



CHRISTIAN COUNSELING 101 REVIEW



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CHRISTIAN COUNSELING 101



*Let's
Review!*

A SCRIPTURAL BASIS FOR COUNSELING

Your decrees are my delight, they are my counselors (Psalm 119:24 CSB)

A fool's way is right in his own eyes, but whoever listens to counsel is wise
(Proverbs 12:15 CSB)

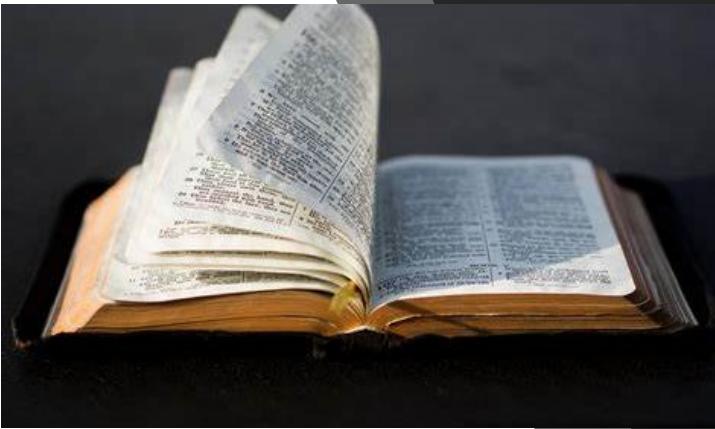
But the Counselor, the Holy Spirit, who the Father will send in my name will remind you of everything I have told you (John 14:26 CSB)

I will bless the Lord who counsels me....(Psalm 16:7 CSB)

Plans fail where there is no counsel, but with many advisers they succeed
(Proverbs 15:22 CSB)

Without guidance, a people will fall but with many counselors there is deliverance (Proverbs 11:14 CSB)

But encourage each other daily while it is still called today so that none of you be hardened by sin's deception (Heb 3:13CSB)



A GENERAL DEFINITION OF COUNSELING

Helping individuals find effective solutions to spiritual, emotional, social, or psychological, problems and difficulties in their life.

CHRISTIAN COUNSELING

A ministry whereby counseling principles along with faith, prayer, and The Holy Spirit, are used to guide, comfort, and help persons find viable solutions for problems, losses, painful experiences, and challenging life issues.

*Christian Counseling Services of
Greater Cleveland, 2015*

ADOPTING CHRIST-LIKE CHARACTERISTICS FOR EFFECTIVE COUNSELING

Christ exemplified the following traits as He dealt with people....

1. HE WAS COMPASSIONATE (Mark 6:34; Mark 8:2)
2. HE ACCEPTED PEOPLE (John 4:1-26)
3. HE GAVE PEOPLE WORTH (Matt. 10:29)
4. HE MET PEOPLE'S NEEDS (John 3:1-21)
5. HE USED THE RIGHT WORDS (Mark 3:5)
6. EMPHASIZED RIGHT BEHAVIOR (Jn. 8:11;Luke 6:47-48)
7. ACCEPTANCE OF RESPONSIBILITY (Jn 5:6; Mark 10:51)

ADOPTING CHRIST-LIKE CHARACTERISTICS FOR EFFECTIVE COUNSELING

Christ exemplified the following traits as He dealt with people....

8. HE PROVIDED HOPE (Mark 10:26-27)
9. HE ENCOURAGED PEOPLE (Mark 11:28-30)
10. HE EMPHASIZED PEACE OF MIND (Jn. 14:27)
11. RESHAPED THINKING (Luke 5:22-25; 12:22-27)
12. HE WAS A TEACHER (Luke 14:1-6)
13. HE SPOKE WITH AUTHORITY (Matt. 7:29)
14. HE ADMONISHED & CONFRONTED (Jn. 8:39)

S.O.L.E.R COUNSELING POSITION

- **Squarely**
 - Face the person
- **Open**
 - Your posture
- **Lean**
 - Towards the client
- **Eye**
 - Contact maintained
- **Relax**
 - While attending



CUES FOR EFFECTIVE LISTENING



EYES



EARS



HEART



HOLY
SPIRIT

INTERPERSONAL COUNSELING SKILLS



EMPATHIZING

Connecting with clients by understanding and identifying with their life's issues. Being able to communicate that you see their challenges from their perspective.



