





THE ROLE OF COUNSELING IN SCHOOL MINISTRY

RESTORING SPIRITUAL PARENTING
(TITUS 3:8)

PAPER PRESENTED IN CHRISTIAN UNION PATRONS WORKSHOP IN
KSCF CONFERENCE IN AUGUST 2013


- 
- Parenting is a great responsibility
 -
 - Most people if not all assume without any prior preparations/training.
 - Fruit whether good or bad abides lifetime.
 - For spiritual parenting, the impact may be eternal.
 -
 - There is need for spiritual parents to acquire the necessary knowledge and skills to enhanced producing well-nourished; balanced and fruit-bearing spiritual offspring.
 - Counseling is one area that offers such knowledge and skills.
 - We cannot out do our lord and savior Jesus in this; He is the wonderful counselor and so is the Holy spirit.

- 
- Aim: to introduce participants to basics of counseling
 - what it is; the characteristics of a spiritual counselor and counseling issues that students grapple with.
 - **Isaiah 9:6** Jesus is a wonderful counselor.
 - **John 14: 16** And I will ask the Father and He will give you **another** counselor to be with you forever



- What is counseling?


It is a **helping process** that uses safety engendered by a special kind of **relationship** to help individuals get access to a greater part of their personal resources as a means of responding to the challenges of their lives .It uses **specific skills and techniques** in that relationship to help people become more competent, more contented and more creative.

- 
- It does not deal with the mentally ill but with normal individuals facing all the difficulties involved in domestic, work oriented and social life. It is about helping people grow in emotional fitness and health. (Macguinness 1998)





Task 1



Identify people who are not safe enough for you to create a relationship with?



Counseling involves


- **A relationship-** you cannot counsel a stranger.
- Just as in parenting, a parent will impact the children most if they have a relationship.
- The relationship is the greatest asset in counseling- more than the knowledge and skills. **What relationship do you have with the students you take care of?**
-
- **A relationship involves more than one person, communication (verbal or non-verbal)**
-

- 
- 
- Do your students see any of these characteristics in you?
 - Can they build a relationship with you that is safe enough to tell their problems.

- 
- 
- NB// Due to its disciplinary role sometimes teaching distances teachers from students and makes it hard for teachers to build helping relationships but relationships (good) helps us instill discipline naturally.


Counseling involves; Contd

- A **process** in which a person is helped to be aware of their potentials so as to deal with their own personal issues.
- It is not instant; not a one-time event! It takes time.
- **Mathew 28:18 Therefore go and make disciples of all nations, baptizing them in the name of the father and of the son and of the Holy Spirit, and teaching them to obey in everything I have commanded you.**
- To make means to build, put together, construct, create, craft

- 
- Evangelists make converts out of them we must be made disciples.
 - (why do so many students get saved several times while in school?)
 - whose role is it to make disciples in schools?
 - Answer:- teacher, the patron, the chaplain the pastor in churches.
 - Counseling is a necessity in making disciples.


Why do most young people esp in schools backslide?

- Issues they have not dealt in their personal lives after getting saved e.g. having a boy/girl friend-how do I break the love relationships; abuse- how do I deal with the woulds?
- Issues IN THEIR FAMILIES THAT THEY GRAPPLE WITH even after getting saved e.g. rejection; poverty; parents divorce; freedom etc
- Issues that need COUNSELLING

- 
- We have been commissioned to go and make disciples.
 - Converts are not disciples
 - THEY HAVE TO BE TRANSFORMED INTO DISCIPLES.
 - It's a process- like the one Jesus had with the twelve!

Counseling involves; Contd


- **Use of skills and techniques.**
- It is a profession; one needs to learn it.
- Can anyone teach, treat the sick?
- There are specific skills that a counselor uses to be able to help others. It is the how of helping.
- **John 15:16 you did not choose me but I chose you and appointed you so that you may bear fruit that will last.**
- We have been chosen and appointed to produce and produce fruit that last. Making disciples produces fruit that last.
- What kind of fruit do we produce? How lasting is the fruit we produce?
- We need to learn the skills !
-





Why counseling? The goals of counseling.

Insight - The acquisition of an understanding on the origins and development of emotional difficulties, leading to an increased capacity to take rational control over feelings and actions. **Jabez 4:9**

- **Self-awareness**-becoming aware of thoughts and feelings which had been blocked off or denied or developing a more accurate sense of how self is perceived by others. Helps one get in touch with their potentials and resources
- **Self-acceptance**- the development of a positive attitude towards self, marked by an ability to acknowledge areas of experience which had been subject to self-criticism and rejection. Helps to tolerate bodily imperfections and recognition of one's strengths

- 
- **Empowerment-** becoming aware of and utilizing of one's potentials. Enables one to take control of themselves and to stop blaming or depending on others. E.G.Peter after being filled with the Holy Spirit.
 - **Enlightenment-** enables one to arrive to a higher state of spiritual awakening. Makes one see in things in a different perspective; see things in one's life people have not been able to see before. . . Isaiah 6:1-9 in the year King Uzziah died.
 - EPH 1:18 I Pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you.....

- 
- **Problem solving** – Finding a solution to a specific problem which the client had not been able to resolve alone. Acquiring general competence in problem- solving. Exodus 18:17-24 Jethrow's counsel to Moses.
 - **Problem solving** – Finding a solution to a specific problem which the client had not been able to resolve alone. Acquiring general competence in problem- solving. Exodus 18:17-24 Jethrow's counsel to Moses.
 - **Relieve pain** –emotional/psychological pain
 - **Psychological Education**

- 
- **Behavior change**
 - **Acquisition of social skills**
 - **Systemic change**-introducing change in the way social systems operate.
 - **Liberation**- attaining capacity for psychological independence.
 - **Mathew 11:28** Come to me all you who are weary and burdened and I will give you rest.
 - Many people come to the lord at times pushed by their own issues; pains; heartaches; disappointments. We need to help them do so albeit gradually. If they do not get the healing ; they seek it else where and most backslide.

Qualities of a counselor- the core conditions


- Empathy
- Genuineness/congruence
- Unconditional positive regard

These qualities are necessary for facilitating the counseling relationship with the client and enable the client to experience personal growth.



Empathy

- Occurs when a counselor understands a client's thoughts and feelings about their self and their world from the **client's perspective.**
- The counselor puts aside their own preconceptions about the client and strives to understand the client's perception.




Blocks to empathy include; having preconceived ideas about human nature, being self-preoccupied, directive, sympathetic, being emotionally involved, labeling, interrogating the client and monopolizing sessions.

-



Congruence –is where a counselor conveys genuine thoughts and feelings towards clients.

- This helps the client to see the counselor as sincere and authentic and not duplicitous
 - Encourages the client to trust the counselor and express their issues
 - Counselor communicates congruence by responding to the client genuinely, in a way that is relevant to the client and to the client's significant and persistent concerns.
- 



Unconditional positive regard- it is accepting the client unconditionally

- Value the person indefinitely-not imposing conditions of worth or of accepting.
- It helps to breakdown the client's defensiveness.



Counselor can communicate this;- through showing warmth `respect and acceptance.

- NB// Be ware of showing acceptance to only certain people. Be keen to observe boundaries



Task 2

Identify instances in the Bible when Jesus displayed the three qualities of a counselor

