

# Hearing It From My Heart Time to Move On



Jeffrey E. Hansen, Ph.D.

My dear AnchorPoint and Holdfast Recovery colleagues,

I know how quickly rumors can spread, especially in close communities like ours. Because of that, I wanted you to hear some important news directly from me, in my own words, and from my heart, rather than through fragments, assumptions, or secondhand stories. My hope is that this reflection feels honest, encouraging, and ultimately hopeful.

It has been my distinct privilege to serve as your Clinical Director for the past three years. It is genuinely hard to believe that much time has passed.

When I first began, I was still working full time in telemedicine at Madigan Army Medical Center. Tim and I worked out an arrangement where I would serve approximately five hours a week. As most of you know, five hours rarely stays five hours. Those early days felt a bit like the Wild West. I was learning the culture, learning the organization, and learning how to translate decades of clinical experience into a setting that was still very much finding its footing. Many of us were green in different ways, and we had a great deal to learn together.

But one thing stood out to me almost immediately, and it never faded.

### **The heart of this staff.**

Your love for Christ. Your willingness to serve. Your courage to step into the lives of men who were hurting, broken, and searching for hope. Watching you pour yourselves into this work of saving lives and caring for souls one person at a time has been a profound encouragement to me. That heart is real, and it matters.

Over time, something beautiful unfolded. We grew together. We learned better ways of caring for clients, better ways of relating to one another, and better ways of functioning as a team. We did not simply gain skills. We gained maturity. Watching that growth and cohesion has been one of the great honors of my professional life.

I will forever be grateful for the lives I have seen transformed during this season.

Another unexpected gift of this journey is that Holdfast Recovery and AnchorPoint became the proving ground for something deeply personal and meaningful to me. This environment gave me the opportunity to bring together nearly forty years of clinical work, neuroscience, faith, and lived experience into what became the NeuroFaith® model. I had already been steeped in neuroscience and had written other books, but NeuroFaith® emerged here. It was shaped by this community, by this staff, and by the clients we served together.

Without you, that book would not have been written. I may have written other books, but not that one.

As most of you are aware, I certified Holdfast Recovery fully and AnchorPoint provisionally within the NeuroFaith® model, with the expectation that the standards required to faithfully provide NeuroFaith® services would continue to be developed and more fully embodied over time. It was my sincere hope and vision to continue translating the model, developing it further, and training staff more deeply in both its clinical and spiritual foundations.

That season, for me, is now coming to a close.

As of December 31st, I will be stepping away from Holdfast Recovery and AnchorPoint.

I want to be very clear about what this decision is and what it is not. It is not rooted in bitterness. It is not driven by avarice. It is not the result of animosity or disrespect. It is simply time.

As many of you know, I had hoped to transition into a more consultative role. Seth even coined a title that I genuinely appreciated, NeuroFaith Director. Despite sincere efforts on all sides, we were not able to come to shared agreement on what that role should look like in practice. The differences were not about right or wrong, but about deeper philosophical convictions regarding psychotherapy, transformation, and what faithful stewardship of the NeuroFaith® model requires in terms of presence, depth, and lived integration.

Because of that, I believe the most honest and faithful step is to make a clean transition.

I leave the NeuroFaith® model in your hands.

Please treat it with respect. NeuroFaith® is not a linear or simplistic model. It is not something that can be reduced to a checklist or taught purely from slides. It must be lived and experienced before it can be taught or shared. It reflects the way God has designed us to find safety and wholeness through the integration of mind, body, and soul. It helps us understand the autonomic nervous system, the ways trauma dysregulates that system, and the psychological defenses that emerge when we are no longer experiencing safety. And it holds faith not as an add on, but as an essential and interactive part of healing.

NeuroFaith® is multidirectional. It is experiential. And it is deeply rooted in the heart.

If you honor it, live it, and approach it with humility, it will continue to bear good fruit in the lives of those you serve.

Please know that my heart will always remain open to you. If, at any point, you feel led to reach out, whether for conversation around therapy, NeuroFaith®, spiritual matters, professional development, or simply to connect, you are always welcome. There is no expectation or obligation in this, only an open door and a continued care for you.

Thank you for the privilege of walking this road with you. This chapter has mattered more to me than I can fully express, and I will carry it with me always.

**“Above all else, guard your heart, for everything you do flows from it.”**

Proverbs 4:23

With respect and gratitude,

Jeff

Jeffrey E. Hansen, Ph.D.

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