• In response to explicit messages:
  • ACKNOWLEDGE

• In response to intentionally Implicit Messages:
  • ACCEPT as you continue to probe

• In response to Unintentionally Implicit Messages:
  • INTERPRET - for blindness/TEACH for ignorance

• Most counselling work will deal with Unintentionally implicit messages

• As you are listening beneath the words how do you draw out a client?
  • 1. Through using minimal encouragers such as uh-huh, mmhm, I see...

  How do you draw out a client?
  • 2. Level one empathy:
    • -Restate to the client what he/she just said in his or her own words.
    • -get at the content and their emotion.
    • -this is basically a summary of what they have said**
    • Feeding back what they have said helps the client to move on with confidence that they have been “heard” by you.

  • 3. Level two empathy
    • go deeper, what is the client saying but not verbalizing.
    • Always start with level one empathy and then move to level two
    • Do not jump directly to level two-empathy (that can creep people out-can be interpreted as too intrusive or direct).

**SKILL #2 - Theory Guided Questioning**
• The fewer the questions you use the more effective your counselling will be.
• Ask questions for summary or clarification, no yes or no answer questions. (High structured questions).
• Remember counselling is more than conversation, it is purposeful conversation.
• A Counselor’s input must involve far more than conversational facilitation
• Theory guided questioning is the single skill most useful in exposing areas in the counselee that need attention.
• Teaching in counselling must occur after problem areas are exposed to the counselee.
• Success in the first major task of counselling (identifying and exposing the problem) depends upon the counselor’s ability to ask the right question or questions
5. Trust
- It is important to understand that it takes time to build trust.
- Every moment you spend with your client in a counselling scenario that is productive and interpreted as being beneficial as safe helps to promote trust.

6. Confrontation
- Ephesians 4:15 states that we are to “speak the truth in love”.
- Often we will need to confront our clients.
- We will need to do this when we are challenging them to be strong and courageous as well as when we are drawing attention to sin in their lives.
- Confronting in love.

7. Empathy
- Definition: To feel with somebody. To put yourself in another’s shoes.
- Rom. 12:15 “rejoice with those rejoice: mourn with those who mourn.”

Conclusion:
- These seven characteristics together spell love in action.
- A variety of techniques can be used throughout the counselling process but these characteristics must be evident to promote a positive therapeutic relationship.
- If a client is not willing to change, there is not much a counsellor can do.
- If a client is not willing to change we must remember that Jesus can give him/her a desire to change.
- In the end however, if a client is unwilling to change it will become very frustrating and termination will be natural.

Introduction:
People in ministry who have a moral failure are usually someone who does not have a proper self-care plan. Everything looks good on the top, but than sinks whole forms because of the things not being dealt with.

Red – Things that we don’t like to do.
Yellow – Things that don’t give us life, but we don’t hate ether.
Green – Things that give us life & energy.
- A person that is burned out needs 80% Green light for 3 or 4 days/weeks.
- In a given day 30% of what we do should be Green light activities, although it seems most of it tends to be red and yellow light.

Clinical Counselling Model
P - Physical
M - Mental
E - Emotional
S - Spiritual