

Pastoral Counseling, 2021

Session 1

Pastor Sandra Haynes



"Comfort ye, comfort ye my people, saith your God" (Isa 40:1 KJV).

Key Scripture and Prayer (Isa 40:1)

“Comfort ye, comfort my people, saith your God.”

Lesson Big Ideas

- Seeing beyond the façade of smiling faces is essential to helping those whose pain is silent.
- Hurting people need someone who can provide a listening ear, someone who tries to understand, someone who will hold them by the hand and say, “I care.” In the world of stress and strain, you can be that someone who God can use to bring comfort, counsel, help and support for someone in need.
- Pastoral counseling has the potential of help others change and mature.
- The personal characteristics, beliefs, and behavior of the pastoral counselor are important factors of effective counseling.

Essential Questions

- What is the difference between secular counseling and pastoral counseling?
- Is pastoral counseling valuable?
- What style of counseling is best to use in order to help bring about a significant and lasting change in a person’s life?
- Can both pastoral counseling and secular counseling yield valuable information about those we counsel?

Learning Outcomes

- To identify and analyze principles and characteristics of an effective pastoral counselor in role play activity.

Reflective Introduction

Directions:

- Students will take a moment to think about the below questions and write a response to them.
- Share thoughts with class.

Statements:

- Why do I want to be a helper? Think about feelings that occur when you reflect on the question.
- Include your name and what you want to learn from class.

Notes:

Class Description

To provide you with guidelines, structure and helps for Pastoral/Christian counseling. This class prepares and equips you to minister effectively to hurting people by learning to listen, diagnose, discern, and develop proper responses. The class covers ways to enable hurting people to change their behavior, relieve their distress, and help them replace it with something more rewarding

The Relevance of Psychology

Directions:

- Answer true or false to the following statements.
- Discuss as class.
- Teacher will present biblical viewpoint for pastoral counseling and psychology in a brief lecture.

Psychology and Pastoral Counseling Checklist

Answer true or false to the following statements.

- ___ 1. Psychology and theology can both yield valuable information about human beings.
- ___ 2. We should accept psychological research findings, even if they make us uncomfortable in terms of our Christian beliefs.
- ___ 3. Studying psychology is fine for some people, but I'm not convinced it has any use in my Christian life.
- ___ 4. Psychology rarely discovers any knowledge that theology has not already addressed.
- ___ 5. Although psychology is limited in its understanding of human behavior, it provides valuable insights about human nature.
- ___ 6. Psychology's understanding of human being is distorted since it does not acknowledge sin and instead claims that we are fundamentally good and can improve ourselves without God.
- ___ 7. As a science, psychology helps us to understand human thought and behavior in ways that the Bible never cover.
- ___ 8. Psychological ways of knowing backed by scientific methodology take precedence over theological ways of knowing.
- ___ 9. We must respect psychology, keeping in mind that it only tells a part of the human story.

- ___ 10. If there ever seems to be a conflict between theological and psychological research, we ought to reexamine the biblical teachings and traditions.
- ___ 11. It's a shame that people run to secular counselors before seeking out pastors and elders.
- ___ 12. As a well-established discipline, psychology allows us to gain valuable insights into human nature that cannot be gained elsewhere.
- ___ 13. As Christians, we need to engage psychology just as we engage all other disciplines, so we can explore parts of God's truth wherever they may be found.
- ___ 14. Psychology is merely a pseudoscience that tries to take the place of religion and tradition.
- ___ 15. Both psychology and theology are essential for gaining a more complete view of humanity.

Scoring

The responses are grouped as follows:

- **Bible takes precedence** (psychology is unnecessary or dangerous) 3, 4, 6, 11, 14
- **Psychological science takes precedence** (psychology held in high regard) 2, 7, 8, 10, 12
- **Both in dialogue** (psychology as incomplete or narrow) 1, 5, 9, 13, 15

Total up your responses in each category.

Bible takes precedence: Total ____

Science takes precedence: Total ____

Both in dialogue Total ____

Lecture: Integration

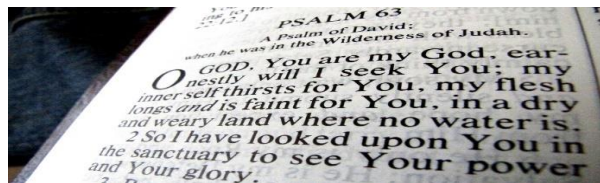
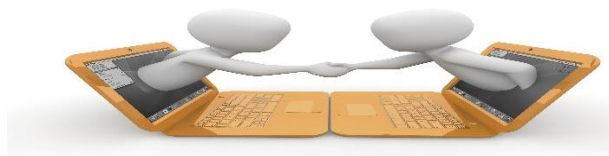
Pastoral Counseling is the integration of psychology and theology. Pastoral counselors are Christian counselors who often integrate modern psychological methods with traditional religious training in an effort to address psycho-spiritual issues, in addition to the traditional spectrum of counseling services

Paired Writing Exercise

Part I. Defining Pastoral Counseling

Directions:

- Working in pairs, and based on the images, write how you define pastoral counseling.



There are many counseling approaches, theories, and techniques. These approaches, as well as the way a counselor engages a client will be influenced by situation and presenting needs. However, the personal characteristics, beliefs, and behaviors of the counselor are the most important determinants for the success of counseling. This does not mean that we are a model of perfection. Rather, it means we are in the process of growing, changing, and connecting with the Holy Spirit's to produce maturity. The way we relate to others will indicate if we respect, trust and value them.

Directions:

- In groups students will list characteristics of a pastoral counselor on chart paper.
- Groups and teacher will highlight essential characteristics.

