



Pastoral Counseling

Teaching Notes

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Lesson 1 – What Is Pastoral Counseling?

Introduction

“When a pastor is led by what people demand of them and not what God demands of them a shepherd turns into a wolf.” (Pastor John M. Sheehan). As a Pastoral Counselor your primary responsibility to your church members who come to you with their problems is for you to help guide them to true thinking and healthy behaviors so that they can have a healthy, holy life that honors Christ. Remember, you are there to influence them to walk closer to the cross; they are not to influence you to walk away from the cross. This lesson and this curriculum will help you do just that.

Note to Instructor: In this teaching course we will often use the word “Client”. This is the clinical term for the person who comes to the Counselor or Pastoral Counselor for counseling needs. We will also use the term “Church Member.” You may need to remind the students that Client and Church Member refer to the same person.

Part 1 – What is the difference between Clinical or General Counseling and Pastoral Counseling?

- **Clinical Counseling** is the process where the Professional Counselor helps his clients to sort out problems using counseling skills and methods.
- **Pastoral Care or Counseling** is the ministry a Pastor uses to care for his church members and others who come to him.
 - Pastoral Care covers many areas such as preaching sermons, visiting people in hospitals, praying with people, teaching Bible lessons, counseling, etc. He is to shepherd the “flock” or church body.
 - We see this in **Acts 20:17, 28-30** where the Apostle Paul explains the responsibility of Elders/Pastors.
- In this course, the term Pastoral Counseling also means Biblical Counseling.
 - *Explanation:* Unfortunately, not ALL Pastoral Counseling is Biblical Counseling because some Pastors have selfish motives or have very badly misinterpreted the Scriptures. But for the sake of this course Biblical Counseling and Pastoral Counseling refer to the same thing.
 - *Example:* A woman comes to her pastor about her financial struggles. He quotes John 15:7 “ask whatever you will and it shall be done for you,” then says, “You want more money, a nice car, a new house? Ask God for these things. Jesus promised you will have them in this verse.” He has taken this Bible verse out of context. This is false teaching.
- **Biblical Counseling** means that the information, the guidance, and wisdom the Pastor gives to the clients are biblical truths because they come from the Bible.

Part 2 – What do Pastoral Counselors and Christian Professional Counselors have in common?

The common factors that Pastoral Counselors and Christian Professional Counselors have in common are that both:

- 1) Uses Scripture and biblical principles to help people to work through their problems.
- 2) Are not to be advisors, but they help the clients to determine the different options they have to help solve their problems, then the client chooses the option he/she believes is the best solution.
 - In helping the client to find solutions to their problems, it is very important for the Pastoral Counselor to NOT say things to the client like, “If I were you I would...” or “You need to...” or “You should...” *Why should he not say these things?*
 - Because if the suggestion the Pastor made did not work or made things worse, the client would come back to the Pastor and say things like, “It’s YOUR fault! I did what YOU said and it did NOT work!”
 - The client places the blame on the Pastor. They would lose respect for the Pastor and could perhaps leave the church.
 - The client could become “stuck” emotionally and spiritually.
 - As humans, when bad things happen, we tend to find someone to blame.
- 3) Confidentiality – This is one of the MOST IMPORTANT FACTORS in counseling!
 - Pastors and Christian Counselors are NEVER to share with others about their client’s issues, not even share their names.
 - *They are not even to share names or issues even in Prayer Requests in a small group.
 - You NEVER share ANYTHING about clients with other people UNLESS you have their permission.
 - You NEVER share anything about clients even to your wives – unless you have the client’s PERMISSION.
 - You need to explain to the client that you may need to share with another Pastor or Counselor about the issue of the client because you feel you may not know what to do next. This is common practice with Counselors, Doctors, Attorneys, etc. BUT you will NOT share their names with these professionals.
 - Pastors – You MUST teach this to your Deacons! They are NEVER to share ANYTHING church members have told them to ANYONE (not even their wives), unless they have the church member’s PERMISSION.
 - Why? Because the church member would lose their trust in the Pastor, Deacon, and church. This means that they would not be able to work through their issues/problems. The lack of trust simply ADDS ONTO their other issues. They could even leave the church.
- 4) There are times when you SHOULD SHARE about the client’s issues and share their name:
 - If the client is abusing a child
 - If the client is suicidal
 - If the client threatens to harm or kill someone. At these times you MUST contact the proper authorities, contact the person’s spouse or parents, and/or contact the person the client has threatened.

- Why should you contact these people to warn them of the client's intentions?
Because you would save lives of the client and/or others. It is the law for Counselors, Pastors, Priests, Doctors, etc. to contact proper people to avoid harm and/or death of a person.

Part 3 – How are Pastoral Counselors and Christian Professional Counselors different?

Here are some important differences between Pastoral Counselors and Clinical Counselors:

1. Pastoral Counselors have had some training in Counseling if they attended a Seminary or Bible College. They may even have a certificate.
 - Clinical Counselors have had professional training and a degree (Master's or Doctoral) from a Seminary or Christian University.
2. Pastoral Counselors usually interacts with the people they counsel, such as attending a fellowship event outside of church.
 - Clinical Counselors do not associate with their clients outside of their office. Many times the client wants the Clinical Counselor to be a friend outside of the counseling session. But many Clinical Counselors have said, "I can be your friend or I can be your Counselor, but I cannot be both."
 - Why? Because if the Counselor becomes close to the client, they would become biased. This would hinder the Counselor-Client relationship. For example, if the counselor got to know the client by spending time together outside of the counseling sessions, his friendship feelings would cause him to not want to confront the client in some issues because he does not want to hurt their feelings. This could hinder the Counselor guiding the client in solving their problems.
3. Secular Clinical Counselors depend on man's wisdom, that is through research of other Counselors. They do not depend on Scripture or biblical principles. Secular means Counselors may not be Christians and the process of counseling done is not based on biblical truths. Some secular Counselors may profess to be Christians, but their counseling methods are not based on biblical principles.

SAY: Now we will look at several important Terms and Concepts in Counseling.

Part 4 - Terms and Concepts in Counseling

Here are some important and common terms and concepts in counseling that can be helpful to the Pastoral Counselor as he works with his clients:

1. **Affect** – Refers to the feelings and the expression of those feelings.
2. **Alienation** - An individual feels alone, awkward, and separated from others even in a crowd of people.
3. **Attachment Issues** – Person feels no emotions towards others. They feel empty inside. They are not emotionally "attached" to others.
4. **Bereavement** - The emotions of grief and mourning over the death of someone close to or significant to the individual.
5. **Biblical Counseling** - Counselling that is based on principles and ideas in the Bible.

6. **Christian counseling** - Counselling that uses Christian principles and ideas to help individuals or groups better cope with life's everyday issues and problems.
7. **Codependency** – Person does not feel normal or needed and cannot cope well unless they are relying on another person or on a relationship. They feel they **MUST HAVE ANOTHER PERSON'S APPROVAL**.
8. **Communication Problems** - Problems and conflicts happen when there is not good communication between two or more people.
9. **Defense Mechanisms** - Attitudes and behaviors used unconsciously to keep the conscious mind safe from thoughts that cause stress and anxiety. Example of this is when a person lies when confronted if he stole something. He lies and says he did not. He is hoping to avoid the anxiety, shame, and stress of being caught.
10. **Denial** - Failure to consciously acknowledge thoughts, feelings, desires, or aspects of reality that would be painful or unacceptable emotionally.
11. **Depression** – When a person feel hopeless. Can't see positives in situations. Person does not see positive outlook on the future.
12. **Diffusion of Responsibility** – When people are in a group or crowd and an emergency occurs, people will not come forward to help. They think someone else will step forward to help.
13. **Displaced Anger** -A defense mechanism where anger is taken out on another person or thing and not on the person who is the source of the anger. For example, if an employee is angry at their boss he goes home and picks a fight with their spouse.
14. **Emotional Abuse** Verbal and psychological harm or hurt put upon one person by the abuser. It is primarily aimed at the person's emotions and their emotional responses to try to manipulate and control them.
15. **Frame of Reference** - You understand people and situations based on your own passed experiences. For example, if you talk about going to the market you know from you own experience what a market looks like and how to buy items from there. A person from another culture has a very different image in her mind of what a market looks like. One may be in open air while the other is in a closed building complex such as a mall.
 - *Example:* When a Pastor preaches his sermon about God as Father, one church member remembers her father as abusive and unloving. Another church member remembers her father as loving, caring, and protective. So each person thinks of God being like their earthly father. This is not a correct understanding of what it means to say that God is Father, but it is their understanding according to their frame of reference.
16. **Life Stages** - Different phases of life that an individual goes through as time progresses. It's usually very similar in any culture; the interests, situations and actions relating to specific ages of people as they grow older.
17. **Open-End Questions** – Ask questions to client that does not require just a “yes” or “no” answer. These questions make the client feel obligated to explain and expound on the issues. This is necessary to help get to the heart of the issues the clients are troubled with.
18. **Self-Disclosure** – The counselor shares personal information about himself to the counselee.

