



Souls and Hearts Resources for Helping Professionals

The following are some of the most useful resources for helping professionals to share with those they accompany. Feel free to share this downloadable pdf far and wide, with anyone who might find these resources helpful.

Free Video Courses from Souls and Hearts:

- [A Catholic's Guide to Choosing a Therapist](#) with all our recommendations for finding a therapist
- [A Catholics' Guide to Self-Help](#), which lays out various self-help options
- [A Catholics' Guide to Helping a Loved One in Distress](#), which gives guidance on helping

Check out Souls and Hearts' [directory](#) of Catholic IFS-informed therapists and coaches. Jenna Riemersma and Kimberly Miller maintain lists of Christian IFS therapists [here](#) and [here](#), respectively. You can also check the IFS Institute's [practitioner directory](#) for all IFS-trained therapists.

Our Souls and Hearts [Resource Page](#) lays out (nearly) all our offerings, indexed by topic in alphabetical order for “ability to love” to “work.” This is a most helpful resources for finding relevant Souls and Hearts material quickly.

The [Interior Integration for Catholics](#) podcast: The mission of the IIC podcast is the formation of your heart in love and for love, Together, we shore up the natural, human foundation for your spiritual formation as a Catholic. St. Thomas Aquinas asserts that without this inner unity, without this interior integration, without ordered self-love, you cannot enter loving union with God, your Blessed Mother, or your neighbor. Informed by Internal Family Systems approaches and grounded firmly in a Catholic understanding of the human person, this podcast brings you the best information, the illuminating stories, and the experiential exercises you need to become more whole in the natural realm. This restored human formation then frees you to better live out the three loves in the two Great Commandments – loving God, your neighbor, and yourself. Check the IIC podcast out [here](#) or wherever you listen to podcasts. Episode 71, [A new and better way to understand myself and others](#) describes IFS in detail, and episode 73, [Is IFS really Catholic?](#) discusses the how we can modify IFS to conform with a Catholic understanding of the human person.

Downloadable PDFs with episode descriptions and links are available for IIC podcast series on [resilience](#), [God images](#), [shame](#), [perfectionism](#), [OCD](#), and [scrupulosity](#), [grief and loss](#), [pornography](#), [masturbation](#), [suicide](#), [narcissism](#), and [“borderline personality disorder.”](#)

Dr. Peter's weekly reflections come out by email every Wednesday. You can sign up to receive them in your email inbox every week by registering on our Souls and Hearts home page [here](#). Also, check out past weekly reflections in our [archive](#). Some particularly relevant reflections include these series:

Spiritualizing and spiritual bypassing

- [Naturalizing and Spiritualizing: Two Errors Catholics Make](#)
- [Spiritual Bypassing: Catholic Style](#)
- [The Whys of Catholic Spiritual Bypassing](#)
- [The 15 Symptoms of Catholic Spiritual Bypassing](#)
- [The Causes and Effects of Catholic Spiritual Bypassing](#)

- [Moving Beyond Catholic Spiritual Bypassing](#)

Human formation:

- [Catholic Understandings of Human Formation](#)
- [Catholic Human Formation Is a Lifelong Pilgrimage](#)
- [Who Forms Your Clay?](#)
- [The “Whys” of Human Formation](#)
- [On The Metaphysics Of The Human Person](#)
- [On The Metaphysics of Human Formation](#)
- [On the Importance of C+ Work in Human Formation](#)
- [Link’s Library: Catholic Human Formation Resources](#)

Those Catholic helping professionals who listen to the IIC podcast or engaged with the weekly reflections can reach out to Dr. Peter Malinoski on his cell at 317.567.9594 any Tuesday or Thursday from 4:30 PM to 5:30 PM Eastern Time for his **Conversation Hours** to discuss any of the themes in the podcast or the reflections, or other topics. *Nota Bene:* This is not a professional consultation service and Dr. Peter doesn’t provide supervision on specific cases in these meetings.

Here are some **PDF quick reference cards**:

- [The 8 Cs of IFS: Synonyms, antonyms and counterfeits](#)
- [Assessing natural recollection](#)
- [The six attachment needs and the six integrity needs](#)

The [Resilient Catholics Community](#) provides a step-by-step, structured, year-long human formation for Catholics, grounded in a Catholic understanding of the human person and informed by Internal Family Systems, in a community on a pilgrimage. The 200+ members of the RCC meet for 90 minutes weekly in small groups to share the journey. The RCC is an excellent adjunct to therapy or counseling.

The [Interior Therapist Community](#) provides personal human formation work to Catholic therapists and counselors in small groups, helping them work through the personal issues with their own parts and systems that keep them from more fully being with others, including their clients.

The [Litanies of the Heart](#) are prayers composed by Souls and Hearts co-founder Gerry Crete, Ph.D. that many people, including therapy clients have found helpful. These prayers are heavily informed by attachment theory, and attuned to the human formation difficulties so many Catholic face. Downloadable PDFs, printed versions, and audio recordings of the Litanies of the Heart as well as a guide to praying the litanies are available on our landing page [here](#). While not formally affiliated with Souls and Hearts, Dr. Gerry’s book [Litanies of the Heart: Relieving Post-Traumatic Stress and Calming Anxiety through Healing Our Parts](#) will be of interest to many.

For Catholics in crisis: Souls and Hearts does not provide any clinical services, nor do we offer crisis services. For crisis services you can seek out the staff at the Upper Room Crisis Hotline at 1.888.808.8724 or at <https://www.catholichotline.org/>. The staff at the Upper Room are professionally trained in crisis management grounded in a Catholic understanding of the human person, and may be a better alternative than 911 or 988 for referring those in crisis. There is no relationship between the Upper Room and Souls and Hearts.

For feedback, comments, suggestions, etc., reach out to Peter Malinoski, Ph.D. at crisis@soulsandhearts.com. This resource sheet will be updated frequently, so you can download the latest updates and share it with this [link](#).