

LECTURE #5

ESSENTIAL ELEMENTS OF COUNSELING

Goals of this session:

1. Identify, explain and illustrate five essential elements in effective biblical counseling.
2. Offer suggestions on how to develop skills in each element.

The Key Elements:

I. DEVELOP _____ INFORMATION.

A. Personal Data Inventory (PDI) and Problem Sheet (pink sheet).

B. _____ (broad)/_____ (specific) Probing.

1. Some extensive probing: Spiritual life, Family relationships, Financial, etc.
2. Some intensive probing: Spiritual disciplines, Husband/Wife relationships, budgeting issues, etc.

C. _____/Non-_____ Communication.

1. What is said, or core data.
2. How it is said, or halo data.

D. We must _____ carefully before offering counsel (cf. Pro 18:13, 15, 17).

1. Pay attention to the following when listening:
 - a. _____
 - b. Words like _____, unable, too much
 - c. Calling sin a sickness
 - d. Feelings more than facts

II. _____ / _____ **THE PROBLEM.**

A. _____ Problem-- “What brings you here?” (pink sheet).

1. Subjective Level (feelings/effects).

a. “I feel guilty,” “I’m depressed,” “I can’t get along with my wife”

B. Evaluation of Problem-- “What were you thinking?”

1. _____ Level.

a. Very important in changing behavior. Note: not about feelings!

C. _____ Problem-- “What happened?,” “What were you doing?”

1. Looking at behavior or cause of problems.

2. Paying attention to actions that produce negative feelings.

D. _____ Problem-- “How long has this been going on?”

1. Our focus is upon behavior patterns or habits.

2. Past actions repeated so often that they have become habits affecting present behavior. We are looking at what motives or drives those we counsel.

a. “I frequently lie my way out of tough spots.”

III. ESTABLISH _____.

A. “Accepting the counselee as [one] important to God, and coming alongside in concern and love to see their problems in order to help them find biblical solutions and change for God’s glory and the counselee’s benefit.” The purpose of establishing involvement is to help the counselee be God’s kind of person. In this relationship we offer hope.

1. Biblical Counselor: Acts 20:31; 2 Corinthians 11:29; Galatians 6:2,5; Ephesians 4:15,29; 1 Thessalonians 2:7-9; 3 John 4

B. How involvement is gained:

1. Be available and _____.
2. Take counselee seriously.
3. Don't be manipulated! _____ the problem.
4. Model Christ!
5. Be _____-oriented!

IV. GIVE THEM _____.

A. There are answers ... God's solutions. The Bible is a textbook on counseling (cf. 1 Timothy 3:15-17.) God is our only source of HOPE!

B. Methods of giving hope:

1. Personal examples of victory.
2. Label sin as _____.
3. Be solution-oriented.
4. Tell folks how long you expect to counsel.
5. Deal with _____ problems (Iceberg Principle).

V. ASSIGN _____.

A. Rationale

1. The biblical emphasis on "_____" (e.g. 2 Kings 5:10; Matthew 19:21,22).
2. It brings hope and anticipation of change from the outset.
3. It puts responsibility for change where it belongs, on the counselee.
4. Talk alone is _____-_____.
5. Aids the dehabituating/rehabituating process.
6. Assists in discovering quickly who is serious about changing and who isn't.
7. Becomes a yardstick for measuring progress.

B. Procedures

1. Begin with the first session.
2. Be _____.
3. It must involve _____ and _____.
4. Make assignments appropriate to the three kinds of problems.
5. Review previous homework at beginning of each session; use as an agenda.
6. Assign more homework at end of counseling session.