

**You are God's Precious Child  
He LOVES you.**



# Personal Information

- **I'm a child of God. 1955.**
- **Clinical Social Worker 1985 ...36 years to date**
- **Widowed for 17 ½ yrs. From Dr. Stephen King a medical doctor Psychiatrist.**
- **Mother of 2 grown children and grandmother of 7 adored adult grandchildren.**
- **Board member of FICM USA and FICMI international.**

# Easter 2016



RESEARCH FICM  
Steps to Freedom

*By Judith King LMSW ACSW*

# **“Steps to Freedom”**

## **Freedom in Christ Ministries Dr. Neil Anderson**

- **What is this tool?**
- **A comprehensive spiritual inventory helping people resolve spiritual conflicts.**
- **Counselees learn their identity and position in Christ**
- **Teaches personal responsibility and provides a tool for transformation.**
- **Highly effective : Personal Research**

# “7 Steps to Freedom” Summary

1. Counterfeit vs. Real
2. Deception vs. Truth
3. Bitterness vs. Forgiveness
4. Rebellion vs. Submission
5. Pride vs. Humility
6. Bondage vs. Freedom
7. Curses vs. Blessing

# Two Perspectives of FIC

## 1. Lay Discipleship Counseling in Churches

### 5 Pilot Studies

#1, #2, #3 in Michigan

# 4 in Oklahoma City, OK

# 5 in Tyler, TX

## 2. Clinical Case Studies in Private Practice

Research: as in “Released from Bondage”  
(2002)



**FREEDOM IN CHRIST**  
**PRE-APPOINTMENT QUESTIONNAIRE**

This purpose of this questionnaire is to gain information for the purpose of making a study of the results of the Freedom in Christ appointments in the lives of the people who work through the Steps to Freedom. As a professional therapist, I am convinced that there is great value in this. If you are willing to help in this study, which will culminate in the writing and presentation of a paper to my colleagues, I would be most grateful. You will be contacted again with another brief follow-up questionnaire in a few months. Thank you for your participation.

Judy King, A.C.S.W., Training Coordinator, FIC Conference, Grand Rapids, 1997

(Please Print) \_\_\_\_\_ Date \_\_\_\_\_

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Home: (\_\_\_\_) \_\_\_\_\_ Work: (\_\_\_\_) \_\_\_\_\_

Are you a Christian?	<input type="checkbox"/> Yes <input type="checkbox"/> No	How many years?	_____ Years	Do you attend church regularly?	<input type="checkbox"/> Yes <input type="checkbox"/> No
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On a scale of 1 to 10, how would you rate yourself in the following areas? (1 is Low / 10 is High)

		LOW									HIGH
		1	2	3	4	5	6	7	8	9	10
1.	Depression										
2.	Anxiety										
3.	Tormenting thoughts or voices										
4.	Habits over which you have little control										
5.	Inner conflict or distress										
6.	Your daily functioning										
7.	Your tools for spiritual warfare										
8.	Reality of God in your life										
9.	Your devotional life										
10.	Christian fellowship										

