

Pastoral Counseling, 2021

Session 4

Pastor Sandra Haynes



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

Key Scripture and Prayer (Isa 43:18-21)

“Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert. The beast of the field shall honor me, the dragons and the owls: because, I give waters in the wilderness, and rivers in the desert, to give drink to my people, my chosen. This people have I formed for myself; they shall shew forth my praise”.

Instructional Overview

Big Ideas

- Jesus models effective pastoral counseling techniques.
- The counselor’s purpose includes helping counselee see the importance of a relationship with Christ and successful living.
- Listening is one of the paramount qualities of a good counselor.

Essential Questions

- Do we as counselors believe that the counseling interview is solely dependent upon our own wisdom and ability?
- Why was the ministry of Jesus beneficial to hurting people?

Learning Outcomes

- Students will identify effective counseling strategies
- Students will develop listening practices to actively engage counselees.

Jesus' Style of Relating

If we attempt to model our counseling or relating after Jesus' example, then like Jesus we should include a variety of strategies to relate to hurting people.

Directions:

- As a group think about Jesus' dealings with people and the relationship between the roles He chose to play and His style of relating. Respond to questions.
- Share responses with a partner.

When Jesus assumed the role of prophet, what was His style of relating?

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When Jesus assumed the role of priest, what was His style of relating?

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When Jesus assumed the role of king, what was His style of relating?

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When Jesus assumed the role of lamb, what was His style of relating?

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When Jesus assumed the role of servant, what was His style of relating?

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When Jesus assumed the role of shepherd, what was His style of relating?

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Lecture

I. The purpose of His Ministry

- Luke 4:18
- Luke 12:20-21
- John 10:10
- John 3:8

II. His example for the counselor

Anointing

Luke 3:21-22; 5:17

Prayer

Luke 5:15-16;
6:12-13

Obedience

John 12:49; 17:4

Authority

Matt 7:29

Involvement with Disciples and those who care

Faith

Jesus' Technique – His Modeling for Us

He spent time with people working through their problems in an in-depth way.

1. Compassion (Mark 1:41; 6:34; 8:2)
2. Acceptance (Luke 19; John 4, 8)
3. Worth to others (Mark 2:27; Luke 9:11)
4. Responsibility (Luke 5:24; 6:10; John 5)
5. Hope, encouragement, inspiration (Matt 11:28-30; Mark 10:26-27)
6. Redirected thinking (Matt 19:4-9; Luke 7:3-50)
7. Teaching others (Luke 6:39, 42; 14: 2-6; 20:28)
8. Admonishment and confrontation (Matt 8:26; 18:15)
9. Emphasis upon right behavior (Luke 6:47-49)
10. Example of John 17

The Bug Part 1

Directions:

- Teacher will describe a drawing of a bug.
- Without seeing this drawing, students draw the bug as described
- Students may not ask questions.
- As a group, discuss experience.

The Bug Part 2

Directions:





- Repeat the drawing of the bug. This time you may ask questions.
- Think about what needs to be different so you can listen more effectively.
- Upon completion, class will discuss the second experience and answer the following questions: What active listening skills did you use this time? What helped your listening be more effective?

Lecture

Active listening involves “listening for meaning’ and checking for understanding. Active listening improves mutual understanding in the counselor and counselee relationship. It creates a circle of focused listening and communication, resisting the natural inclination of distracted interactions. Providing a structured process of listening and responding, active listening focuses on the needs and thoughts of the speaker.

| What to Do | How to Say It |
|---|--|
| <p>Encourage the other person to share his or her issues as fully as possible.</p> | <p>"I want to understand what has upset you." "I want to know what you are really hoping for."</p> |
| <p>Clarify the real issues, rather than making assumptions. Ask questions that allow you to gain this information, and let the other person know you are trying to understand.</p> | <p>"Can you say more about that?" "Is that the way it usually happens?"</p> |
| <p>Restate what you have heard, so you are both able to see what has been understood so far - it may be that the other person will then realize that additional information is needed.</p> | <p>"It sounds like you weren't expecting that to happen."</p> |

WHAT HAPPENS WHEN YOU LISTEN

| YOU | THEY |
|--|--|
| Learn | Feel Understood |
|  |  |
| Understand | Open up More |
|  |  |
| Act not React | Become Healed |

Think-Pair-Share

Directions:

- In pairs, take a few minutes to review the list of Listening Techniques on the following page.
- Answer the following questions.
- Discuss in pairs ways you can apply your learning about active listening.
- Whole group discussion will follow.

1. What is an active listening technique that you think is especially important?

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2. What are some techniques that you see others on your ministry team or class use well?

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3. What is a technique that you want to improve?

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4. How will the use of some of these techniques help in counseling others?

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Listening Techniques

- ✓ Focus on the speaker.
- ✓ Watch for non-verbal cues. These may be more important than what is said.

- ✓ Listen to how something is said. Inflection, intonation and strength of the speaker's voice may communicate more than words alone.
- ✓ Eliminate distractions.
- ✓ Give encouraging non-verbal cues. Nodding and leaning toward the speaker show interest.
- ✓ Encourage the speaker by using words such as, "Yes," "I see," and "go on".
- ✓ Ask questions to clarify what is said.
- ✓ Check your understanding by repeating or paraphrasing what you think you heard.
- ✓ Respond when appropriate.
- ✓ Control emotional responses.
- ✓ Listen to the entire point without interrupting.
- ✓ Give the speaker time to think as well as talk.
- ✓ Summarize what was said.

Do You Really Hear Me?



Paired Listening Activity

Directions:

- Working in pairs, listen to exactly what the person is saying: do not edit or interpret their statements. Write down exactly what you heard.
- Then show it to the person you listened to and ask him/her for feedback on how accurately you captured and heard what they said.

