

Lesson 3- Foundations and Fundamentals of Counseling II

I. Know and Be Aware of Yourself

What context will you have to create to foster, self-awareness?

Will it be solitude?

Will you need to talk with a trusted team member?

Will you journal, or will it be something else?

Do you know that it is a good thing to be in a relationship with you?

II. Practice Fundamentals

A. Listen

B. Move slowly

C. Ask questions

D. Anticipate fear and self-protection

E. Build connections

F. Take care of yourself

III. The Difference between Fixing and Coaching

IV. Resources:

A. *Satisfy Your Soul* by Bruce Demarest

B. *Emotional Resilience* by David Viscott

“If you lived honestly, your life would heal itself.” - Viscott

- Emotional Debt

- Toxic Nostalgia
“The remedy is telling people what they feel, when they feel it. This is an important definition of maturity.” – Zink on Viscott

V. The Bible’s Concept of the Heart:

VI. A Look at Genesis 1-3:

Three Aspects of Alienation and Relational Breakdown, caused by the Fall, are between:

1. Adam and God

2. Adam and Eve

3. Adam and his own heart

Questions:

- 1) What are the differences between directing and questioning? Between fixing and coaching?
- 2) What are the limits to a counseling relationship? How is this different from a friendship? What are the boundaries?
- 3) What is Emotional Debt? What is Toxic Nostalgia?
- 4) What is the Bible’s concept of heart?
- 5) What does Genesis 1-3, and specifically verse 2:18 inform?