

Lesson 9 – Case Study – Pastoral Diagnosis

TLO: Identify the principles of religious assessment.

ELOs: Identify the goals of assessment in counseling.

Identify the types of potential questions used in religious assessment.

C – Chaplain

F – Female Spouse

Female is working on pain from a long and severe history of sexual abuse by a neighbor.

Composite of Sessions 1-3

After initial greeting and small talk:

C – I understand that you met with CH X and CH Y.

F – Yeah, CH X has been great but I didn't like CH Y.

C – It is going to be hard to replace CH X?

F – Yeah. I've just kinda dumped on him.

C – What was it that you liked about CH X? What worked?

F – I don't know. He is different. It wasn't what I expected. I normally wouldn't have seen a Chaplain, but I had to talk with someone. He didn't do all that preachy stuff. I don't believe in God. CH X puts up with my rambling. He passed the test.

C – Test?

F – Yeah. I tried him out.

C – He passed. Are you trying me out?

F – Yeah.

C – How's it going?

F – We'll see. The first sessions are a trial period. I didn't like CH Y, though. The way he looked. I knew he didn't get it. He might tell me the answer. CH X listened. He came up with a treatment plan and let me look at it. I told him that I didn't like it, that it wouldn't work, so he said, "you write."

C – Did you write it?

F – Hell yeah. He gave me a book to read and it was awful. I gave it back to him and recommended that he read another book, and he'd get it.

C – Get it?

F – Understand what I have been through. Here (gives me handwritten journal entries—10 folded sheets of notebook paper), I thought this would help catch you up.

(After moving from normal location to a chapel and meeting for four sessions.)

Middle of session 26

C – I’ve noticed we haven’t talked about the abuse in a while. Is that because you need to talk about the marriage and the affair?

F – I am afraid the damn roof would cave in.

C – Why would that happen?

F – If I talk about the abuse in here. I can’t talk about that in here. I went to Church with my girlfriend. I told her that I don’t believe and if I go in the Church the place would fall down.

C – Did it fall in?

F – I’m surprised it didn’t.

C - I thought you didn’t believe in God.

F – I don’t.

C – But God would cause the building to fall in? Isn’t that belief? Sounds a lot like belief to me but in a God who is punitive ... not a very loving God.

F – No ... I still don’t believe.

C – Do you blame yourself for the abuse and think that God can’t accept that part of you?

F – I’ve done too much shit.

C – The abuse?

F – Yeah.