


Pastoral Skills Training – Family Life

Lesson 11: Pastoral Counseling Methods

Student Guide

Lesson Objectives	
○ Describe the model of pastoral care and counseling.	
Session 1: Presentation Webinar	
Student Readings	
Models of Pastoral Counseling and Theology	11-models-of-pastoral-counseling-theology.pdf
Case Study	11-case-study.pdf
Session 2: Discussion Webinar	
A discussion of assigned case study	

Pastoral Counseling Methods
Lesson 11



Pastoral Skills Training
Family Life Course
Phase 1
USACHCS

Pastoral Counseling Methods

Objectives

- Describe the model of pastoral care and counseling.



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Pastoral Counseling Methods

Pastoral Counseling

- What makes counseling "pastoral"?
- How much time of your chaplain ministry time is spent counseling?
- How do you see these terms relating to each?
 - Pastoral care
 - Pastoral counseling



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 **Pastoral Counseling Methods** 

Common Themes of Pastoral Counseling

- ▼ Helping people access resources
- ▼ Processing grief, fear, anger
- ▼ Integration of divine with the self
- ▼ Making decisions when stuck
- ▼ Reconciling people in conflict (marriage counseling)



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 **Pastoral Counseling Methods** 

Accessing Resources

- ▼ The faith community
- ▼ Divine help from God often accessed through prayer
- ▼ Holy Spirit
- ▼ Wisdom from Scriptures to guide choices



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 **Pastoral Counseling Methods** 

Processing Grief, Fear, Anger, Guilt

- ▼ Healing power of listening/empathy as God's representative
- ▼ Speaking Divine Truth to the issue
- ▼ Guilt – confession and absolution



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 **Pastoral Counseling Methods** 

Integration of Divine With The Self

- ▾ Identifying God-centered goals
- ▾ Coming to peace with shortcomings
- ▾ Practicing spiritual disciplines



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 **Pastoral Counseling Methods** 

Making Decisions When Stuck

- ▾ Become aware of the dynamics of the issue.
- ▾ Determine the range of choices.
- ▾ Identify divine guidance if any.
- ▾ Pray/seek divine wisdom.
- ▾ Make decision and evaluate.
- ▾ Caveat: Danger of giving advice



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 **Pastoral Counseling Methods** 

Reconciling People in Conflict

- ▾ Providing a context for real listening
- ▾ Identifying strengths, common goals and themes
- ▾ Invoking the presence/spirit of the divine
- ▾ Negotiating compromises
- ▾ Promoting forgiveness and grace



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 **Pastoral Counseling Methods** 

Discussion Questions

- ▼ What unique resources does the pastor bring to the counseling/care experience?
- ▼ How is our role unique?
- ▼ What special practices do we use?
- ▼ How are our values unique compared to secular counselors?
- ▼ What other techniques would you add ?

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 **Pastoral Counseling Methods** 

QUESTIONS?

_____ 11 _____
