

Lesson 2-Foundations and Fundamentals of Counseling

I. Understanding Counseling

“The essential beginning point for being a helper/counselor is having a pretty good understanding of life and people.”

A. Understanding the Counselor

“Part of why we counsel is that we need counseling. This is why we’re in counseling, for the ability to sort those feelings and therefore we need to be emotionally aware and constantly growing-up.”

- Examine and understand your factors and components that will shape your counseling.
 - Why am I saying what I am saying?
 - Why am I thinking this way?
 - Have awareness: question, examine, and recognize what will shape your counseling.
- Understand that Christian Counseling is not limited to knowing Bible verses for each condition, consequently supposing that the more Bible verses you know, the better the counselor you are.

B. What Christian Counseling is:

C. What Christian Counseling is not (necessarily):

D. Goals and Objectives for Christian Counseling:

E. Understanding the roles of prayer, Scripture, Wisdom and the Holy Spirit:

II. Understanding People:

A. Work At Seeing People.

B. Remember that their readiness is key.

“Fear is your enemy. Thinking is your aid. God is with you. And feel free to give responsibility back to the ones who should hold it.” - Zink

III. Understanding Counseling Foundations:

“Our conceptual frame work, our practice and any change that comes through our helping begin with our understanding of people and life. We must continue to learn about the nature of people and life to be best prepared to help people...”

A. Biblical Anthropology

B. Basic Pattern of Change

C. Redemptive History Framework

“We are fallen image-bearers. There is great dignity in the human person and great brokenness.”

D. Basic Pattern of Change process

E. People are first of all escape artists

F. Helping happens through special relationships

Questions:

1) In this lecture, Dr. Zink says that part of why we counsel is that we need counseling:

“This is why we’re in counseling, for the ability to sort those feelings and therefore we need to be emotionally aware and constantly growing-up.”

- What are areas of your life in which this is true?
- What are areas of your life in which trust is hard?
- What were people in your life afraid of that they didn’t talk, trust, think, do, or feel?
- Your experience is not a remedy, but something to be managed. How does this free you as a counselor? How can you lead people to truth? How can you use questions to improve your counseling?

2) How is the Bible to be used in Christian Counseling? Is the emphasis content or concept? What is the difference between the Bible’s sufficiency and specificity?

3) How does our worldview inform our counseling? What are the roles of prayer, wisdom and the Holy Spirit?