

Maribeth is a pastoral care minister. She is ordained through Vineyard Christian Fellowship of Wichita Kansas. Maribeth counseled 15 years for Shepherd's House.

During her years of practice she co-authored the book The Life Model: Living from the Heart Jesus Gave You and Bringing the Life Model to Life Study Guide. She wrote a guide for new parents to help them joyfully develop the mind of their baby called Joyful Beginnings Baby Book Guide.

Maribeth holistic ministry approach is centered in God's design for our brains and His Word concerning relationships. She covers current and past trauma, relationships, spirituality and the emotional maturity process. Maribeth has specialized training in brain development and healing the effects of sexual abuse, dissociation, ritual abuse and church relationships.

Maribeth was born in Nigeria to missionary parents. She attended a missionary boarding school through 9th grade finishing High School in the U.S. She has a BS degree from Columbia Bible College and her masters in Biblical Counseling from Grace Theological Seminary. She likes people, animals, nature and reading. Maribeth's heart is easily captured by the wounded, overlooked and those mis-perceived as unimportant or misfits. She enjoys watching God tenderly and powerfully help people through recovery.



ATTUNE TO ATTACH

The course answers the question:

How do I grow an ever increasing "Earned Secure" attachment through attuning with others?

This is one of a series of courses designed to develop an understanding of how God made us, how we have been relationally compromised and how to be restored and restore one another in love.

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**Developing the skills needed
to attune with one another.**

Attuning builds the groundwork for close and safe relationships. Good relational attachment enables us to heal from trauma and become emotionally mature.



Learn about Attachment Patterns

There are 4 main attachment pattern categories:

1. Secure
2. Dismissive
3. Anxious/ Distracted
4. Disorganized

We may have more than one ...

- Important for us to grow in awareness of our own attachment styles, so as to not be 'driven by them', but increasingly in control of them.
- Important for us to understand what is happening within people we are relating with so as to be better able to connect meaningfully.

Our Goal: Grow into an ever increasing "Earned Secure"

Emotional Attunement at the 5 Levels of the Relational Brain

The relational brain includes 4 levels of the right brain and the left brain. Each level of the relational brain has different relational functions.

Each level of the relational brain is described. The course offers insights into how these levels behave.

- What happens when it is overly agitated?
- What is needed to improve each level's capacity and capability?
- Exercise helps us be aware of and improve our relational brain.

Making Attunement Practical

We can learn to see how we are doing relationally through new glasses. Exercises and self-assessment guide us to greater relational awareness.

This awareness and the skills outlined in this course make attuning practical with family, friends, church and your community.

Immanuel Attuned With Me

We learn how "thought rhyming" with Immanuel and with one another brings us peace together. Being "in sync" with one another feels like we are close and deeply understanding one another. We can be close to Immanuel like He is under our skin and with us.

We use all our brain while we see and feel Immanuel's perspective of other's and life circumstances.

Exercises help us be aware of Immanuel communicating with us. He sees us, He hears us, He can feel our feelings. He speaks to us about His seeing us, understanding us and what we are feeling. He speaks deeply to our hearts, our identity, our place in life and our misunderstandings about what we believe about ourselves.

This training and its application will change your relationships with those closest to you and a growing circle of deeper friendships. Good attachment repairs the depth of our soul helping us be who God made us to be.