1. Open Listening

The person said:

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Now reverse the process:

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2. Active Listening

Restate what the person said (put it into your own words, being careful not to interpret, analyze, add to or subtract from what they said). Just clarify:

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3. Reflecting Feelings

Your “guess” of what the person might be feeling:

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4. Open-ended Questions

This is your attempt to gather more information than they gave in their first communication. Write your question and then the answer you get.

What?

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| Q: |
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| A: |

How?

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| Q: |
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| A: |

When?

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| Q: |
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| A: |

Why?

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| Q: |
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| A: |

Who?

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| Q: |
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| A: |

Lecture

It is important that we observe the moods, emotions and behaviors of the counselee. Body language speaks louder than any words that we can ever utter. It's like reading a story. Whether we're telling people that we love them, we're angry with them, or don't care less about them, our body movements reveal our thoughts, moods, and attitudes. Moods, attitudes and feelings impact body movements and facial expressions. People who feel good about themselves walk upright, move with purpose, and radiate warmth and energy. People demonstrating a positive, open attitude are easier and more engaging to be around than people who show despair, unhappiness and pessimism.

What do these positions indicate?

- Upright posture
- Hunched over shoulders
- Arms crossed over the chest
- Precise gestures
- Open palms
- Heads nodding
- Head tilted
- Index finger to mouth, chin resting on thumb, elbow resting on the other arm
crossed in front of the body
- Hands on hips
- Legs draped over a chair arm
- Hands held behind the head and elbows pointed outward

- Leaning forward with both hands on the knees or gripping the arms of the chair

Many things provide clues to the needs and feelings of people.

1. **Physical Symptoms** – moist hands, dry mouth, and palpitations of the heart, muscle tension and insomnia show anxiety.
2. **Frequent Body Movements** – crossing and re-crossing the legs, drumming the fingers, rising from the chair, pacing the floor of the counseling room, increasing intensity of movement or cessation of movement is indicative of anxiety. May be indicative of ADHD in youth.
3. **Voice** – reflects a person's emotional state. Tenseness of the voice, rapid speech, stuttering, or pauses in speaking are evidences of anxiety.
4. **Dress** – reflects a person's attitudes and may be an unconscious means of communication. Striking, inappropriate dress may be evidence of a narcissistic person, often with dependent demands and wishes. Flashy dress or exaggerated makeup often indicates a poor self-image. Sloppy dress, especially if it is a change from the usual, may mean depression.
5. **Slowness of speech** may indicate depression.
6. **Seductive behavior** – in dress, actions, manner of sitting, conversation, or looks - could indicate insecurity or sexual maladjustment, sometimes coldness in women. In men, it signifies insecurity, maybe homosexuality. It is usually an evidence of strong transference feelings you should consider.
7. **The location of the counselee** – where they sit in a counseling room indicates their relationship to the counselor and the counseling situation. If they take a chair some distance from the desk, hesitation and resistance are indicated. If they move the chair closer or seek to move closer, they may either be afraid or desire closeness.
8. **Laughter** is a good indication of a person's state of mind. Nervous laughter or giggling indicates tension. Inappropriate laughter, that is, laughter at the wrong things, indicates maladjustment. Free and easy laughter, especially at oneself, is a sign of good adjustment.
9. **Posture**-Face the counselee squarely. This posture says that you are available to the counselee. Maintain an open posture. Uncrossed arms exemplify openness to the counselee.
10. **Eye Contact**-Look directly at the counselee. Make sure facial expression provide comfort.
11. **Relax**-Remain relaxed. This helps the interaction between counselor and counselee.

- **Homework**

- Closing Prayer

Pastoral Counseling Homework, Spring 2021

Due April 29, 2021

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

- **Complete Part A** 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 Four Project

Your Name

All Nations Leadership Institute

Part A. Life Application Essay: (500-600 words)

Prepare a written response to the following prompt:

The prophet Amos wrote in Amos 3:3: “*Do two walk together unless they have agreed to do so?*” Examine and meditate on this Scripture. Think about your relationship with God. What does this Scripture say to you about your relationship with God? What does it say to you and the counselee in the counseling process? Write a paper regarding the importance of being in agreement with God, as well as being in agreement with God’s intention if the counselee is to make any progress in the counseling process.

Part B. Prepare for case study presentations.

See attached evaluation.

Part C: Exit Slip

Pastoral Counseling

Case Study Evaluations

Team Number _____

Directions: Observe the role-play scenarios and answer the following questions about the way the participants interacted. Your observations will help provide specific feedback for participants.

1. Did the counselor begin the interview acceptably? ___Yes ___No

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2. Was the counselor empathetic? ___Yes ___No

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3. Was the counselor respectful? ___Yes ___No

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4. Was love shown to the counselee? ___Yes ___No

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5. Did the counselor seem to be a good listener? ___Yes ___No

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6. Were appropriate goals established for the counselee? ___Yes ___No

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7. Were appropriate scriptures used in the counseling process? ___Yes ___No

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8. Was a relationship with the counselee built? ___Yes ___No

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9. Was the counselee encouraged? ___Yes ___No

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10. Did the counselee leave the session feeling helped? ___Yes ___No

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11. What advice do you have for the participants regarding the counseling process?

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12. On a scale of 1 to 10, how would you rate the overall effectiveness of the role play or demonstration?

1 2 3 4 5 6 7 8 9 10

13. On a scale of 1-10, how do you rate the counseling skills of the counselor?

1 2 3 4 5 6 7 8 9 10

14. What do you feel was the most important thing you learned from today's presentation?

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Part C. Exit Slip

Name/Date: _____

Pastoral Counseling

Exit Slip #4

Please respond to questions in **five to seven complete sentences.**

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| 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 |