Counseling, Communication, & Pitfalls in Ministry; A Practical Application

November Fast Track 2014
Presented By: Dr. Chuck Lorrain
Purposed Question

Why are we doing this fast track?

- CI & Vision Church is an equipping center
- Call of the 5-fold (Eph. 4:11-12)

“And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ”
Purposed Question

Why are we doing this fast track?

• Practical application = activations
• Increase your skillsets (KSA’s) for whatever your call or place of ministry!
Fast Track Roadmap

- Introduction to Counseling—Thurs.
- Confidentiality—Thurs.
- Communication—Fri.
- Grief & Loss—Sat.
- Pitfalls in Ministry—Sat.

Friday Night: Communication in Evangelism
General Information

- Breaks on the hour
- Power Point handouts after each session
- MTC students– Will have a test covering all materials taught and received (Dec. 2\textsuperscript{nd})
- Additional resource material included in the handouts.
- Questions encouraged!
Introduction to Counseling
Session Objectives

- Raise your level of consciousness relative to the philosophy's of counseling and specifically; **Responsible Christian Counseling**.
- Provide some basic counseling tools and skills
- Learn the nuances of confidentiality
- Provide material resources for counseling
- Discuss pitfalls and ethics in counseling
What This Is Not

• This is not an exhaustive presentation on counseling.
• This will not make you a “therapist”
• This will not “license” you as a counselor
• This will not automatically qualify you to be a counselor in your home church.
What This Is

- This is an “orientation” to Christian counseling.
- This will give you new ministry KSA’s.
- This will give you an understanding of some different approaches to Christian counseling.
- This will give you a basic foundation from which to learn other counseling skills.
Let’s Talk about Counseling

- Counseling as God sees it
- Counseling and our heart
- Counseling and the Holy Spirit
- Counseling and the pastors

Counseling gone wrong....
Counseling Done Wrong

Extremely Funny Video Clip

"How We Counsel Here at the Church!"

www.smallchurchassociation.com
Counseling Truth

“Where there is no counsel, the people fall: but in the multitude of counselors there is safety”

Proverbs 11:14
“Counseling” vs. “Therapy”

Webster's:

“Counseling is an interpersonal helping relationship which begins with the counselee exploring the way they think, how they feel, and what they do, for the purpose of enhancing their life.”

(Psycho) Therapy:

“The treatment of mental or emotional problems by psychological means.”
Starting Questions

But how shall we counsel?

• What should be the Christian counselor's relationship to the social sciences?

• How can we assume a responsible counseling role?

• What about our view of persons and counseling?

• What does the Gospel have to do with the counseling relationship?
Scripture and Psychology

4 ways to relate scripture and psychology:

1. Scripture against psychology
2. Psychology above Scripture
3. Scripture and psychology as parallels
4. Psychology integrated into Scripture
Counseling Roles

- Client-centered (Rogerian) “Non Directive”
- Relationship-centered (WWJD)

  What must I do, know or say? to.....

  What must I be to help the person?

  Jesus assumed a variety of roles in his relationship to different people!
JESUS, is the basis of our counseling!

“And the Spirit of the LORD will rest on him—the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the LORD”

Isaiah 11:2
# Jesus’ Roles in Relationships

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<th>Prophetic</th>
<th>Pastoral</th>
<th>Priestly</th>
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Counseling Approaches

Client-Centered
(Rogerian)
Non-Directive

Relationship-Centered
Prophetic
Pastoral
Priestly

Authoritarian
(Nouthetic)
Directive

X

X
Jesus IS Relational!

He created man to have fellowship with... Relational.

He created woman to be a helpmate and partner to man... Relational.

He sent His son to redeem sinful man back unto himself... Relational.

He has always been relational!
Qualifications to Counsel

- The person must have a personal relationship with the Lord Jesus Christ and not be a new convert.
- The person should be baptized in the Holy Spirit with the evidence of speaking in tongues.
- The person must be able to maintain healthy boundaries.
- The person must be submitted to church leadership and under authority.
Qualifications to Counsel

- Possess wisdom and discernment
- Good Biblical knowledge
- Good communication skills
- Common sense
- Compassion & empathy

**Compassion:** (Latin) “Com”—together & “Pati”—to suffer

**Empathy:** the ability to understand and share the feelings of another.
So How do we Counsel?
Counseling Tools

One tool does not fit all!!
Many “Tools”

- Long-Term.....(Restoring The Foundations)
- Encouragement--Mentoring/Coaching
- Pastoral....(Nouthetic)
- Deliverance
- Prophetic...(incl. Words of Wisdom/ Knowledge).
- Issue Specific--Marital/ Pre-marital, Grief, Stress, Trauma, etc.
Helpful Advice
Counseling Tools—Which One?

**ASSESSMENT!!**

- Active listening—most important!
- Socratic questioning
- Discernment
- Wisdom/ Life experience
- Specific inventories
Counseling Relationships

- We do not abandon or neglect counselees. If you are unable or unwilling, for appropriate reasons, to provide professional help or continue a professional relationship, you need to refer the counselee.

- We make only realistic statements regarding the pastoral counseling process and its outcome.
Counseling Relationships

- We show sensitive regard for the moral, social, and religious standards of counselees. We avoid imposing our beliefs on others, although we may express them when appropriate in the pastoral counseling process.

- Counseling relationships are continued only so long as it is reasonably clear that the counselee is benefiting from the relationship.
Counseling Relationships

- We recognize the trust placed in, and unique power of, the counseling relationship. While acknowledging the complexity of some pastoral relationships, we avoid exploiting the trust and dependency of clients. We avoid those dual relationships with counselees (e.g., business or close personal relationships) which could impair our professional judgment, compromise the integrity of the counseling, and/or use the relationship for our own gain.
Counseling Relationships

All forms of sexual behavior or harassment with counselees is unethical, even when a counselee invites or consents to such behavior or involvement. Sexual behavior is defined as, but not limited to, all forms of overt and covert seductive speech, gestures, and behavior as well as physical contact of a sexual nature; harassment is defined as, but not limited to, repeated comments, gestures or physical contacts of a sexual nature.
Counseling Relationships

- We recognize that the counselor/counselee relationship involves a power imbalance, the residual effects of which are operative following the termination of the counseling relationship. Therefore, all sexual behavior or harassment with former counselees is unethical.

- We do not engage in harassment, abusive words or actions, or exploitative coercion of counselees or former counselees.
Counseling Issues

General Rules:

- Counseling is best done in teams
- No males counseling females alone and vice-versa.
- Must be under authority as a counselor
- No counseling outside expertise
Counselor Issues

- Maintain healthy boundaries
- Know when to refer
- Knowing how long to counsel an individual(s).
- Location
- Paperwork (Yes, paperwork!!)
Counselor Issues

- Countertransference
- Compassion fatigue
- Burnout
- Vicarious traumatization
- Secondary traumatic stress
Counselor Issues

When you don’t know what to do........

Always remember the first rule of counseling:

DO NO HARM!
Counseling Humor
Thank You

Q & A