

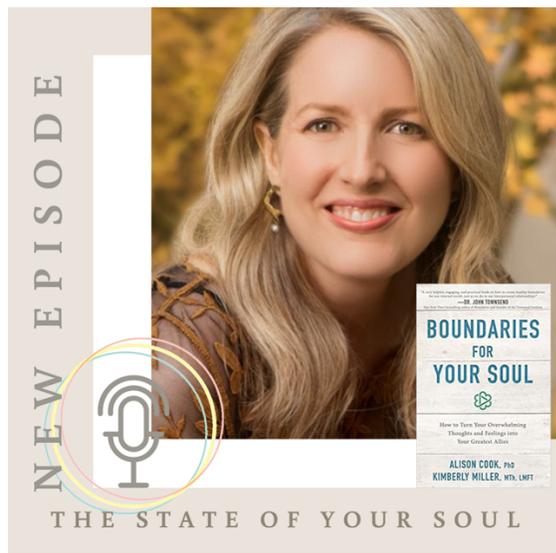


**Podcast Guest:** Kimberly June Miller, LMFT

**Podcast Theme:** Befriending the Hurting Parts of Our Soul *or* The State of Our Soul

**Download all of the necessary PDF's for this podcast right here:**

<https://www.kimberlyjunemiller.com/resources/>



**Bio:** Kim is a Licensed Marriage and Family Therapist in private practice, specializing in the integration of psychology and spirituality. Kim is the founder of [Leading Wholeheartedly](#), a ministry that helps leaders tend to their inner lives, so that they can better serve others. She also founded **Doing Good Well**, a leadership development program for Christians in the Visual Arts. In addition to maintaining a private counseling practice, Kim speaks at conferences across the country, and also hosts soul-care retreats and workshops.

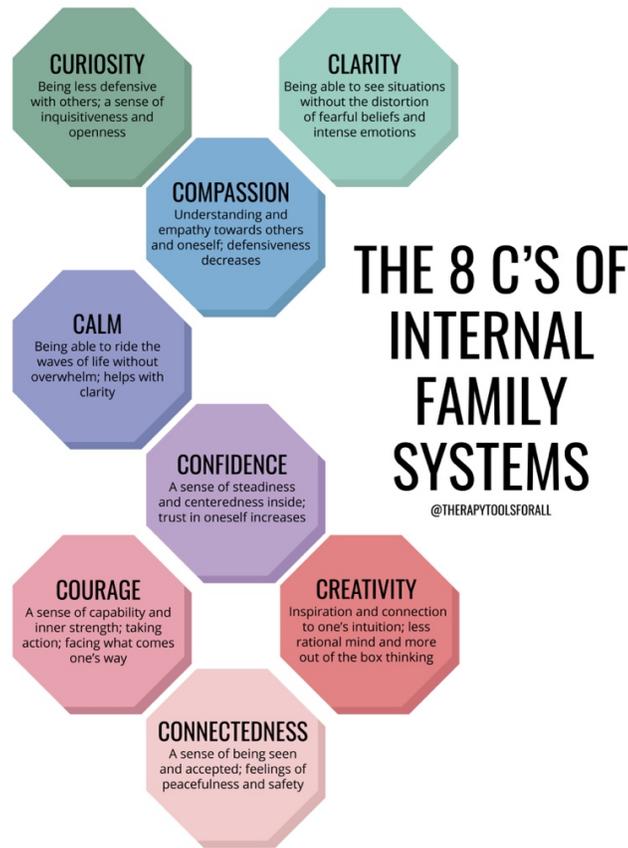
Prior to her work as a counselor, Kim was a campus minister with **InterVarsity Christian Fellowship at Harvard University**. She has also worked for social investment fund Root Capital, and for Agros International, where she helped design the **Journey with a Village** program, partnering start-up villages in Central America with funding partners across the United States.

Kim studied religion at Davidson College in North Carolina and earned a Master’s degree in Theology at Regent College in Vancouver where she was given the Award to an Outstanding Woman. She holds a Master’s degree in Clinical Psychology from Azusa Pacific University where she won the Dedicated to Learning Award.

Kim is certified in **Internal Family Systems Therapy** and **Imago Relationship Therapy**. Plus, she is trained in the **Gottman** and **Prepare-Enrich** therapy methodologies.

Kim is carrying on a family heritage of world-class counseling to represent the next generation. Her parents, [Harville Hendrix and Helen LaKelly Hunt](#), created [Imago Relationship Therapy](#) and are *New York Times* bestselling authors of [Getting The Love You Want](#) and [Keeping the Love You Find](#), among other works. Her aunt—teacher, and broadcaster [June Hunt](#)—is the founder of the international biblical counseling ministry, [Hope For The Heart](#) and is the author of more than a dozen books and a 100-volume Biblical Counseling Keys library that's been translated into 27 languages.

A Dallas native, Kim lives in Southern California with her husband, Ken, a government professor and Director of the Rose Institute at Claremont McKenna College, and their daughter, Jenna June. Kim and Ken enjoy parenting, volunteering, gardening, spending time with friends and family, and extending hospitality at their home.



