



Integrity Curriculum

The Integrity Curriculum

- ♦ **Comprehensive** A distinctive feature of FIT is its focus on many key areas of life-skill need. It is not just about addiction, or anger, or parenting skills, or finances, or relationships. It is about all of these things and addresses the needs of people wherever they may be. The program has been effectively used for years in prisons, jails, recovery homes, community centers, churches, and schools. It is especially pertinent to the mission of Christian schools due to the challenges and temptations that modern youth face.
- ♦ **Nine Courses** The Integrity Curriculum is composed of nine stand-alone courses. The courses are designed to be used separately or collectively. Participants in FIT-authorized classes receive course completion certificates for each course they complete. They also receive a special program-completion certificate if they complete at least one course from each of the six focus areas as described in this brochure and accumulate a minimum of 100 hours of class time.
- ♦ **Intense, Yet Gentle** Life skills are touchy subjects for people to deal with. In order to cut through denial, embarrassment and personal hurt, facilitators emphasize acceptance and confidentiality. The materials skillfully move the group from less sensitive issues to the highly sensitive ones through guided questions and group discussion.
- ♦ **A Powerful Tool to Help People Find Their Way** People with serious life problems need much help and support to overcome the situations that overwhelm them. Though not intended as a substitute for professional guidance, the program is useful in helping people from all walks of life and situations to get help from peers in a group setting. All materials and sessions emphasize small-group problem-solving and interaction. Participants learn to think before they act and not the other way around. There is a minimum of “teacher talk” or “preaching” and a maximum of sharing, thinking, and solving problems together. Add to this a godly facilitator who lives the life he/she is presenting and you have something that resonates.
- ♦ **Practical and Biblical** There is an excellent knowledge base available to us of what has been proven to be effective. The Bible is also full of good advice as to how to live. FIT joins the two in a very practical and simple way that everyone can comprehend and profit from. For the Christian, this approach is a “win-win” situation. The curriculum builds better citizens and Christians at the same time. This is the preferred approach for many people.

Up to 168 hours of intense life-skills lessons emphasizing responsible decision-making

Web site: <http://familyintegrity.org>
Email: info@100hour.org, Ph: (941) 799-4975

Materials Available Online or by Mail

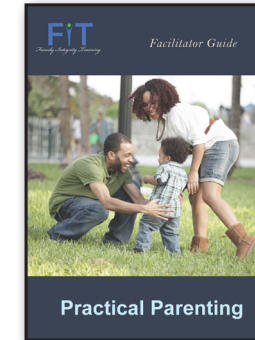
Family Integrity Training Inc.
3855 Pro Am Ave E
Bradenton, FL 34203

A Faith-Based Educational Program for developing full and productive lifestyles.

