

KEY ELEMENTS IN THE PROCESS OF COUNSELING

Six Key Elements in Effective Biblical Counseling:

1. Gather Information Fandy Patten
 - A. Personal Data Inventory (not friends family) 48 hrs before session.
 - B. Basic Information sheet (possibly use w/ friends + fam.)
 - C. Extensive/intensive probing
(broader) (specific area)
- 1) Areas of counselee's life to approach in an "extensive" way: Big Areas

- a. Spiritual
- b. Family
- c. Work / school
- d. Physical
- e. Financial
- f. Social
- g. Current concerns (pink sheet questions)

2) It is important to know in what areas problems are likely to lie. With various classes of persons, special areas ordinarily (perhaps usually) contain the "hot spots" and may call for "intensive" work. For example: HOT SPOTS

- a. CHILDREN
 - Parent / child relationships
 - Peer group
 - Teacher / school
- b. Older Children and Singles
 - cf. previous lists
 - Sexuality issues
 - Dating problems
 - Communication breakdown
 - Life meaning
 - School / work
- c. MARZ Singles
 - Resentment regarding marriage
 - Objectionable habits

- Immorality
- Disorganized life schedule

- d. MARRIED Persons
- Husband / wife relationships
 - Parent / child relationships
 - In-laws
 - Work schedule
 - Finances
 - Sex in marriage
 - Immorality
 - Communication breakdown

- e. OVER Persons
- Loneliness
 - Physical limitations
 - Self-pity
 - Fear of death
 - Wasting time

- f. Disabled. Persons
- Resentment
 - Loneliness
 - Self-pity
 - Depression
 - Sense of uselessness
 - Manipulation of others

D. Verbal / non-verbal communication

- 1) What is said or content data VERBAL
- 2) How it is said or halo data NON/VERBAL (How people respond to what is said)

E. Listening (Proverbs 18:13, 15, 17) MEMORIZE!

- 1) For facts 13
- 2) Actively for facts 15 go beyond the obvious
- 3) Actively for all the facts 17 listen to all sides try to get all sides together.

2. Discern the Problems

- A. Appropriate (#1) data must be gathered in order to properly discern problems (key skill #1).
- B. An accurate biblical interpretation of the data must be made in order to discern problems correctly.

* 1) Use biblical WORDS to describe problems.

- a. It is generally not helpful and can be harmful to use psychological labels when trying to describe problems. (not part of hope)
- b. Redefine psychological or worldly terms by using biblical language. This helps build hope, as biblical problems have biblical solutions. For example:
- i. Call sin "sin," not a tendency, weakness, or disposition. Stop lifting X stealing
 - ii. Call an affair "adultery."
 - iii. Call a so-called addiction to pornography "enslavement" or "bondage" to sin.

2) Look for themes, factors and patterns.

- a. Do they have a biblical view God?
- b. Do they have a biblical view of mankind, including themselves?
- c. Do they have a biblical view of trials and suffering?
- d. Whom are they living their life to please?
- e. Whom or what seems to motivate their behavior?

3) Look for complicating factors¹

- a. Lack of discipline
- b. Lack of creative imagination
- c. Lack of commitment
- d. Lack of perseverance
- e. Lack of personal accountability
- f. Lack of biblical objectives
- g. Lack of commandment-orientation

* breaking c. LEVELS of problems to be considered

1) PRESENTATION problem(s): what prompted them to seek help; emotions frequently prominent.

2) PERFORMANCE problem(s): actions that produced the difficulties; facts oriented

* agreements → PRECONDITIONING problem(s): thinking and behavior patterns repeated so often in the past they have become habitual, affecting current circumstances.

4) HEART-LEVEL problem(s): what the person worships and desires most

(Mark 7:14-23; Rom 1:25; James 4:1-3). These are what drive him to do what he does. What are they willing to sin to get.

¹ Jay E. Adams, *Insight and Creativity in Christian Counseling* (Hackettstown, NJ: 1982), 19-27.

Stewart Scott John 15:15-17
Philippians 2:19-21 2 Cor 11:29
Acts 20:31 10 years 1 Thess 2:7, 8, 11, 12

* Radically different world's counseling

3. Build involvement ^{WMA} relationship with the individual that will lead to them not only telling you their concerns but also being willing to accept your counsel. Building involvement creates an opportunity to meet the counselee's need. It is part of Jesus' command to "love our neighbor as ourselves."

B. We build involvement by:

1) Demonstrating COMPASSION. WE ARE fellow sinners, fellow sufferers.

