

INTEGRATION

INTEGRATION WITH COUNSELING THEORY

How the Biblical Virtues of Acceptance and Perseverance Support Healing and Growth in Michael's Journey



Michael's healing is strengthened by the biblical virtues of Acceptance and Perseverance.

Acceptance helps him acknowledge his past, embrace self-compassion, and receive God's unconditional love.

Perseverance empowers him to continue growing, even when change is difficult or setbacks occur.



Key Scripture

Romans 15:7 • Romans 8:1

Romans 5:3–4 • James 1:2–4

COUNSELING APPROACH	HOW ACCEPTANCE IS EXPRESSED IN MICHAEL'S JOURNEY	HOW PERSEVERANCE IS EXPRESSED IN MICHAEL'S JOURNEY	IMPACT ON MICHAEL
 Person-Centered Therapy	 Experiences unconditional positive regard, helping him accept himself as worthy and valuable.	 Stays engaged in the therapeutic relationship, showing up consistently and staying open to growth.	 Builds trust, emotional safety, and a foundation for change.
 Attachment-Based Therapy	 Accepts his attachment injuries without self-blame and recognizes his needs for connection.	 Practices new relational patterns and continues building trust over time.	 Develops more secure attachments and healthier relationships.
 EMDR (Trauma Processing)	 Accepts that traumatic memories are part of his story while reducing their emotional intensity.	 Persists through the discomfort of reprocessing to achieve adaptive resolution.	 Healing from trauma reduces anxiety, shame, and emotional reactivity.
 Cognitive Behavioral Therapy (CBT)	 Accepts that thoughts can be unhelpful and are not always facts about himself or others.	 Consistently challenges and replaces distorted thinking with healthier, more balanced beliefs.	 Improved thinking patterns lead to better emotions, behaviors, and relationships.
 Acceptance and Commitment Therapy (ACT)	 Accepts internal experiences (anxiety, fear, pain) without avoiding or fighting them.	 Commits to taking values-based actions, even when discomfort or fear is present.	 Lives more intentionally in alignment with his values, creating a meaningful and fulfilling life.
 Positive Psychology	 Accepts and embraces his strengths, limitations, and the progress he has made.	 Continues to cultivate hope, resilience, gratitude, and purpose each day.	 Increased hope, life satisfaction, and a strong sense of purpose and well-being.



Biblical Foundation: "Accept one another, then, just as Christ accepted you, in order to bring praise to God." (Romans 15:7)

"Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope." (Romans 5:3–4)

Through God's grace, acceptance opens the door for healing, and perseverance carries us forward into abundant life.