

LE4: Summary of counseling triads.

Triads member: Joshua Kwon, Jun Seo, Shian Der Yuan (speaker, listener, observer)

### Session One: Life Story

Jun Seo (speaker): Jun is 29 years old, living in New Jersey, an assistant pastor of the 'Peace Church.' He was single but now is dating and ready to marry. He was immigrating to U.S. from South Korea at 7 years old. He works in church ministry in the areas of worship team, design media slides. Jun has a question about life regarding 'why I am here?'

Joshua Kwon (listener): Josh listens carefully and responds with questions for meaning clarification. I also noticed that Josh asked open ended questions, such as 'What are some concerns you have?'

Joshua Kwon (speaker): Josh was immigrating to U.S. from South Korea at 11 years old and was raised in Los Angel, California. Josh is now a part-time staff at a Korean church in Manhattan, New York.

Reflection: I felt very close to my triad's members. We have different backgrounds, but we also have similar interests and goals. We need to have some good friends, i.e., a mentor, a therapist, in our life to help us face life's challenges; however, I think the more important one is to have intimate prayer friends.

### Session Two: Hot button issues

Joshua Kwon (speaker): Josh is concerned about his age and family status. He felt he was too old to get married at age 41. He is now 45 years old, married with a Chinese lady, having a 3-

year-old daughter and his wife is expecting their second child coming in June. Josh loves his daughter very much. Josh's wife is a corporate lawyer who worked very hard in Manhattan.

Jun Seo (listener): he listens attentively and nodding his head occasionally. Jun is empathy with Josh's sharing. I noticed Jun's non-verbal encouragements – facial warm expression and eye-contact.

Reflection: when we shared our personal stories with each other, I felt we were vulnerable, but we trusted each other and felt safe.

### Session Three: Dark side

Shian Der Yuan (speaker): I used to process my dark side with my 'pure desire' small group. It was a safe place to rebuild hope and freedom from sexual addiction. Lust, pornography, unwanted sexual behaviors come to my brain from time to time. Sometimes the temptations were too strong to avoid. Being alone I failed to resist the dark side.

Reflection: it is a process to deal with the dark side, like the holy trinity constantly connected with each other. First, to be aware ourselves' dark side, then accepting ourself as God's son, to live in the light, to confess our sin with each other and trust God to transform our life.

### Session Four: Anger

Shian Der Yuan (speaker): once upon a time, my wife told me I often angered to family members, but seldom angered to outsiders. I responded to her that I felt pain in my heart when I got angered, I lost my temper and it seemed out of my control.

Reflection: under our anger iceberg, it has some primary unsolved issues, i.e., grief, stress. Therefore, we need to deal with the unsolved issues to normalize our emotions.

#### Session Five: Safe

Jun Seo (speaker): Jun plans to finish his studies in this final semester and to graduate in May. In his church, Jun worked with youth ministry, conducting group studying of God's word. He thanks God giving him wisdom to serve people.

Reflection: how to grow our EQ? High degree of emotional intelligence is required for every truly effective leader. We can develop our emotional intelligence through Self-awareness, self-regulation, motivation, empathy, and social skill. To rebuild conversation safety, people need to know that you care about their interests and goals; and you care about them.

#### Session Six: Pain and Grieving

Joshua Kwon (speaker): Josh was anxious about finding a new full-time job.

Reflection: Counseling is a process based on a relationship that is built on: empathy, acceptance and trust. In our triads time I felt encouragement and be strengthen.

#### Session Seven: Emotion

Shian Der Yuan (speaker): I remembered that when I studied in Alpine, Texas I met Charles Cullum and his wife Pebble, who helped me through those school years. Pebble cared for me through her active listening; a wonderful counseling skill she did not learn in school.

Reflection: in the validating part of counseling, we offer support & emotional safety. and simply acknowledging what one is experiencing or feeling.

**Grade of my triads member:** Joshua Kwon (A), Jun Seo (A).