

COUNSELING AND CHRISTIAN MATURITY MINISTRY(CCM) – EGYPT

“TO PRESENT EACH ONE MATURE IN CHRIST”

Purpose/Mission Statement

To produce deep Christian maturity in the human soul, and to develop awareness to the individual regarding his/her inner child. We do that in a frame of genuine Christian love and holiness. We try to respect each other's personal doctrine, social, economic or cultural background.

We provide

Marriage and Family counseling ministry – Personal & Children counseling ministry - Interaction & Support Group therapy - Counseling training courses - Educational Seminars (Marriage, Parenting, Emotional Maturity, and Spiritual Living) - A Specialized library & Psychodrama – Art Therapy - Mercy & Relief Ministry – Online ministry

2023 BOARD MEMBERS - THEIR TEAM, ROLES & LENGTH OF TENURE

- Name:** Moushir S. Fares
a. **Position:** Director
b. **Tenure:** 33 Years
- Name:** Evette Fouad
a. **Position:** CFO & HR manager
b. **Tenure:** 32 Years
- Name:** Ebtessam Thabet
a. **Position:** Office Manager
b. **Tenure:** 32 Years
- Name:** Samir Na'iem
a. **Position:** Counselor
b. **Tenure:** 23 years
- Name:** Malaka Aziz
a. **Position:** Counselor & Data Entry
b. **Tenure:** 22 year
- Name:** Marianne El Wahsh
a. **Position:** Counselor
b. **Tenure:** 19 year
- Name:** Hiedi Samuel
a. **Position:** Counselor
b. **Tenure:** 13 Years
- Name:** Warda Doas
a. **Position:** Online ministry admin
b. **Tenure:** 8 Years
- Name:** Ehab Yousef
a. **Position:** Counselor
b. **Tenure:** 5 Year
- Name:** Sarah Melad
a. **Position:** Head of Children counseling
b. **Tenure:** 3 Year
- Name:** Nancy Anies
a. **Position:** Children Counselor
b. **Tenure:** 2 Year
- Name:** Rasha Maher
a. **Position:** Children Counselor
Children
b. **Tenure:** 2 Year
- Name:** Amany Nasef
a. **Position:** Counselor
b. **Tenure:** 2 Year
- Name:** Enas Phillip
a. **Position:** Front Desk & Office Librarian
b. **Tenure:** 2 Year
- Name:** Maha Mahrous
a. **Position:** Counselor
b. **Tenure:** 1 Year

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Number of Meetings: 12 meetings, plus a two-day retreat.

- **Ehab Yousef** started his own counseling business with his wife Germin (who also used to be a board member). He will not be able to continue active in 2023.
- Late in 2023, **Nancy Anies** also ended her board term.
- This year, during the visit of GSM, we celebrated the newest counselor, Enas Phillip, who finished with her Internship period 6 months ago.



THE HEADQUARTER OFFICE

Location Name: Grace Apostolic Church, Bldg. # 19
Mailing address: P.O. Box 30 Al-Afdal, Cairo 11627, Egypt
Phone: Cell: (+20122) 4747-601

E-mail: counseling.ministry@gmail.com

Website: <https://arabic-christian-counseling.com>

YouTube: <https://www.youtube.com/c/CounsellingMinistry-90>

• **Workers:**

- 16 individuals;
 - 6 Paid staff,
 - 8 Volunteers,
 - 2 Paid laborers (Janitor and office boy)
 - Substitute paid front-disk individuals.

• **Director: Moushir S. Fares**

- Comments:
 - We thank God for our library that helps more than 130 individuals a year with more than 3000 Books. We give thanks to God that we can help educate those people through reading and listening to Arabic materials.



• **Communication with Satellite:**

- Again we feel so grateful for the good communication with Rinda, and her good work as a satellite leader. We've had several useful meetings this year on Zoom. Please keep praying and give a hand as much as you can.
 - *FB group for our Oregonian family (for a bigger connection):*
<https://www.facebook.com/groups/588386221204665>

• **Classes & workshops:**

- We thank God, finally Teresa could visit our part of the world, last June, along with the beloved GSM tour group. Teresa taught a whole course on Marriage and domestic violence, for almost 30 participants.

