



COUNSELOR-COUNSELEE RELATIONSHIP (Establishing Involvement with Counselees)

What Is It?

Understanding the Soul: For effective ministry, counselors must deeply understand the human soul's and spirit's complexities. This knowledge lets them discern their congregation's spiritual needs and offer tailored care.

Applying the Word: Biblical Counselors are entrusted with interpreting and applying biblical truths to their counselees' varied and often challenging situations. This practice involves a thorough knowledge of Scripture and wisdom and discernment to provide relevant, godly counsel.



What Is It?

Nurturing Growth: A counselor's role can extend beyond mere teaching. Through consistent biblical teaching, counseling, and leading by example, counselors encourage believers to mature in their faith, cultivating a deeper relationship with God.



Difficulties of Counseling

Emotional Weight

Work-Life Balance

Intricacies of Human Relationships



Counselor/Counselee Relationship: What is it? A Peer Relationship

Equality in Christ: Recognizing equality before God is central to this relationship. Galatians 3:28, *"There is no Jew or Greek, slave or free, male and female; since you are all one in Christ Jesus."*

Mutual Respect: The relationship thrives on a foundation of mutual respect. Each person acknowledges the other's intrinsic value as a creation of God, and there's an understanding that are on a journey to spiritual maturity and Christlikeness.



positive
PEER
relationships

Counselor/Counselee Relationship: What is it? A Peer Relationship

Humility: As highlighted in Romans 12:3, *"For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned."*

Growth To Christlikeness: The ultimate goal of this relationship is growth to Christlikeness. As parties engage in this journey, they encourage and challenge each other to live out the teachings of Christ in their daily lives.



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Counselor/Counselee Relationship: What is it? A Peer Relationship

Accountability to Biblical Truth: In this peer relationship, the counselor and counselee hold each other accountable to the truths found in Scripture.



Building Trust

Understanding Deep Problems: Surface-level interactions won't uncover the real issues; it is essential to move beyond superficial discussions. When trust thrives, it paves the way for the counselee to be transparent and candid about their deep-seated challenges.

Facilitating Change: Trust forms the cornerstone for meaningful transformation in biblical counseling. The counselee needs to be confident in their counselor's intentions, firmly believing that the guidance offered is rooted in the wisdom of Scripture.



Reflecting God's Love

Modeling Christ's Love: The bond between counselor and counselee is a canvas to demonstrate Christ's love. This dynamic involves sharing wisdom and guidance and emulating the essence of Christ's compassion and grace.

Creating an Atmosphere of Safety and Comfort: The Bible teaches that *"There is no fear in love, but perfect love drives out fear."* (1 John 4:18). This truth is vital in counseling. When individuals sense genuine love, a sense of safety naturally follows.



Reflecting God's Love

Adopting Transparency and Vulnerability: The counselor encourages the counselee to embrace transparency and vulnerability. These qualities are not signs of weakness but of strength and faith.

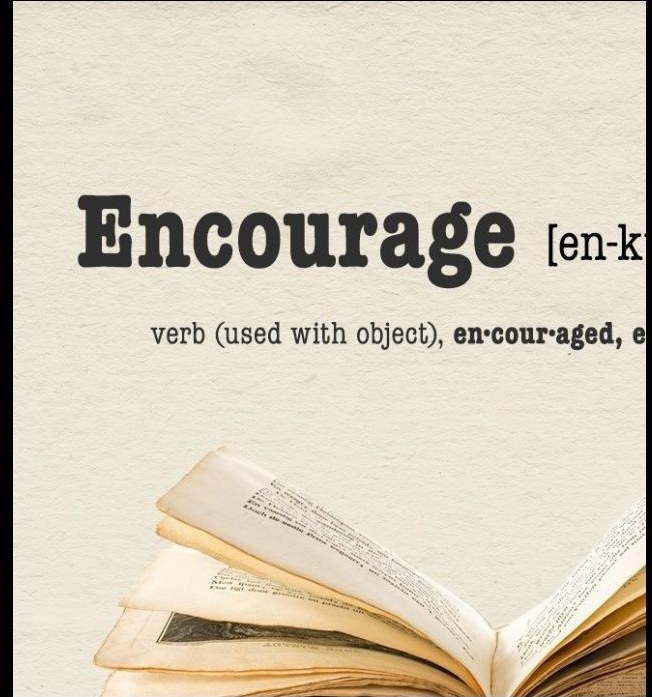
Encouraging Growth and Healing in Christ: The ultimate goal of biblical counseling is to steer the counselee to spiritual growth and healing. Paul's exhortation in Ephesians 4:15 to "*grow in every way into Him who is the head—Christ.*"