QUESTIONING

Asking the *open-ended* questions that elicit deeper discussion, increase clarity, and lead the client to inner examination and self-exploration.



RESTATING

Paraphrasing in your own words what the client has said, demonstrating that you have heard and understood them.



SUMMARIZING

Pulling together or giving a synopsis of the important elements covered in a counseling session.



CLARIFYING

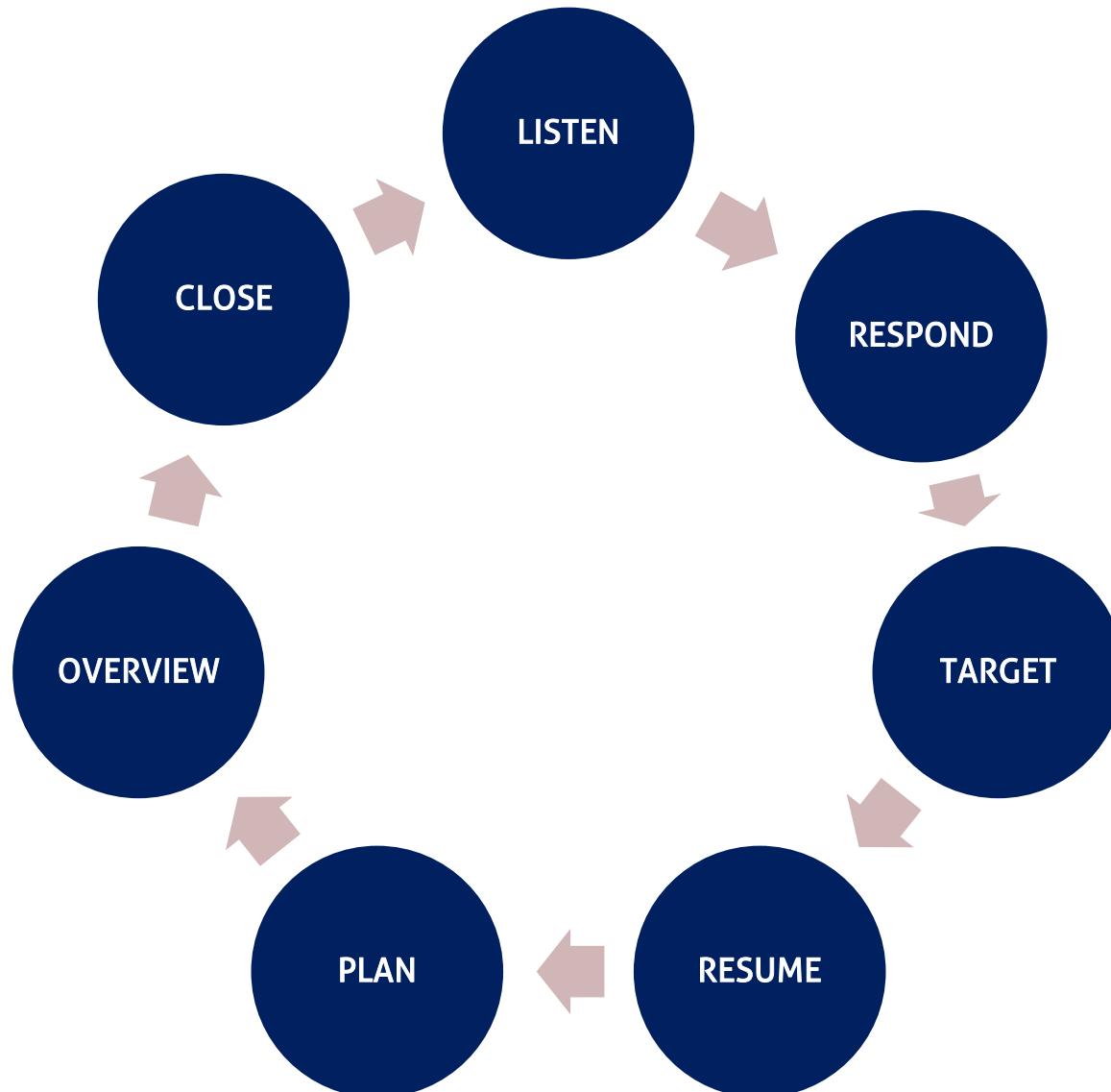
Grasping the essence of the client's message at both the feeling and thinking levels. Simplifying client statements by focusing on the core of their message.