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CLASSES & WORKSHOPS

- Cindy Womack taught a class on Suicide intervention for 25 participants, as well as a special class in Alexandria on Regulating our nervous system and Polvegal theory, for 55 participants.
 - In October, we had a blessed visit from 2 teachers from Mesites Christian Academy, South Africa, along with our Jordanian friend Caroline, who introduced them to our office. They gave training on the following:
 - neuro-biology model in therapy
 - Childhood abuse and Trauma therapy
 - Play and creative Therapy
- Family counseling: A system approach & EFT Model for couples therapy.
 - 30 live participants attended plus live Stream participation, for the first time, via zoom, for those residing outside of Cairo or abroad.

GROUPS

- A monthly open support group for caregivers (mainly individuals who care for a chronically ill family member), led by Marianne.
 - The group helped about 50 persons throughout 8 meetings.
- An open bi-weekly book club and movie evening, led by Enas.
 - About 50 persons participated throughout 16 evenings.
- A 12-week workshop for teens' parents, led by Ebtesam and Rasha.
 - 3 couples
 - 7 single parents shared on the workshop.
- 3 one-day classes of art therapy, led by Mosheer.
 - 2 classes in Cairo and one in Alexandria.
 - The average of participants was 13 for each.
- Weekly group therapy for “Attachment disorder in adults”
 - for 17 participants
 - will remain running up to April 2024.
- A new weekly group therapy for “Attachment disorder in adults” in Alexandria, under the new title “2 Connect”.
 - It consists of 16 participants
 - remain running up to April 2024. Led by Mosheer & Marianne.
- **2 testimonies from group members:**
 - *“The group is making a huge difference in every aspect of me, mentally, socially & and emotionally. Through its turns, through the exercises we make, as well as the articles we discuss together, I find myself learning and changing a lot*



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• **2 testimonies from group members (cont.):**

- *“I feel so grateful to the group members, especially Marianne and Sarah. Masheer, my highest achievement in 2023 was that I got to know you and got disciple by you. This will continue.” (S. M) “Almost a miracle happened to me at the hands of the Attachment Group. Every now and then I would try to commit suicide and fail, and then walk away and leave the house then come back again. I was classified as having a borderline personality disorder, and every time I joined any course or group they would walk me away, and this made me hate people and hate myself even more. Until I joined this group, I asked Mosheer: “When will you walk me away?” He said, “I will not walk anyone”. He tolerated a lot of toxic words from me and he never criticized me. He has a special personality and a leadership type in the group, and he never hurt me or told me to leave. I learned from him to accept my weakness, and to love myself. I also learned how to express and describe my feelings, and to practice mindfulness exercises to calm myself. I learned how to befriend my inner child instead of hating myself. learned how to stay with my pain instead of running away from it using relationship addiction. I learned that I am a human being and that no human being is perfect. I learned that imperfection is a gift, not a curse.” (Ch. V.)*

COUNSELOR TRAINING

- A continuation of the new counseling training class (level 1 & 2) that started in 2021 and ended last April, including weekly discussion groups for 170 students.
- A practical training (Pre-Internship) class for 25 graduates of the previous training, led by Mosheer.
- A continuation of the new counseling training class (level 1 & 2) in Alexandria, which will go until April 2024, including weekly discussion groups for 60 students. Led by Mosheer.
 - 2 testimonies from Alexandria’s students:
 - *“The weekly group discussion, whether live or Zoom, after watching the amazing teaching on YouTube, was just insightful and fun. The books we read were so well selected. The whole Study had a positive impact on me in a personal aspect, in that I acquired the ability to listen more than talk. I also learned to focus, so that I do not remain hasty and quick in speaking.” (S.S.)*
 - *“Years of hard work and experience, as well as rich materials have poured in this study for free, with love!! We have seen no hidden agenda, only spreading awareness and building a society that got corrupted through ignorance and darkness. I was so lucky to be a student in the Alexandria counseling diploma... It was a wonderful opportunity to get to change my vision and renew the meaning of my life. I pledge to be a station from which I transfer what I have learned to others.” (R. Y.)*
 - *New 10 students joined the online counseling study (level 1 & 2) in 2023, plus 79 continue from the previous years. They are from different countries as well as different governorates of Egypt.*