19. **Self-Esteem** - The feeling of self-worth or self-love and appreciation of one's abilities to cope with the world and its many challenges.
20. **Shame** - The feeling of regret or deep embarrassment over an action, words, or a feeling.
21. **Stages of Grief and Loss** - An attempt to explain how a person deals with grief or loss (especially death). There are five stages: Denial, Anger, Bargaining, Depression, and Acceptance; The five stages of coping are abbreviated DABDA. It is important for a client to know these stages so that they can eventually recognize how they are progressing in the grief process.
22. **Trauma** - A physical wound or shock to the body produced by sudden physical injury, such as violence or a car wreck; also, an experience that causes significant psychological pain or suffering.
23. **Transference** – When the client has feelings toward the Counselor. These feelings can be good or bad. For example, a female client feels romantic feelings towards the Counselor. The feelings she wished she had for her husband has “transferred” to her Counselor.
24. **Counter Transference** - When the Counselor has feelings toward the client. This can be positive or negative feelings. For example, the male Counselor starts to have romantic feelings to the female client.

Part 5 – Review

1. What four factors do Pastoral Counselors and Christian Professional Counselors have in common?
2. How are Pastoral Counselors and Christian Professional Counselors different?
3. Why are Open-Ended Questions necessary to use in counseling?
4. Why is it important for the client to know the Stages of Grief?
5. What is the difference between Transference and Counter Transference?

Lesson 2 – Effective Basic Counseling Skills

Introduction

One Counselor said to his client, “I see that you have a traumatic dislocation of your emotional processes.”

Another Counselor says to his client, “I see how upset you are. I’m so sorry that you have suffered such of a traumatic experience.”

Which of these two counselors has the most effective skills as a counselor?

If we use language or ask questions to church members, and they cannot understand what we are saying, we cannot truly minister them when they come to us for help. In this lesson you will learn how to use basic, effective counseling skills that will minister to the church members who come to you with their troubles.

Part 1 – What are the basic skills we need to understand in Pastoral Counseling?

Experts in the field of Counseling have found that the methods (ways) Counselors use in counseling are not as important as the behaviors, attitudes and interactions the Counselors have as they work with the clients. Clients NEED to feel they can trust the Counselor and that the Counselor is qualified to counsel people who come to them.

The way the Counselor works with the client are called Counseling Skills.

Here are some of the most effective basic Counseling Skills. We will explain each skill individually.

1. **Relationship** – This is the belief in the client’s ability to change. Nothing will guarantee change, but experience has shown that clients are more likely to achieve their goals when a good and positive relationship exists between them and their counselor. The bottom line is that the counselor’s interactions with the client are a powerful tool in the helping relationship. Sometimes the relationship is even more effective than a specific method of counseling.
2. **Enthusiasm** – This is the deep enjoyment, interest and approval towards a person, activity or situation. In counseling the Counselor shows this attitude towards the client and the potential possibilities of conquering their problems.
3. **Confidence** – In Counseling this is the firm belief that the Counselor has towards the client being able to overcome their troubles and the firm belief of the Counselor’s own ability to help the client.
4. **Listening** – This is by far one of the BEST skills in Counseling, because most people do not have others who will just sit and listen to the client’s heart as he/she shares the deepest emotions related to the problems they are going through.
 - Many times when clients go to friends or family members, hoping they will listen to the client’s problems, these people want to share their problems too.
 - What’s worse is when the person who should be listening tells about their own troubles and it’s almost like they are comparing their problems with the client’s.

It's like that person is saying, "My problems are much worse than yours!" There is a time for sharing our problems, but **WHAT THE CLIENT NEEDS MOST IS FOR SOMEONE TO JUST LISTEN TO THEM.**

- Scripture teaches the importance of LISTENING:
 - **Read James 1:19** ASK: What does this verse teach us about listening?
 - **Read Proverbs 18:13** ASK: What does this verse teach us about listening?
 - SAY: There are two characteristics of LISTENING:
 - **Attending** - You are face to face physically looking at the client to show you are aware of the client and that the client has your full, undivided attention. This shows you care.
 - These are methods of ATTENDING:
 - Eye contact – SAY: Give eye contact with the client that is appropriate in the African culture.
 - Nod your head - This shows you are listening and you are giving them ACCEPTANCE. Acceptance does not mean you agree with them, but that you hear what they are saying.
 - Not moving around or fidgeting- You are setting still. If you move around a lot it communicates to the client that you are bored or uninterested in what they are saying.
 - Imitate their body postures and language – If they lean forward, then you lean forward. If they cross their legs, you cross your legs. If they cross their arms you cross your arms. In Counseling this is called MIRRORING (Like looking into a mirror. The person's reflection does the same as the person). This is a physical way of AFFIRMING the client. AFFIRMING is very similar as ACCEPTANCE.
 - **Observing** – Listen to their verbal information (what they say; tone of voice) and watch their nonverbal communication (how they sit, their facial expressions, watch their posture [how they sit, how they stand, are they constantly moving, what do they do with their hands? Etc.]).
5. **Empathy** - The ability to discern the client's experience and to communicate that discernment back to them to clarify to let them know you understand **WHAT** they are feeling. **It is not identifying with the client or sharing similar experiences-- not "I know how you feel"!** Empathy means you understand **WHAT** they are feeling, but you do not know **HOW** they are feeling (if you have not gone through a similar experience as the client).
- SAY: One of the best ways to show empathy is to PARAPHRASE what you hear the client say. Paraphrase is simply restating in another way what the client says.
 - *Example:* If they client says, "I thought I was going to die!" Your paraphrase statement could be, "You were very afraid and feared for your life."
 - SAY: A second way to PARAPHRASE is by listening to the client then share with them what you observe. For example: If you hear fear in their voice as they share with you about their experience, you can say, "I can hear from the tone of your voice that you were very fearful."

- SAY: Another way to show empathy is by CLARIFYING. This is usually done by asking a brief question or a statement that asks the client to confirm that you understand them. For example, you might say: “**It sounds like what you are saying is...correct?**” Or “**Let me see if I understand what you are saying...**”
6. **Reflecting Client’s Feelings** – This is called AFFECTIVE RELECTION. (SAY: The word AFFECT or AFFECTIVE means feelings). This means that you reflect (or repeat) the client’s feelings to them. For example, as you listen to the client you might say, “By looking at your facial expressions I can see that you were very worried about your child.” Or “I can tell by the way you are moving around that you are feeling nervous talking about this topic.”
 7. **Helping the Client to Recognize their Feelings** - It’s very important that you help the client to recognize what feelings/emotions they are experiencing. Sometimes people are not sure what they are feeling. As you let them know what feelings they are experiencing, it can bring some comfort to KNOW HOW TO DESCRIBE THEIR FEELINGS.

Experts have shown that when a person can identify their emotions with words and understand those emotions, this helps them to better control their emotions. If someone does not recognize their emotions they tend to act out more in negative ways. This is their way of trying control their emotions and to understand them.

- SAY: Look at the Emotions Chart to help identify emotions. This chart is especially good to use with children. Little children need to be taught about their emotions. They feel many emotions, but they do not know what words to use to know what they are feeling.
8. **Genuineness** – This is the ability of the counselor to be themselves. This means that the Counselor’s facial expressions, tone of voice and body language matches the same as what he/she is feeling.
 - *Example:* If the Counselor claims that they are comfortable helping a client explore a drug or sexual issue, but their behavior (verbally & nonverbally) shows signs of discomfort or feeling nervous with the topic this will cause the client to be confused. The Counselor’s non-genuineness becomes an obstacle to the client’s getting over the problem. It also can cause the client to mistrust of the Counselor.
 - This non-genuineness would create what is called a **DOUBLE BIND**. This means that a counselor speaks words saying that he understands, but has a facial expression of confusion. It is sending two opposite messages at the same time. For example, a father says he loves his son, but he slaps him. The son does not know what to believe, the father’s words or the father’s action. The father has sent TWO different messages (Verbal – “I love you” and Behavior – slaps the son).

9. **Unconditional positive regard** – The Counselor shows that he/she cares for the client. The Counselor does not JUDGE the client. Counselor accepts the client just as they are. Counselor is nonjudgmental and noncritical towards the client. We see this very clearly in Scripture in **John chapter 8** where the woman caught in adultery is brought before Jesus. When all of the Pharisees leave, Jesus asks the woman, “Where are your accusers?” The woman says, “There are none.” Jesus says, “Neither do I condemn you. Go and sin no more.” Jesus accepted the woman just as she was (in her sin). BUT Jesus did an amazing thing! Not only did Jesus accept her in her sin, BUT He also gave her instructions (“Go and sin no more”), which was telling her, “Now change your lifestyle.” When you counsel someone this is your MAIN GOAL for the client...Make changes in their life so that they will overcome their problem,

10. **Open-Ended Questions/Statements** -- Counselor asks the client questions that must be answered by more than just saying “Yes” or “No.” The client must explain more as he/she answers the question. If the client can answer “Yes” or “No” to the question, this is called a Closed-Ended Question.
 - *Example:* You say to the client, “Tell me more about...” Or “What do you mean by...?” See how this motivates the client to explain more about the issue?

