

# BEHIND THE VEIL

**Best Life Therapy**

Kelicha Ochonogor

**BEHIND THE  
VEIL**

**BEST LIFE THERAPY**

**KELICHA  
OCHONOGOR**

BEHIND THE VEIL – Best Life Therapy  
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# CONTENTS

Introduction	5
Chapter One Family and Marital Counselling	10
Chapter Two School Counselling	13
Chapter Three Rehabilitative Counseling For Drug Abuse And Addiction	16
Chapter Four Gerontology Counseling	19
Chapter Five Trauma Counseling Explained	22
Final Word	28
Prayer Points	30

# INTRODUCTION

Proverbs 11:14 A man shall be satisfied with good by the fruit of his mouth: and the recompense of a man's hands shall be rendered unto him. 15 The way of a fool is right in his own eyes: but he that hearkeneth unto counsel is wise.

Proverbs 15:22

“Without counsel purposes are disappointed: but in the multitude of counsellors they are established.”

Proverbs 24:6

For by wise counsel thou shalt make thy war: and in multitude of counselors there is safety.

Psalms 1:1

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

Proverbs 3:5-6

Trust in the LORD with all thine heart; and lean not unto thine own understanding.

In all thy ways acknowledge him, and he shall direct thy paths.

Psalms 73:24

“Thou shalt guide me with thy counsel, and afterward receive me to glory.”

ISAIAH 40:13 "Who hath directed the Spirit of the LORD, or being his counsellor hath taught him?"

1 Corinthians 13:10 But when that which is perfect is come, then that which is in part shall be done away.

1 Corinthians 10:13

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Philippians 4:13

I can do all things through Christ which strengtheneth me.

It's evident that healing the broken-hearted encompasses a wide range of emotional and psychological challenges- Isaiah 61:1-3

The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; To proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all that mourn; To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified. Here's a breakdown of different forms of counseling that can be beneficial for addressing specific aspects of emotional healing:

Luke 4:18

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,

**Career Counseling:** Career counseling is valuable for individuals who are emotionally affected by issues related to their work or career. This can include job dissatisfaction, stress, burnout, or uncertainty about career choices. Career counselors help people make right career choices.

Career counseling plays a crucial role in addressing various emotional and psychological challenges related to one's work or career. Here's a bit more detail on the significance of career counseling in these specific situations:

**Job Dissatisfaction:** Career counseling helps individuals who are unhappy with their current jobs by exploring the reasons behind their dissatisfaction. Counselors can identify whether the dissatisfaction stems from the work environment, job responsibilities, or a mismatch between the individual's skills and interests and the job itself. Through assessments and discussions, career counselors can guide clients toward more satisfying career options.

**Stress and Burnout:** High levels of stress and burnout can have detrimental effects on both mental and physical well-being. Career counselor's works with individuals experiencing stress and burnout to develop coping strategies, manage work-related stressors, and find ways to achieve a better work-life balance. They may also explore alternative career paths that are less stressful and more aligned with the individual's values and needs.

**Uncertainty About Career Choices:** Many people struggle with uncertainty when it comes to choosing a career or deciding on a career change. Career counseling provides tools and resources to help individuals clarify their career goals, assess their strengths and weaknesses, and explore various career options. Counselors can assist in creating a structured plan for achieving career aspirations.

**Job Satisfaction:** Job satisfaction is closely tied to overall well-being. Career counselors can help individuals identify the factors that contribute to job satisfaction, whether it's a fulfilling job role, a positive work environment, or opportunities for growth. By aligning career choices with personal values and goals, individuals can experience greater job satisfaction and emotional well-being.

Career counseling is not only about finding the right job but also about promoting emotional health and overall life satisfaction. It empowers individuals to make informed career decisions, address work-related challenges, and ultimately lead more fulfilling professional lives.

In addition to addressing career-related challenges, career counseling can also touch on spiritual aspects of an individual's life, as spirituality can significantly impact one's sense of purpose, values, and well-being. Here are some ways in which career counseling may encompass spiritual considerations:

- **Alignment with Values:** Career counselors can help individuals explore how their career choices align with their core values and beliefs. This exploration may lead to a deeper understanding of how one's work can be a reflection of their spiritual values and principles.
- **Finding Meaning and Purpose:** Many individuals seek meaning and purpose in their work. Career counselors can assist in identifying career paths or roles that provide a sense of fulfillment and contribute to a greater purpose, which can be closely tied to one's spiritual beliefs.
- **Work-Life Balance:** Achieving a balance between work and personal life is essential for overall well-being, including spiritual well-being. Career counselors can help individuals create

strategies to maintain this balance, allowing time for spiritual practices, community involvement, and personal growth.