ENCOURAGER: PLEASE FORWARD TO JUDY KING, A.C.S.W.,



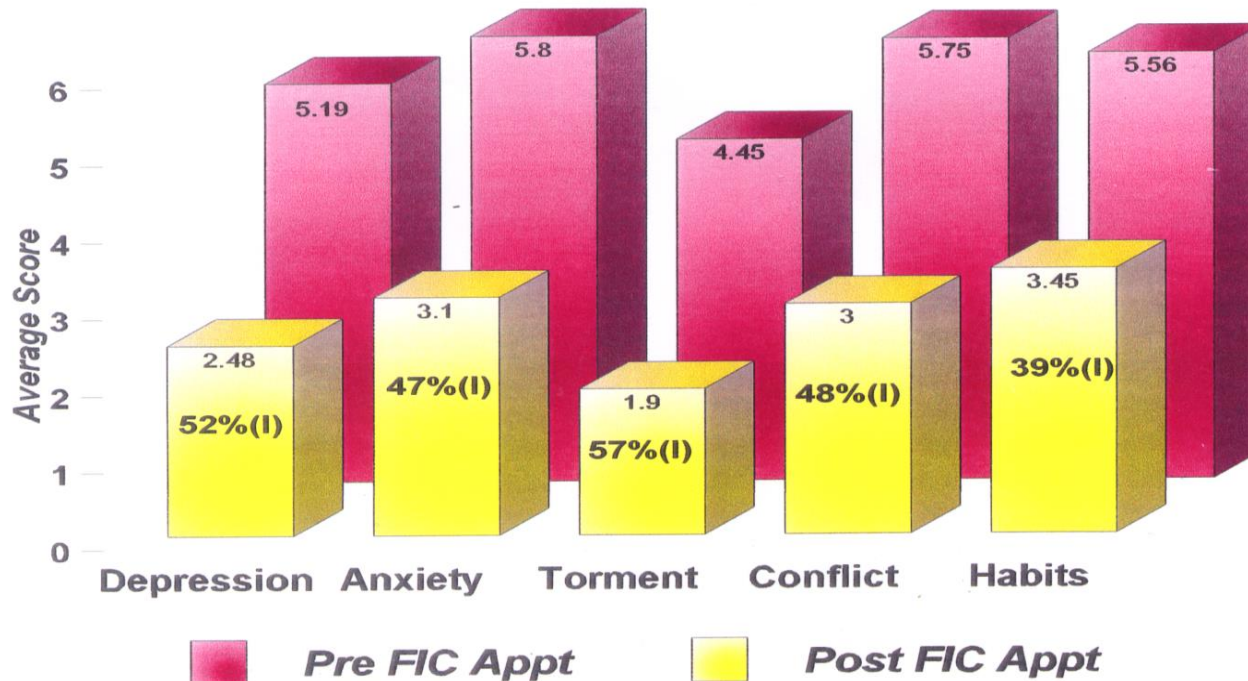
# Summary of Pilot Studies/Michigan

	Depression	Anxiety	Inner Conflict	Tormenting Thoughts	Addictive Behaviors
<b>Pilot #1</b>	<b>64%</b>	<b>58%</b>	<b>63%</b>	<b>82%</b>	<b>52%</b>
<b>Pilot #2</b>	<b>47%</b>	<b>44%</b>	<b>51%</b>	<b>58%</b>	<b>43%</b>
<b>Pilot #3</b>	<b>52%</b>	<b>47%</b>	<b>48%</b>	<b>57%</b>	<b>39%</b>

RESEARCH - FREEDOM IN CHRIST  
Pilot Studies: 1998 -1999 #3  
Judith E. King, MSW, ACSW