11. **Counselor Self-Disclosure** - The counselor shares personal feelings, experiences, or reactions to the client. What the Counselor shares should include content related to the issue the client is talking about. As a rule, it is better to NOT self-disclose unless what the Counselor says can help the client with their problem.
 - If the Counselor talks too much about himself, then he becomes the client.

12. **Know when to refer to another Pastor/Counselor** – It is very important that you do not try to deal with client’s problems that are far beyond what you are able to guide them.
 - If a client is demonized, has an addiction, has problem with anger, has an eating disorder, or some other problem that you are not sure how to help them, you need to refer them to another Pastor or Counselor who has the skills to help them. If you try to help the client with a problem that you have no knowledge about, you can hinder them in getting over the problem. DO NOT BECOME PRIDEFUL and think you do not have to refer to another Counselor. Pride is a sin and you would be adding to the client’s problems.

Part 2 – Practice Using Basic Skills in Pastoral Counseling

Now let’s look at the Emotions Chart at the end of this lesson to see what emotions we have had or are having. This will help us better understand how to use this chart with clients. It also will help us to identify emotions that we may not have been aware of.

The Emotions Chart is a chart with 63 different facial expressions. Under the expressions are the names to identify the emotions these expressions symbolize. To use this chart you show

it to the client and ask him/her to point to the expression that best expresses how they are feeling now or at a certain time. You then confirm with the client the name of that emotion. This helps clients to put a name to the emotions they are experiencing or have experienced. This chart is excellent to use with children.

Group Activities

1. **Use Open-ended Questions.** Get into groups of two. One will have the role of the Counselor. The other will have the role of the Client. The client will pretend to have a problem and shares it with the Counselor. The Counselor will practice using Open-Ended Questions/Statements. Take approximately 10 minutes doing this Role Play. Then the two will switch roles. The person who was the Counselor will now be the Client. The person who was the Client will now have the role of Counselor. Again, the Counselor will practice using Open-Ended Questions/Statements. The purpose of this Exercise is to help you learn how to get the client to open up and share more about his/her issues. The more you know about their issues the more you can possibly know how to guide them to solutions.

Use some of the examples below or use some of your own.

Examples of Open-Ended Questions/Statements:

- How does that make you feel?
- Tell me more about the situation.
- What could you have done differently?
- How can you show your love to your wife differently?
- What do you admire most about your spouse?
- What do you think happens to you when you die?
- What do you need from your spouse for the marriage to be better? Why?

2. **Use the Emotions Chart.** Get into groups of two. Each person has a copy of the chart. The purpose for this activity is to:

- Learn how to identify your emotions.
- Learn how to use the Emotions Chart with clients.

Each person will have the role of Counselor and each will have the role of Client. Take five minutes for each role play. Then switch roles and take another five minutes to role play.

ASK: What emotion do you feel right now? The “Client” will choose a picture to show what he is feeling now.
































































ASK: What three emotions have you felt in the last two weeks? What caused the emotions?

ASK: What emotions has your spouse (or children) felt in since you realized this problem has occurred? Why do you think she/he feels this way?

Part 3 – Review

1. What are the 12 basic Counseling Skills we need to understand in Pastoral Counseling?
2. What is the purpose for the Open-Ended Question Group Activity?
3. What are some examples of Open-Ended Questions?
4. How do you use the Emotions Chart?

eMotions

 aggressive	 alienated	 angry	 annoyed	 anxious	 apathetic	 bashful
 bored	 cautious	 confident	 confused	 curious	 depressed	 determined
 disappointed	 discouraged	 disgusted	 embarrassed	 enthusiastic	 envious	 ecstatic
 excited	 exhausted	 fearful	 frightened	 frustrated	 guilty	 happy
 helpless	 hopeful	 hostile	 humiliated	 hurt	 hysterical	 innocent
 interested	 jealous	 lonely	 loved	 lovestruck	 mischievous	 miserable
 negative	 optimistic	 pained	 paranoid	 peaceful	 proud	 puzzled
 regretful	 relieved	 sad	 satisfied	 shocked	 shy	 sorry
 stubborn	 sure	 surprised	 suspicious	 thoughtful	 undecided	 withdrawn

Lesson 3 – Pre-Marital and Marital Counseling

Introduction

In counseling couples before marriage, the Pastoral Counselor should be prayed up and willing to listen to both the couple and the Lord. It is important that the Pastoral Counselor be willing to listen and help the couple understand the step they are about to take. Premarital counseling should always touch on each subject, with the couple gaining an understanding of what a marriage is. Many problems that occur in marriages today occur because of lack of premarital counseling.

This lesson is an introduction, and the topic of marriage counseling will also be studied in our Marriage & Family course.

Part 1 – Pre-Marital Counseling

- Definition of Pre-Marital Counseling: Pre-Marital Counseling means counseling that is done BEFORE a couple is married.

Most Important Topic to Teach to the Couple

- The most important topic for you as the Pastoral Counselor to teach to ANYONE who comes to you for counseling for ANY ISSUE is to *share the gospel with them*, to lead them to accept Jesus Christ as their Lord and Savior if you have determined they are not followers of Jesus Christ. Because regardless of whatever problem the client has, they NEED CHRIST IN THEIR LIVES. It is the PRESENCE OF THE HOLY SPIRIT IN THEM THAT WILL EMPOWER THEM to overcome any problem they experience.
- It would be good for you to share two VERY IMPORTANT SCRIPTURE VERSES that will be the foundation for their efforts in dealing with the problems they are experiencing. **Read these verses to your clients and explain what they mean:**
 - **Hebrews 4:12** – Explain to your client that God’s Word is NOT just a collection of words and books, but that it is “living, active (ENERGIZED) and sharper than a two-edged sword.” This means that Scripture will work in them through the power of the Holy Spirit as they become OBEDIENT TO GOD’S TRUTHS AND PROMISES in His Word.
 - **Romans 12:2** – Don’t depend on the world’s ideas, values, customs, and mindset. You MUST RENEW YOUR MIND. You do this ONLY THROUGH learning what Scripture teach and by the power and presence of the Holy Spirit who renews, reeducates, and redirects your minds to be obedient to God’s Word.
- In Pre-Marital and Marital Counseling, AFTER you have shared the gospel, the MOST IMPORTANT thing you begin with the couple are the spiritual truths from Scripture for the Role of the Husband and the Role of the Wife. Let’s look at some of the main Scripture passages and what they teach.

Role of the Husband According to Scripture

- **Read Ephesians 5:25-26 and 1 Peter 3:7** – When the Holy Spirit inspired the Apostle Paul and Peter to write these verses it went against Jewish culture. To apply this will go against the African culture as well. Here is why. In Jewish culture the wife is like cattle – owned by the husband. To love his wife was a very strange idea.
- As the husband you are to love your wife as Christ loved the church. How did Christ love the church? He sacrificed Himself in many ways for the church. He loves the church unconditionally, even with all the faults we have. He was firm when He corrected the church. He nourishes the church. He lovingly guides the church. He is patient with the church. **YOU AS HUSBAND ARE TO DO THE SAME.**
- These Scripture verses teaches us that the **HUSBAND IS THE SPIRITUAL LEADER OF THE HOME.** Being a spiritual leader does **NOT MEAN YOU JUST GO TO CHURCH EVERY SUNDAY.** Being the Spiritual Leader means that the husband is to lead his wife and children in a **GROWING RELATIONSHIP WITH CHRIST.** This means that **YOU, HUSBAND,** must practice in **YOUR LIFE** what Scripture teaches so that you can **LEAD YOUR WIFE AND CHILDREN** to apply God’s Word in their lives.
- **ASK:** When this passage says, “Wives submit to your own husband as to the Lord” what does this mean? Submit means the wife is to **RESPOND** to her husband.
- **ASK:** Husband, what are you giving your wife to respond to? Are you beating your wife? Shame on you! That is **NOT HOW CHRIST LOVED THE CHURCH.** Are you spending time with your wife to get to know her, to show her attention, to compliment her, to show her you love her? If so, **GOOD FOR YOU!** That is how Christ loved the church.
- If you show positive, loving attention to your wife, she **WILL BE GLAD TO SUBMIT TO YOU!** If you beat her and show her negative attention, she may submit to you, **BUT** it is **ONLY BECAUSE SHE KNOWS THAT SHE MUST.**
- **ASK:** Which of these two ways do you think Jesus showed His love to the church? Which of these two ways do **YOU** want your wife to respond to you?
- As a **Zambian** husband you sacrifice for your wife. You protect her. Jesus gave up his own life to save us and give us eternal life. A husband is not called to die for his wife’s sins (Jesus already did that), but he gives his time, strength, wisdom, and protection to help her grow in faith and follow Jesus.
- **The best way you can love your wife is to ask her what she needs from you to show her you love her.** For example, she would **LOVE** for you to at times to **WASH THE DISHES, DO THE LAUNDRY, or SWEEP THE FLOOR OF YOUR HOUSE.** I (Randy Windham) have asked **MANY** **Zambian** women if they would like for there husbands to do these things from time to time and **EVERY ONE OF THEM** almost shouted **“YES!!!”** See how this Scripture passage goes against the African culture? But remember, this is

God's Word! God's Word is ALWAYS TO BE OBEYED EVEN BEFORE THE CULTURE.