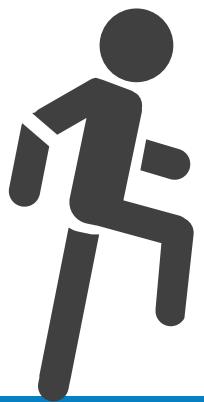
INTERPRETING

Offering possible explanations for certain thoughts, feelings and behaviors of the client.

GENERAL COUNSELING MODEL



CHRISTIAN COUNSELING STAIRCASE



LISTEN

Provide an ample opportunity for the client to tell his or her story.

STEP 1

EMPATHIZE

Healing continues when clients know you are genuinely concerned.

STEP 2

EVALUATE

Counsel helps the client view and come to grips with their circumstances.

STEP 3

EXPLORE

Help the client discover a practical and doable plan of action.

STEP 4

ELEVATE

Client is able to have a spiritual perspective and heavenly point of view.

STEP 5

LISTEN

- Counselors should provide an ample opportunity for the client to tell his or her story in a comfortable atmosphere where they are not threatened, rushed, distracted, or judged.
- When troubled individuals can release their pain and emotional baggage in a safe, non-threatening environment, the therapeutic and healing process begins.

EMPATHIZE

Counseling becomes extremely effective when clients know that you are truly concerned about them, that you feel their pain, see the world through their lens, and understand what they are going through.

As genuine empathy is expressed by the counselor it can move the client to become more transparent, and honest, with their feelings and issues.

EVALUATE

The counselor helps the client to be honest enough to take a candid look within themselves to make a forthright assessment of his or her situation.

The counselor then helps the client come to grips with their emotions, circumstances, and unresolved issues. Such evaluation helps the client see things more clearly and move forward truthfully and courageously.

EXPLORE

Here, the counselor helps explore possible solutions, steps, and strategies that would be the best plan of action going forward to promote growth, change and positive movement for the client.

- A. Short Range (Emergency) Solutions
- B. Medium Range Solutions
- C. Long Range Solutions

EXPLORE

A. Short Range (Emergency) Solutions

These are highly important, non-negotiable things that need to be done immediately! Everything else depends on these steps being taken. Examples would be; drug treatment, getting much needed medical attention, suicide intervention, getting out of a life-threatening situation, help for alcohol addiction, intervention for sexual, verbal, physical, or emotional abuse, addressing a sinful or immoral issue that is not pleasing to God.

EXPLORE

B. Medium Range Solutions

After any short-range problems are handled, Medium Range solutions are significant lifestyle changes. Furthermore, they are ongoing things that the client must work on consistently that will help them move forward in their life and prevent them from making the same mistakes again.

EXPLORE

C. Long Range Solutions

These are ultimate life goals, objectives, or spiritual aspirations that can be achieved over a significant period of time. These steps are achieved as the client exercises patience. Many of the client's life goals can only be realized as the individual gains more character development, personal growth, emotional maturity, and faith.

ELEVATE

The Christian counselor should encourage the client to look at their situation from a heavenly point of view or from a spiritual perspective.

