

CHRISTIAN COUNSELING

1. UNIQUES METHODS

1. Seek to arouse belief that help is possible
2. Correct erroneous beliefs about the world
3. Help counselees accept themselves as persons of worth

2. TECHNIQUES

1. Listening
2. Showing interest
3. Attempting to understand
4. Occasionally giving direction
5. Gentle confrontation with Christian truths
6. Encouraging counselees to become involved in a local church

3. UNIQUE CONSELOR CHARACTERISTICS

1. Four questions

1. What is the problem?
2. Should I intervene and try to help?
3. What could I do to help?
4. Would someone else be better qualified to help?

2. Skills

1. Understanding of problem (how it arose and how it might be resolved)
2. A knowledge of biblical teaching about the problems
3. Familiarity with counseling skills
4. Personal characteristics
 1. Warmth
 2. Sensitivity
 3. Understanding

4. Genuine concern
5. A willingness to confront people in an attitude of love

4. POSSIBLE CONFUSION OF THE COUNSELOR'S ROLE

1. Visiting instead of counseling
2. Being hasty instead of deliberate
3. Being disrespectful instead of sympathetic
4. Being judgmental instead of unbiased
5. Being directive instead of interpretive
6. Being emotionally over involved instead of remaining objective
7. Being impatient instead of realistic
8. Being artificial instead of authentic
9. Being defensive instead of empathic

5. THE RELATIONSHIP IN COUNSELING

1. Warmth
2. Genuineness
3. Empathy

6. THE TECHNIQUES OF COUNSELING

1. Attending
2. Listening
 1. Avoiding subtle verbal or nonverbal expressions of disapproval or judgment about what is being said, even when the content is offensive.
 2. Using both your eyes and your ears to detect messages that come from the tone of voice, posture, gestures, facial expressions, and other nonverbal clues
 3. Hearing not only what the counselee says, but noticing what gets left out

4. Waiting patiently through periods of silence or tears as the counselee summons enough courage to share something painful or pauses to collect his or her thoughts and regain composure
 5. Looking at the counselee as he or she speaks, but without either staring or letting your eyes wander around the room
 6. Realizing that you can accept the counselee even though you may not condone his or her actions, values, or beliefs.
3. Responding
 1. Leading
 1. What happened next?
 2. Tell me what you mean by...?
 2. Reflecting
 1. "You must feel..."
 2. "I bet that was frustrating"
 3. "That must have been fun"
 3. Questioning
 4. Confronting
 5. Informing
 6. Interpretation
 7. Supporting and encouraging
 4. Teaching

7. THE PROCESS OF COUNSELING

1. Connecting
 1. Involves initiating, building, and maintaining a relationship
 2. Listens attentively and shows sincere concern and caring
2. Exploring
 1. Counselees encouraged to share their feelings, talk about their thoughts, and describe their actions

2. Counselor listens attentively, asks periodic probing questions, and responds with respect, empathy, and sensitivity.
3. Planning
 1. How could the counselee change?
 2. Are there things that can be done to make matters better?
 3. Must some things be accepted because they can't be changed?
 4. Are there sins to be confessed, actions to be taken, attitudes to be changed, goals to be reached, skills to be learned?
4. Progressing
 1. Planning followed by action
 2. Counselor gives support, direction, encouragement, and sometimes gentle prodding
5. Stopping