Pastoral Skills Training – Family Life

Lesson 3: Relationship Building in Pastoral Counseling

Student Guide

Lesson Objectives

Identify the principles that help build relationships in pastoral counseling.

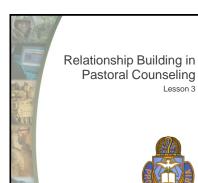
- O Describe the concepts in the Coming Together phase of counseling.
- o Describe the concepts in the Exploring Together phase of counseling.
- o Describe the concepts in the Working Together phase of counseling.

Session 1: Presentation Webinar

Part 1	Can You Talk With Me?
Part 2	The Counseling Relationship
Student Readings	
Can You Talk with Me?	03-can-you-talk-with-me.pdf
The Counseling Relationship and the Counselee's Experience of Counseling	03-counseling-relationship.pdf
Case Study	03-case-study.pdf

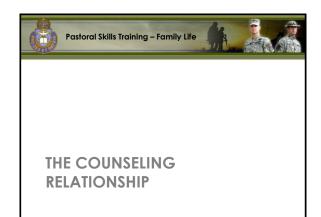
Session 2: Discussion Webinar

A discussion of assigned case study



Pastoral Skills Training -Family Life USACHCS



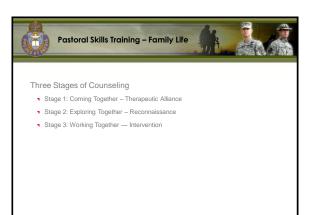




The Counseling Relationship

Counseling is "helping process the aim of which is not to change the person but to enable him or her to utilize the resources he now has for coping with life. The outcome we would then expect from counseling is that the client do something, take some constructive action on his own behalf." - Leona Tyler



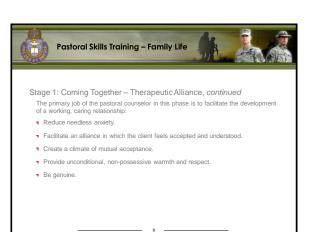


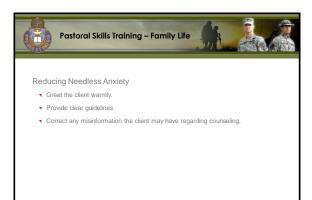


Stage 1: Coming Together – Therapeutic Alliance

Individuals entering counseling do so with a degree of anxiety surrounding:

- The level and types of demands they may experience .
- The expectations they have for the Chaplain of the Chaplain may have for them.
- The set of rules to be used as guides for defining appropriate and inappropriate ways to behave within the relationship.





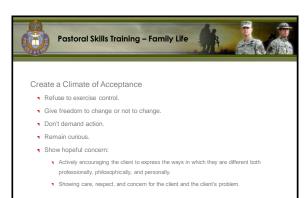


Facilitating an Alliance

- Successful counselors do the following:
 - Provide a relaxed sanctuary.
 - Engender in the client or patient a trust and confidence in the therapist competence.
 - Demonstrate interest and understanding of the client and his or her concerns.
- Traits of successful counselors:
 - **▼** Greater ability to understand the feeling(s) of the patient
 - Greater security in the therapeutic condition
 - Greater capacity to show warmth without being overly involved with the patient

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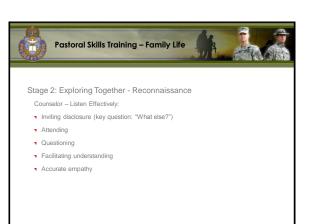


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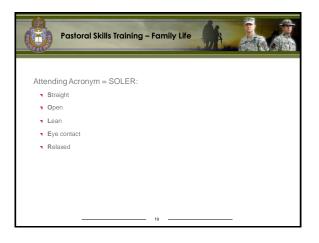
Did I reflect the love and forgiveness God holds for each of us?































- What is the pastoral counselor's primary job during the Coming Together phase of counseling?
- What approaches can the pastoral counselor use during the Coming Together phase?
- What does the pastoral counselor need to do during the Exploring Together phase of counseling?
- Describe ways that pastoral counselors can help facilitate disclosure during the Exploring Together phase.
- What process should be followed during the Acting Together phase of counseling?