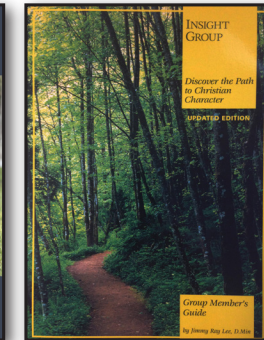


9 COURSES THAT WILL IMPROVE YOUR LIFE

Critical Life-Skills Curriculum



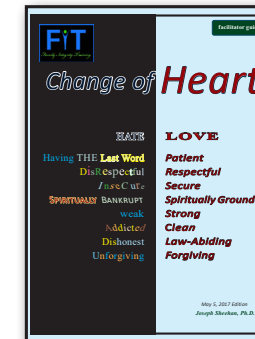
Practical Parenting



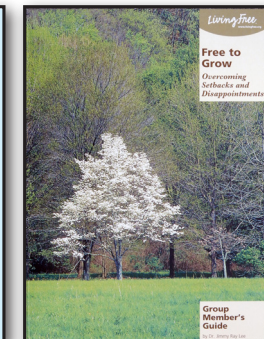
Insight



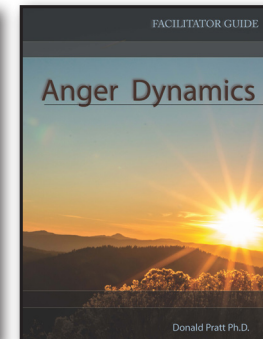
Starting Over



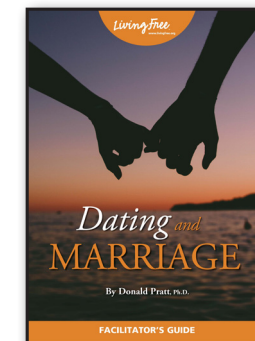
Change of Heart



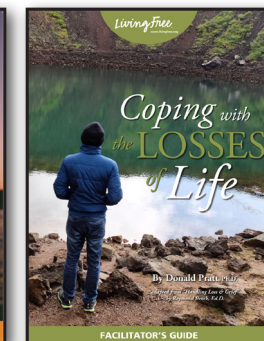
Free to Grow



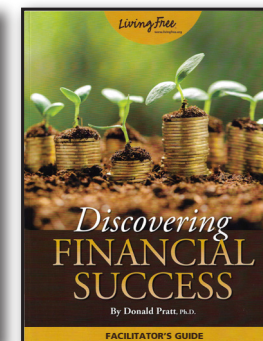
Anger Dynamics



Dating and Marriage



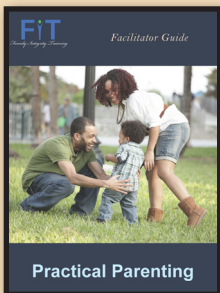
Losses of Life



Financial Success

“developing life skills through faith”

AREA 1 PARENTING 9 Lessons

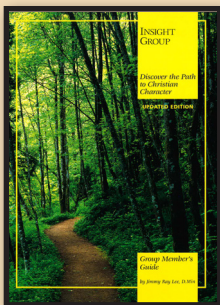


Practical Parenting is a simple and effective guide to parenting in all kinds of situations. It provides a solid biblical and factual basis for enabling the small group to identify and come up with solutions and applications. The course has been used for years by courts and government agencies for clients who elect to have a faith-based approach. It accomplishes two goals at the same time: it teaches Christian values and corrects many of the problems that parents face in society.

2009, 2014. Written by Donald Pratt, Ph.D., Joseph Sheehan, Ph.D., and John Woods, M.P.A. 9 Lessons, 103 pages. Separate Facilitator and Group Member Guides

Practical Parenting

AREA 2 PERSONAL INTEGRITY 9 Lessons



The **Insight** course is one of our most emotional and spiritually-intense courses and offers great potential for fast and meaningful growth. It is based on the assumption that all of us have to deal with addictions of some type (substances, behavioral, or relationships) and that the answer lies in turning to God and removing the hindrances that keep us from doing so. Lessons show how people are pulled into destructive behaviors and the process of avoiding and getting out of them.

1989, 2017. Written by Jimmy Ray Lee, D.Min. 9 Lessons. 78 pages. Separate Facilitator and Group Member Guides

Insight



As the name **Starting Over** implies, this course focuses on the purpose and planning that is necessary to start over when rebuilding your life. The chapters cover the process of finding faith, where to look for guidance, knowing truth, building moral character, and maintaining character. The book takes you through four stages: Charting a Course, staying on Course, Traveling Light, and Arriving Home.

2021. Written by Joseph Sheehan, Ph.D. 9 Lessons. 132 inside pages. Separate Facilitator and Group Member Guides

Starting Over

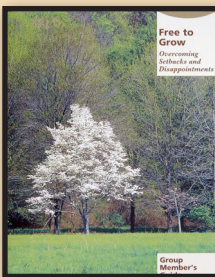
AREA 3 DECISION MAKING 9 - 12 Lessons



Change of Heart is an in-depth study of the need for changing behavior from destructive patterns to constructive ones. A conscious choice to change is the starting point which has to be followed up by personal application. Though many people have good intentions and can quote scriptures, they need help in thinking through as to how it affects personal life. This book is filled with realistic scenarios, discussion questions, and easy-to-understand text. It demonstrates how Christian character should develop and what it should look like.

