

Pastoral Counseling, 2021

Session 2

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



A N L I
Bridging The Gap Leadership

Key Scripture and Prayer (Isa 61:1-2)

The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; To proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all that mourn.

Lesson Big Ideas

- The starting place for developing a method of counseling or helping others is not the consideration of specific techniques, but rather, a focus upon the nature of God and the nature of man.
- Counseling can be ineffective unless the counselor has a clear understanding of what he/she is looking for in the sessions, and what he/she is seeking to accomplish.
- The counselor's main goal of counseling is to teach the process of problem-solving and individuals being responsible for completing their work.

Essential Questions

- What makes counseling ineffective?
- What is the first thing a counselor looks for in the counseling session?
- What happens if the counselor experiences despair and hopelessness, and at the same time tries to work with those in a similar situation?

Learning Outcomes

- To develop a procedure for evaluating the counselee and one's perception of the problem during the initial interview
- To identify and express the goals and objectives of counseling
- To identify and explain biblical teaching concerning problems and conflicts

Reflection

Directions:

Students will reflect on and discuss the following questions:

- How does understanding integration support effective Christian counseling purposes?
- In what ways does pastoral counseling prepare students to minister effectively?
- A counselor's personality is important to the counseling process. What characteristics should an effective counselor possess? Why?

Part 1: Quick Write & Discussion

Directions:

A starting place for developing a method of Christian counseling or helping others is a focus on the nature of God and the nature of man.

- Working in pairs, write answers to the following questions on chart paper.
- Groups will come together to share their answers.
- Discuss.

Group One

1. In counseling, why is it important to know the nature of God?
2. What do people believe God is like?
3. What is the nature of God?
4. List God's attributes.

Group Two

1. In counseling, why is it important to know the nature of man?
2. List man's needs.
3. How did these needs come about?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Nature of God and
His Attributes

Nature of Man

- New Birth
- Christlikeness (Eph 4:13)
- Understanding and comprehending who God is

God's Acceptance = Our Acceptance

Builds self-concept

Christian Counseling

1. Building a relationship
2. Exploring the problems
3. Deciding on a course of action
4. Stimulating action
5. Terminating the counseling relationship

What Did Jesus Do?

Directions:

- Class will read Luke 24:13-31.
- Working in pairs, teams will discuss how Jesus implemented these five steps while in the village of Emmaus.
- Group one will read and discuss Luke 24: 13-22.
- Group two will read and discuss Luke 24:23-31.
- Group reporter will share findings.

Part 1**Counselee Profile/Assessment****Using the Basic ID Model****Directions:**

- Teacher will explain basis of BASIC ID Model.

The BASIC ID is an acronym for the seven modalities of a person's life. It is an inventory that helps the counselor identify basic modalities the counselee prioritizes and/or neglects. This is the psychology of what we as counselors do.

Behavior:

Affect:

Sensations:

Imagery:

Cognition:

Interpersonal:

Drug biology:

Spiritual:

Part 2: Application

Complete BASIC ID Profile for Case Study Carmen

Directions:

- In pairs, students will complete profile and set goals for Carmen.
- Share results with class.

Behavior:

Affect:

Sensations:

Imagery:

Cognition:

Interpersonal:

Drug biology:

Spiritual:

Goals:

Early Stages of Counseling

Goals and Aims of the Early Stages of Counseling for the Counselor

Some of the goals and aims of the initial stages of counseling include:

1. To understand the person's current situation
2. To help the person to do what is in one's best interest
3. To help reduce emotional distress
4. To understand how the person has tried to handle the problem
5. To understand the person's view of the problem
6. To understand the reasons and motivations for seeking counseling
7. To understand the individual's emotional reactions
8. To estimate tentatively person's strengths
9. To evaluate the total problem
10. To help them clarify the person life situation and problem
11. To resolve conflicts
12. To release some of the individual's inner strengths
13. To accept Jesus Christ as Lord and Savior

- Homework
- Closing Prayer

Pastoral Counseling Homework

Due April 15, 2021

Homework has three parts. Complete all three parts.

- A. Basic ID and Goals for Case Study C
- B. Scripture Reflection
- C. Personal Reflection

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 broaden and comprehension will deepen. 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. 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.

Scripture Reflection

Each Bible verse will focus on God's omnipotence, omniscience, and what He says about bringing hope and healing to hurting people. You will have to do three things with each verse. First, read the verse. Second, summarize the verse. Third, write about how you think the verse directly applies to the course's content.

Part 1. BASIC ID and Goals for Case Study C

Directions:

The BASIC ID is an assessment of the counselee that helps the counselor and counselee identify areas in the counselee's life that are problematic.

- Using Case Study C, write an assessment on the counselee. Based on Carmen's needs what goals will you set up for her?

Behavior:

Affect:

Sensations:

Imagery:

Cognition:

Interpersonal:

Drug biology:

Spiritual:

Goals for Carmen

Goal 1

Goal 2

Goal 3

Goal 4

Goal 5

Part 2. Scripture Reflection

A counselee discovers God's omnipresence not by envisioning that God is everywhere, but by recognizing that He is there already. The scriptures dealing this concept are:

Ps 16:11

Ps 23:4

Ps 139:7-12

Josh 1:9

Heb 13:5

These scriptures contain specific ways to help a counselee understand the meaning of God's omnipresence to one's life.

Directions:

- Examine and meditate on each Scripture.
- Write a 300-word paper describing what your life would be like if you were to be more aware of this attribute of God, and how this awareness would make you a more effective counselor.
- Include in your paper:
 - A time in your life when you felt closest to God.
 - A time in your life when you felt farthest away from God.
 - Explain how Ps 139:7-12 relates to these two times.
 - How will you minister or counsel someone regarding God's omnipresence to bring emotional, psychological, or spiritual healing to that person's life?

Part 3. Class Reflection

Directions:

Reflect on your thoughts and feelings of what we have covered so far. Describe at least three items we have discussed in class that have made an impact on you, and at least three items from your reading this week that made you pause and think. How would you be able to apply what we covered in class and during the week to either your everyday life or your ministry? Please use complete sentences in your description.

Class Reflections

1.
2.
3.

Scripture Reflections

Verse _____

Verse _____

Verse _____