Pilot Study #3 in Michigan n=21

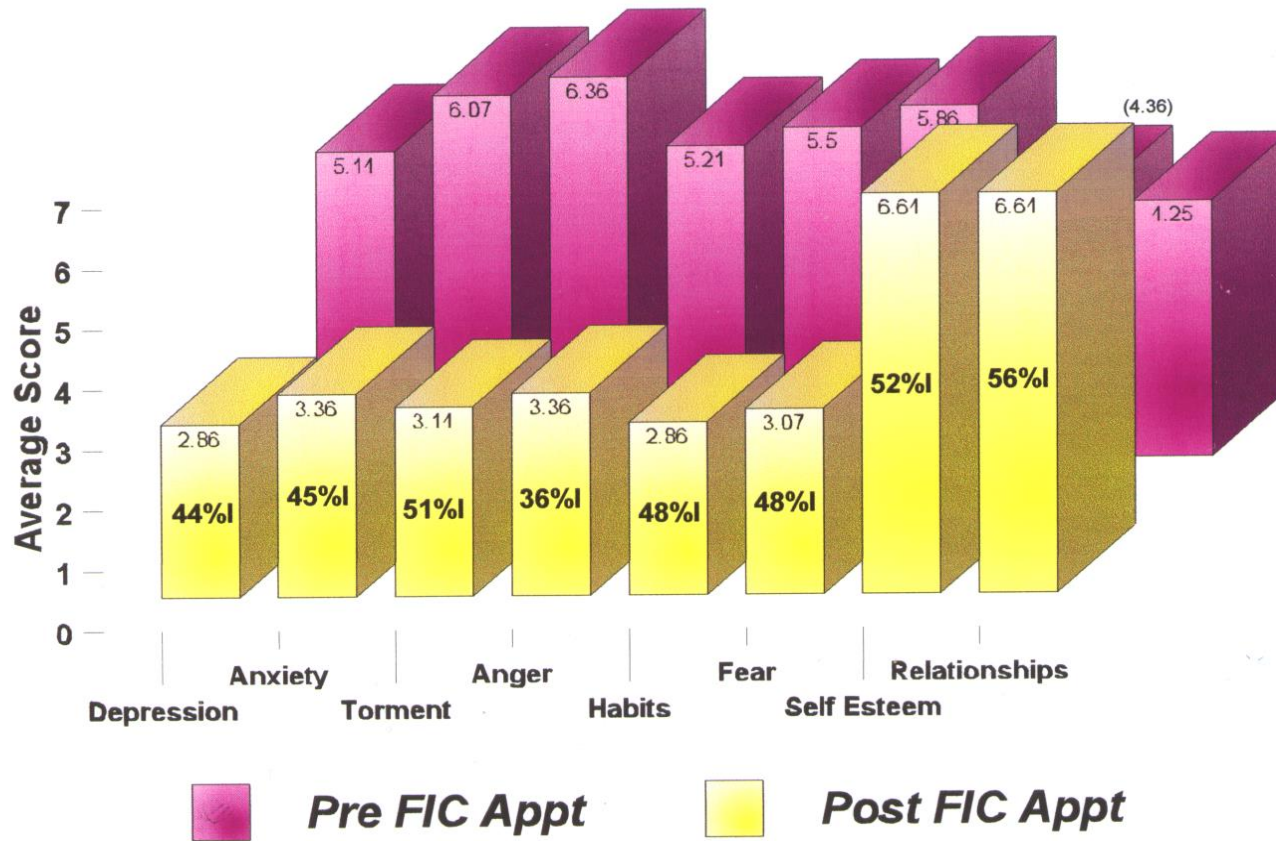
## FIC Questionnaire Symptom Check List Pre and Post FIC Appointments - Michigan



Freedom Appointment: "Steps to Freedom in Christ" - Dr. Neil T. Anderson  
Administered by: Lay Counselors in Area Churches  
Post 8 months; n = 21 (I) Improvement

