
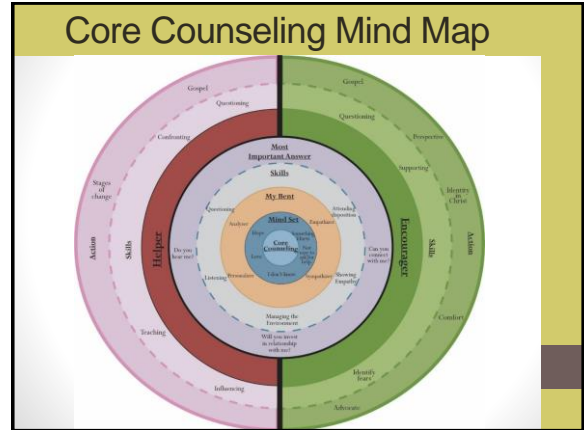


Core Counseling

Ministers/Wives Webinar
February 2018



Apostolic Christian Counseling & Family Services
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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.

Sympathizer

- 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

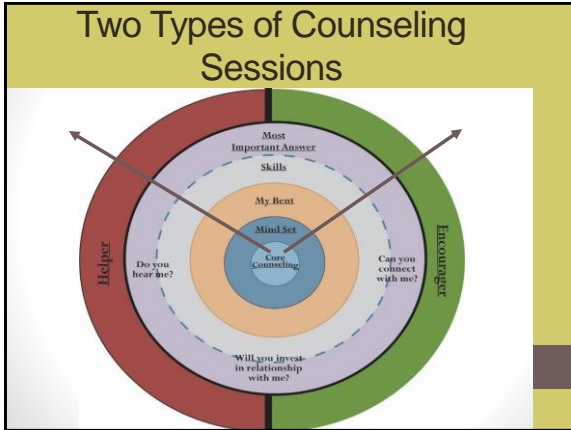
Showing Empathy

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.



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 _____?"

Questioning:

- Guide to truth

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