- **1 Peter 3:7** tells us that husbands are to “live with your wives in an understanding way...” This is a lifetime act of love. Get to KNOW your wife in EVERY AREA of her life. She will let you know how you can show love to her. For many men sex is what they need to feel loved. For the woman it is a loving, gentle, positive relationship with her husband who wants to know how to show her he loves her. This motivates your wife to want to submit to you.
- ASK: Why should you live with your wives in an understanding way? “So your prayers will not be hindered.” Husbands, how many times have your prayers been hindered because you have not loved your wife as Christ loved the church? How many times have your prayers been hindered because you have not learned to understand your wives?
- ASK: What is the best way to learn to understand your wife? Ask her questions about her likes, dislikes, needs, desires, and how you can best help her in some area of her life, etc.

Role of the Wife According to Scripture

- **Read Ephesians 5:22-24 and 1 Peter 3:1-6** – Wives are to submit to their husbands as if they were submitting to the Lord. Does your husband deserve for you to submit to him? Maybe not, BUT you show your love to Christ and you are obedient to Him as you submit to your husband. Why? Because this is what God's Word teaches AND GOD'S WORD IS INSPIRED by the power of the Holy Spirit (**Read 2 Timothy 3:16-17**).
- EXPLAIN: As you read **1 Peter 3:1-6** we see from Scripture how the wife's attitude towards her husband can change the husband's attitude towards his wife. And we also see how the wife's attitude towards the husband can change the husband's attitude towards Christ.

Six Reasons for the Purpose of Pre-Martial Counseling

It is always good for couples to go through Pre-Marital Counseling before the wedding. In most cases Pre-Marital Counseling takes about three months. This means that it is best for the couple to meet with the Counselor once a week for ten to fourteen weeks. Each week the Counselor will talk to the couple about different important topics to discuss BEFORE the couple is married. Why does the Counselor do this? Because it is good for the couple to discuss intimate/personal topics BEFORE getting married. It is during this time that as the couple meets together with the Counselor and discuss each topic, they are able to better understand each other. Pre-Marital Counseling will help the couple to:

1. Determine how healthy their spiritual lives are.
2. How they think and feel about each important topic.
3. Learn what they value in the marriage relationship.
4. Better understand their personalities.
5. Learn what their expectations are after they are married.
6. Help determine if they should get married to each other.

Sometimes the couple will realize that it is best if they do not get married because their personal preferences and values are so different. If they were to get married there would be a lot of conflict, which could very likely lead to divorce later in the marriage.

So, whether the couple decides to get married or whether they decide they should not get married because of their differences, the Pre-Marital Counseling has been successful.

Common Topics the Counselor Should Discuss with the Couple

- Wedding Date
- Their Family of Origin/Tribe
- Finances
- Do they plan to have children?
- Sex in marriage
- Religion
- Conflict Resolution
- Deal Breakers
- Infidelity
- Staying United
- Overcoming Past Issues
- In-Laws
- Ask the couple if there are other topics/issues that they feel they need to talk about.

Specific Questions To Ask In Each of These Topics

1. Wedding Date – Why are you getting married now? Why not last year? Why not in 1 or 2 years?
2. Their Family of Origin/Tribe - Who raised you? What values did you learn from the family who raised you? What tribe they are from? What are the differences in customs and beliefs in your Tribe and your Fiance's Tribe? What kind of a relationship did you have with your mother and father? How did your mother and father relate to each other? However the person's mother and father related to each other, this will be the expectation of how they will treat you as their spouse – whether that be good or bad.
3. Finances - How do you handle money now? Are you a Saver of money or are you a Spender of money? Will they combine both of their finances into one? Are you in debt now? If so, to whom and how much?
4. Do they expect to have children? - If so, how many? Will the wife/mother stay home or work? What are your expectations for each other as parents? How do they plan to discipline their children? (How the person was disciplined by their parents, they will discipline their children the same way – whether that be good or bad).
5. Sex in marriage - What are your expectations: how often to have sex? What positions? How to communicate with each other about sex? How do you need your spouse to express love & affection to you?
6. Religion - Where do your worship now? If at different churches, where will you worship after you get married? Where will you take your children to worship? Who will be the spiritual leader in the family? You MUST be sure that the church you become a member of is a New Testament Church. This means that the Pastor teaches

that salvation is ONLY THROUGH FAITH IN THE DEATH AND RESURRECTION OF JESUS CHRIST.

7. Conflict Resolution - How will you handle conflicts? How did your family of Origin deal with conflicts? What boundaries will you set? (example: We will not shout at each other or call each other names). How will you make up after settling the conflict? If you have major differences that will not be agreed on, can you just agree to disagree?
8. Deal Breakers – These may be Addictions to alcohol, drugs, pornography? Is one spouse gone out of town a lot? If so, why and to where? What would it take for your fiancé to do that you would cancel the wedding? What would it take for your spouse to do that you would divorce them? It's best to learn about and discuss these deal breakers NOW before the wedding and not later and the couple divorces.
9. Infidelity - Make plans now that IF your spouse were to be unfaithful and commit adultery, what will you do? Forgive him/her? Stay married? What steps will you take if your sexual desires and emotional needs are not being met by your spouse? Do you consider Emotional Affairs the same as sexual affairs? Make Boundaries for people of the opposite sex, such as, co-workers, that is, DO NOT spend a lot of time with a person of the opposite sex; DO NOT share intimate things with a person of the opposite sex; DO NOT share with a person of the opposite sex about the difficulties you and your spouse are having.
10. Staying United - Life gets busy after you get married. Plan things NOW BEFORE YOU ARE MARRIED for what you will do to stay united and not grow apart. Be sure to do them regularly AFTER you are married. For example: Have date nights each week, Make time to talk about life, Do things together, etc.
11. Overcoming Past Issues - Was your trust betrayed in a past relationship? This will affect your marriage. Was there abuse in your past? This will affect your marriage.
12. In-Laws - What are your spouse's expectations about how you are to relate to his/her parents, siblings, etc.? What are your In-Law's expectations for you? How often will you visit them?
13. Other Topics/Issues - Ask the couple if there are other topics/issues that they feel they need to talk about.

Part 2 – Marriage Counseling

When people come to the Pastoral Counselor for counseling and guidance, this often means that the couple has had problems in their marriage for several years. They are NOW coming for help. Let the couple know that it took several years for this problem to happen and it will take a long time to resolve it. You cannot resolve it in just one day.

EXPLAIN: It is almost always the wife who comes first for Marital Counseling. In most cases the husband does not come to counseling. Why? Usually, it is because he does not want to admit that he has a problem he cannot fix, or at least he will not admit that the problem is that bad. Many times the husband will think or say, “The problem is with my wife, not me.”

Here are several practical points to guide you through a marriage counseling conversation:

- When the wife comes in for counseling YOU MUST FOCUS ON HER. YOU CANNOT CHANGE HE HUSBAND SINCE HE IS NOT THERE WITH YOU.
- Let the spouse or couple know that they can ONLY CHANGE THEMSELVES. They CANNOT change their spouse. CHANGE in a person is the KEY to solving the problems they are experiencing.
- Listen to the wife’s heart as she tells you what problems she and her husband have. If there is more than one problem (most often there are multiple problems) ask her, “Which problem do you want to work on first? We can work only on one problem at a time.” Get her to list the problems in order of importance.
- In most cases the problems will be from the topic list of Pre-Marital Counseling we looked at.
- After the wife decides which issue she wants to work on first, and you listen to her share her heart, then you ask her, “What goals do you want to accomplish by coming to counseling?” If you do not have any goals, then things will NOT change in the relationship. The relationship will NOT IMPROVE or it will get worse.
- Ask her, “What options do you see that you have to resolve this problem?” She will most likely share several options. Then ask her, “Which option do you think is the wisest and best option?” When she tells you which option she thinks is the best, and if you agree, then you tell her: “Ok. That sounds good. Do that this week. When you come back next week let me know what the result was.” REMEMBER, in the beginning of the counseling relationship you have established the FOUNDATION FROM GOD’S WORD. Use these BIBLICAL TRUTHS in the counseling sessions. You will need to remind the person or couple about these truths from Scripture.
- When she comes back next week ask her how things went and how the husband responded. (Do the same thing if they are coming to you as a couple).
- The MAIN REASON you ask her what options she sees for the solution for her problem is that it NEEDS TO BE HER OPTION. If you tell her, “You should do this” or “I think your best option is...” then if the option does not work OR makes things worse, then she will come back to you and blame you. She will say something like, “It’s YOUR FAULT! I did what you said and it did not work!”
- But as you listen to her list of options try to determine if the options are realistic and safe. If they are not realistic or safe you need to point that out to her.
- *Give the couple homework to do.*
Always give the person or couple HOMEWORK to do between this session and when you see them again next week. Homework can be done in many ways. Here are a few examples of homework you can ask the couple to do:
 - Tell the couple to talk with each other this week about the issue they discussed in the session OR
 - Write a letter to give to the person that causes the pain OR
 - Make a list of actions they can take to help take the pain away.
 - Sometimes it is good to ask the client, “What can you do this week that will get you closer to resolving this problem?”