# FIC Questionnaire Symptom Check List

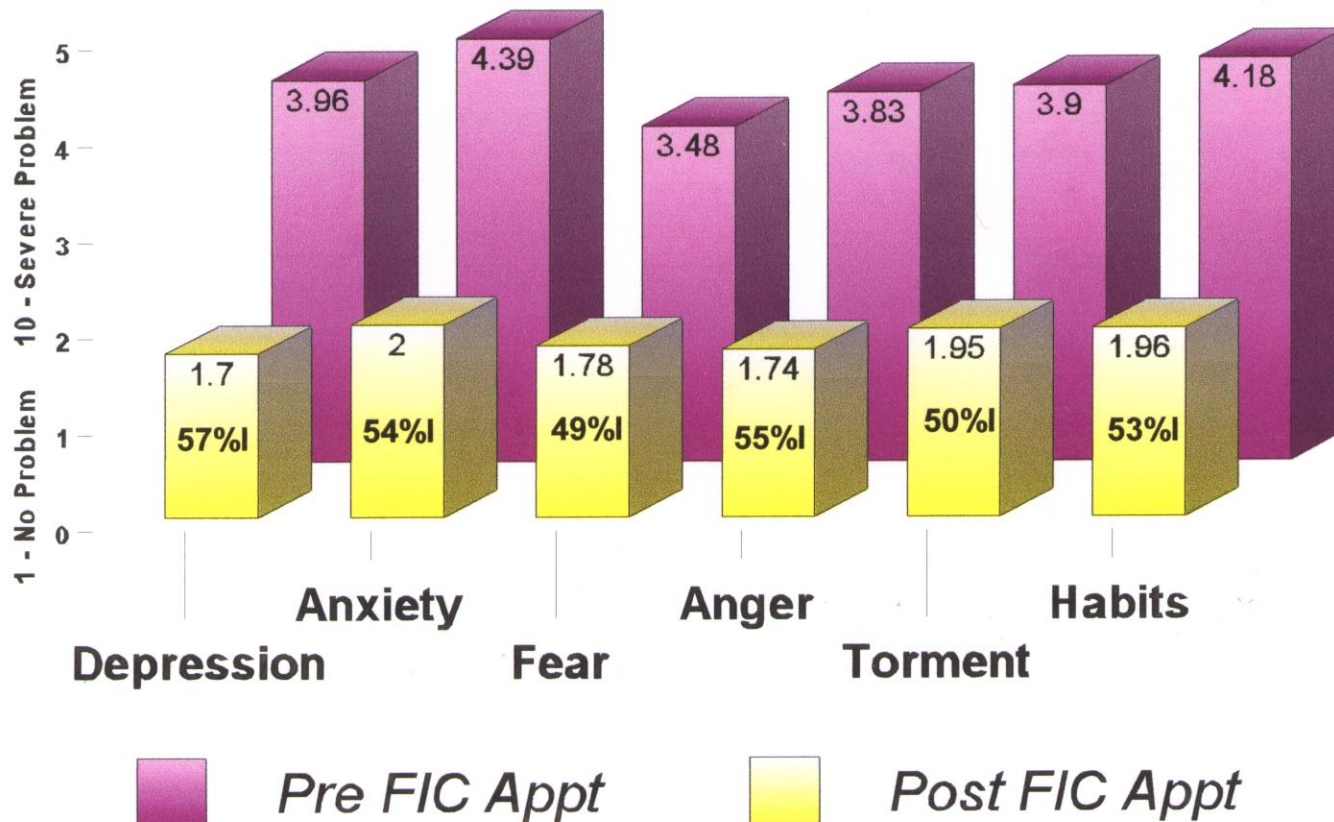
## Pre and Post FIC Appointments - Oklahoma



Freedom Appointment: "Steps to Freedom in Christ" - Dr. Neil T. Anderson  
 Administered by: Lay Counselors in Area Churches  
 Post 4 months; n = 14 I - Improvement