- **Transitions and Life Changes:** During significant life transitions or changes, such as career shifts or retirement, individuals may grapple with questions of identity and purpose. Career counselors can provide support and guidance as clients navigate these transitions, considering both practical and spiritual aspects.
- **Stress and Coping Mechanisms:** Career-related stress can impact one's emotional and spiritual health. Counselors can teach stress management techniques, including mindfulness and meditation, which can be valuable for individuals seeking spiritual grounding and resilience.
- **Exploring Alternative Paths:** In cases where individuals are considering careers that directly involve spirituality, such as becoming clergy members or spiritual counselors, career counseling can offer insights into educational requirements, personal readiness, and the steps needed to pursue such vocations.

While career counseling primarily focuses on career-related decisions and challenges, it acknowledges that an individual's spiritual dimension is an integral part of their overall well-being. Therefore, career counselors can provide holistic support that respects and incorporates spiritual beliefs and values into the career planning and decision-making process.

# CHAPTER *1*

## FAMILY AND MARITAL COUNSELING



Family and marital counseling, also known as couple's therapy or family therapy, plays a vital role in addressing a wide range of emotional and relational challenges within family or intimate relationship settings. Here are some key aspects and benefits of this form of counseling:

- **Conflict Resolution:** One of the primary focuses of family and marital counseling is resolving conflicts. Conflicts are a natural part of any relationship, but when left unaddressed or

poorly managed, they can lead to emotional wounds and relationship breakdowns. Counselors help individuals and couples develop healthy communication skills and conflict resolution strategies.

- **Abuse and Trauma Recovery:** In cases where abuse or trauma has occurred within the family or relationship, counseling provides a safe space for survivors to share their experiences and begin the healing process. Counselors can offer guidance on coping with trauma, setting boundaries, and rebuilding a sense of safety.
- **Communication Improvement:** Effective communication is the cornerstone of healthy relationships. Many couples and families struggle with communication problems, which can lead to misunderstandings and emotional distance. Family and marital counselors teach clients how to express themselves honestly, listen actively, and understand each other's needs and perspectives.
- **Rebuilding Trust:** Trust is crucial in any relationship. When trust has been eroded due to breaches of loyalty, infidelity, or other issues, counselors work with couples to rebuild trust gradually. This often involves setting boundaries, making amends, and demonstrating commitment to positive change.
- **Enhancing Relationship Quality:** Even in the absence of major conflicts, many couples and families seek counseling to enhance the quality of their relationships. Counselors can help couples and family members strengthen their bonds, improve intimacy, and foster a more fulfilling and harmonious environment.
- **Preventing Future Issues:** Family and marital counseling not only addresses current challenges but also equips individuals

and couples with the tools and strategies needed to prevent future problems. This proactive approach can help strengthen relationships and prevent recurring issues.

- **Child and Parenting Issues:** Family counseling is particularly beneficial when there are child-related issues, such as behavioral problems, parenting disagreements, or blended family dynamics. Counselors assist parents in finding effective parenting strategies and creating a nurturing family environment.
- **Supportive Environment:** The counseling setting provides a safe and non-judgmental space for individuals and couples to express their thoughts, emotions, and concerns. Counselors offer guidance and support, helping clients navigate difficult conversations and emotions.

Family and marital counseling recognizes that relationships are complex, and addressing emotional wounds and relational challenges requires a combination of empathy, skill-building, and understanding. It is a valuable resource for those seeking to create healthier, more resilient, and happier family and intimate relationships.

