

GETTING YOUR COUNSELING OFF TO A GOOD START

How you start a counseling case influences how you finish. An awkward, stumbling beginning frequently hinders the counselor's effectiveness. It adds to the pressure and nervousness he may already be experiencing and may raise questions about his competence in the mind of the counselee.

This workshop is designed to aid beginning biblical counselors in developing procedures that will assist them in getting off to a good start as they begin formal counseling. Practical suggestions regarding subsequent sessions will also be provided. Preparation is the key!

1. Prepare YOURSELF

- A. Confess known sin in your own life and seek forgiveness of God and appropriate people.
- B. Meditate on Scripture that will encourage you for the task at hand.
- C. Review the PDI forms and basic information sheets for first-time cases. At least 48hrs Review.
- D. Review Notes from previous sessions if this is a case in progress.
- E. Evaluate your PERFORMANCE in previous sessions and determine appropriate adjustments.

2. Prepare the counseling room

- A. Plan to sit at a table or desk.
- B. On the desk place the counselee's file; an open Bible; notepaper; pen; homework assignment sheets and a clock
- C. Clear the remainder of the desk to make it easy for the counselee to place his Bible, homework, pamphlets, books, etc. on it.

D. CONFIRM that you have available a marker for the whiteboard, tissues for drying tears and your calendar for scheduling the next appointment.

E. MUTE cell phones, desk phone, stereo, clock chimes, etc. that might be distracting.

3. Prepare your biblical counseling TODD BOX with basic resources:

A. A Bible to loan or give away as needed

B. Pamphlets by Jay Adams: "What to do..." re. marriage, anger, fear, worry, depression, habits.

C. Books

By Jay Adams: "Christ and Your Problems' Godliness Through Discipline"
"How To Handle Trouble" "How To Overcome Evil" O

Problems: Solving Them God's Way"

By Robert Jones: "Angry at God?" "Bad Memories"

"Restoring Your Broken Marriage"

By David Powilson: "Anger" "God's Love"

"Why Me?"

By Lou Priolo: "Bitterness" ✓

"Fear"

"Motherhood"

By Stuart Scott: "From Pride to Humility" ✓ "Communication and Conflict Resolution" ✓

"Anger, Anxiety and Fear" ✓

By Ed Welch: "Homosexuality" "Just One More"

"Living with an Angry Spouse"

D. Often-used books for homework:

Strengthening Your Marriage (Mack); Remedial Marital Counseling.

When People Are Big and God is Small (Welch) 100s of the Heart.

Trusting God (Bridges)

The Heart of Anger (Priolo) Parent/Child Counseling

The Way of Purity (Cleveland) Moral Issues.

E. Personal aids:

A Homework Manual for Biblical Counseling, Volumes 1, 2 (Mack); O

Quick Scripture Reference for Counselors (Kruis)

Christian Growth & Discipleship Manual (Mack & Johnston)

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By Jay Adams: "Christ and Your Problems" "Godliness Through Discipline" "How To Handle Trouble" "How To Overcome Evil" ○

"Problems: Solving Them God's Way"

By Robert Jones: "Angry at God?" "Bad Memories" "Forgiveness" "Single Parents"

"Restoring Your Broken Marriage"

By David Powilson: "Anger" "God's Love" "Pornography" "Renewing Marital Intimacy"

"Why Me?"

By Lou Priolo: "Bitterness" ✓

"Fear"

"Motherhood"

By Stuart Scott: "From Pride to Humility" ✓ "Communication and Conflict Resolution" ✓

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By Ed Welch: "Homosexuality" "Just One More" "Motives"

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