2017. Written by Joseph Sheehan, Ph.D. 9 Lessons. 85 pages. Separate Facilitator and Group Member Guides

Change of Heart

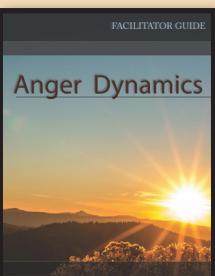


Free to Grow covers several areas in real life describing where we need to “grow up”, both socially and spiritually. We do this by eliminating the hindrances of life that hold us back. The 12-session format allows enough time for participants to get to know you and open up and share in lesson material. Covers “unmasked faces”, forgiveness, boundaries, childishness, and freedom.

2006. Written by Jimmy Ray Lee, D.Min. 12 Lessons. 75 pages. Separate Facilitator and Group Member Guides

Free to Grow

AREA 4 ANGER MANAGEMENT 9 Lessons

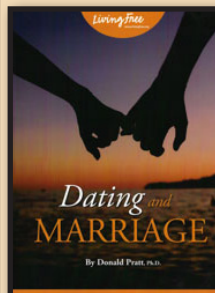


The **Anger Dynamics** book addresses personal anger in a gentle and progressive way. It starts with dealing with personal anger and ends with helping others and becoming a peacemaker. Group members learn to solve their own problems through numerous discussion exercises. They learn to share and benefit from the experiences and thoughts of their peers. They discover that their situations are not unique, that anger is complex, and find much better ways of handling difficult situations.

2013, 2021. Donald Pratt, Ph.D. and Paul Pratt, B.S.W. 9 Lessons. 92 pages. Separate Facilitator and Group Member Guides

Anger Dynamics

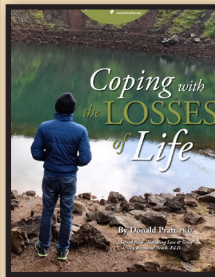
AREA 5 RELATIONSHIPS 9 Lessons



In an age of widespread troubled and broken relationships, the principles in this practical guide have never been more needed. **Dating and Marriage** is especially pertinent for adults who grew up as orphans or came from dysfunctional families. Effective with couples from all different kinds of backgrounds, it provides both practical and spiritual guidance. This course is especially relevant for current society where Christian values are often overlooked or dismissed.

2019. Written by Donald Pratt, Ph.D. 9 Lessons. 82 pages. Separate Facilitator and Group Member Guides

Dating and Marriage

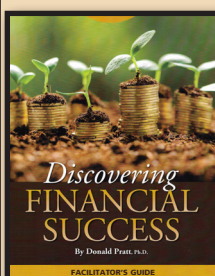


Coping with the Losses of Life involves handling losses of any type. Loss includes relationships, job, home, freedom, health, addiction, or death. Group members realistically come to terms with their own disappointments and losses, often for the first time. They see how easy it is to get stuck when issues are not properly dealt with in a healthy way and learn the steps of recovery. Thoroughly field-tested, numerous class worksheets are provided for maximum discussion and application.

2019. Written by Donald Pratt, Ph.D. 9 Lessons. 112 pages. Separate Facilitator and Group Member Guides

Losses of Life

AREA 6 ECONOMICS 9 Lessons



Discovering Financial Success was specially written for the needs of persons who need to start over financially. Habits of indebtedness and poor money and work management lead to destructive patterns that are hard to break and overcome. Spiritual and social responsibilities are also highlighted. Worksheets include a personal debt summary and a practice budget. Part 1 deals with managing money and Part 2 with making money.

2019. Written by Donald Pratt, Ph.D. 9 Lessons. 94 pages. Separate Facilitator and Group Member Guides

Financial Success