# CHAPTER 2

## SCHOOL COUNSELING



School counseling is a specialized form of counseling that focuses on addressing the emotional, social, academic, and developmental needs of students within an educational setting. School counselors play a crucial role in promoting the well-being and success of young individuals, and they address a range of issues that can affect students' emotional health and academic progress. Here's an expanded explanation of school counseling:

- **Emotional Support:** School counselors provide a safe and confidential space for students to express their feelings, concerns, and emotions. They offer a listening ear and help students navigate the emotional challenges they may face during their school years. This can include dealing with stress, anxiety, depression, or feelings of isolation.
- **Bullying Prevention and Intervention:** Bullying is a significant issue in schools, and school counselors are often at the forefront of bullying prevention and intervention efforts. They work with students who have been bullied, bullies themselves, and bystanders to create a safe and respectful school environment. They also educate students on the importance of empathy and kindness.
- **Academic Guidance:** School counselors assist students in setting academic goals, choosing appropriate courses, and planning for their educational future. They help students explore their interests and talents, identify areas of improvement, and provide strategies for academic success. Academic counseling can also involve addressing issues like study skills, time management, and test anxiety.
- **Peer Relationships:** Peer relationships are a significant aspect of a student's school experience. School counselors help students navigate social challenges, including peer pressure, conflicts with friends, and building healthy relationships. They promote positive social skills and communication.
- **Substance Abuse and Prevention:** In cases where students may be dealing with drug or alcohol abuse, school counselors can provide guidance and resources for prevention and intervention. They may conduct educational programs to raise awareness about substance abuse and its consequences.

- **Crisis Intervention:** In times of crisis, such as natural disasters, accidents, or incidents within the school community, school counselors play a critical role in providing emotional support and helping students cope with trauma or loss. They work closely with school administrators and other professionals to ensure a coordinated response.
- **College and Career Planning:** School counselors assist students in exploring post-secondary education options and career paths. They provide information on college applications, scholarships, vocational training, and job opportunities. They help students make informed decisions about their future.
- **Individual and Group Counseling:** School counselors may offer one-on-one counseling sessions for students dealing with specific issues, and they also conduct group counseling sessions on topics like anger management, self-esteem, or coping with life changes.
- **Parent and Teacher Collaboration:** School counselors collaborate with parents and teachers to support students' overall development. They provide guidance to parents on how to address their child's emotional and academic needs and work with teachers to create a positive and inclusive classroom environment.

School counselors are an integral part of the educational system, working to ensure that students not only excel academically but also develop the skills and emotional resilience needed to thrive in school and beyond. Their efforts contribute significantly to students' overall well-being and success.

# CHAPTER 3

## REHABILITATIVE COUNSELING FOR DRUG ABUSE AND ADDICTION



Rehabilitative counseling is a specialized form of therapy aimed at helping individuals who have struggled with drug abuse or addiction. This type of counseling plays a crucial role in the recovery process and focuses on several key aspects:

- Recovery Support: Rehabilitative counseling provides a supportive and non-judgmental environment for individuals in

recovery. Counselors work with clients to address their specific needs, challenges, and goals related to overcoming addiction.

- **Relapse Prevention:** One of the primary objectives of rehabilitative counseling is to develop strategies and coping skills to prevent relapse. Counselors help clients identify triggers that may lead to drug use and teach them techniques to manage cravings and avoid risky situations.
- **Individualized Treatment Plans:** Each person's journey to recovery is unique, and rehabilitative counseling recognizes this. Counselors create individualized treatment plans tailored to the client's needs, which may include a combination of counseling sessions, group therapy, and other support services.
- **Behavioral Change:** Rehabilitative counseling helps individuals understand the behaviors and thought patterns that contribute to addiction. Through cognitive-behavioral therapy (CBT) and other evidence-based approaches, clients learn to replace harmful behaviors with healthier alternatives.
- **Building a Support System:** Recovery is often more successful when individuals have a strong support system. Counselors assist clients in rebuilding relationships with family and friends, and they may recommend involvement in support groups or community resources.
- **Addressing Co-Occurring Disorders:** Many individuals with addiction also have co-occurring mental health disorders such as depression or anxiety. Rehabilitative counseling recognizes the importance of addressing these issues simultaneously to achieve lasting recovery.
- **Life Skills and Goal Setting:** Drug addiction can disrupt various aspects of a person's life. Rehabilitative counseling helps

clients develop life skills, set goals, and work toward rebuilding their lives outside of addiction.

- **Monitoring Progress:** Counselors closely monitor their clients' progress throughout the rehabilitation process. Regular assessments and check-ins help determine the effectiveness of treatment and make adjustments as needed.
- **Holistic Approach:** Rehabilitative counseling often takes a holistic approach, considering physical, emotional, and social aspects of recovery. This approach recognizes that addiction affects all aspects of a person's life and seeks to address each area comprehensively.

Overall, rehabilitative counseling is an essential component of addiction recovery. It empowers individuals to overcome their dependence on drugs, equips them with the tools to maintain sobriety, and supports their efforts to lead healthier, more fulfilling lives beyond addiction.

