

To The “Heroes”



Have you noticed that people have more difficulty being helped than helping? It takes huge amounts of vulnerability to invite someone into a need. Not being willing to receive time, energy, gifts, words or even physical touch is a barrier to the deep desire we have to connect with others and even God. I have found this to be more true for those whom have “Helping Professions”. Yes, I understand the irony of a counselor saying this and therefore do not exclude myself or other counselors. In fact it is easy for me to empathize with people who do struggle.

A recent study showed that 69% of first responders seldom or never utilize mental health “help”. This population is extremely important to me as they are my family, friends and cohorts. There are many individual and group reasons why the help is unattractive to first responders. One of the misconceptions is that counseling is to process crisis experiences. Many of those whom serve prefer to process incidents with coworkers and that is a beautiful thing but there are other reasons to pursue help.

One of the goals I have for clients is to help them experience rich relationships with others and being open to receive help is essential in mutual relationships. Asking for help could mean inviting a loved one to respond to a thought or emotion that normally would go unseen. It could even mean repentance: admitting we were wrong and confessing our need for forgiveness. Brad Williams, pastor of Summit Church, said in a sermon once, “The best days I have are the ones that I do not make excuses for my brokenness”. Both of these things can be uncomfortable to those who struggle to relate in ways other than being the helper.

Mike Cusick founder of ‘Restoring the Soul’ came to Genesis Institute to help train staff last week. He brought up the last sermon Jesus had during which he washed the disciples’ feet. Sometimes



it is so natural to respond like Peter and say “Never shall you wash my feet”. I am sure he did not want his dirt, warts, and stink to be seen by the Lord. However, in order for us to receive, we must be seen.



At Genesis I enjoy working with first responders and especially their families. My goal is that they would experience Godly, abundant and rich relationships despite the unique challenges that face them. At the end of the day, we all want to know and be known. I challenge you to

consider which role is more comfortable to you, caring for someone or receiving care.

http://www.phoenix.edu/about_us/media-center/news/uopx-releases-first-responder-mental-health-survey-results.html