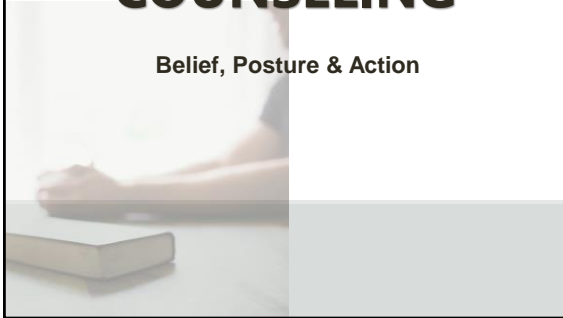


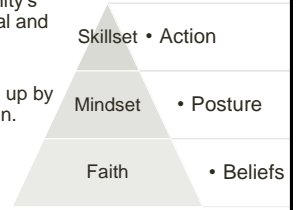
# COUNSELING

Belief, Posture & Action



## Objective

- Understand the role of spiritual counseling as partnering with God in redeeming humanity's emotional, mental spiritual and relational welfare.
- Provide a framework for counseling that is formed up by beliefs, posture and action.

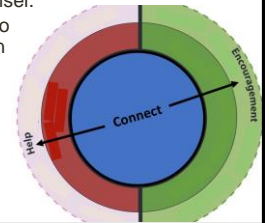


## Beliefs that form up the foundation for Christian counseling.

- People are image bearers of God, created as his choice creation. Every person matters to God.
- People are psychological, biological, social & spiritual beings.
- God presently sees and understands us better than we ourselves.
- The Bible is God's word. Everything it speaks to is true and instructive.
- Faith in Christ is necessary for the repair people most need.
- Suffering comes as a result sin: our sin, other's sin against us, or the brokenness of this world because of sin.

## Posture: Mindset for connection

- There is a mindset that puts us in a disposition of usefulness and readiness to give counsel. A mindset that allows us to connect with the person in need. A mindset toward encouragement A mindset toward helping

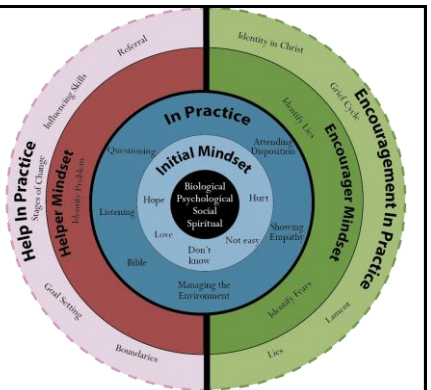


## Action: Skillsets for counseling

There are skillsets required for carrying out the work of a counselor.

Connect	Encourage	Help
<b>Mindset</b> <ul style="list-style-type: none"> <li>• Think Humility</li> <li>• Think Understanding</li> <li>• Think Hope</li> </ul>	<b>Mindset</b> <ul style="list-style-type: none"> <li>• Listen for fears</li> <li>• Listen for loss</li> <li>• Listen for misbeliefs</li> </ul>	<b>Mindset</b> <ul style="list-style-type: none"> <li>• Listen for needed correction</li> <li>• Listen for needed guidance</li> </ul>
<b>Skillset</b> <ul style="list-style-type: none"> <li>• Questioning</li> <li>• Listening</li> <li>• Bible</li> <li>• Empathy</li> </ul>	<b>Skillset</b> <ul style="list-style-type: none"> <li>• Living in uncertainty work</li> <li>• Grief work</li> <li>• Truth work</li> </ul>	<b>Skillset</b> <ul style="list-style-type: none"> <li>• Goal setting</li> <li>• Influencing Change</li> <li>• Maintenance</li> </ul>

## Tool



## Discussion(post event)

View the 15 minute video at the link below:

•Notice the mindset that the clinician Judith Johnson has. Make a few observations.

•Notice the skillset that she has. Which ones did you see as helpful.

<https://youtu.be/7LD8iC4NqXM>



## Follow up Training



### Basic Counseling Skills

Every discipline and profession has a mindset and a skill set that enable individuals to do what they do. When it comes to counseling people, there is likewise a mindset and a skill set. The objective of this course is to motivate, inform and equip mentors in counseling others. The lessons cover the counselor's mindset & skill set, as well as how to encourage and help people. Each of the four lessons contain informational videos, articles and podcasts. You can enroll by clicking on the link below.

[FOR MORE INFORMATION & TO REGISTER!](#)



*The Minister's Guide to Psychological Disorders and Treatments* is a thorough yet succinct guide to everything a minister might need to know about the most common psychological disorders and the most useful mental-health treatments. This is the minister's one-stop guide to understanding common mental health problems, helping parishioners who struggle with them, and thinking strategically about whether to refer - and if so, to whom.



According to Drs. Larry Crabb and Dan Allender, encouragement is more than a compliment or a pat on the back. It is a skill that can be mastered by anyone. Part One of the book deals with understanding encouragement. Part Two offers practical how-tos that move beyond superficial smiles and shallow greetings.



Are you in control of your life? Often people focus so much on being loved that they forget their limits. In New York Times bestselling book, **Boundaries**, Drs. Cloud and Townsend unpack the ten laws of boundaries, showing you how to bring health and happiness into your relationships.



Everyone faces problems, and it is likely that we can help people more than we realize. Best-selling author Dr. Gary R. Collins helps readers become more sensitive to the feelings of others, learn how to deal with "people problems", and know when and where to refer people.