# CHAPTER 4

## GERONTOLOGY COUNSELING



Gerontology counseling is a specialized form of counseling that focuses on addressing the emotional, psychological, and social challenges that older individuals (often referred to as geriatric or elderly individuals) may face as they age. This type of counseling is designed to assist older adults in maintaining their well-being, improving their quality of life, and addressing issues that are unique to the aging process.

### **Key Components of Gerontology Counseling:**

- **Understanding Aging:** Gerontology counselors are trained to understand the biological, psychological, and social aspects of aging. They have knowledge of the physical changes that occur with age, the impact of chronic illnesses, and the cognitive and emotional changes that can take place.
- **Coping with Loss and Grief:** One significant aspect of gerontology counseling is helping older individuals cope with loss, including the loss of loved ones, friends, or their own health. Grief counseling may be a part of this process, as it's common for older adults to experience multiple losses.
- **Health Concerns:** Gerontology counselors address the psychological and emotional challenges associated with health issues that often come with aging. This includes chronic illnesses, pain management, medication management, and adapting to changes in physical abilities.
- **Social Isolation:** Many older adults may experience social isolation, which can lead to loneliness and depression. Gerontology counselors help clients maintain social connections and find ways to stay engaged in their communities.
- **Retirement and Purpose:** Retirement can bring a sense of purposelessness for some individuals. Gerontology counseling can assist clients in finding new interests, setting goals, and discovering a sense of meaning in their lives beyond their careers.
- **Family Dynamics:** Counselors in this field often work with older individuals and their families to navigate complex family dynamics, including caregiving roles, intergenerational conflicts, and end-of-life planning.
- **End-of-Life Planning:** Gerontology counselors may help clients make decisions about end-of-life care, advance directives, and other aspects of planning for their final years.

## **Benefits of Gerontology Counseling:**

- **Improved Emotional Well-Being:** Counseling can help older individuals manage stress, anxiety, depression, and other emotional challenges associated with aging.
- **Enhanced Quality of Life:** By addressing issues related to health, social connections, and purpose, gerontology counseling can contribute to a better overall quality of life for older adults.
- **Support for Caregivers:** Counseling can also support family members and caregivers who are often involved in the care of older individuals.

In summary, gerontology counseling is a specialized field that recognizes the unique challenges and needs of older adults. It provides support and guidance to help them navigate the aging process with resilience, emotional well-being, and a sense of fulfillment.

# CHAPTER 5

## TRAUMA COUNSELING EXPLAINED



Trauma counseling is a specialized form of therapy aimed at helping individuals who have experienced deeply distressing or traumatic events. Trauma can result from a wide range of experiences, including accidents, physical or emotional abuse, natural disasters, combat, loss of a loved one, or other life-altering incidents. These traumatic events can leave lasting emotional and psychological scars, affecting a person's overall well-being and daily functioning.

## **Key Aspects of Trauma Counseling:**

- **Emotional Processing:** Traumatic events often evoke strong and overwhelming emotions like fear, anger, guilt, and sadness. Trauma counseling provides a safe and supportive environment for individuals to express and process these emotions. Therapists help clients explore their feelings and develop healthy coping mechanisms.
- **Symptom Management:** Trauma can lead to a wide range of symptoms, such as flashbacks, nightmares, anxiety, depression, and emotional numbness. Trauma counselors work with clients to manage and alleviate these symptoms, allowing individuals to regain a sense of control over their lives.
- **Understanding Trauma Responses:** Trauma can profoundly impact how individuals perceive and respond to the world around them. Counseling helps clients understand their trauma responses and teaches them healthier ways to cope and interact with others.
- **Healing and Recovery:** The ultimate goal of trauma counseling is to facilitate healing and recovery. It is a process that involves gradually reducing the emotional distress associated with the trauma, rebuilding a sense of safety, and restoring a positive outlook on life.
- **Trauma-Informed Care:** Trauma counseling is grounded in a trauma-informed approach, which means therapists recognize the prevalence of trauma and its potential effects on clients. They approach clients with empathy, respect, and an understanding of how trauma can shape a person's experiences and behaviors.
- **Various Therapeutic Approaches:** Trauma counseling can be conducted using various therapeutic approaches, such as cognitive-behavioral therapy (CBT), eye movement

desensitization and reprocessing (EMDR), and exposure therapy. The choice of approach depends on the individual's specific needs and the nature of their trauma.

