

Pastoral Counseling, 2021

Session 5

Pastor Sandra Haynes



“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 (Rom 8:28-30)

“And we know that all things work together for good to them that love God, to them who are called according to His purpose. For whom He did foreknow, He also did predestinate to be conformed to the image of His son, that He might be the firstborn among many brethren. Moreover whom He did predestinate, them He also called, and whom He called, them he also justified; and whom He justified, them He also glorified.”

Instructional Overview

Big Ideas

- It is important in counseling not only to identify feelings, but also to accurately describe them.
- In order to help a counselee fully describe feelings it is important for the helper or counselor to be in touch with his own feelings and be able to describe them.

Essential Questions

- What is depression?
- Who gets depressed?
- How long does depression last?

Learning Outcomes

- Students will define depression.
- Students will analyze the cause for a person’s depression.
- Students will identify the proper methods of counseling a depressed person.

Pastoral Counseling
Observer's Worksheet for Role-Play Scenarios

Team # _____

Directions:

- Observe the role-play scenarios and answer the following questions about the way the participants interacted. Your observations provide specific feedback for the pastoral counselor.

1. Did the counselor begin the interview acceptably? Explain

2. Was a relationship with the counselee built? Explain.

3. Were the counselor's emotions expressed, and the counselee's emotions acknowledged? Explain.

4. Did the counselor appear to have a sincere interest in the counselee and relate to him/her with respect and empathy? Explain.

5. Which characteristics were the most prominent in the counselor's counseling style?

6. Comment on how listening behaviors made it easier (or more difficult) in the counseling process.

7. How did nonverbal communication affect the role players' ability to bring comfort, empathy and respect to the counselee?

8. Were appropriate scriptures used in the counseling process? Explain.

9. How ready was the counselee for change?

10. Was an appropriate BASIC ID profile made on the counselee? Explain.

11. Were appropriate goals established for future sessions with the counselee? Explain.

12. Did the Counselor seem to understand the counselee's current situation? Explain.

13. Was the counselor able to remove the counselee's emotional distress? Explain.

14. Did the counselor help the counselee do what was in his/her best interest? Explain.

15. Was an appropriate biblical method of counseling used? Explain.

16. Was Jesus' style of helping others exemplified? Explain.

17. Was the counselee encouraged? Comment.

18. Did the counselee leave the session feeling helped? Comments.

19. What advice do you have for the participants about the counseling process?

20. On a scale of 1 to 10, how would you rate the overall effectiveness of the role players?

1 2 3 4 5 6 7 8 9 10

21. 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

22. On a scale of 1-10, how do you rate the effectiveness of the counselee?

1 2 3 4 5 6 7 8 9 10

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

Lecture

Directions: Class will review and complete the following sentences in their own words:

Group Discussion will follow:

1. Depression is:

2. When I am depressed I usually:

Directions: Working in pairs, think about the following statements and tell whether you agree or disagree with them. After thinking about your responses, state the reasons for your choices. Class will come together to share their responses.

The Bible teaches that Christians should not be depressed. Agree or disagree?

Reason:

Depression is a sin.

Agree or disagree?

Reason

Joy is the opposite of depression.

Agree or disagree?

Reason

A good way to help a depressed person is to pity him.

Agree or disagree?

Reason

Depression can be a healthy response.

Agree or disagree?

Reason

Characteristics of Depression

Directions: Class will discuss the following characteristics of depression.

1. Hopelessness, despair, sadness, apathy
2. Loss of perspective
3. Changes in physical activities
4. Loss of self-esteem
5. Withdrawal
6. Desire to escape
7. Oversensitivity
8. Anger
9. Guilt
10. State of dependence

Questions to ask a depressed person

Directions: Class will review and discuss questions a person could ask himself to determine if he is manifesting the characteristics of depression. These questions may assist one in determining the extent of an individual's depression.

1. Are you tired even when you have had enough sleep?
2. Do you have difficulty getting yourself into action in the morning?
3. Do you accomplish less than you want?
4. Are you restless?
5. Have you lost interest in life such as family, work, intimacy, etc.?
6. Are you unable to make decisions?
7. Are you continually angry and resentful?
8. Do you often have feelings of dread? Do you expect something awful to happen?
9. Are you critical of yourself and do you feel inferior or inadequate?

10. Does your mood fluctuate? Do you have some weeks that are “up” and some that are “down”?

These are common symptoms of low-grade chronic depression.

Severe or clinical depression is often indicated by answering yes to the following questions:

1. Do you cry often?
2. Have your sleeping habits changed so it takes you longer to fall asleep or you wake up much earlier?
3. Do you sleep more than you used to?
4. Have you lost weight without dieting? Does the thought of food almost make you sick?
5. Do you have a lot of guilt?
6. Do you think of ending your life?
7. Do you feel as though you are in a fog and things are unreal?
8. Are you unable to concentrate and do you go over certain thought?

Causes of Depression

Directions: Class will review and discuss the causes of depression.

1. Death of a child
2. Death of a spouse
3. Jail sentence
4. Unfaithful spouse
5. Major financial difficulty
6. Business failure
7. Being fired
8. Divorce
9. Marital separation
10. Major illness
11. Unemployment
12. Academic failure
13. Insufficient rest

14. Other _____

Closing

**Activity
4**

- Homework
- Closing Prayer

Pastoral Counseling Homework, Spring 2021

Due May 6, 2021

Homework has two parts. All parts 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 Five Project

Your Name

All Nations Leadership Institute

Part A. Case Study Final Paper (1500-2000 words)

A Story of Forgiveness

The case study will set the stage for applying our pastoral counseling skills. You will act as a pastoral counselor seeking to help one of the four main characters (Bruce: the father, Josh: the oldest son, Brody: the youngest son, or Justin: the teenager responsible for two counts of negligent homicide) find their way back into a family that has experienced the tragic loss of wife, mother and sister, complicated even further by some pre-existing problematic patterns and spiritual needs. You are to assume that the family has connection to your church. Apply what you have learned in class and read to one of these three struggling individuals. At some point in this story, you as the pastoral counselor are asked to see one of these four characters. Possibly a family friend has encouraged one of the characters to come and see you, or one has willingly come to ask for counsel. It is your decision to decide how you want the counselee to come to you, how you will counsel the counselee, and at what point you will enter this tragedy. You are to apply what you have learned in class, as well as other resources regarding pastoral counseling as if you were counseling one of these wounded, confused people.

Part B. Life Application Essay (200 words minimum)

You have now gone through five class sessions and spent quality time analyzing scripture.

Respond to the following prompt:

Reflect on what you have experienced and learned from your role playing and your final paper.

Consider what supported your belief system and what challenged your thoughts concerning pastoral counseling.