# FIC Questionnaire Scale

## Pre and Post FIC Appointments - Tyler



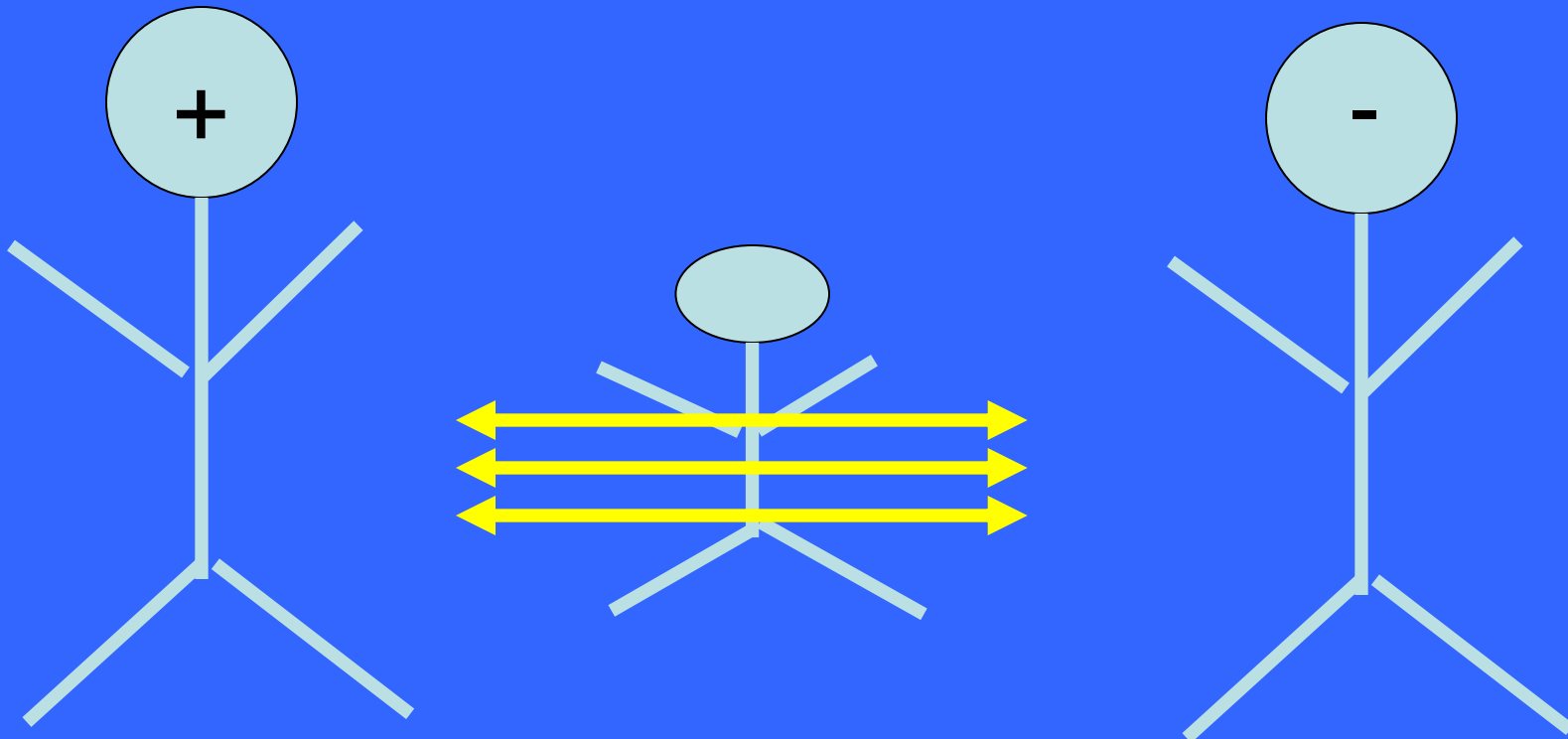
# Pilot Studies/Oklahoma City.Tyler

	Oklahoma City, OK	Tyler, TX
<b>Depression</b>	<b>44%</b>	<b>57%</b>
<b>Anxiety</b>	<b>45%</b>	<b>54%</b>
<b>Fear</b>	<b>48%</b>	<b>49%</b>
<b>Anger</b>	<b>36%</b>	<b>55%</b>
<b>Torments</b>	<b>51%</b>	<b>50%</b>
<b>Neg. Habits</b>	<b>48%</b>	<b>53%</b>
<b>Self Worth</b>	<b>52%</b>	<b>56%</b>

