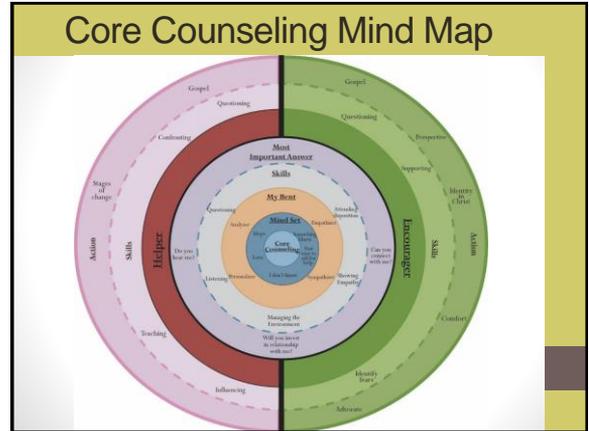


Core Counseling

Ministers/Wives Webinar
February 2018



Apostolic Christian Counseling & Family Services
877-370-9988 www.acounseling.org info@acounseling.org



Mind Set

Leave them with Hope.

- The fact they approached you is of itself very hopeful.
- Be careful to not downplay hurt.

Love

- "And above all things, put on charity, which is the bond of perfectness." Col 3:14

They are hurting.

- Appreciate their pain.
- This will generate compassion.

Asking for help is not easy.

- Appreciate their openness.
- Support their courage.

I don't know.

- Seek to know his or her story.
- I don't need to be an expert to listen.
- I want to build trust.
- Showing love is more important than fixing or having answers.

My Bent

Analyzer

- More thinking than feeling.
- Presumes to "know" what's going on.
- Tends to be quick to dismiss.

Personalizer

- Short on both feeling and thinking.
- Struggles with fear.
- Tends to suffer from people rather than with people.
- Tends to be defensive.

Empathizer

- High feeling and thinking.
- Emotional "tune in" that is informed by thinking.
- How is my experience the same and different.

Sympthizer

- More feeling than thinking.
- May tend to react too quickly based on feelings.
- Project's one's own experience on to the other in identifying with feelings.

Initial Skill Set

Questioning:

- Expand conversation by exploring & clarifying.
- Use open vs. closed-ended questions.
- Stem: "Can you share with me ___?"

Listening:

- Goal: Understand the speaker.
- Realize: Listening is a gift to give.
- Tip: Listen for personal emotions, interpretations, and what is not said.
- Check your understanding.

Attending disposition:

- Build Safety
- Body language & eye contact

Showing Empathy

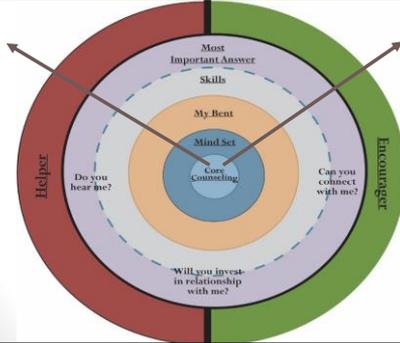
Managing the Environment:

- Set proactive boundaries.
- Think through the setting.
- Find out past counseling experiences.
- Identify the person's goals.
- Collaborate about the appropriate next steps.
- Offer hope.

The Most Important Answer

- Build trust equity and increase the probability of a second meeting.

Two Types of Counseling Sessions

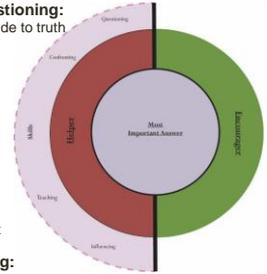


Helper Skills

- Confronting:**
- 1st Affirm and validate
 - 2nd Confirm love
 - 3rd Engage the area of need
 - 4th Be direct and clear
 - 5th Stay focused
 - 6th Affirm confidence and hope

- Teaching:**
- Define terms
 - Draw comparisons
 - Discern circumstance
 - Connect cause and effect

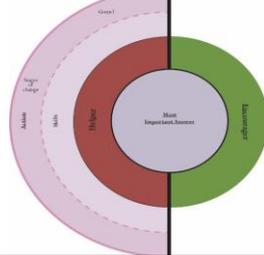
- Influencing:**
- Help counselee "envision" target behavior.
 - Give information in the form of suggestions.
 - "How would you feel about _____?"
 - "I wonder what would happen if you _____?"



Helper Actions

- Stages of Change:**
- 1st Pre-Contemplation
 - Offer factual info about problem.
 - Explore pros/cons of no change.
 - Discuss consequences.
 - 2nd Contemplation
 - Help person "tip the scale" toward change by helping the counselee focus on his/her own true values and goals.
 - 3rd Preparation
 - Lower barriers prohibiting change.
 - Suggest ways to change and make a plan.
 - 4th Action
 - Support realistic view of change.
 - 5th Maintenance
 - Support the new "normal" and prepare for "backslide" recovery.

- Gospel:**
- Help believers understand "who they are in Christ". Knowing who we are, goes a long way in helping us behave accordingly.
 - Help unbelievers understand "who they could be in Christ".

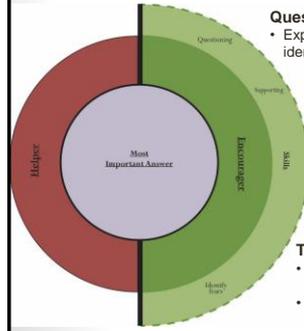


Encourager Skills

- Questioning:**
- Explore and clarify until you can identify the fear.

- Support:**
- True encouragement is inspired by love and directed toward fear.

- Two types of encouragement:**
- Circumstantial:
 - "I know things will turn around."
 - Non-circumstantial:
 - "God loves you."



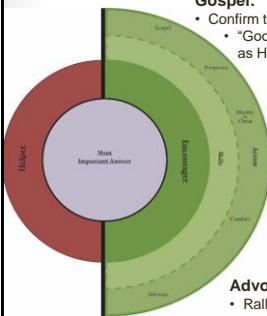
Encouraging Action

- Gospel:**
- Confirm the truth of the gospel to the believer.
 - "God favors you. He is pleased to have you as His son/daughter."

- Perspective:**
- Help them see the "forest for the trees".

- Comfort:**
- Listen
 - Be there for the long term.
 - Ministry of presence

- Advocate:**
- Rally others on their behalf



Levels of Sharing

