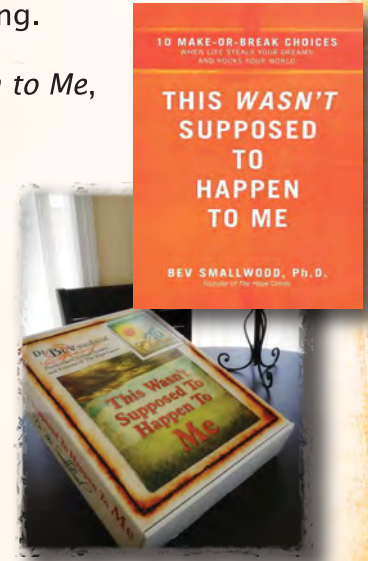


**O**ne day you can be on top of the world; the next day, the world's on top of you.

Your dreams, your plans, your life can be shattered by unwelcome events – the “unexpected unthinkable.” When (not if) this happens, what can you do? Is life over? Or, is it possible to both recover and come out stronger on the other side? *This Wasn't Supposed to Happen to Me* will strengthen, encourage, and equip you to rise above whatever has happened to them and rebuild a life worth living.

This 10-session video learning program, *This Wasn't Supposed to Happen to Me*, is based on the Thomas Nelson book by the same name. This program is unique for several reasons.

- With sound Biblical wisdom and scientifically-tested psychological insights and strategies, this program tackles the toughest issues that potential group members face as they work to overcome the struggles of their lives;
- Each video features real people talking about their setbacks and tragedies, sharing their stories of struggle, recovery, and beyond.
- When traumatic situations strike, people feel powerless. They learn a powerful secret: they do have life-altering choices in how they respond.
- Participant workbooks and facilitator guides are tools that make the learning productive, the process smooth, and the outcomes more powerful. Monthly group tele-coaching conferences with Dr. Bev are available to facilitators.
- Dr. Bev Smallwood – psychologist, author, speaker, and the developer of this video learning program – reveals important insights that enable participants to understand what it really takes to successfully make the 10 choices that lead to recovery, strength, and a greater sense of purpose.



1. Denial vs. Reality
2. Victimhood vs. Responsibility
3. Why vs. How
4. Doubt vs. Faith
5. Bitterness vs. Forgiveness

6. Guilt vs. Self-Forgiveness
7. Isolation vs. Connection
8. Depression vs. Grief
9. Avoidance vs. Courage
10. Powerlessness vs. Purpose

*Dr. Bev Smallwood*



is a psychologist whose 30-year career has included teaching, counseling at The Hope Center (which she founded in 1984), speaking to organizations across the U.S. and around the world, conducting forensic psychological evaluations and testifying in court, and writing/creating learning tools. For a number of years, Dr. Bev has worked as a disaster mental health volunteer. Dr. Bev has also been a resource to the media for many years, having been featured or interviewed in such outlets as the *New York Times*, *USA Today*, *Chicago Tribune*, *Good Housekeeping*, *Women's Health*, *FOX News*, and *MSNBC*. Bev is active in her church as a teacher and volunteer. She has taught the *10 Choices* to helpers after disasters such as the Joplin tornado. Her international work has included such experiences as training African pastors and working with missionaries fighting child sex trafficking in Cambodia.

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