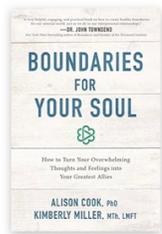
**Pull Quote:** *Internal conflict is growth trying to happen.*

**Opening of Podcast:** Janell read from p. 9

Most clients come to us initially with the desire to talk about someone else—their spouse, boss, child, friend, and so on. We get it: when conflict detonates a frenzy of emotion, the natural response is to become reactive and to accuse the other. Jesus addressed this tendency to blame others. In his Sermon on the Mount, he challenged the crowd to work on their own personal growth: “First take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye” (Matt. 7: 5).

**Alison Cook PhD, Kimberly Miller MTh LMFT**  
*Boundaries for Your Soul: How to Turn Your Overwhelming Thoughts and Feelings into Your Greatest Allies*

#kindlequotes



*"Jesus wants you to get to know the state of your soul. When you're feeling angry, what else is going on inside of you? Is there another part of you that's hurting? If so, it needs to be drawn in closer so you can give it the care it needs. Or, is there a part of you that has become reckless and needs some gentle boundaries? Notice the cues. Listen to your pain. When conflicted emotions threaten to derail you, seize the opportunity to evaluate your internal boundaries. What thoughts and feelings need your time, attention, and redirection? These overwhelming parts of your soul present opportunities for your growth and healing. After all, internal conflict is growth trying to happen."*

— from "Boundaries for Your Soul: How to Turn Your Overwhelming Thoughts and Feelings into Your Greatest Allies"

## Possible Questions.

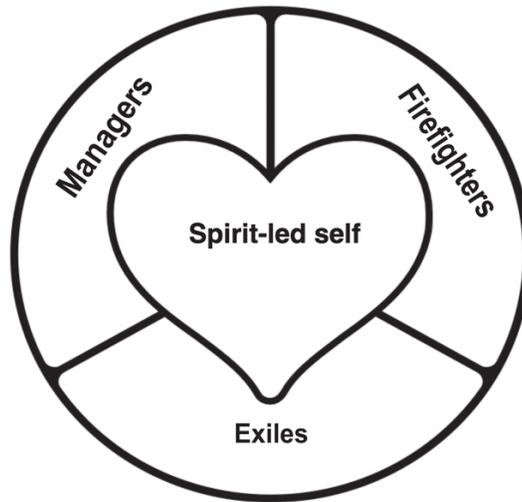
1. If you would, share the journey of co-writing this book with Dr. Allison Cook. Co-authoring can be challenging, yet I find it to be even more beneficial as readers get more than one point-of-view and receive complementary wisdom and guidance. Dr. Cook actually said on her episode how “experiential” you are and that I should have you on to lead us in the actual “you-turn.” Well, here we are.
2. Kimberly, you have an astounding legacy. How has your legacy brought you right here?
  - a. <https://harvilleandhelen.com/>
  - b. <https://www.hopefortheheart.org/about/meet-june/>
3. We began listening and learning about [IFS \(Internal Family Systems Theory\)](#) with Dr. Cook but would love to know more.
4. You write on p. 9 of the book, “Jesus wants you to get to know the state of your soul:
  - a. When you are angry, what else is going on inside of you?
  - b. Is there another part of you that is hurting?
  - c. If so, it needs to be drawn in closer so you can give it the care it needs.
  - d. Or is there a part of you that has become reckless and needs some gentle or even strong boundaries?
  - e. Notice the cues.
  - f. Listen to your pain.
5. You continue, “When conflicted emotions threaten to derail you, seize the opportunity to evaluate your internal boundaries. *What thoughts and feelings need your time, attention, and redirection?* After all, ***internal conflict is growth trying to happen.***
6. Can you help us get to know the state of our soul so we can begin resolving and reconciling the internal conflict?
  - a. Does this happen within the framework of the 5-Step You-Turn? (see diagram at the end of our show notes or download all of the PDF’s here: <https://www.kimberlyjunemiller.com/kjmwp/wp-content/uploads/2019/06/Taking-a-You-Turn-Infographic-c2019.pdf>)
7. So many of my clients and community members struggle with “befriending,” as you say in your book, the hurting parts of their soul (IFS). Befriending is STEP 2 of the You-Turn:
  - a. Befriend, defined, “Act as a friend to (someone) by offering help or support” and in this podcast episode, we are going to learn to “befriend” an overwhelming part of ourselves. We talked a little about this with your co-author, Dr. Cook. Listen to that episode here: <https://www.janellrardon.com/2021/06/boundaries-for-your-soul/> but today, I’d love for us to take us even deeper into the process, which I’ve come to learn is really useful as a spiritual practice in my own life. I do something similar with [Aroma Freedom Therapy \(AFT\)](#) using [strategic therapeutic-grade essential oils](#) but I’m transitioning and integrating the You-Turn language into the

process of memory reconsolidation, as I see many of us are afraid to face any “overwhelming part of ourselves.”

b. Instead, we often “spiritually bypass” and it gets more deeply rooted. Here is the 5-Step You-Turn:

- Step 1: Focus on an overwhelming part of yourself.
- Step 2: Befriend the part you don’t like.
- Step 3: Invite Jesus to draw near.
- Step 4: Unburden the weary part.
- Step 5: Integrate it into your internal team of rivals.





**Possible Closure.**

I would love if you would lead us in your beautiful guided-prayer exercise, “How to Care for a Troubled Soul”?

<https://www.kimberlyjunemiller.com/video/how-to-care-for-a-troubled-part-of-your-soul-a-guided-prayer-exercise/>