Role Play

Directions:

- Class will be divided into groups.
- Based on information from Activity 5 analyze the following role plays.
- Each group will be assigned a characteristic of an effective Christian counselor. In assigned group, one will read the description of the characteristic, one role plays the counselee, and one role plays the counselor. Write responses including body language and tone of voice.

Respect

Respect means communicating to others our sincere belief that they, like everyone, possess the inherent strength and capacity to make it in life; they have the right to choose their own alternatives and make their own decisions. Behind the quality of respect is the belief that all human beings are equal, and all have the right to choose their own destiny.

Respect in Action

As the counselor, how would you exemplify the characteristic of Respect in this counseling scenario?

Counselee: I want to divorce my wife. We have been stuck in the house since March of last year. This pandemic has allowed me to see who she really is. I loved her once but managing all the finances is too much. She lost her job when her employer downsized due to COVID. I don't know what to do. Divorce seems to be the only way I can fix this situation. What should I do? (He puts his head down in his hands.)

Counselor:

Process:

What steps did the counselor take to exemplify the characteristic of Respect?

Opposite of Respect in Action

As the counselor, how would you illustrate a non-respectful situation?

Empathy

Empathy means “to feel unto” or “to feel with.” It is as though we are in the driver’s seat with the other person and feeling and sensing with him or her. It is viewing the situation through their eyes and feeling as they feel now. It involves being able to get inside the other person; looking at and getting a feel for what the world is like through his perspective.

Empathy is the quality that enables us to perceive another’s experience and then to communicate that perception back to the individual. As listener, I hear you as you speak to me, and although I do not experience your feelings, I begin to have a mind-picture of the essence of what you are describing. I share my perceptions with you in “I” language (statements about my perceptions rather than statements about you and what you ought to do).

Empathy in Action

As the counselor, how would you exemplify the characteristic of Empathy?

Counselee: (Head down, arms crossed, squeezing her chest in a constricted fashion). I just can't...(sighing)...can't seem to take it. All my children are working remotely. I am working from home. We are all working on devices. This slows the WiFi down significantly. I have been in the middle of important Zoom meetings and my screen freezes. My boss has threatened to fire me. My children need help with remote learning but if I don't work, we will lose everything. I just don't know if I can take anymore.

Counselor:

PROCESS: What steps did the counselor take to exemplify empathy?

Give examples of the opposite of empathy in action

Genuineness

Genuineness is the characteristic that allows us to be freely ourselves—it is non-phoniness, non-role playing, non-defensiveness. Our outer words and behavior match our feelings.

A genuine counselor is not afraid to involve herself with her client's human feelings. Whether the feeling is sadness, anger, or joy, the counselor expresses herself to her client in very much the same way she would with a friend outside the counseling relationship.

Genuineness in Action

As the counselor, how would you exemplify the characteristic of genuineness?

Counselee: (fighting back tears) I'm just not going to think about it anymore. Losing my husband had been devastating. He was doing so well. His treatment was working. Then I lost my job. We lost our health insurance. The pain I'm feeling is unbearable . . .
(Counselee breaks down and weeps.)

Counselor:

- Summarize in one sentence your thoughts about pastoral counseling.
- Syllabus and homework review
- Closing Prayer

Pastoral Counseling 2021 — Homework Project Session 1

Due April 8, 2021

Pastoral Counseling Week One Project includes three parts. All parts are required for completion.

- **Complete Parts A and Part B** following APA format and SBL scripture citation. See ANLI Writing Guide for more information.
- Include stapled cover sheet. Cover sheet should include the following only:
Pastoral Counseling, Week One Project
Your Name
All Nations Leadership Institute
- **Part C-Exit Slip**

Part A. Reflection Session 2: (500 words)

Prepare a written response to the following prompt. Provide scriptural support and cite according to APA.

Identify practices related to pastoral counseling in Isa 40:1-31. Read and reflect on how the scripture supports our actions as Christian counselors. Include how this passage of scripture directly applies to effectively supporting those in distress.

Part B. Preparation Session 2: Complete Pastoral Counseling Chart

****Use the template on next page for your homework. You may copy and paste it.**

- **Column 1:** Read the scripture reference in column 1.
- **Column 2:** Identify implication of scripture on biblical framework for pastoral counseling.
- **Column 3:** List strategies (actions) relevant to today that support pastoral counseling based on scripture.

NOTE: Be sure to critically examine each passage of scripture and include all implications/strategies.

Tips on reading and comprehending Scripture: To obtain the full benefit of scripture, you have to do more than read. You need to read, study, meditate, and pray on scripture. When you combine these four steps, your understanding will be broadened and comprehension will be deepened. Hence, God will bless you with fuller revelation into His Word. This in turn will bring you closer to God and will mature you in your walk in Christ.

These are the steps:

1. Read, pray and meditate on each verse. Let it sink into your heart and spirit.
2. Ask God for assistance in understanding. He will give you revelation.
3. Do a read through once, reread for meaning, and then once again for detail.
4. Highlight key words

Part B: Pastoral Counseling Chart

Scripture	Biblical Framework	Strategies (Actions)
Isa 61: 1-3		
Job 23:10		
1 Thess 5:14		
John 8:32		

Part C. Exit Slip

Name/Date: _____

Pastoral Counseling Exit Slip #1

Please respond to questions in five to seven complete sentences.

1. How did you prepare for this session?	Teacher Comment
2. What did you learn from the lesson? Explain.	Teacher Comment
3. What two key points regarding pastoral counseling did you gain from this session?	Teacher Comment