Part 3 – Review

1. What is the definition of Pre-Marital Counseling?
2. What Scripture verses are the basis of Pre-Marital Counseling in this course?
3. What are the Common Topics that should be discussed with a couple in Pre-Marital Counseling?
4. What are some practical points to guide you through a Marriage Counseling conversation?

Lesson 4 – How to Use Goals and Homework in Counseling

Introduction

Setting Goals helps you to be motivated in starting new and healthy behaviors, they help you have a renewed focused on achieving solutions to your problems, and they help to create momentum in solving life's problems. Doing Homework helps clients to take what they learned in the session and practice it between sessions to achieve a full impact of progress towards solutions to their problems.

Part 1 – Setting Goals in Counseling

Have a Good Understanding of the Person's Issue/Problem

- When you counsel someone about their issues/problems you need to talk with them to gain an understanding of what their problems are. Once you have a good understanding of their problems you then ask them what they have been doing to try to solve those problems. You then ask them, “What has been the result of what you have been doing?” Sometimes what the person has done may have been helpful to them, but most often the things they have done to try to solve the problem on their own has NOT WORKED. Most people have no idea what to do to make their situation better to solve the problem, so they keep doing the same things over and over without any positive results.
- A wise person once said, “If you keep doing what you have been doing, you will keep having the same results that you have been having.” That is true in the problems people have. People keep doing the same things that don't work over and over to try to solve their problems even though they know it will not do any good, but they DO NOT KNOW WHAT ELSE TO DO.
- Some people may feel embarrassed to go to a Pastor or Counselor for help. Some even feel ashamed, but you need to remind these people that Scripture encourages us to seek help.
 - **Read Galatians 6:2.** This says, “Bear one another's burdens...” God created us to be interdependent. This means that we need others to help us live a godly, productive life, which also means that others need us to help them with their burdens.
- Once you have a good understanding of what the client's problems are, seek to understand what caused those problems. You ask the client, “What happened that started this problem?” Whatever it was that caused their problem may have happened many years ago. Try to gain understanding what the first thing that happened was, when it began, and who was involved. This THING that happened is what is called the **ACTIVATING EVENT**. This means that the action that happened is what “ACTIVATED” or started the problem.

Purpose of Setting Goals in Counseling

It is important to work with clients to set goals in counseling. Setting goals serve Five Purposes in Counseling:

1. Helps the client to learn how to apply biblical truths to their lives
2. Helps client to change behaviors that keep the problem going
3. Helps the client to establish and maintain healthy relationships
4. Helps the client to learn better coping skills in situations
5. Helps the client to be able to make better, healthier decisions

Scenario To Illustrate Use of Goals and Homework

Think about this situation as an example:

- Imagine that a wife comes to you for counseling to improve her relationship with her husband. She has been married for five years. The problem is that she hates when her husband puts his hand on her back and rubs her back. Her husband does not understand this and he gets very frustrated when she pushes his hand away. This was how his parents showed him affection and love as a child. This has been happening the five years of their marriage. He asks her why she hates for him to rub her back. She does not know what to say to him. She may not know the reason OR she knows BUT does NOT want her husband to know because she feels shame for him to know her past. So the wife comes in for counseling to try to improve her marriage relationship.

You have met with the wife and she has shared with you the problem – she hates for her husband to rub her back. He is becoming more and more frustrated and angry. He just wants to avoid her almost every day because he constantly feels rejected by his wife. You ask her, “Why do you hate for your husband to rub your back?” She replies, “I don’t know. I know it’s silly. I know that my husband feels rejected when I tell him I hate it when he rubs my back. He asks me why I hate it, but I don’t know. That frustrates him even more. I don’t know what to do!”

- EXPLAIN: Let the wife know that you suspect that she experienced some kind of abuse several years ago that most likely started with the abuser rubbing her back.

You need to ask the wife: “When do you first remember when you started to feel uncomfortable and this hatred of someone rubbing your back?” As the wife thinks about when she first started feeling this hatred of her back being rubbed, she remembers when she was age 9. Her uncle would rub her back when he came to visit her family. Both of her parents had jobs away from home, so she would go to her uncle’s home when school was closed between terms so she would not be alone while her parents worked. She remembers her uncle rubbing her back. At first, she liked it, but this eventually led to him sexually abusing her and it always started by him rubbing her back. This went on for three years. Many times in those three years her uncle sexually abused her. She came to hate it when someone rubbed her back because it brought back bad memories of the abuse.

As the Counselor talked with her and the memories of her abuse came back to her, this was a relief and at the same time it was painful. It was a relief in that NOW she KNEW why she hated it when her husband rubbed her back. It brought back bad memories that she pushed out of her mind for years. But it was painful because of the painful memories of the emotional pain the abuse caused.

- **EXPLAIN:** What she NEEDS NOW IS CLOSURE to this abuse issue. Let the wife know that until she is able to work through her emotions of this abuse, she will continue to have these negative emotions and reactions every time her husband tries to show her physical affection by rubbing her back.
HOMEWORK #1: Give her Homework of writing a letter to her uncle sharing her painful feelings towards him for how he hurt her through his abuse. She is to share ALL of her anger, hatred, hurt, fear, and other painful emotions in this letter.
- At this point she is only instructed to write the letter to her uncle. You and she will decide later if it will be good for her to send the letter to him or whether to meet with him and read the letter to him.
- Sometimes a client works through painful emotions simply by writing the letter and reading it to her Pastor Counselor, then she burns the letter. Other times people NEED to send and/or read the letter personally to the abuser to work through the painful emotions.
- **HOMEWORK #2:** She is then to write a letter to herself telling herself that it is ok for her husband to rub her back. This is a normal healthy way for husbands to show affection, and it is a way of honoring the Lord in her marriage relationship. She needs to give herself PERMISSION for her husband to rub her back.

Help the Client to Set Goals to Overcome Their Problems

When you know what the problem is you talk to the client to help them determine what their end GOAL is. What do they hope to accomplish by coming to you for counseling? Setting goals helps the client to be accountable in helping to solve their problems. Setting goals and working towards them also is helpful in the client not becoming depressed. When clients experience problems and they do not know how to solve them it can very easily cause them to become depressed. The depression is caused primarily because the client KNOWS what the problem is but does not know HOW to solve them. That sense of helplessness leads to depression.

Part 2 – Giving Homework in Counseling

Purpose and Benefits of Homework

- Homework in Counseling are the assignments the Counselor gives to the client. These assignments are to be done between sessions. Homework is very important because it is like *extending the counseling session*. Clients will do assignments based on the

information and insights gained in the counseling sessions. *Homework allows the clients to practice new skills learned in the session.* Clients will need to do things that make them feel uncomfortable, but this is necessary to gaining victory over the problems.

- But for homework to be effective the client must be willing to do the homework assigned to them. If they are resistant to doing homework their problems will continue to haunt them. There are many types of Homework.

Types of Homework (Words in BOLD letters are the types of Homework)

- **Take deep breaths** - The Counselor will assign clients Homework based on what the issues are and what resources the client has available. For example, if the client has issues of often feeling anxious their homework may be to take **deep breaths** in and out slowly for two minutes three times a day every day for six days.
- **Write a letter** - Another type of homework may be for the person to **write a letter** to the person they feel angry at or resentment towards. The client will write a letter of what they would like to say to the person responsible for causing their anger. They will bring the letter to the Counselor the next session and read it. The Counselor and client will determine whether to send the letter to that person or whether to burn it.
- **Meditate on Scripture** - Another type of homework is for the client to **read and memorize a Scripture passage and explain what it means** in the next session.
- **Combine music and Scripture** - Another type of homework could be to **listen to Christian music** every day for six days for two hours, then **read assigned verses from Psalm 119** every day. When they go back for their session with the Counselor they will tell the Counselor what they have learned from Scripture.
- **Do physical exercise** - Another type of homework may be for the client to **go outside and run for three minutes** when they feel angry to get control over the intense anger they struggle with.
- **Draw a picture of emotions** - If the client is good at drawing ask them to **draw what they feel**. Sometimes clients can draw to describe or symbolize what they feel but they cannot put their feelings into words.
- The types of homework are endless. But the homework **MUST** be related to the problem the client is experiencing. **DO NOT** give homework just so the client will have something to do this week. Be sure when you assign the homework to the client that you **CLEARLY EXPLAIN** what they are to do and how to do it. Explain the purpose of the homework, that is, tell them **HOW** it will help them move closer to resolving the problem.

