

302 – Counseling Approaches and Ethics

I. Introduction

A. New Profession in Secular Thinking

B. Was It Really A New Idea?

C. New Testament Illustration

II. Secular Counseling Approaches

A. Psychoanalytic

B. Neo-psychoanalytic

1. Jungian Approach

2. Adlerian

C. Social-psychological

D. Life-Span Approach

E. Humanistic Approach

1. Abraham Maslow (1908-1970)

2. Carl Rogers (1902-1987)

F. Cognitive Approach

G. Behavioral Approach

III. Christian Counseling Approaches

A. Psychological

1. Psychological approaches

2. All psychological approaches tend to:

B. Theological Approaches

1. Nouthetic Counseling

2. People-Helping

3. Biblical Counseling

4. Theological View of Human Nature

C. Evaluation of Theological Approaches

IV. The Exchanged Life Counseling Approach

A. Uses a _____ Process

1. Presenting _____
2. Flesh _____
3. _____ Counseling Process
4. Conclusion & Discipleship

B. The Cross and Our Exchanged Life Are _____

C. _____ Instead of Law

D. The Cross Is _____ Instead Of Implied

E. View of _____ Nature

V. The Exchanged Life Process

A. The Presenting Problem

B. Goal Setting

C. History Taking (Separate Lecture)

D. Active Counseling Process

1. Share the Life and Cross

2. Brokenness and Surrender (Separate Lecture)

3. Forgiveness (Separate Lecture)

4. Specific Individual Issues

5. Marriage Issues

E. Victory

VI. Conclusion

A. _____ Counseling Is Always Bible-centered

1. Emphasis on God's Word and _____
2. The _____ Is Central To Healing
3. Any Process Will Be _____

B. _____ Counseling Is Not Always Christ-centered

C. Follow-up Tools

VII. Ethics

For nearly 2000 years, the church has set the standard of ministry and care of others. As opposed to professional, non-Christian counselors, the Christian is mandated to “bear one another’s burden and so fulfill the law of Christ”. Exchanged Life counselors are experiencing a growing acceptance for their counseling and discipleship styles during the recent years. As members of the Association of Exchanged Life Counselors (AELM), we seek to minister to hurting people in the name and under the direction of the Lord Jesus Christ. In that commitment, we are accountable to provide assistance that seeks the highest good for our clients, our students, our churches, and our communities. Many offices around the country are seeing a rapid increase in counseling and training opportunities that could reveal a new wave of opportunity for Christ-centered discipleship counseling and training. This growth in combination with God’s commands makes it very critical for the individual counselor to operate in an ethical and professional manner.

Christian counselors represent a variety of counseling models, styles, and processes. While it is not possible, nor is it necessary, to agree on one model that fits the entire community, it is possible and expedient that we agree on the essential aspects of ethical counseling. These elements are maintained to some degree by every individual in the people-helping arena and the Exchanged Life counselor should be very familiar with them.

VIII. Essential Elements of Counseling Ethics

A. Competence

“Exchanged Life counselors should exhibit a level of competence that exceeds the requirement and expectations of other professionals.”

_____ issues in the Exchanged Life

- a. Self -awareness
- b. The Exchanged Life Model
- c. Salvation realities (Old man/New man)

d. Scriptural knowledge

e. Maintaining Competence

B. Confidentiality

“Confidentiality is crucial to an effective and trusting counseling relationship”

1. Three Aspects of a confidential counseling relationship

a. **Privacy** –

b. **Confidentiality** –

c. **Privilege** –

2. Exceptions to confidentiality

a. **Written consent** –

b. **Duty to Report** –

c. **Duty to warn** –

d. **Minors** –

C. Informed Consent

“The law has determined that the client has a right to informed consent – failure can result in lawsuits”

“False representation is the best way to get sued.”

1. Informed consent is a safeguard for both the _____ and _____. It consists of these elements:
 - a. Disclosure –
 - b. The type of counseling process to be followed
 - c. Confidentiality issues
2. Four basic aspects of informed consent.