- a. Consider what it would be like to be in the counselee's position.
- b. What would it be like for you if the counselee were a family member?
- c. How can you practically show them compassion? Pray for them, rejoice and weep with them, tell them you care for them, etc. SHOW RESPECT. At the speech seasoned by grace
building words. verbally affirming.

2) Showing _____ for the counselee.

- a. Use proper verbal communication (2 Tim 2:24-25).
- b. Use proper nonverbal communication (position, eye contact, voice, etc.).
- c. Take the counselee seriously.
- d. Express appropriate confidence in him. Confidence that the Spirit of God can bring change
- e. Welcome his input.
- f. Maintain biblical confidentiality (limited) never promise total confidentiality b/c we are under authorities.

* I will be as confident as someone to be allows me to be

3) Being SINCERE.
a. Be real. ✓ fellow sinners, fellow sufferers. (I can grow through the session too)
b. Be honest about your skill, qualifications, strengths, weaknesses, goals, and agenda.

* 4) Providing loving, firm CONTRL of the session.

5) Gathering data thoroughly before giving advice (Prov 18:13, 15, 17). * (2 1/2 hrs.)
4. Give hope. (every session) Ps 42 - w/o hope -> despair.

* every one needs hope esp. those in crisis - long yrs in crisis - former prod. who had to turn to God. Ask: How do I...

A. Biblical hope is a sure thing (Heb 6:19-20).

1) Our hope is in Christ and the promises of God, and not foolish optimism that we will get what we want or have all our difficulties disappear through counseling. * often the trials in our lives show where our hope lies *

Examples:

You can't promise that an unfaithful spouse will return; you can't promise that children will be obedient and respectful; you can't promise that your counselee's infirmities will disappear. You can promise that God is always Who He says He is and that His promises are always true. With His help your counselee can persevere and become more Christ like and more pleasing to Him.

if we are not
wounded we
would be no
learning
of - Richard
Dawkins

faith - in what God has already said
hope - confidence in what God will do.

↳ ANCHOR

B. Biblical hope has several benefits.

- 1) It does not disappoint (Rom 5:5).
- 2) It changes our grieving (1 Thess 4:13).
- 3) It helps through difficult circumstances (2 Cor 4:8-10, 16-18).

C. A lack of hope has ~~some~~ negatives.

- a lot of Christians take their eyes off the Lord result 102. Ps. 42.
(talk to yourself w/ ~~emotional~~ Scripture)
↳ useless → focus back on the Lord & His promises.

- 1) Despair (Ps 42:5).
- 2) A sick heart (Prov 13:12).

D. Ways to give hope:

↳ what we can hear - everything for our good.
(1 Cor 10:13; Rom 8:28-29;

- 1) Point people to the PROMISES of God.

James 1:2-4; Rom 5:1-5; the story of Joseph; etc.). The use of resources such as

Christ and Your Problems will help.

JESUS WAS A MAN OF SORROWS
NOW CAN WE SEE LIKE HIM IF WE RUN FROM GRIEF.

- 2) Give an appropriate TESTIMONY.

- 3) Label SIN as sin! Avoid defeating terms and labels. there's hope + forgiveness

- 4) Be SOLEMN oriented. to GLORIFY GOD * for sin. but not other labels.

- 5) Minister the Word, don't DISPENSE it! try to use paragraphs.

- a. What's the difference? To minister the Word is to unpack the verse (explain its meaning) and apply it to their life situation.

- b. Dispensing Scripture involves discussing it in a superficial, generic manner with little application. The use of too many verses in a session can contribute to this.

- 6) Tell approximately how long you expect to counsel (if they are in total cooperation with the Spirit's work - Phil 2:12-13). (friendship + discipleship forever, but intensive counseling...)

- 5. Give proper INSTRUCTION. (all people now to think + how to act)

A. Instruction must be PROPER.

- 1) Based on the Bible (2 Tim 3:16-17; Ps 19:7-11).
- 2) Not mixed with man's wisdom (Col 2:8; 1 Cor 1:20, 25; 2:4-5).

B. Instruction must be ACCURATE.

CRITERIA¹⁾ Know the MEANING of important Bible words (such as hope, love, rejoice, joy, justification, sanctification, repentance, temptation, reckon or consider, confess, grace, forgiveness, sorrow, fornication, adultery, faith, idolatry, guilt, humility, pride, sin, wisdom, etc.).

² Jay E. Adams, *Christ and Your Problems* (Phillipsburg: P & R Publishing, 1971).

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Matt 18:20

Misinterpreted
and used to
promote prayer
but without
for church
discipline.