- **Safety and Trust:** Establishing a sense of safety and trust is paramount in trauma counseling. Clients need to feel safe and secure during their therapeutic journey, knowing that they can share their experiences without judgment.
- **Holistic Approach:** Trauma counseling often takes a holistic approach, addressing not only the emotional and psychological aspects but also considering the physical, social, and spiritual dimensions of healing.

Trauma counseling is a valuable resource for individuals seeking to overcome the effects of traumatic experiences. It offers them an opportunity to work through their pain, regain control over their lives, and move toward a brighter and healthier future. The process may take time, but with the right support and guidance, healing and recovery are possible.

#### Deep Counseling for Addressing Emotional Wounds:

Deep counseling involves a thorough exploration of an individual's emotional and psychological landscape. It goes beyond surface-level discussions and aims to uncover and understand the underlying emotional wounds, traumas, and unresolved issues that may be contributing to emotional distress. Here's why deep counseling is important:

- **Root Cause Identification:** Deep counseling helps individuals identify the root causes of their emotional pain or challenges. This often involves exploring past experiences, relationships, and events that may have left lasting emotional scars.

- **Emotional Processing:** It provides a safe and supportive environment for individuals to process and express their emotions. This can be especially important for addressing suppressed feelings or unresolved grief.
- **Behavioral Patterns:** Deep counseling helps individuals recognize and modify negative behavioral patterns and coping mechanisms that may have developed as a result of emotional wounds.
- **Healing and Growth:** By addressing the root causes, deep counseling facilitates healing and personal growth. It empowers individuals to work through their emotional pain and move toward a healthier, more fulfilling life.

## 2. Referrals to Specialists and Therapists:

In some cases, emotional challenges may require specialized expertise or therapeutic modalities. Deep counseling can involve making referrals to specialists or other forms of therapy when necessary. Here's why referrals are important:

- **Specialized Treatment:** Some emotional issues, such as severe trauma or specific mental health disorders, may benefit from specialized treatments like trauma-focused therapy or cognitive-behavioral therapy (CBT). Referrals ensure that individuals receive the most appropriate care.
- **Collaborative Care:** Collaboration between counselors and specialists allows for a comprehensive approach to healing. Specialists can provide specific interventions while counselors continue to offer support and guidance.
- **Medication Management:** For certain mental health conditions, medication management by a psychiatrist may be

necessary. Referrals to psychiatric professionals ensure that individuals receive the right medication and monitoring.

### 3. Holistic Approach to Emotional Healing:

A holistic approach to emotional healing recognizes that emotional well-being is interconnected with various aspects of life, including physical health, relationships, spirituality, and lifestyle choices. Here's why a holistic approach is valuable:

- **Comprehensive Support:** It considers all aspects of an individual's life and well-being, providing a more comprehensive and personalized approach to healing.
- **Preventative Care:** A holistic approach not only addresses current emotional challenges but also focuses on preventing future issues by promoting overall wellness and resilience.
- **Integration of Resources:** It integrates various resources, such as counseling, support networks, lifestyle changes, and self-care practices, to promote lasting emotional health and resilience.
- **Patient-Centered:** Holistic healing is patient-centered, meaning it tailors the approach to the unique needs and preferences of each individual.

Deep counseling is a holistic approach to emotional healing. Uncover the veil and discover your true identity.

I encourage everyone passing through one challenge or the other to embrace counseling; counseling is one Biblical tool a lot of Christians neglect without knowing that in counseling, many challenges of life can be resolved easily with the help of the Holy Spirit and the openness of the counselee to provide vital helpful facts concerning resolving the situation been discussed.

Deliverance happens in counseling.

Healing takes place in counseling.

Breakthrough and direction happens in counseling.

You can practically resolve all situation of life with the right Godly counsel. Embrace it today and ask His Spirit to lead you to the right counselor for you.

Further Study

Psalm 32:8-9 - "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you."

James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Psalm 16:7-8 - "I will praise the LORD, who counsels me; even at night my heart instructs me. I keep my eyes always on the LORD. With him at my right hand, I will not be shaken."

John 16:13 - "But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come."

Psalm 25:4-5 - "Show me your ways, LORD, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long."

Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

## **FINAL WORD**

Decision Time

If you have not given your life to Jesus, do it today; because, freedom comes by knowing Christ and walking with Him alone.