D. Documentation

“If it isn’t in writing, it didn’t happen”

1. **Record keeping**
2. **Minimum Requirements**
3. **Additional records that should be maintained**
4. **Record retention**

E. Dual or Multiple Relationships

“Dual relationships issues are a particular concern for the Christian therapist, especially for counselors who work in a church counseling center.”

“A high percentage of a pastor’s counselees leave the church”

1. Possible Issues:
2. Some dual relationships are almost always inappropriate

IX. Counselor Responsibilities and Ethical Duties

A. Legal Duties

“There is a need to know the boundaries of the Law, in particular as it applies to me as a counselor or potential counselor”.

1. Most of the time, even legal scholars can only _____ the right answers to legal problems
2. The _____ standard that addresses the counselor’s “duty to warn” potential victims of possible harm is based on the case of *Tarasoff v. Board of Regents of the University of California* (1976).

B. Moral or Ethical Duties

“We must understand the overarching moral principles that are generally accepted as forming a foundation for ethical practice in the counseling area.”

1. Basic Ethical Principles
 - a. **Autonomy** –
 - b. **No Harm** –
 - c. **Beneficence** –
 - d. **Justice** –
 - e. **Fidelity** –
 - f. **Veracity** –

2. Spiritual Duties

“As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith” (Gal 6:10).

3. Stress and Burnout

X. Other Ethical Issues

A. Group Counseling

“Groups are often the treatment of choice”

1. Types of Group Counseling

2. Special Considerations

B. Malpractice

“Malpractice is the failure to render professional services or to exercise the degree of skill that is ordinarily expected of other professionals in a similar situation”

1. Largest categories of legal claims

- a. Failure to obtain or document _____
- b. Client _____
- c. Departure from established _____
- d. Practicing beyond scope of _____
- e. Unhealthy _____
- f. Failed to provide _____

2. Exchanged Life Perspective

- a. Important to understand and practice the _____
- b. Helps keep the client _____
- c. Keeps counselor on _____
- d. Skilled, informed and _____ methods
- e. Focus on _____ on Christ as Life

XI. Steps in Making Ethical Decisions

- A.** Seek God's _____
- B.** Understand and process your _____
- C.** Seek consultation as needed – _____
- D.** Determine whom you should be _____
- E.** Determine if there is _____
- F.** Consider the options you could _____
- G.** Make the _____