# Distorted World View

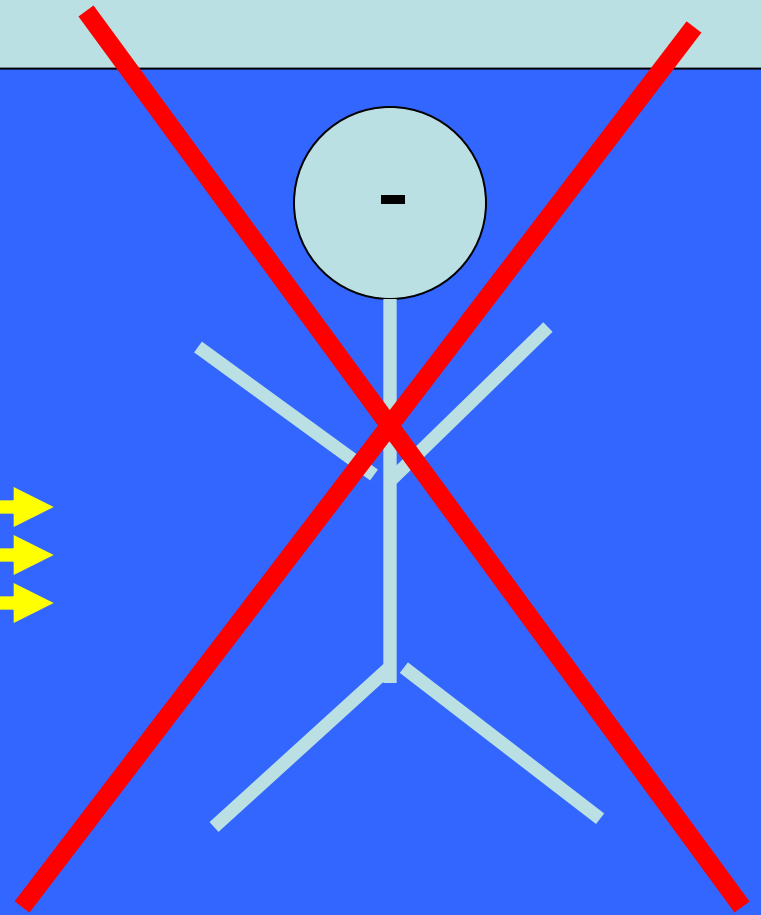
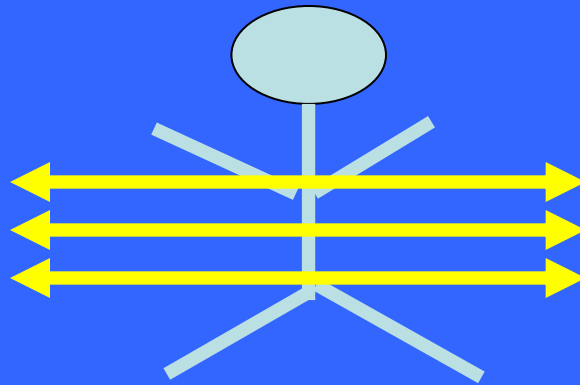
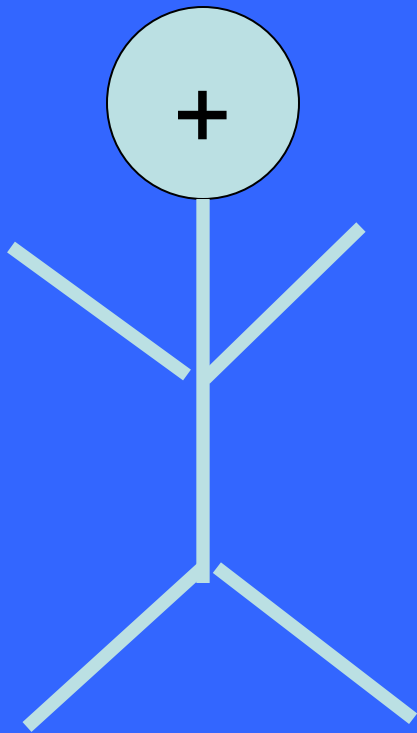
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