Say this prayer with faith in your heart:

Lord Jesus I come to You today, Forgive me my sins, have mercy on me.

I believe You died for me and rose up on the third day, and now seated at the right hand of the Father. Lord Jesus, come into my heart and life.

I receive you now as my Lord and Saviour.

Thank You for accepting me. Amen.

This simple prayer, if you said it from your heart truly, is all you need do to enter into salvation, become born again, and begin to enjoy God's liberty.

Understand also that you need God in your daily walk in faith. Decide to serve Him today.

Decide to live for Jesus Christ alone. I have made this same decision to be for Christ Jesus alone.

God bless you for taking the decision to be saved and live the Christian life.

Contact us:

Please feel free to contact me for more talk and encouragement in your new faith.

Call or text Mrs Ochonogor Kelicha on 08033074456 or 08028180792

odinichi4real@yahoo.com.

God bless you richly in Jesus' name. Amen!

## PRAYER POINTS

1. Oh Lord, I thank you for your unfailing mercies upon my life and family in Jesus name
2. Oh Lord, I thank You for You are present even in the midst of all my challenges in Jesus name
3. Oh God, I thank You for your presence brings hope and life into my situation in Jesus name
4. My Lord, I appreciate You for your supreme will upon my life will come to pass in Jesus name
5. I thank You for You are able to turn all situations around for my good in Jesus name
6. Thank You Lord for there is no one like You, no one can do the great things in Jesus name that You do for me in Jesus name
7. I Thank You my Father for the gift of the Holy Spirit for right direct direction in counseling in Jesus name
8. I thank You for your breathe upon my life and for helping me through this challenging situations in Jesus name
9. I thank You Oh Lord for the divine direction You have promised in your word concerning this situation in Jesus name
10. My God, I thank You because I shall not miss my way in destiny as I seek right counsel in Jesus name
11. Oh Lord, let your light shall shine upon my light to show me the right way out of this situation in Jesus name
12. My father, I ask for your mercy in all the ways I have sinned against You and fallen short of your glory in Jesus
13. Oh God, cleanse me from all forms of sins, transgressions and iniquities and the iniquities of my bloodline in Jesus name
14. Purge me oh Lord from all impurities in the mighty name of Jesus Christ

15. Oh Lord, wash me clean from every unrighteousness in the mighty name of Jesus Christ
16. My Lord, show me the way out of all the challenges I have found myself in Jesus name
17. Oh God, breathe upon me to grant me peace even in the midst of this storm in the mighty name of Jesus Christ
18. Lord Jesus let your mercy shine upon me to attract destiny helpers in the mighty name of Jesus Christ
19. Oh Lord, take away every form of pain from my life in the mighty name of Jesus Christ
20. I uproot every form of disease from my life now in the mighty name of Jesus Christ
21. I come against every altar of darkness working against my peace, in the mighty name of Jesus Christ
22. I cancel every date of death projected against me by the powers of darkness in the mighty name of Jesus Christ
23. I cover myself and my family in blood of Jesus Christ in Jesus name
24. I come against every demonic assault assigned against my life and destiny in the mighty name of Jesus Christ
25. I overcome sickness, shame and reproach in the mighty name of Jesus Christ
26. I shall live, I shall not die, in the mighty name of Jesus Christ
27. I reject the urge to sin in the mighty name of Jesus Christ
28. I cancel every plan of the enemy against my life and my destiny in Jesus name
29. I come out of every bondage of darkness in the mighty name of Jesus Christ
30. I walk in divine health and peace of mind in the mighty name of Jesus Christ
31. I decree and declare, I shall continue to walk in the light of God's word in the mighty name of Jesus Christ

32. I receive great help in from God and men in season and out of season in the mighty name of Jesus Christ
33. My God, thank You for answering my prayers in Jesus name
34. I worship my God for been a prayer answering God in Jesus name
35. I thank You my father for right direction and right counsel in Jesus name
36. I thank You for the gift of the Holy Spirit in Jesus name

# About the Book

**D**eep counseling is a holistic approach to emotional healing.

Uncover the veil and discover your true identity.

# About the Author

**K**elicha Ochonogor is a graduate of English Language (Education) from Delta State University, Abraka. She holds two Masters Degrees in English Language from Covenant University, Ota, Ogun State and Educational Administration and planning from National Open University of Nigeria (NOUN). She has authored forty one (41) books and counting! Kelicha is a business woman and happily married with four young children.

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