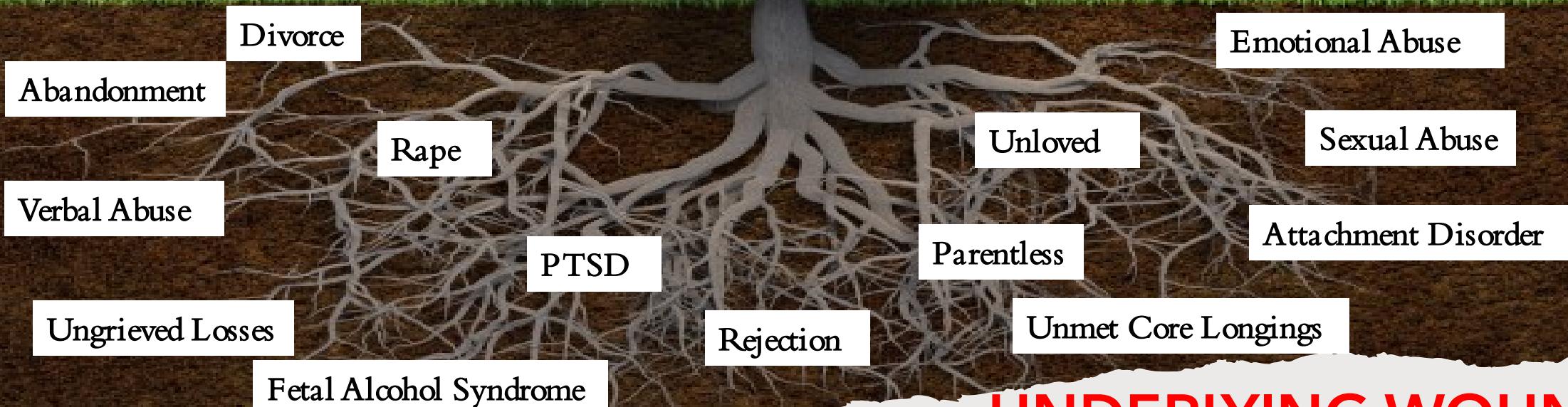
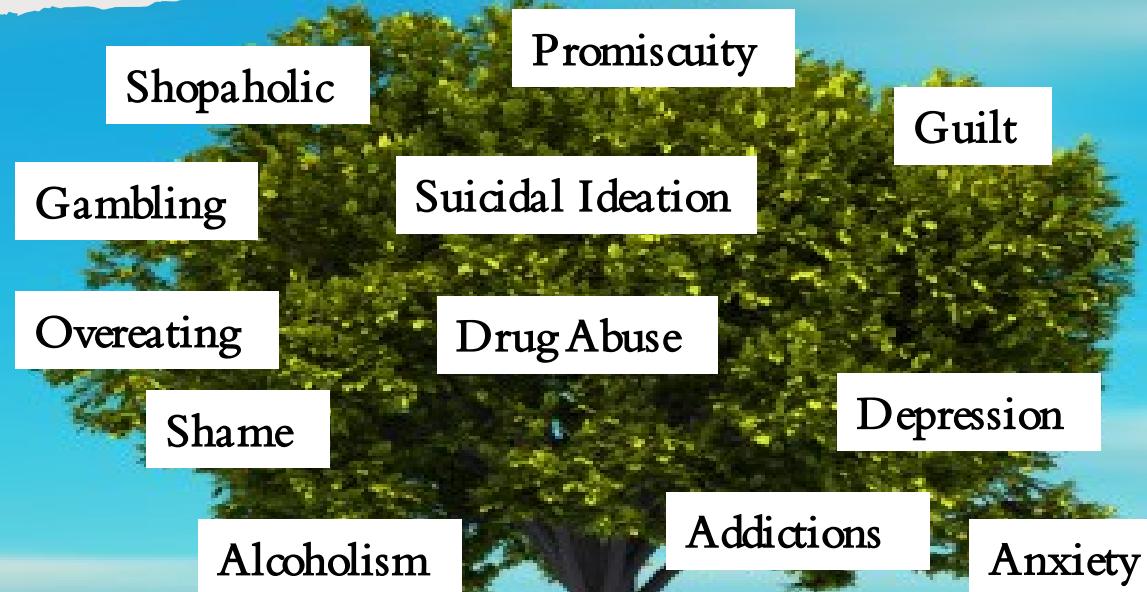
Through prayer, the power of the Holy Spirit, and invoking the Word of God, the client can be elevated to a higher level of faith and hope as they ultimately trust in the Lord to work out their situation.



DEFINITION OF A WOUND

For counseling purposes, a wound is any negative occurrence, or traumatic life event that causes significant emotional, psychological, social, spiritual, or physical injury to an individual.

