

Pastoral Skills Training – Family Life
 Lesson 11: Pastoral Counseling Methods
 Instructor Guide

Lesson Information	
Lesson Objectives	Describe the model of pastoral care and counseling.
Class Time: Presentation	Approximately 1 hour
Class Time: Discussion	Approximately 1 hour
Lesson Materials	
Webinar Presentation	Page 2
Webinar Discussion	Page 5
PowerPoint Slides for Webinar Presentation	11-slides.ppt
Supporting Lesson Materials	
Student Guide	Student advance sheet containing the objectives of the lesson and the materials required for participation (11-student-guide.pdf)
Student Readings	Pastoral Psychotherapy Across Cultures: Models of Pastoral Counseling and Theology (11-models-of-pastoral-counseling-theology.pdf)
	Case Study (11-case-study.pdf)

Webinar Presentation		
Title	Description	Slide Number
Objectives	At the end of this presentation, you should be able to do the following: <ul style="list-style-type: none"> • Describe the model of pastoral care and counseling. 	Slide 2
Pastoral Counseling	<ul style="list-style-type: none"> • What makes counseling “pastoral”? • How much time of your chaplain ministry time is spent counseling? • How do you see these terms relating to each? <ul style="list-style-type: none"> - Pastoral care - Pastoral counseling 	Slide 3
Common Themes of Pastoral Counseling	<ul style="list-style-type: none"> • Helping people access resources • Processing grief, fear, anger • Integration of divine with the self • Making decisions when stuck • Reconciling people in conflict (marriage counseling) 	Slide 4
Accessing Resources	Often, people who are struggling simply need resources. Religious faith often brings with it a host of resources that a counselor can link them to that help them move forward: <ul style="list-style-type: none"> • The faith community • Divine help from God often accessed through prayer • Holy Spirit • Wisdom from Scriptures to guide choices <p>The hope of future generates positive present action.</p>	Slide 5

<p>Processing Grief, Fear, Anger, Guilt</p>	<p>As ordained representatives of God, pastoral counselors often serve as proxies for people bringing powerful emotions and issues to their God.</p> <ul style="list-style-type: none"> • Healing power of listening/empathy as God’s representative <ul style="list-style-type: none"> - “I just can’t believe God let this happen to me.” • Speaking Divine Truth to the issue <ul style="list-style-type: none"> - The word of the Lord - E.g., “From before you were born, I knew you.” • Guilt <ul style="list-style-type: none"> - Confession and absolution may help people move forward from a low point or mistake. 	<p>Slide 6</p>
<p>Integration of Divine With The Self</p>	<p>Chaplains help people become aware of internal feelings/thoughts by</p> <ul style="list-style-type: none"> • Identifying God-centered goals. • Coming to peace with shortcomings. • Practicing spiritual disciplines. 	<p>Slide 7</p>
<p>Making Decisions When Stuck</p>	<p>People often come to a pastor when faced with difficult/confusing decisions or when they feel “stuck.” As a protocol for pastoral guidance:</p> <ul style="list-style-type: none"> • Become aware of the dynamics of the issue (e.g., obstacles, fears, costs; differing objectives and desires of all involved; potential outcomes). • Determine the range of choices. • Identify divine guidance if any (e.g., ethical, “greater good,” and “personal growth”). • Pray/seek divine wisdom. • Make decision and evaluate. • Caveat: Danger of giving advice 	<p>Slide 8</p>

Reconciling People in Conflict	<p>Pastors are often called to mediate in conflicts with faith community members and families. Common practices for reconciliation include the following:</p> <ul style="list-style-type: none"> • 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 	Slide 9
Discussion Questions	<ul style="list-style-type: none"> • 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 ? 	Slide 10
Ask for questions.		Slide 11
Give reading and case study assignments to prepare for the discussion webinar.		
End webinar.		

Webinar Discussion

Case Study:

C – Chaplain

S – Supervisee

S – I am stuck with this client.

C – Stuck?

S – Yeah. She'll be doing okay and then she'll say, "I just wait and see what he does."

C – What is your goal with her?

S – Well, to be more assertive. Differentiation. She does alright and then she waffles. She is waiting on him to make a decision.

C – She is stuck and you are stuck. Who is your client: the relationship or the woman you are seeing?

S – Good question.

(Watch Video tape of counseling session)

C – What do you see as you watch this tape?

S – Well, I listen to her. I like her.

C – It appears that she is easy for you to work with.

S – Yeah, I just reflect back to her what she is saying. I didn't like it when I asked her why I she didn't go out to the bar with her husband.

C – Oh?

S – I felt like I was telling her what to do.

C – And that is bad?

S – Well, yeah. That’s not counseling, its advice giving.

C – So if you give advice, what does that mean about you?

S – I am incompetent. I’m mean.

C – That’s a familiar hook. I am wondering how you could get unhooked from that old voice. Could you ask her about the ambivalence in a way that is not mean? Seems to be where she is. One foot in the marriage and one foot out. Ask her about the part that wants to go and the part that wants to stay.

S – I can’t.

C – You can’t.

S – I don’t know how she would answer. She might say I don’t know or go back to saying, “I’ll just wait and see what he (the husband) does. Then I wouldn’t know what to do.

C – What a painful spot. You’re stuck. Damned if you do and damned if you don’t. If you question her and don’t know how to respond to her, you are incompetent and if you give her advice you are mean. These are old demons that keep pounding you and paralyze you.

(Silence)

C – Are you continuing to work on this stuff in therapy?

S – Yeah.

C – It’s tough work.

S – I don’t want to cry. My therapist said, “You don’t believe anything good could come from you”.

Pastoral methodology is akin more to the Emmaus road encounter than learned technique. The more the chaplain is able to be real and not be hindered by old demons, the more the client is able to move away from their own demons and be real. God is in the midst of the real encounter. Remember the model is controlled by the user. So, the person of the pastor is very important. Some have said that lack of self-awareness is the greatest sin. The more we know ourselves in relation to God and the other, the more we are able to facilitate growth in those we help. Our own growth facilitates growth in the other. St. Seraphim – Acquire inward peace, and a multitude around you will find their salvation.

Case Study Discussion Questions:

- 1) What do think is the supervisor's model for change? In a word, how do you think he would say he will help this pastor become a better counselor?
- 2) If you were this counselor, what about the supervisor's questions might you have found helpful?
- 3) In this example, the chaplain (who is the supervisor) refrains from giving much direct feedback (e.g. no encouragement, no advice, and no criticism). What are the strengths and limitations of this kind of counseling?