

Principles of Counseling - Part 2

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I. Introduction.

- A. You have done nothing until you have been used by God to changes someone's life.
- B. The greater the problem, the greater the power of God.
- C. Everyone has numerous problems.
- D. Counseling is the ministry of one individual seeking to help another individual recognize, understand, and solve his or her own problem.

II. Two primary forms of counseling.

- A. Directive counseling – counselor centered, objective, counselor provides answers, philosophical, action based.
- B. Non-directive counseling – person centered, subjective, person discovers answers, experiential, analysis based.
- C. The primary issue is not simply the problem, but who has the problem and how they perceive the problem.
- D. Two major reasons for problems: moral or medical issues.
- E. Effective counseling avoids the extremes of both directive and non-directive counseling.
- F. As Christian counselors relying on Biblical guidance, we are more directive in the counseling approach.

III. Christian approach to counseling.

- A. Regenerative point of view.
- B. Relation to the supernatural.
- C. Priesthood of believers who can directly approach God.
- D. Mutuality of spiritual relationship and responsibility.
 - 1. Believers are related to each other because they are related to Christ. (I John)

IV. Goals of counseling.

- A. Goals are extremely important to the counseling process.

B. Adjustment must be to the person of Christ as revealed in Scripture by means of the Holy Spirit. Any other goal is illegitimate.

C. The adjustment must be in the context that God has sovereignly placed the person in. You do not end problems by changing circumstances.

1. Instead you must change your attitude.

D. Change must be constant. (II Peter 3:18)

1. It is very easy to adjust in one area while losing focus in other areas.

2. Balance should be a focus of the Christian life.

3. Only the Holy Spirit can bring balance to our faith journey.

E. If you spend too much time advising people, then you're not solving the person's problem because they are not learning to make decisions properly.

F. Feed people responsibility and discipline and give decision-making ability over time.

G. Maturity is the ability to distinguish good from evil. (Hebrews 5:14)

V. Cultivating – the first step in the counseling process.

A. Counseling always has a context. What we do in each phase carries over and impacts what we do in succeeding phases.

B. Ask yourself causes people to turn to you for counseling?

C. People seek counseling from those who are Christ-like.

D. What does it mean to be Christ-like? The challenge in answering this question is that we often read our own personality traits into Christ.

E. Christ is in us. Therefore, He does not change our personality but infuses it with His traits. (Colossians 1:27)

F. Consider the following questions:

1. What are your greatest assets?

2. What are your greatest liabilities?

G. The secret to effective ministry is to know your assets, work from those, and transform your liabilities into assets.

H. Am I being delivered from myself by Christ?

I. Prejudices that turn people off from receiving counseling:

1. Age – not age, but immaturity.
2. Position – beware not to use your position more than you have to.
3. Predecessor – some may not be open to you because of previous negative experiences with others.
4. Lack of experience – you may not know what to do or say in certain situations.