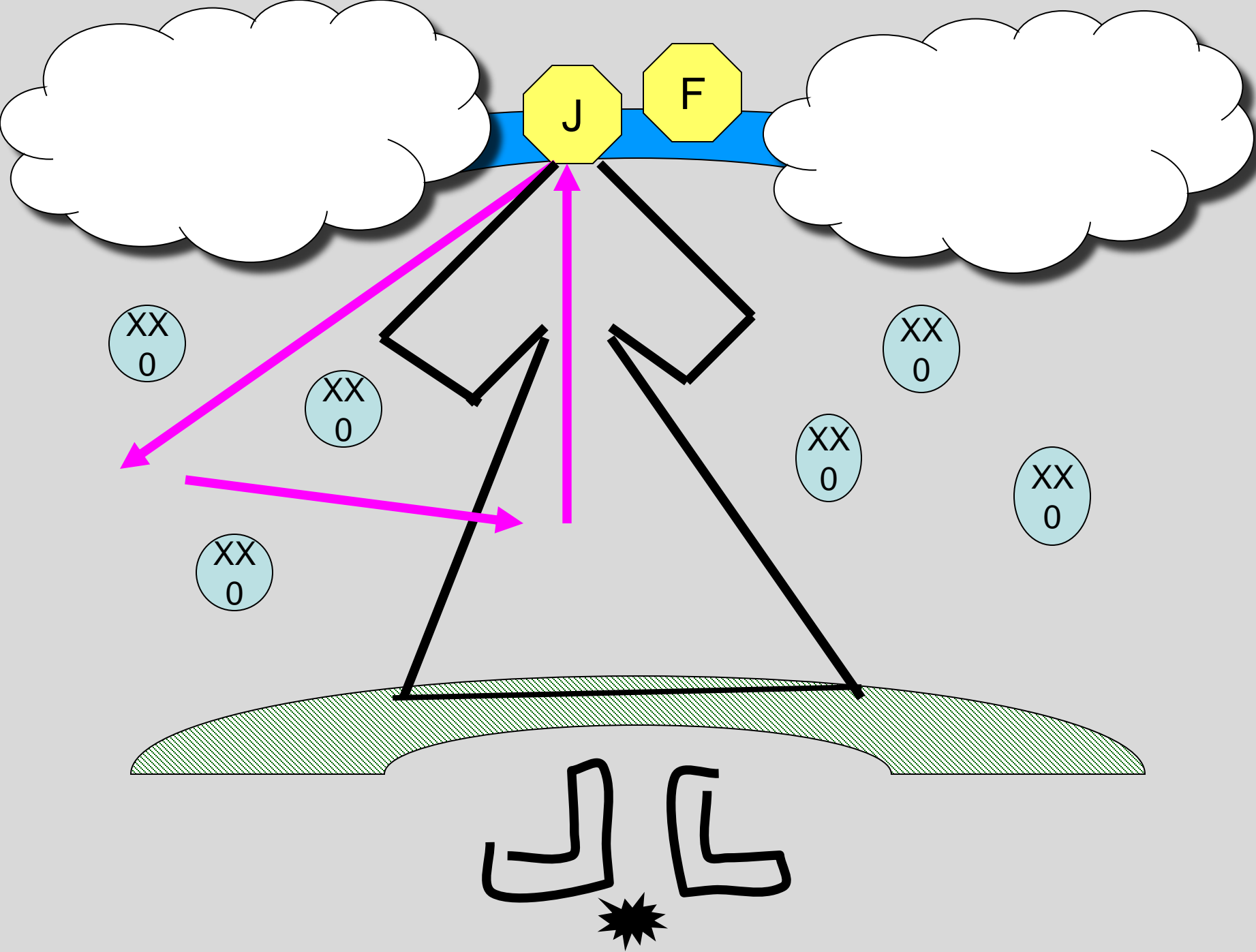
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# Distorted World View





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He LOVES you.**