2) Properly INTERPRET passages in their context: in both the immediate context and in the larger context of Scripture (Scripture interpreting Scripture; consider Matt 18:20 as an example of a frequently misinterpreted passage).

3) It should be two-factored in its APPLICATION: putting off and putting on.

4) Clearly differentiate between God's directives and man's suggestions.

C. Instruction must be appropriate.

1) Appropriate to the counselee's problems (don't just use your favorite passages on everyone!). Deal w/ what people came in

2) Appropriate to the counselee's spiritual condition. Is he:

- Saved or unsaved? Does he need the gospel?
- A babe or mature in Christ? (Milk or meat—Heb 5:12-14)
- Rebellious, weak, or faint-hearted? (1 Thess 5:14)

3) Appropriate to the counselee's learning style (visual/pictures and videos, auditory/tapes, reading, role-playing, discussion, etc.).

6. Assign Homework.

A. Rationale

- 1) The biblical emphasis on "doing" (e.g. 2 Kings 5:10; Mt. 19:21,22)
- 2) It brings hope and anticipation of change from the outset. *(rich young ruler)*
- 3) It puts responsibility for change where it belongs, on the counselee to lasting, biblical change.
- 4) Talk alone is COUNTER-PRODUCTIVE
- 5) Aids the debilitation / rehabilitation process. *(putting off + putting on)*
- 6) Assists in discovering quickly who is serious about changing and who isn't.

Procedures

- 1) Begin using with the FIRST session.
- 2) Use carbonless duplicate to record homework.
- 3) Be specific.*
- 4) Address thinking as well as behavior.
- 5) Review and discuss homework at following SESSIONS; use it as an agenda?

C. Include: start w/ the end in mind.

- 1) Selected Scripture Reading. *(specific times & passages)*
- 2) Meaningful Scripture Memory. *(any word have in mind... that might not sin against this)*
- 3) Reading ^{the Bible} material that explains biblical principles pertinent to his problem.
- 4) "DOING" that points the person toward godly conduct. *(serving)*
- 5) Church attendance and note-taking regarding the lesson/sermon and its application to their life.
- 6) Prayer.

*
When this person is finished what attitudes behaviors... what do I want to see in this person's life that would mean they are now transformed

w/ C

SEA

Selected Resources

Adams, Jay E. *Christ and Your Problems*. Phillipsburg: P & R Publishing, 1971. | Cor 10:13
Adams, Jay E. *How to Help People Change*. Grand Rapids: Zondervan Publishing House, 1986. | Tim 0:7+8
Adams, Jay E. *The Christian Counselor's Manual*. Grand Rapids: Zondervan Publishing House, 1973.

Adams, Jay E. "What Do You Do When Fear Overcomes You?" Phillipsburg, NJ: Presbyterian and Reformed Publishing Co., 1975.

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Adams, Jay E. "What To Do When You're Hooked." Phillipsburg, NJ: Presbyterian and Reformed Publishing Co., 1975.

Adams, Jay E. "What To Do When Anger Gets the Upper Hand." Phillipsburg, NJ: Presbyterian and Reformed Publishing Co., 1975.

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Kruis, John G. *Quick Scripture Reference for Counseling*. Grand Rapids, MI: Baker Books, 1994.

MacArthur, Jr., John F. and Mack, Wayne A. *Introduction to Biblical Counseling*. Dallas: Word Publishing, 1994.

Mack, Wayne A. *A Homework Manual for Biblical Counseling, Volume 1: Personal and Interpersonal Problems*. Phillipsburg: Presbyterian and Reformed Publishing Company, 1979.

Mack, Wayne A. *A Homework Manual for Biblical Living, Volume 2: Family and Marital Problems*. Phillipsburg: Presbyterian and Reformed Publishing Company, 1980.

McDonald, James. *I Really Want to Change. . . So, Help Me God*. Chicago: Moody Press, 2000.
Tripp, Paul David. *Instruments in the Redeemer's Hands*. Phillipsburg: P & R Publishing Company, 2002.

Welch, Edward T. "What Is Biblical Counseling, Anyway?" *The Journal of Biblical Counseling*, volume 16, number 1, 1997, 2-5.

Most of these books and the JBC articles can be obtained from the following sources:

- Faith Baptist Church, Lafayette, IN Resource Center: (765) 448-1986; <http://www.fbclafayette.org/resource/index.htm>
- CCEF (obtain JBC articles from here only)—"Resources for Changing Lives;" www.ccef.org; (800) 318-2186. The Journal is published three times a year.
- Timeless Texts; www.timelesstexts.com; (800) 814-1045.

NANC CDs can be obtained from www.soundword.com: (219) 548-0933.