Benefits of Homework

- Some clients may think when the Counselor assigns them homework, “I signed up for counseling not for school!”
- Homework is beneficial because it allows the client to practice what was learned in the counseling session. Clients can practice new skills and coping strategies.

- When the client completes the homework it shows they are committed to overcoming their problems.

What if the client does not want to do the homework assigned?

If you find that a client does not do the homework assigned to him, bring this up in the session.

- ASK THE CLIENT: “What is the reason you are having difficulty doing the homework?” If they say, “I did not like homework in school and I don’t like homework in counseling.”
- SAY TO THE CLIENT: Let’s change the name. Instead of doing homework you will do the SKILLS PRACTICE. You can give the assignment any name that may help encourage the client to do the assignments.
- SAY TO THE CLIENT: Many studies have been done with clients who did homework and clients who did not do homework. The results were that those who did homework did much better in overcoming their issues than those who did not do the homework.
- If after you talk to the client about their reluctance of doing the homework and they still refuse, then...
- SAY TO THE CLIENT: If you are not willing to do the homework assignments you will make little or not progress in resolving the problems. If the client still won’t do the assignments, then...
- SAY TO THE CLIENT: Ok. You don’t want to do the assignments, then I can not see you any more for counseling. I respect your decision to not want to do the homework, so I don’t want to waste your time coming to see me, and I know you respect me and don’t want to waste my time. If you decide in the future that you will do the homework, then call me.

People CANNOT BE HELPED IF THEY DO NOT WANT TO DO THE WORK to resolve the problems.

Let’s return to the scenario from earlier and apply Goals and Homework

Remember the situation we described earlier about the wife who did not like to have her back rubbed? Here is one way you might be able to help in that conversation:

- After you have talked to and listened to the client about her sexual abuse and not liking her back to be rubbed...
- ASK YOUR CLIENT: What is your **end goal** of coming to these sessions? What do you want to accomplish?
- Client may say, “I want to have a better marriage.” Then...
- ASK HER: What does that mean...to have a better marriage? What needs to happen in your marriage? What do you want to happen to help with your hatred of your husband rubbing your back? Be specific.
- Help the client to be more specific to what she needs. For example, she may say, “I want my husband to be able to rub my back and me not feel anger or uncomfortable.”

- SAY TO HER: That is a good end goal. In your mind you will need to give your husband permission to touch your back and rub your back while not feeling angry or uncomfortable.
- SAY TO YOUR CLIENT: The goal for this week is for you to ask your husband to rub your back for ten seconds, then stop. So, the **Homework** is that during the day ask your husband to sit beside you on the couch and rub your back for ten seconds. Do this two times a day for five days. AFTER you do this exercise write in a journal (exercise book) what you did and how you felt. If you felt anger, discomfort, frustration, etc. write this down THEN write WHY you felt these emotions. THEN write in your journal that it is normal and healthy for your husband to touch your back. He is NOT going to abuse you. He is expressing his love to you. Speaking truth is helpful and healing.
- SAY TO HER: Your **Goal** is for it to be a positive experience for your husband to rub your back.
- SAY TO HER: While your husband is rubbing your back say in your mind, “It is ok for my husband to rub my back. It shows he loves me. This is how I can serve Christ in being submissive to my husband.”
- SAY TO HER: “When you come back to see me next week you will share with me about your experiences of your husband rubbing your back. Bring your journal with you to our session and read it to me.”
- SAY: Each week you will adjust the goals and homework to help her to progress in resolving the problem of feeling anger and hate when her husband rubs her back.
- SAY: Tell your client that the next week she will let her husband rub her back for 20 seconds. Ask her to concentrate on how good it feels for her back being rubbed by her husband. Tell herself that it is OK and safe for him to rub her back. This is her husband who loves her.
- SAY: So the **GOAL** is for her to have a happier marriage . This can be measured by allowing her husband to rub her back and her beginning to enjoy it.

HOMEWORK will be the actions of asking her husband to rub her back for a certain amount of time. Each week she will let him rub her back for a longer period of time AND to concentrate on beginning to enjoy the back rub in a healthy way.

CONCLUSION: It is VERY IMPORTANT for you to help your client to have GOALS and to assign HOMEWORK. If you don't know where you are going, how will you know when you get there? Goals are necessary.

HOMEWORK is VERY IMPORTANT because it's the PRACTICAL part of solving the problem.

Part 3 – Review

1. What is a good Bible verse to share with someone who feels embarrassed to share their problems with a Pastor Counselor?
2. What are the Five Purposes of setting Goals in counseling?

3. What are some types of Homework?
4. What are some benefits to Homework?

Lesson 5 – Trauma and Crisis Counseling

Introduction

Not all wounds are visible. When a person experiences a Trauma/Crisis most people do not know what to do. They either tend to panic themselves or they tend to just ignore the person in Crisis hoping they will go away. This lesson will give you foundational knowledge that will help you feel and be more prepared to minister to someone in a Crisis.

Part 1 – Understanding Crisis

An Example of a Crisis in Scripture

Scripture shows us a crisis experience we can learn from.

Read Acts 9:1-9 – Saul experienced a crisis. This crisis affected Saul in several ways:

- **Physically** - He opened his eyes and could not see. He had to be led by the hand into the city. (v.8)
- **Mentally** – He questioned his beliefs and actions (v.5 – “Who are You, Lord?” – He was very confused at this point).
- **Spiritually** – He was the most determined persecutor of Christianity (v.1-2). But he became a faithful promoter of Christianity. He became a Theologian who wrote many of the New Testament books in the Bible.
- **Emotionally** – Saul fasted several days. This was emotionally and perhaps somewhat spiritual response to the crisis. (v.9)

Definition of a Crisis

Crisis is defined as “a time of intense difficulty, trouble, or danger.” It’s a time in which a decisive change is upcoming.

Facts About a Trauma/Crisis

These are several important facts that you need to know and understand so that you can help someone who has experienced a crisis:

- A Trauma wounds the heart and mind. This deep suffering will last a long time.
- Trauma may be a one-time event, an event that lasts a long time, or a repeated event.
- Trauma causes us to feel overwhelmed with fear, helplessness and horror, and there is nothing we can do to stop it from happening.
- A crisis usually involves a temporary loss of coping abilities and the assumption the emotional dysfunction will return to normal.
- A crisis is NOT ALWAYS bad. It does represent a **critical point** in a person’s life. Example One: a couple is expecting a baby. It’s very positive, yet can be overwhelming. Example Two: A man is promoted in his work. He has much more responsibilities and feels overwhelmed or has to move to another country. This will be overwhelming to live in another culture.

- A person must be and feel vulnerable for a crisis to occur. So not ALL situations are crises.
- There is a PRECIPITATING (First Experience) EVENT – A traumatic event occurs, such as a terrible car crash, but the person seems ok. He handles the situation well. Then he may drop a glass on the floor and it breaks and his response is that he cannot handle this simple event well and breaks down to cry, get very angry, he becomes overwhelmed emotionally. This simple event triggered all of the fear, horror, feeling overwhelmed he has been holding inside himself. The PRECIPITATING EVENT was the traumatic event (car crash).
- A person is in the STATE OF ACTIVE CRISIS when the person can no longer emotionally handle the situation.
- Family and close friends who learns of the trauma to their loved one or friend experiences traumatic emotions such as shock. This is called SECONDARY TRAUMA. They did not personally experience the trauma, but they feel the overwhelming emotions of a trauma fearing for their loved one.
- A crisis for one person may not be a crisis to another person who experiences the same thing. For example: One person loses his job and he is in a crisis, not knowing what to do to support his family. Another person loses his job and he feels relieved. He hated this job and was planning to quit.
 - So, a person's PERCEPTION (how he sees the situation) determines if he is in a crisis.

Indications of an Active Crisis

How can you know if someone is experiencing a real crisis right now? Here are some signs to help you recognize their situation:

- Symptoms of Stress – Depression, withdrawal, struggle to keep commitments, consume more alcohol than usual, headaches, anxiety, or some extreme discomfort.
- Attitude of Panic or Defeat – Person feels that they have tried everything they can think of to cope, but it seems nothing helps. They feel defeated, like there is no hope, feel like a failure. The person has two ways of coping at this point:
 - Become agitated – Feels nervous for no reason, fast driving, drink alcohol (more than usual), fighting
 - Become apathetic – Example they sleep a lot. Shows no emotions.
- Their focus is on RELIEF – “Get me relief now!” is the main concern.
- They cannot work as well as they usually could. Keep making mistakes or forgetting things.
- EXPLAIN: Just having one or two of these symptoms DOES NOT mean a person is in a Crisis. If a person has several of these symptoms and seem to not be able to function normally emotionally and physically, then the person is most likely experiencing a crisis.

