

## FREEDOM COURSE FAQs

### What is the Freedom Course?

The Freedom Course is a 16-week, trauma-informed discipleship course designed to help Christians live free and stay free.

Over approximately 10 hours of therapeutic engagement every week, participants will work with a Freedom Course Facilitator to deepen an authentic relationship with God, self and others through mentoring, healing prayer and by completing curriculum content.

Participants will also have access to a registered counsellor and practitioners in fitness, nutrition and occupational therapy, where needed, and have as well as life-time access to Post-programme support.

### How will I know if the Freedom Course is right for me?

Before you apply to the Freedom Course, review the self-assessment questions below to decide whether the course is suitable:

- Do you often sense a disconnect in your relationship with God, self and others that you cannot resolve?
- Do you find your responsibilities or relationships are restricted by your own limiting beliefs?
- Do you find yourself coping through unhelpful behaviours or habits?
- Are you able to access emails, websites and online conferencing?
- Can you commit up to an average of 10 hours therapeutic engagement with the course every week, for 16 weeks?
- Are you looking to address the root cause of struggles through encountering God more deeply?

If the answer is yes to the above questions, then the Freedom Course might be suitable for you.

The Freedom Course is not suitable for individuals receiving inpatient care or who are already receiving counselling or therapy. The Freedom Course is not suitable for individuals facing acute mental health needs. Participants will need to demonstrate an ability to engage in critical reflection, manage their emotions and safeguard themselves and others.

### What can I expect from the Freedom Course curriculum?

Our discipleship curriculum has been designed to deepen your relationship with God, self and others and in doing so, bring deeper understanding and healing to the root causes of your struggles.

There are four modules within the Freedom Course:

**Module One – Setting the Scene:** In this module, you will learn how to understand your own needs and the nature of your own beliefs and behaviours.

**Module Two – Relationship with God:** In this module, you will deepen your own relationship with God and reflect on the nature of your relationship with Him. You'll explore how trust has been built up or torn down in your relationship with Him and how you view Him as Father, Son and Holy Spirit.

**Module Three – Relationship with Self:** In this module, you will learn how to identify and receive healing to root-level hurts and how to walk out your healing through a process of renewed thinking.

**Module Four – Relationship with Others:** In this module, you will learn how to develop healthy boundaries, use your authority as a Believer to bring release from unhealthy attachments, and how you live free and stay free in fellowship with others.

### **Do I need to be a Christian or part of a church to apply?**

The Freedom Course offers a Christ-centred discipleship curriculum and aspects of the course include Bible study, Christian teaching and prayer. Participants are asked to be willing to engage in these faith-based activities.

We know that having a solid support network within a local church or Christian fellowship really does make the difference to living free and staying free. Mercy UK works in close partnership with churches and Christian fellowships by offering training and pastoral care advice and if desired, we can support you in finding a fellowship that suits you.

### **I'm unavailable during the day due to work/family commitments. Do you offer any of the Freedom Course outside of normal work hours?**

In order to be considered for the Freedom Course, you will need to demonstrate that you can give roughly 10 hours a week to complete the course in your own time. We run the Freedom Course between 8.30am and 5.30pm, Monday to Friday, and sessions will typically take place within these hours.

However, we do recognise that there may be extenuating circumstances so we advise that you discuss your availability with a member of the Admissions Team before you apply.

### **Can I join the Freedom Course if I am already receiving counselling or therapy?**

Unfortunately, we cannot consider your application if you are already receiving therapeutic input from another counselling or support service.

### **How deep does the Freedom Course allow me to go?**

The course allows you to go as deep as you feel comfortable going and, during the application

process, you will be given the chance to share what areas you would like to explore. Meeting with an Accountability Partner as part of your support network and receiving weekly counselling with a registered counsellor, are integral parts of the course alongside your facilitated sessions. This coordinated support allows you to process your learning and experiences outside of your weekly sessions with your Freedom Course facilitator.

### **How do I apply for the Freedom Course?**

You can apply via the Freedom Course application [link](#) on the Mercy UK website. You will also find information about the application process and a step-by-step guide on the [Freedom Course webpage](#).

### **What happens after I finish the course?**

At Mercy UK, we recognise that healing comes in layers and that from time to time, we may face new challenges or feel an invitation to explore even deeper levels of our freedom. For this reason, you will be introduced to our Post-programme Support Team during your final module on the Freedom Course.

Our Aftercare service offers you lifetime access to prayer support and sign-posting to resources, practitioners or faith-based support, to ensure that you are equipped to live free and stay free, once your course ends.

### **How soon after my application is accepted will I receive my start date?**

We're unable to give a specific time due to the growing demand for our services and advise you to stay in contact with your Admissions team member overseeing your application. As you prepare to begin your course, we recommend that you engage with the support and teaching offered to you, until a place becomes available.

### **What happens if my application is declined?**

Where an individual is deemed to need more support than the Freedom Course team can offer, or where an individual is unable or unwilling to engage with the support offered, or the required time commitment, recommendations to alternative support options will be offered in place of the Freedom Course.

### **Is the Freedom Course really free!?**

Yes! All thanks to our amazing supporters. At Mercy UK we don't charge for access to our services, as we believe that finances should never be a barrier to someone gaining freedom. It's obviously not free to run – the average cost per participant is about £2,500. So we are incredibly grateful to all our supporters for their generosity in covering these costs.

### **Can I apply to the Freedom Course if I live outside of the UK?**

We have a strict criteria for international applicants to the Freedom Course. If you are a UK-resident but are currently living outside of the UK or if you are a non UK-resident, please contact our Admissions Team before applying for the Freedom Course and we will be happy to discuss your eligibility [admissions@mercyuk.org](mailto:admissions@mercyuk.org)