-73 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_

9. Watch and listen to DVD for **Project 6: Where Do I Start?**  
•Read pages 75-87 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_

10. Watch and listen to DVD for **Project 7: An Assignment**  
•Read pages 89-93 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_

11. Watch and listen to DVD for **Project 8: Anger**  
•Read pages 95-117 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_

12. Watch and listen to DVD for **Project 9: I Need An Apology**  
•Read pages 119-131 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_

13. Watch and listen to DVD for **Project 10: Forgiveness**
  - Read pages 133-147 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_
14. Watch and listen to DVD for **Project 11: I Need to Feel Clean**
  - Read pages 149-159 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_
15. Listen video for **Project 12: Reading Assignments**
  - Read pages 161-165 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_
16. Watch and listen to DVD for **Project 13: The Funeral**
  - Read pages 167-171 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_
17. Watch and listen to DVD for **Summary Lesson**
  - Read pages 173-178 in the *Committed to Freedom Teacher's Manual*.

Date Completed \_\_\_\_\_

## Part 4: Required Reading

The following books are required reading. We recommend that you complete phase 2 & 3 of this teacher-training course before you begin these reading assignments. We also recommend that you complete *My Father's Child* before you begin *On the Threshold of Hope* by Diane Langberg. There are reading records provided on pages 5-8 of this application to record your progress through the reading. Please make certain that these pages, along with the rest of the application are submitted to fulfill your certification requirements.

## Book 1: My Father's Child, By Lynda Elliott and Vicki Tanner

Teen Challenge International, USA is the sole printer of My Father's Child. It is suggested that a program purchase quantities to limit costs and increase TCUSA's ability to forecast demand.

Each chapter has study questions at the end, which the students will be required to answer. We recommend that you also answer these questions, especially if you were abused in your past. Even if you were not abused, the issues raised in many of these questions may be applicable to your life.

I wrote out answers to the questions \_\_\_ I did not write out answers to the questions \_\_\_

### **Chapter 1: Were you abused?**

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

### **Chapter 2: Recognizing the offense**

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

### **Chapter 3: Recognizing the lies**

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

### **Chapter 4: Lies common to those who were sexually abused**

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

### **Chapter 5: The ingredients of forgiveness**

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

### **Chapter 6: The process of change**

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

### **Chapter 7: Filling the void**

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

### **Chapter 8: A new family**

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

### **Chapter 9: Breaking destructive behavior patterns**

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

### **Chapter 10: Breaking the generational curses**

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 11: Breaking the cycle of abuse**

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 12: Growing up in Him**

Date reading completed: \_\_\_\_\_

**Book 2:** *On the Threshold of Hope: Opening the Door to Hope and Healing for Survivors of Sexual Abuse.* By Diane Mandt Langberg

Date Started: \_\_\_\_\_ Date Completed: \_\_\_\_\_

**Part 1: Approaching the Subject of Sexual Abuse**

**Chapter 1:** Getting Started page 5

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 2:** On The Threshold page 9

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 3:** How To Care For Yourself As You Read page 13

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 4:** You Are A Survivor page 17

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 5:** One Woman's Story page 23

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Part 2: Dealing With the Abuse**

**Chapter 6:** Telling Your Story page 33

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 7:** What Happens after You Tell Your Story page 39

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 8:** Understanding Some Terminology page 43

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 9:** Dealing With Trauma page 51

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 10:** Childhood Abuse page 59  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 11:** What Did You Learn from Your Family? page 67  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 12:** A Look Behind the Scenes page 73  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

### Part 3: What Was Damaged in the Abuse

**Chapter 13:** Abuse Damaged Your Body page 85  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 14:** Abuse Damaged Your Emotions page 99  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 15:** Abuse Damaged Your Thinking page 111  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 16:** Abuse Damaged Your Relationships page 119  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 17:** Abuse Damaged Your Spirit page 129  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

### Part 4: What Does Healing Look Like

**Chapter 18:** Healing for Your Body page 139  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 19:** Healing for Your Emotions page 149  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 20:** Healing for Your Thinking page 159  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 21:** Healing for Your Relationships page 167  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 22:** Healing for Your Spirit page 177  
Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

## Part 5: Finding Others to Help

**Chapter 23:** Finding a Good Counselor page 191

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 24:** Suggestions for People Who Are page 197

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

**Chapter 25:** Some Final Thoughts page 207

Date reading completed: \_\_\_\_\_ Date study questions completed: \_\_\_\_\_

## Part 5: Reporting Sexual Abuse in your state

Each state has mandatory regulations on reporting sexual abuse. The following Committed to Freedom teacher training requirements are designed to insure that you are informed of your state laws and that your ministry has policies that assure the implementation of your state and federal laws on reporting sexual abuse. Information on these procedures and other related materials may be found at <http://nccanch.acf.hhs.gov/> or contact TCUSA Accreditation Office.

1. Attend training by a person in your community that works for the government agency that handles reports of sexual abuse.

Date Completed \_\_\_\_\_

This training was conducted by \_\_\_\_\_

2. I have read and understand the policies of the ministry where I work that relate to the reporting of sexual abuse. Your ministry must have these policies in writing. If your ministry does not currently have any written policies regarding this issue (you are welcome to contact Teen Challenge International Accreditation Office for sample policies).

Date Completed \_\_\_\_\_ Policy Attached \_\_\_\_\_

When you send in this *Committed to Freedom* Teacher Training Application, please enclose a copy of your ministry's policies on reporting sexual abuse.

Mail your completed application & policies on reporting sexual abuse to:

*Committed to Freedom Teacher Certification*  
Teen Challenge International, USA  
PO Box 249  
Ozark, MO 65721  
Phone: 417-581-2181

Please note: ***Committed to Freedom* student materials** may be purchased only after your ministry has at least one teacher who has completed this teacher-training course.