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FAMILIES AND COUPLES: 06 (43 SESSIONS)
OF COUNSELORS: 14
OF SUPERVISION SESSIONS: 10

Counseling Sessions:

- Total number of sessions: 1599
- Total number of Clients: 148
 - Men: 26 (166 sessions)
 - Women: 80 (928 sessions)
 - Children: 36 (462 sessions)

MERCY MINISTRY PROGRAM

- We thank God and GSM IE for continuing the schooling support for Perla & Sandro, in 2023.
- We also were able to financially help provide medicines for 3 individuals who were not able to provide for themselves, as well as helping in the financing of surgery for another individual.
- **Probably you need to know that we do not have any real medical care system nor any reliable social security in Egypt.**

| Year | Sessions | Clients | Counselors |
|------|----------|---------|------------|
| 2019 | 709 | 81 | 13 |
| 2020 | 795 | 107 | 15 |
| 2021 | 1348 | 115 | 16 |
| 2022 | 1471 | 112 | 15 |
| 2023 | 1599 | 148 | 14 |

TESTIMONIALS

"I have a testimony and great gratitude to God and to the Counseling Office. I am a widow and live with my daughter who is a single mom. Last year, when a large sum of money that I only own got stolen, I was extremely surprised that the office could manage in a few days to give me a sum of money that is so close to what I've lost!! Once again, when I had to do dental surgery, I could not believe it when the office provided me with the entire amount of the operation!! Therefore, I am so very grateful to God, and to the counseling office. May God bless you all. I'll always remain thankful and grateful to you and to our Lord, our great provider."

DIRECTOR'S SUMMARY COMMENTS

Thank God, the Board elected Sarah Melad to be the first CEO after Mosheer, the founder, who played that role for 33 years. In the new structure, the CEO serves for a 2-year term that can be renewed after another election. Praise God, now I can be free to serve out of office, as a part of my new plan; developing the partnership with the heads of all Christian Counseling ministries that exist in Egypt (13 different offices/agencies) now. We are meeting twice a year.

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NEW ROLE DESCRIPTION

Hereby, I'd like to share with you a quick report on the bi-weekly meeting that I held on Zoom. It is a free forum for Arabs all over the world who are interested in developing counseling as a volunteer service in their communities, in any country outside Egypt. So far, 6 meetings have been successfully held with the participation of some counselors as well as some individuals from the educational fields.

- They are as follows:
 - 18 from Tunisia
 - 3 from Syria
 - 2 from Canada of Egyptian origin
 - only one from Jordan
 - one Egyptian from Italy
 - one Egyptian from Virginia/US
 - one Palestinian from Tunisia
 - one Syrian from Germany
 - one Egyptian from Kuwait
 - one Iraqi from Iraq
 - A Saudi woman from Saudi Arabia
 - a Tunisian woman from France
 - an Egyptian woman from Sweden.

| Major Duties |
|--|
| Teaching Christian Counseling principles & training Arab counselors all over the globe. |
| Creating & building local fellowships/associations for Arab Christian/or secular counselors on their countries/communities. |
| I dream of establishing the National Association for Christian Counselors in Egypt within the coming 3 years. And founding a similar Association for the Arab world within the coming 5 years. |
| Minor Duties |
| Helping locals to extend to the unreached areas. |
| |
| Relationships |
| People under direct supervision: N/A yet. |
| Person assigning work assignments: None so far. |

We are studying together Carl Rogers' thoughts in these meetings. We expect that this will lead to a meeting soon on the ground, to discuss the idea of establishing an international association that brings Arab volunteer workers together in this field. Meanwhile, there is good progress on my other project, which I started locally 2 years ago to establish a similar association for Christian Lay Counselors. I dream of reaching the point where we are eligible to accredit Christian lay counselors in Egypt, someday in the future.

2024 GOALS

Sarah asked permission to submit this info later on February 4, after her meeting with the Board. You know how the transition can take longer and harder than expected.

DIRECTOR'S PERSONAL NEEDS

Sarah asked permission to submit this info later in February 4, after her meeting with the Board. Meanwhile: Please *PRAY* with us that God rescue our country from a horrifying economic destiny we are trying to Pray for heavenly protection for our staff members who seem under spiritual attack at this present time.