

Position Paper #3

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“Your life does not get better by chance ; it gets better by change.” Jim Rohn Change is a verb. In other words, change requires action on the individuals’ part to see the desired outcome. Change is a process that does not happen overnight. There are some rare occasions where an individual’s life changes overnight. A person may have won the lottery and overnight they are a millionaire. While other individuals have stopped addictions instantly. Some have associated this drastic change in their lives with their faith. Individuals seek to change for different reasons. Some want to improve their health, so they seek to lose weight. Others want to break a habit. The reasons why individuals seek change are different for everyone. One thing that remains constant is that change is a process. Clients that seek help are usually in one of the five stages of the change model.

The five stages of change in the change model are precontemplation, contemplation, preparation, action, and maintenance. (Giordano, 2021) In the precontemplation state a person does not realize the need to change. During this stage individuals in the person’s life can detect the need for the individual to change. In the contemplation stage a person is indecisive about making the steps to change. The person knows they need to change but is not ready to change. In the preparation stage the individual is ready to make the necessary arrangements to bring about change in their life. The action states the individual has made the effort to change. The person is intentionally ready for growth in their life. Lastly the maintenance stage is where the individual has changed but is working to make this change a lifestyle. Some people change and relapse for different reasons. In this stage the individual works on making this a continuous pattern in life.

Sanctification in Greek means “hagiasmos” set apart for God .(Strong, 2001) Once you accept Jesus into your heart you are set apart for God. You have chosen to have God be Lord of your life. The Sanctification process begins in the life of the believer the moment they accept Christ into their life. “Sanctification is thus the state predetermined by God for believers, into which in grace He calls them, and in which they begin their Christian course and so pursue it.” (Strong, 2001)

We have the Holy spirit to help us in the sanctification process. Sanctification cannot be accomplished on our own efforts, only through the work of the Holy Spirit we can accomplish this. The word says “But we ought always to thank God for you, brothers and sisters loved by the Lord, because God chose you as first fruits^(a) to be saved through the sanctifying work of the Spirit and through belief in the truth.” 2 Thessalonians 2:13 The Holy Spirit helps and guides the believer to all truth.

We have a part to play in this process of sanctification. To grow toward spiritual maturity, we have to put time into our growth. “Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling. Philippians 2:12 (NKJV) Ways that we can work out our salvation is denying yourself. In denying oneself therefore we give up our former life to embrace God’s will for our lives. The Holy spirit is our helper and he will help to live out the life that God wants us to live on His strength.

It was revealed to them that they were not serving themselves but you, When they spoke of the things that have now been told you by those who have preached

the gospel to you by the Holy Spirit sent from heaven. Even angels long to look into these things. 1 Peter 1:

Clients are going through a change process that we cannot do for them. When clients come to therapy it is important to note that they will be coming at different phases of the change model. It is important to meet clients where they are. The counselor together with the Holy Spirit can help guide them depending on what phase of change they are in. Just like the Holy Spirit cannot force anyone to change in the same way we cannot force our clients to change.

“Counseling may thus be viewed as a process that (1) enhances clients’ capacities to tap into their own resources and strengths, and that (2) increases their ability to capitalize on everyday serendipities as an opportunity for change (those fortuitous events).” (Holeman, 2012) Client needs to be aware that they have strengths that they can use to help them move forward in life. People do not realize the resources they already have to help them grow. For example, one resource that someone can have or develop is self-advocacy. A client might not be aware that they can advocate for themselves unless given the opportunity to do so. Another form in which I can help my client facilitate change in their life is through acceptance. In showing client that I accept them is showing respect and approval towards them. Affirmation is important as well. Affirmation as mentioned earlier acknowledging client’ strengths.

Reference

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