

**Learning Approach**

**Discussion & Free Association**  
**Input & Content**  
**Interaction**  
**Practice Group Sessions**




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**Techniques & Procedures**

vs.


**Tools & Processes**



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**Techniques & Procedures**


- A technique is a formula, a method, or a procedure that brings a specific outcome or result
- In the world of people helping, lots of people look for techniques that will fix others because they have a poor understanding of people and healing processes



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**Tools & Processes**


- A tool is something that is used because it serves a specific purpose
- Two common mistakes are using the wrong tool or using the right tool in the wrong way
- Most of what the therapeutic community has to offer are tools that require wisdom, sensitivity and discernment



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**Five Dimension of Being**

<b>Body</b>	<b>Physical Being</b>
<b>Emotional</b>	<b>Psychological Being</b>
<b>Intellectual</b>	<b>Thinking Being</b>
<b>Neighbour</b>	<b>Social/Relational Being</b>
<b>God</b>	<b>Spiritual Being</b>



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**Tools & Processes**

<b>B</b>	Physiology & Biology of Change
<b>E</b>	Psychology of Change
<b>I</b>	Cognitive aspects of Change
<b>N</b>	Sociology of Change
<b>G</b>	Theology of Change



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### 3 Keys in Utilising Tools & Processes

1. Meta-cognition
2. Intentionality
3. Joining & Journeying



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#### 1. Meta-cognition

- Thinking about my thinking
- Observing the client and SELF simultaneously

#### 2. Intentionality

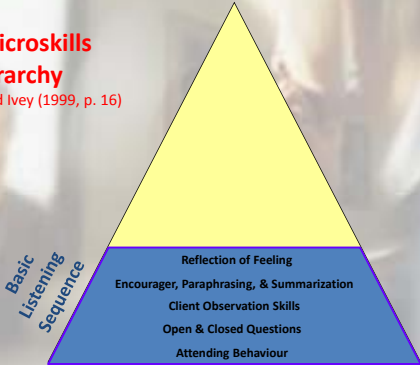
- Using specific skills & strategies as well as utilising the processing to join and journey with the client



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### The Microskills Hierarchy

Ivey & Bradford Ivey (1999, p. 16)



Basic Listening Sequence


- Reflection of Feeling
- Encourager, Paraphrasing, & Summarization
- Client Observation Skills
- Open & Closed Questions
- Attending Behaviour



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### Debrief Experiential Activities

1. What feelings/sensations did I have during these activities?
2. What was I thinking during these activities? How did my thinking change? When/Why?
3. What happened in the process?
4. What have I learnt?
5. How does this apply to counselling?



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### The Golden Rule

Stop trying to make me be like you, instead accept and understand me and help me grow.



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### “In Search of the Holy Grail” The Journey of Finding Healing & Life?

“It’s time to ask yourself, what do you believe?”

It requires

- 1 Humble
- 2 Trust – God, Ourselves & the Process
- 3 Faith – steps & leaps into the unknown

To touch the dark corners of peoples souls requires

- 1 Waiting – Chosen because he was Brave & Trustworthy
- 2 Wisdom – “he choose poorly”
- 3 Simplicity

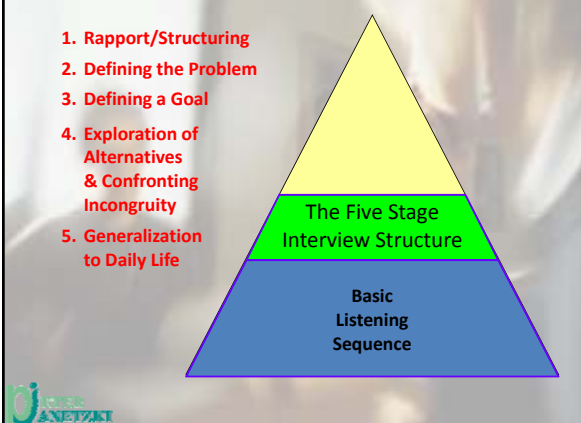


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**Week 2**




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1. Rapport/Structuring
2. Defining the Problem
3. Defining a Goal
4. Exploration of Alternatives & Confronting Incongruity
5. Generalization to Daily Life

