



Developing Restorative Connections: A Workbook for Lay Counselors and Community Builders

Susan Oh Cha

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Do you desire to help individuals and families experience healing, hope, and joy, but do not know where to start? *Developing Restorative Connections: A Workbook for Lay Counselors and Community Builders* is designed to hone various skills to help you and your communities thrive. It will increase your psychological and interpersonal awareness. Dr. Cha's workbook integrates Christian principles with research-based psychological tools. Each session includes exercises for self-assessment as well as practical approaches to caring for self and others.

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