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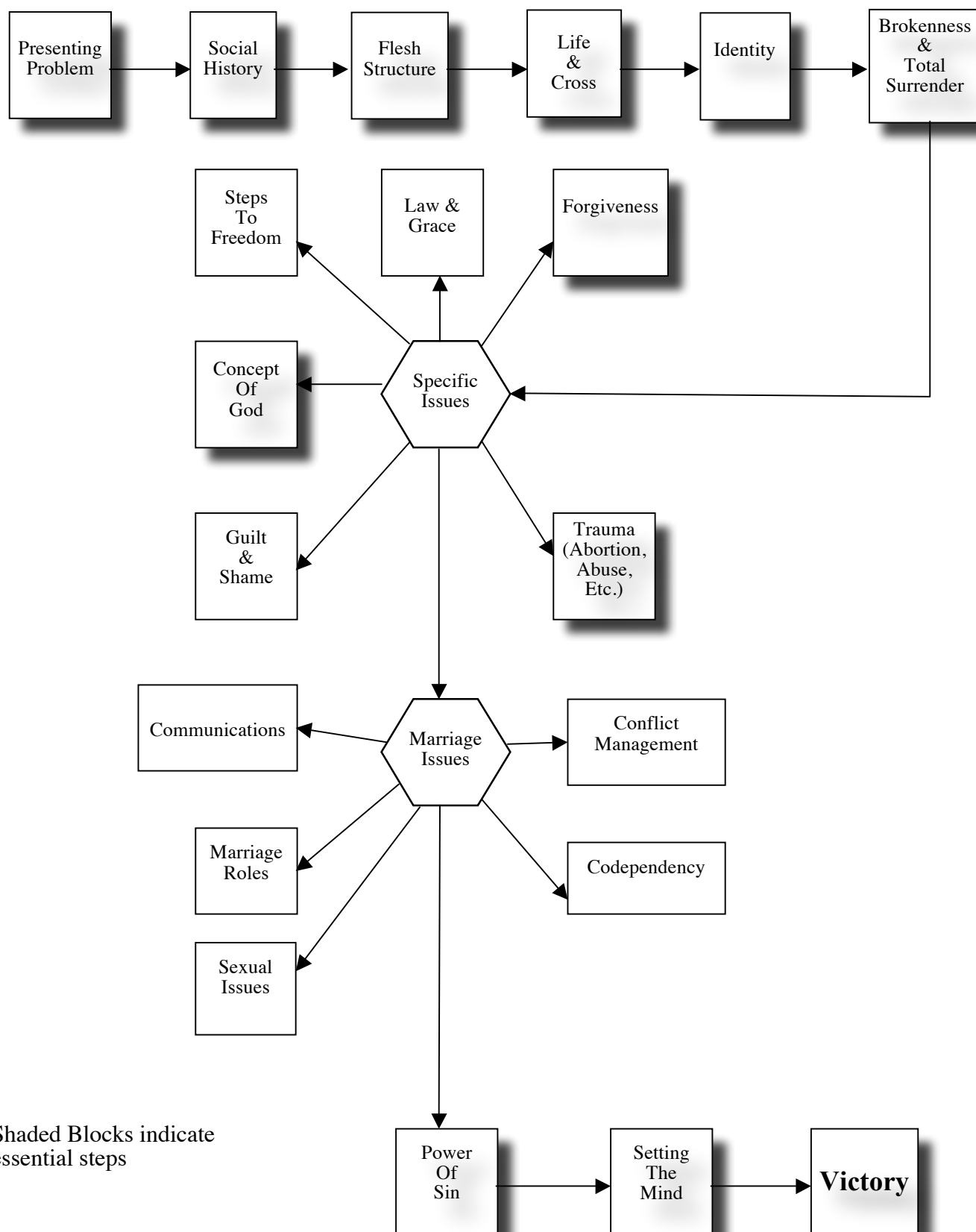
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Systematic Mentoring Process



Shaded Blocks indicate essential steps

Each session...

- ☐ Play background music & put up sign if needed
- ☐ Have tissues
- ☐ Pray
- ☐ Suggest books or other resources

1st session...

- ☐ Fill out consent form, suggest folder, encourage not quit
- ☐ Give brochure, explain mentoring, process sheet, emphasize 24 hr notice
- ☐ Go over presenting problem, "What brought you here?"
- ☐ Go over consent form– counseling, sleeping, medicines, eating, physical condition...
- ☐ Marriage– how long, etc...
- ☐ Job
- ☐ Finances
- ☐ Goal setting– "What do you want to get from our time together?"
- ☐ Share there is hope and plans for next week...history
- ☐ Homework– begin reading Romans

2nd & 3rd session...

- ☐ History taking– give feelings sheet & definition of flesh
- ☐ Send home Manifestations of the flesh

4th session...

- ☐ Diagram flesh structure & teach patterns, feelings, beliefs, coping skills
- ☐ Send home Belief Inventory & other belief tests

5th session...

- ☐ Life and cross diagrams
- ☐ Send home Codependency inventory

6th session...

- ☐ Identity in Christ
- ☐ Send home Personality inventory & challenge to memorize scripture

7th session...

- ☐ Concept of God
- ☐ Send home Heavenly Father worksheet to initial

8th session...

- ☐ Brokenness/Surrender
- ☐ Send home total surrender & evidence of brokenness

9th session...

- ☐ Forgiveness
- ☐ Send home forgiveness worksheets

Other sessions...

- ☐ Specific issues (Codependency, Guilt & Shame, Setting the Mind, etc...)
- ☐ Go over inventory results