**The Five Stage Interview Structure**

**Basic Listening Sequence**



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**Counselling is a process (a Journey)**

**The Generic Five Stage Model**

1. Rapport/Structuring
2. Defining the Problem
3. Defining a Goal
4. Exploration of Alternatives & Confronting Incongruity
5. Generalization to Daily Life



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**Narrative Approach**


1. Setting the Scene
2. Hearing the Story
3. Looking at Changing the Story
4. Creating a New Story
5. Living the New Story



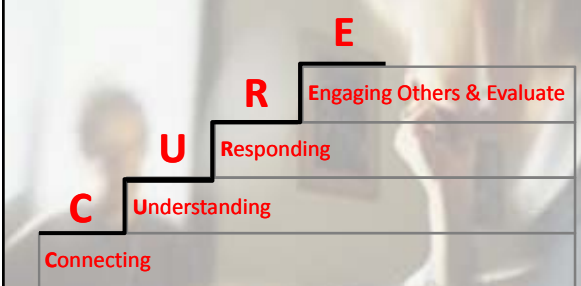
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**Lifeskills Helping Model**  
**Nelson-Jones (1992)**


1. DEVELOP the relationship, identify and clarify problem(s)
2. ASSESS problem(s) and redefine in skill terms
3. STATE working goals and plan interventions
4. INTERVENE to develop self-helping skills
5. END and consolidate self-helping skills



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**The Christian Wholeness Approach**  
**Dr John Warlow**



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**Allender (1996)**

Who is a good therapist? It is the one who offers a full picture of Jesus Christ in the way they interact with others. Jesus alone is our mediator, the One who can restore us to relationship with God through His death and resurrection. No one can fulfil His perfect mediatorial role; but we can **disrupt like a prophet, connect like a priest, and lead like a king**. The three elements of prophet, priest and king are lenses to evaluate what a good counsellor offers their clients.



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**The change (therapeutic) process**

containment

the counsellor is able to allow and stay with or 'hold' the client's feelings instead of moving away or distancing from the feelings or the client. In doing this, the counsellor acts as a container; that is, the counsellor's comfort in exploring and allowing the emergence of client feelings provides the support to help the client contain or hold various feelings that are often view by the client as unsafe.

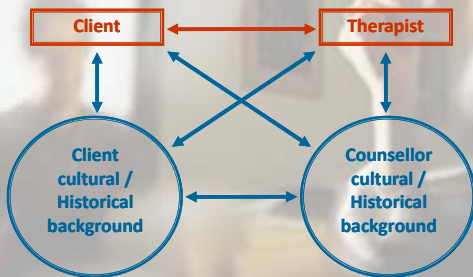
Hackney & Cormier (1994)

change



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The influence of Cultural/Historical Background on the Interview  
Ivey, Ivey & Simek-Morgan (1997, p. 93)



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**Seeing as God Sees – a Paradox**

“...he [Jonathon Edwards] said that the infinite complexity of the divine mind is such that God has the capacity to look at the world through two lenses. He can look through a narrow lens or through a wide-angle lens.



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When God looks at a painful or wicked event through His narrow lens, He sees the tragedy of the sin for what it is in itself, and He is angered and grieved: “I have no pleasure in the death of anyone, declares the Lord God” (Ezekiel 18:32).

But when God looks a [it] ... through His wide-angle lens, He sees the tragedy of the sin in relation to everything leading up to it and everything flowing out from it. He sees it in relation to all the connections and effects that form a pattern, or mosaic, stretching into eternity. This mosaic in all its parts-good and evil-brings Him delight.<sup>5</sup>

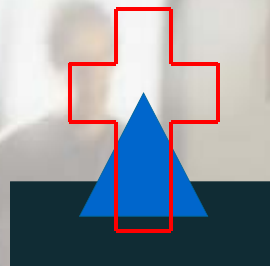
(Piper 1986, p.39)



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**Understanding Spirituality**

David Benner 2002



- Christian spirituality
- religious spirituality
- generic spirituality



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