Part 2 - Counseling from a Biblical Perspective

- Regardless of what kind of Counseling you do (Family, Individual, Group) you MUST have knowledge of Biblical Counseling.
- Methods of counseling alone are NOT the most effective factor.
- Jesus's **relationship** people was the **foundation** to His counseling methods. Your relationship with people you counsel will be the foundation to helping people.
- The BEST way to gain knowledge and wisdom of Biblical Counseling is to study the life of Jesus and how He related to others in Scripture.

7 Factors of How Jesus Related to People

1. Jesus' work with people was a PROCESS.
 - He did not just spend an hour with them (like Counselors do today). He spent time with them helping them work through their life's difficulties.
 - He did not just see people with their PROBLEMS. He also saw them with their POTENTIAL for success.
2. Jesus accepted people as they were (even in their sin) when He first met them. He did not judge them.
 - He believed in them and what they could become. Notice how Jesus related to these three kinds of people whom the community hated.
 - Example: **John 4:4-28** – The Woman at the Well
 - Example: **John 8:1-8** – The Woman Caught in Adultery
 - Example: **Luke 19:1-10** - Zacchaeus
3. Jesus treated them like they were worthy of care and respect.
 - He put their needs above the rules and regulations the religious leaders had created.
 - He met them where they had a need.
 - He let them know they had value in God's eyes (Example: **Matthew 10:29** – People are more important than sparrows).
4. Jesus looked beyond their PRESENTING PROBLEMS to see their needs. (PRESENTING PROBLEMS are the problems the client shares with you as to why they came to talk to you).
 - Many times people will come to you wanting to talk about one problem. But once you ask a few questions, you can see that there is a deeper problem causing the first problem.
 - Jesus had discernment – Example: **John 3** - Nicodemus came to him at night.
5. Jesus DID NOT use the SAME METHOD with everyone.
 - Everyone who comes to you will have a desperate need. You will need to relate to them differently. For Example: Some people will be bashful and shy; others will be arrogant; others will be dedicated Christians; Some will embrace Ancestor Worship.

6. Jesus emphasized RIGHT BEHAVIOR for turning from their current condition or lifestyle
 - **John 5:14** – Do not sin anymore
 - **John 8:11** - Go and sin no more
 - **Luke 6:47-48** – “Everyone who hears My words and does them is like a man who built his house on the foundation of rock.”

7. Jesus sought to have people MAKE CHANGES in their lives from their present situations
 - Example: **John 5:6** – Jesus asked, “Do you want to be made well?” After the man was healed Jesus said, “You have been healed. Stop sinning or something worse will happen.”

SAY: The MAIN GOAL in counseling anyone is to help them see that they MUST be willing to make changes in their lives. Or they can stay the same and continue to suffer with the problems they have.

Part 3 – Steps for Helping People in Crisis

- **Immediate Intervention**

When you first meet with a person who is experiencing a crisis/trauma these **THREE QUESTIONS** are very important to ask:

- **What happened?** Let them share what they experienced. Talking about the trauma is the beginning point of healing. As people share about their pain little by little their reaction will be less intense.
 - This works well when a traumatized person talks to a person who LISTENS WELL.
- **How did that make you feel?** Helping them to recognize and verbalize their feelings is VERY IMPORTANT. And let them know that what they are feeling in that crisis is normal.
- **What was the hardest part?** This helps them to process in their mind what happened. This is the beginning point of coming to acceptance of the crisis.

- **Time Limit in Intervention**

There is a time limit for the opportunity to intervene when a person is in a crisis.

- When a person first experiences a crisis or trauma they feel very vulnerable, fearful, stressed, overwhelmed.
- It is at this point that they need help. Be with them as soon as possible when you hear of the crisis.

- **Here is a VERY important point!!**

If you are a full-time Pastor and it's your day off and a crisis happens to a church member decide if another Deacon or Elder can take care of that church member. WHY?

- Because there will always be people with deep needs and YOUR FAMILY IS YOUR NUMBER 1 MISSION FIELD.
 - YOU CANNOT SPEND SO MUCH TIME WITH CHURCH MEMBERS THAT YOU LOSE YOUR FAMILY!
 - If the crisis is a MATTER OF LIFE OR DEATH, then you need to leave your family on your day off and go minister to the person in crisis if at all possible.
 - **PERSONAL TESTIMONY:** I (Randy Windham) was counseling with a lady years ago. As we talked, she said she had doubts about the church. She told me that her father was a Pastor and Church Planter in North America (Canada and USA). He had planted 100 churches in many years. All of these people saw him as a godly, righteous man. He had ten children, but 5 of them committed suicide and the other five left the church. This told me that even though he was doing God's work, he did it the wrong way. He was always gone from his family. He SACRIFICED HIS CHILDREN for doing church work! THIS DID NOT HONOR THE LORD!!
 - *You CANNOT lose your marriage and family as you serve the church.*
- **The purpose of helping someone in a crisis is:**
Lower their anxiety, lower their guilt and tension, and provide physical and emotional support. If you absolutely CANNOT meet with the person in a crisis, try to at least talk to them on the phone to pray for them and try to comfort them. Try to find out what their immediate needs are and let the church meet those needs as best as they can.
- **Take Action**
 - People who go through loss will experience feelings of GRIEF: Loss of family member in death, loss of a job, divorce, loss of property by natural disasters, amputation, etc.
 - Help them as soon as possible! People in a crisis tend to wonder emotionally and physically and many times there is no purpose in what they do.
 - People NEED TO KNOW something is being done FOR THEM.
 - Try to help the person UNDERSTAND the crisis as well as possible.
 - ENCOURAGE them to EXPRESS THEIR FEELINGS.
 - Help them to find HEALTHY WAYS TO EXPRESS their feelings:
 - For example: Use art, write poetry, dance. These are CREATIVE WAYS to express feelings of GRIEF.
 - To express anger people can run a short distance, beat their bed, scream into a pillow, etc.
 - When someone experiences trauma they feel helpless and sometimes hopeless.
 - One of the MOST IMPORTANT ways to help someone in feeling helpless or hopeless is to help them have SMALL GOALS.
 - SMALL GOALS in the beginning of loss/grief helps the person gain a sense of control in crisis situations, which is VERY RELEAVING. For example: A man who loses his job experiences all of the symptoms of a crisis. A goal you can give him is to make a list of all of his job experiences. Maybe help him to write a CV.

Part 4: Understanding the Stages of Grief

There are FIVE MAJOR STAGES of grief:

1. **Denial** – When a person has learned of the trauma/crisis they are in shock. They cannot believe what has happened. They deny that the crisis happened. A person may say, “I don’t believe this really happened! There must be a mistake! It isn’t true!”
 - DENIAL IS GOOD AND HEALTHY AT THIS POINT. God has given us this function to help protect us emotionally. Denial allows people to slowly come to realize the reality of the crisis.

2. **Anger** – The person in crisis becomes angry.
 - They are angry at the loved one who died. (Then they feel guilty for feeling angry at the loved one).
 - They are angry if another person was involved in the crisis situation, especially if that person caused the trauma.
 - They are angry at God for letting it happen. They may yell or curse at God. They may question God (Example: “God, why did You let this happen?!” “Don’t you care for me anymore?!” “Are You punishing me?!”)
 - It’s ok for a person to be angry at God and to question Him.
 - **Psalm 13:1-4** – David questioned God; he perhaps was confused and angry at Him, possibly yelling at God. But we see in **13:4-6** after David poured his heart to God that he told God of his trust in Him and he praised Him.
 - This is a HEALTHY WAY TO VENT YOUR ANGER TO GOD. Yell at God if you feel like it, BUT then come back to him to put your trust in Him and to Praise Him. A person may need to work up to this point.
 - When a person who starts yelling at God and verbalizes their anger at Him, you DO NOT CORRECT THEM by saying things such as, “Now don’t yell and curse at God. He may punish you!” or “You shouldn’t say things like that!”
 - Let them vent their anger at God. God can take it.
 - **Psalm 103:14** says: “for He knows how we are formed, he remembers that we are dust.” God knows how weak we are especially at a time of crisis.

3. **Bargain** – People in trauma try to bargain with God. Example: “Please Lord, I will go back to church if you bring her back!” “Lord, I will teach Sunday School if you don’t let this divorce happen!”

4. **Depression** – At this stage people may give up, feeling hopeless. People may say, “I want to stay in bed all day. I don’t feel like getting up.”

