


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. <ul style="list-style-type: none">○ Describe the concepts in the Coming Together phase of counseling.○ Describe the concepts in the Exploring Together phase of counseling.○ 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	

Relationship Building in Pastoral Counseling
Lesson 3



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Objectives

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_____ 2 _____

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THE COUNSELING RELATIONSHIP



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



The Counseling Relationship, continued

- The counseling process helps persons to help themselves with an openness to the role God plays within their lives.
- Pastoral counseling is first and foremost exactly that—a relationship.
- Counseling is realized in the relationship.
- No two counseling relationships will be alike.



Three Stages of Counseling

- Stage 1: Coming Together – Therapeutic Alliance
- Stage 2: Exploring Together – Reconnaissance
- Stage 3: Working Together — Intervention



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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.



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Stage 1: Coming Together – Therapeutic Alliance, *continued*

The primary job of the pastoral counselor in this phase is to facilitate the development of a working, caring relationship:

- ▀ Reduce needless anxiety.
- ▀ Facilitate an alliance in which the client feels accepted and understood.
- ▀ Create a climate of mutual acceptance.
- ▀ Provide unconditional, non-possessive warmth and respect.
- ▀ Be genuine.





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Reducing Needless Anxiety



- ▀ Greet the client warmly.
- ▀ Provide clear guidelines.
- ▀ Correct any misinformation the client may have regarding counseling.

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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

_____ 10 _____



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Facilitating an Alliance

Necessary Conditions of a Facilitative Relationship (Rogerian view)

- ▶ Be knowledgeable or integrated in the relations (i.e., genuine).
- ▶ Experience an empathetic understanding of the client.
- ▶ Be capable of communicating this understanding to the client.
- ▶ Experience a warm, positive, accepting attitude toward the client.
- ▶ Possess unconditional positive regard to the client.



_____ 11 _____

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Create a Climate of Acceptance

- ▶ Refuse to exercise control.
- ▶ Give freedom to change or not to change.
- ▶ Don't demand action.
- ▶ Remain curious.
- ▶ Show hopeful concern:
 - ▶ Actively encouraging the client to express the ways in which they are different both professionally, philosophically, and personally.
 - ▶ Showing care, respect, and concern for the client and the client's problem.



_____ 12 _____

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Non-possessive Warmth and Respect

- ▀ Act as if the person is very important.
- ▀ Don't judge.



_____ 13 _____

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Questions for Counselors

- ▀ Was I "attending"? Is there evidence that I was actively and accurately listening?
- ▀ Did I actively encourage the client to contribute to provide his or her own unique insight?
- ▀ Did I verbally state or behaviorally demonstrate the belief that the client is competent and can take care of himself or herself?
- ▀ Did I appear to enter the relationship assuming the goodwill of the client?
- ▀ Did I demonstrate appropriate warmth, closeness, and feeling?
- ▀ Did I give evidence of spending time and energy to truly understand the client and his or her problem?
- ▀ Did I employ descriptive language as opposed to judgmental, evaluative language?
- ▀ Did I reflect the love and forgiveness God holds for each of us?

_____ 14 _____



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Genuineness

Genuineness is manifested by the following:

- ▀ Role freedom
- ▀ Spontaneity
- ▀ Non-defensiveness
- ▀ Congruency
- ▀ Openness



_____ 15 _____

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Stage 2: Exploring Together – Reconnaissance

- ▶ Provide the client the opportunity to vent and describe the problem.
- ▶ Slow down the rush to solve the problem.

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Stage 2: Exploring Together - Reconnaissance

Counselor – Listen Effectively:

- ▶ Inviting disclosure (key question: "What else?")
- ▶ Attending
- ▶ Questioning
- ▶ Facilitating understanding
- ▶ Accurate empathy

_____ 17 _____



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Inviting Disclosure

Disclosure Questions:

- ▶ What happened then?
- ▶ How did that make you feel?
- ▶ What else?



_____ 18 _____

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Attending Acronym = SOLER:

- Straight
- Open
- Lean
- Eye contact
- Relaxed



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Questioning

- Open-ended
- Remain truly curious



_____ 20 _____

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Facilitating Understanding

- Leave behind your own assumptions/expectations.
- Look for cues (active listening).



_____ 21 _____

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Accurate Empathy

- Primary level accurate empathy
- Advanced accurate empathy (second level)



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Stage 3: Acting Together – Intervention

The process of “Acting Together” requires that the relationship move through the planning, implementing, and evaluating of an intervention.



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Planning

- Make a plan of action.
- Break it down into first and later actions.



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Implementing

- Begin with small steps.
- Expect road blocks.
- Remain doggedly hopeful (even after failure).
- Praise effort (even failed effort).



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Evaluating

- Make adjustments to the plan and its implementation as necessary.




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Conclusion

These three stages of counseling (Coming Together, Exploring Together, Acting Together) integrate “help skills” into our good intentions to help others. We need skills to guide us with our listening, our questioning, and most certainly our problem resolving.

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QUESTIONS?

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Check On Learning

- 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?

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