CURRENT LIFE PROBLEMS



UNDERLYING WOUNDS

WOUNDS - TYPE A



Are wounds of neglect and withholding

They occur when a person's basic human needs
and Core Longings are not met.

WOUNDS - TYPE A

EXAMPLES

1. Not receiving unconditional love
2. Not belonging or being accepted
3. Not being validated and celebrated
4. One's gifts, talents, and abilities are not recognized
5. Not receiving encouragement, and reinforcement of worth
6. Not being protected or having a safe and secure environment
7. Not receiving basic care and nurture
8. Not having a pathway for fellowship with God (unsaved)



WOUNDS - TYPE B



These are wounds of abuse, trauma, and personal pain, which include physical and emotional injury.

WOUNDS - TYPE B

EXAMPLES

1. Sexual Abuse
2. Emotional Abuse
3. Physical Abuse
4. Verbal Abuse
5. Rape
6. Beatings
7. Ridicule
8. Racism



IMPORTANT OBSERVATIONS ABOUT INNER WOUNDS

1. Although most inner wounds occur in childhood, they can happen at any time in life, even before birth ie. (Alcohol Fetal Syndrome, Crack addicted births)



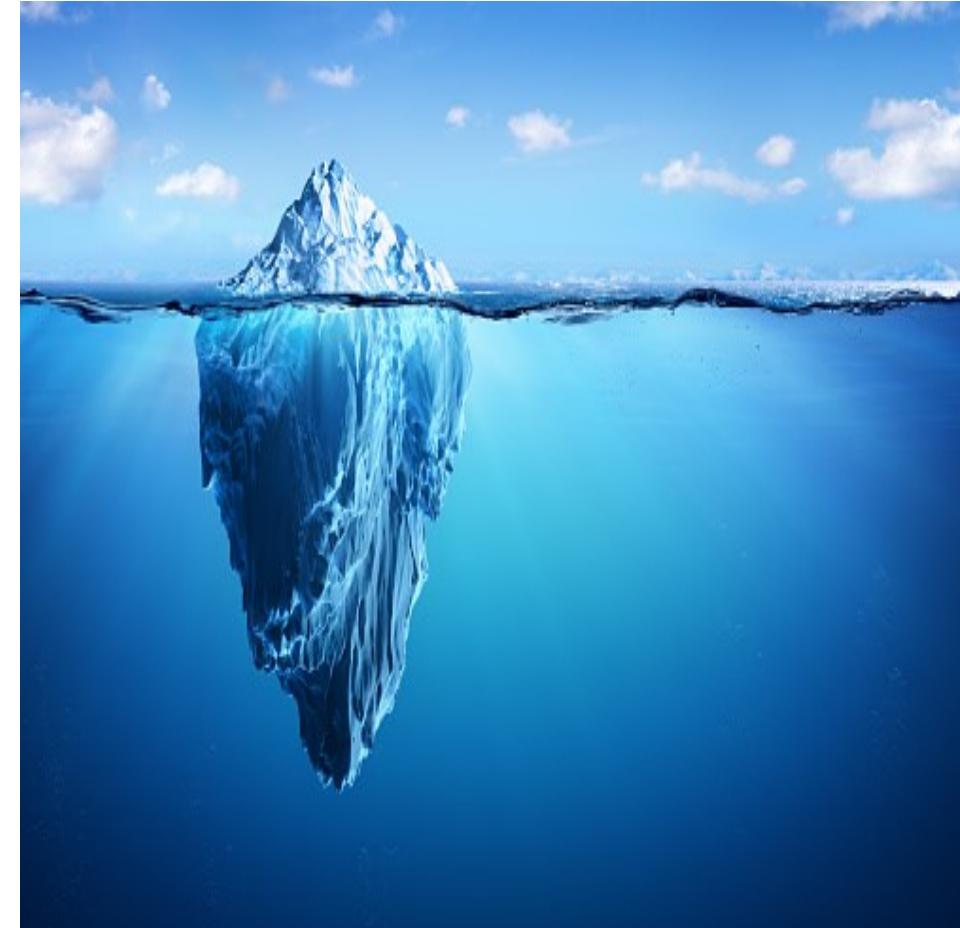
IMPORTANT OBSERVATIONS ABOUT INNER WOUNDS

2. Most people deny, repress, and refuse to admit or face their inner wounds.



IMPORTANT OBSERVATIONS ABOUT INNER WOUNDS

3. Inner wounds which have not been discovered, addressed, or dealt with are the underlying cause of many addictions, dysfunctional behaviors, negative emotions, and troubling life issues that people experience.