5. **Acceptance** – At this point the person has come to realize that what has happened is permanent. But grieving is not over at this stage. They now need to start focusing on the next stage of their lives, because a trauma changes a person's life permanently.

- Help that person to determine what to do next, such as, find a job; volunteer at a charity or at the church; go back to school/university; focus on ministering to other people.
- **VERY IMPORTANT:** Let people know that they usually will not go through these stages **IN THIS ORDER**. Also, they will jump back and forth in these stages. For example: When a person has come to the point of acceptance, all of a sudden something may trigger the grief and they are now **BACK** at denial. Or they go from denial to depression and later to anger and back to depression.
- This is normal. There is no specific order of grieving.
- There is **NOT A SPECIFIC TIME PERIOD OF GETTING THROUGH GRIEVING**. If someone is still grieving the loss of a loved one after 2 years, don't say to them, "Are you not over that yet?!!" **EVERYONE GRIEVES DIFFERENTLY**.
- Having someone who is a good listener for them to share their emotions with is **VERY HELPFUL**.

Part 5 – Review

1. What are some facts about Trauma/Crisis?
2. What are the 7 Factors of How Jesus Related to People?
3. Who is your **NUMBER 1** Mission Field? Why?
4. What's the purpose of helping someone in a crisis?
5. What are the Five Major Stages of Grief?

PASTORAL COUNSELING

FINAL EXAM

Lesson 1 - What is Pastoral Counseling?

1. What is the definition of Pastoral Counseling and Clinical Counseling?

- **Clinical Counseling**

- **Pastoral Care/Counseling**

2. What are the 4 Factors that Pastoral Counselors and Christian Professional Counselors have in common?

- a)
- b)
- c)
- d)

3. When are the times a Pastor/Counselor should break confidentiality and share the client's names and problems?

- a)
- b)
- c)

Multiple Choice: Read the statement or question and circle the correct answer under it.

4. A physical wound or shock to the body produced by sudden physical injury.

- a) Self-Disclosure
- b) Shame
- c) Trauma

5. Requires longer answers than just "Yes" or "No."

- a) Open-Ended Questions
- b) Frame of Reference
- c) Displaced Anger

6. Refers to feelings and expression of those feelings.

- a) Displaced Anger
- b) Affect
- c) Diffusion of Responsibility

7. When the client has feelings towards the Counselor.
 - a) Self-Esteem
 - b) Denial
 - c) Transference

8. Failure to consciously acknowledge thoughts, feelings, or desires that would be painful emotionally.
 - a) Denial
 - b) Depression
 - c) Codependency

Lesson 2 - Effective Basic Counseling Skills

9. What are the 12 Effective Basic Counseling Skills discussed in class?
 - a)
 - b)
 - c)
 - d)
 - e)
 - f)
 - g)
 - h)
 - i)
 - j)
 - k)
 - l)

Lesson 3 - Basics in Pre-Marital and Marital Counseling

10. What is the MOST IMPORTANT topic to share with the couple (or anyone) who comes to you for counseling?

11. Name at least 8 of the 13 Topics you should discuss with the couple in Pre-Marital Counseling.
 - a)
 - b)
 - c)

- d)
- e)
- f)
- g)
- h)

12. What are the Six Reasons for the Purpose of Pre-Marital Counseling?

- a)
- b)
- c)
- d)
- e)
- f)

13. What are the Scripture passages discussed for the Role of the Husband According to Scripture?

14. What are the Scripture passages discussed for the Role of the Wife According to Scripture?

Lesson 4 – The Importance of Goals and Homework in Counseling

15. What are the Five Purposes for Setting Goals in Counseling?

- a)
- b)
- c)
- d)
- e)

16. What is the purpose of Homework in Counseling?

Lesson 5 – Trauma/Crisis Counseling

17. What is the definition of a Crisis?

18. What was the foundation to the way Jesus ministered to and counseled people?

19. What are the 3 most important questions to ask a person who has experienced Trauma/Crisis?

- a)
- b)
- c)

20. What are the 5 Major Stages of Grief?

- a)
- b)
- c)
- d)
- e)

PASTORAL COUNSELING

FINAL EXAM

MASTER COPY with Answers.

Answers are in **BOLD** letters.

Each correct answer is worth one point. The exam is worth a total of 61 points.

Lesson 1 - What is Pastoral Counseling?

1. What is the definition of Pastoral Counseling and Clinical Counseling?
 - Clinical Counseling **is the process where the Counselor helps his clients to sort out problems using counseling skills and methods.**
 - Pastoral Care/Counseling **is the ministry a Pastor uses to care for his church members and others who come to him.**
2. What are the 4 Factors that Pastoral Counselors and Christian Professional Counselors have in common?
 - a) **Both Uses Scripture and biblical principles**
 - b) **They are not to be advisors**
 - c) **Confidentiality is one of the MOST IMPORTANT FACTORS in counseling**
 - d) **There are times when you SHOULD SHARE about the client's issues and share their name**
3. When are the times a Pastor/Counselor should break confidentiality and share the client's names and problems?
 - a) **If the client is abusing a child**
 - b) **If the client is suicidal**
 - c) **If the client threatens to harm or kill someone**

Multiple Choice: Read the statement or question and circle the correct answer under it.
(Correct answer in **Bold** letters).

4. A physical wound or shock to the body produced by sudden physical injury.
 - a) Self-Disclosure
 - b) Shame
 - c) **Trauma**
5. Requires longer answers than just "Yes" or "No."
 - a) **Open-Ended Questions**
 - b) Frame of Reference
 - c) Displaced Anger
6. Refers to feelings and expression of those feelings.
 - a) Displaced Anger
 - b) **Affect**
 - c) Diffusion of Responsibility
7. When the client has feelings towards the Counselor.
 - a) Self-Esteem
 - b) Denial

c) Transference

8. Failure to consciously acknowledge thoughts, feelings, or desires that would be painful emotionally.

a) Denial

b) Depression

c) Codependency

Lesson 2 - Effective Basic Counseling Skills

9. What are the 12 Effective Basic Counseling Skills discussed in class?

a) **Relationship**

b) **Enthusiasm**

c) **Confidence**

d) **Listening**

e) **Empathy**

f) **Reflect the Client's Feelings**

g) **Helping the Client Recognize Their Feelings**

h) **Genuineness**

i) **Unconditional Positive Regard**

j) **Open-Ended Questions/Statements**

k) **Counselor Self-Disclosure**

l) **Know When To Refer Client to Another Pastor/Counselor**

Lesson 3 - Basics in Pre-Marital and Marital Counseling

10. What is the MOST IMPORTANT topic to share with the couple (or anyone) who comes to you for counseling?

- **Share the Gospel**

11. Name at least 8 of the 13 Topics you should discuss with the couple in Pre-Marital Counseling.

- **Wedding Date**
- **Their Family of Origin/Tribe**
- **Finances**
- **Do they plan to have children?**
- **Sex in marriage**
- **Religion**
- **Conflict Resolution**
- **Deal Breakers**
- **Infidelity**
- **Staying United**
- **Overcoming Past Issues**
- **In-Laws**
- **Ask the couple if there are other topics/issues that they feel they need to talk about.**

12. What are the Six Reasons for the Purpose of Pre-Marital Counseling?
- **Determine how healthy their spiritual lives are**
 - **How they think and feel about each important topic**
 - **Learn what they value in the marriage relationship**
 - **Better understand their personalities**
 - **Learn what their expectations are after they are married**
 - **Help determine if they should get married to each other**
13. What are the Scripture passages discussed for the Role of the Husband According to Scripture?
- **Ephesians 5:21,25-26 1 Peter 3:7**
14. What are the Scripture passages discussed for the Role of the Wife According to Scripture?
- **Ephesians 5:22-24 1 Peter 3:1-6**

Lesson 4 – The Importance of Goals and Homework in Counseling

15. What are the Five Purposes for Setting Goals in Counseling?
- 1. Helps the client to learn how to apply biblical truths to their lives**
 - 2. Helps client to change behaviors that keep the problem going**
 - 3. Helps the client to establish and maintain healthy relationships**
 - 4. Helps the client to learn better coping skills in situations**
 - 5. Helps the client to be able to make better, healthier decisions**
16. What is the purpose of Homework in Counseling?
- **Homework allows the clients to practice new skills learned in the session.**

Lesson 5 – Trauma/Crisis Counseling

17. What is the definition of a Crisis?
- **A time of intense difficulty, trouble, or danger**
18. What was the foundation to the way Jesus ministered to and counseled people?
- **Relationship**
19. What are the 3 most important questions to ask a person who has experienced Trauma/Crisis?
- a) What happened?**
 - b) How did that make you feel?**
 - c) What was the hardest part?**
20. What are the 5 Major Stages of Grief?
- a) Denial**
 - b) Anger**
 - c) Bargaining**
 - d) Depression**
 - e) Acceptance**