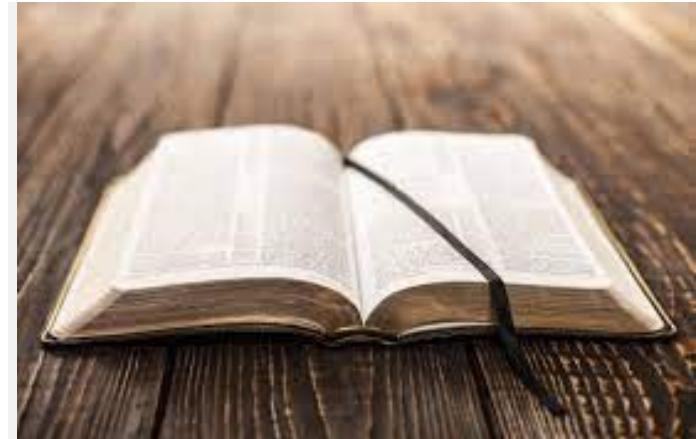
IMPORTANT OBSERVATIONS ABOUT INNER WOUNDS

4. One of the major steps to our mental health, and emotional wellness, is that we discover, admit, and appropriately address our inner wounds.



IMPORTANT OBSERVATIONS ABOUT INNER WOUNDS

5. One of the major works of Christ which is consistently overlooked, is His ministry of healing for deep emotional wounds and mending of inner brokenness. Luke 4:18



COUNSELOR INTERVIEWING SKILLS

1. **ACTIVE LISTENING**- Attending to the client's verbal and nonverbal cues of communication without judgement. This encourages the client's self disclosure, and trust.
2. **RESTATING**- Paraphrasing what the client has said which helps to simplify and explain its meaning. This insures that the counselor fully grasped the client's story, and is able to provide adequate understanding and support.

COUNSELOR INTERVIEWING SKILLS

3. CLARIFYING- Grasping the essence of a message at both the feeling and thinking level; simplifying client statements by focusing on the core of their message. This helps the client sort out conflicting and confused feelings and thoughts; to arrive at a meaningful understanding of what they are experiencing.

4. SUMMARIZING- Pulling together the important and critical elements in a session. This avoids fragmentation and provides a neat synopsis for continuity and order for what was discussed.

COUNSELOR INTERVIEWING SKILLS

5. **QUESTIONING**- Asking open ended questions that lead the client to deeper insight, greater self-expression and more introspection. This initiates further discussion, stimulates thinking, and opens the door to much needed self exploration.
6. **INTERPRETING** – Offering possible explanations for certain thoughts, actions, and feelings. This offers the client new considerations, perspectives and viewpoints for understanding themselves.

COUNSELOR INTERVIEWING SKILLS

7. CONFRONTING- Challenging the client to look at apparent conflicts in their life. Which includes discrepancies between their words and actions; or the inconsistencies between their verbal and body language. This encourages honest self-investigation and personal growth for the client.

8. EMPATHIZING- The ability to understand, comprehend, and identify with your client's feelings and experiences. This promotes confidence, a stronger bond, and a level of trust between the client and counselor.

COUNSELOR INTERVIEWING SKILLS

9. REFLECTING FEELINGS-Communicating understanding of the content of feelings. Helps the clients to accurately identify and pinpoint their true feelings and emotions. (The feeling wheel is often used here)

10. SUPPORTING-Providing the necessary encouragement, and reassurance, to the client during the counseling session. This creates an atmosphere of inspiration and reassurance which helps reinforce the client's continued positive behavior and forward movement.

QUESTIONS





Next Class

Friday – February 17, 2023

7:00pm via Zoom

www.ihm-cleveland.org/courses



Thank You!