Encouraging Commitment to the Process

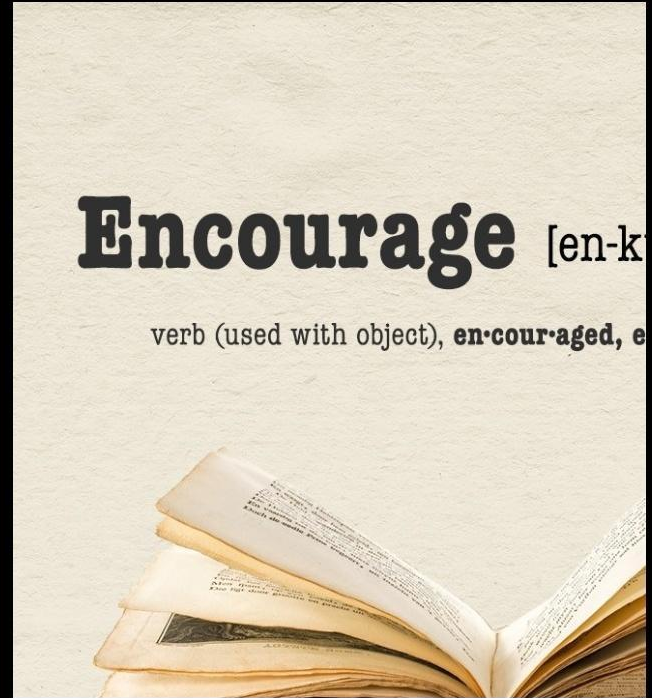
Sustaining Effort Over Time: The counseling journey is often long and challenging. Hebrews 12:1, *"let us run with endurance the race that lies before us."*

Personalizing the Process: Recognizing the uniqueness of each individual is crucial, as Psalm 139:14 reminds us that we are *"fearfully and wonderfully made."*



Encouraging Commitment to the Process

Improved Communication: In the context of a robust and well-established counseling relationship, open and honest communication flourishes.



Establish Relationships

Definition: Building a relationship with a person so you can be in the best possible position to help him or her

Proverbs 27:6: *"Faithful are the wounds of a friend; but the kisses of an enemy are deceitful."*



Establish Relationships

1 Thessalonians 5:14: *"And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone."*



Establish Relationships

Paul outlines various roles we should play in our relationships: warning those who are idle, encouraging the disheartened, helping the weak, and being patient with everyone. This verse captures the essence of a Christ-centered approach to relationships, where we recognize and respond to the different needs of those around us. It teaches that relationships should be dynamic and adaptable, addressing specific needs with love, patience, and understanding.



How To Establish Relationships

Be You: Paul confesses that he didn't rely on eloquence or human wisdom; instead, he came with a straightforward focus on Jesus Christ and His crucifixion.

Showcasing God's Greatness, Not Ours: Building on the previous point, our interactions in various relationships, especially in biblical counseling, should not be a platform for displaying our achievements or abilities.



How To Establish Relationships

Sincerely Concerned: Paul's letters are filled with genuine concern for the churches and individuals he writes to.

Sincere Prayer: Prayer is a vital part of any Christian relationship. Ephesians 1:15-23 and Philippians 1:3-11 illustrate how Paul consistently prays for the spiritual growth and well-being of those he loves.



How To Establish Relationships

Take the Person Seriously: John 4:7-26, In His encounter with the Samaritan woman, Jesus takes her questions seriously, engages her in deep spiritual conversation, and speaks to her situation.

Do Not Let Them Manipulate You: Maintaining clear boundaries and not being manipulated or controlled by those we're trying to help is essential.



How To Establish Relationships

Identify with His Suffering When Appropriate: In 2 Corinthians 1:3-7, Paul speaks of God's comfort and how we can share it with others because we have experienced it ourselves.

Be Available: -Luke 8:26-56; Luke 18:15 – 19:10 are passages that display Jesus's availability to people from various walks of life. He



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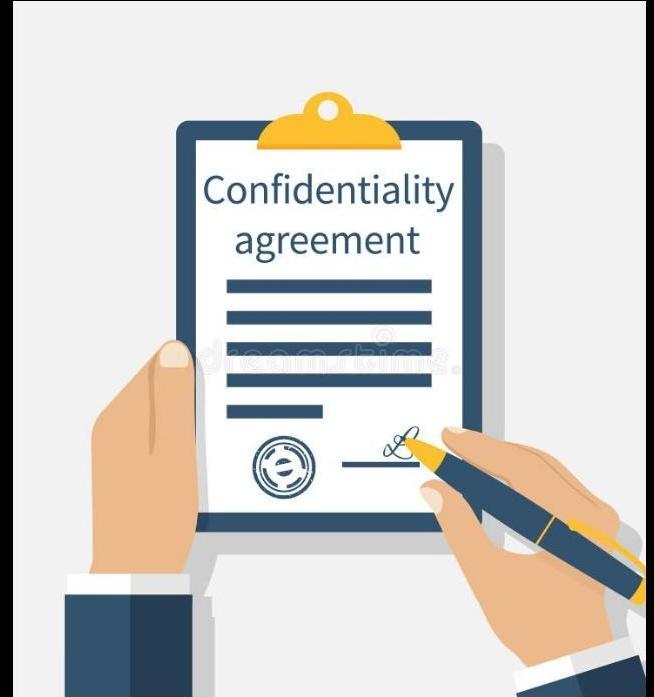


Establish Partnership

What About Confidentiality

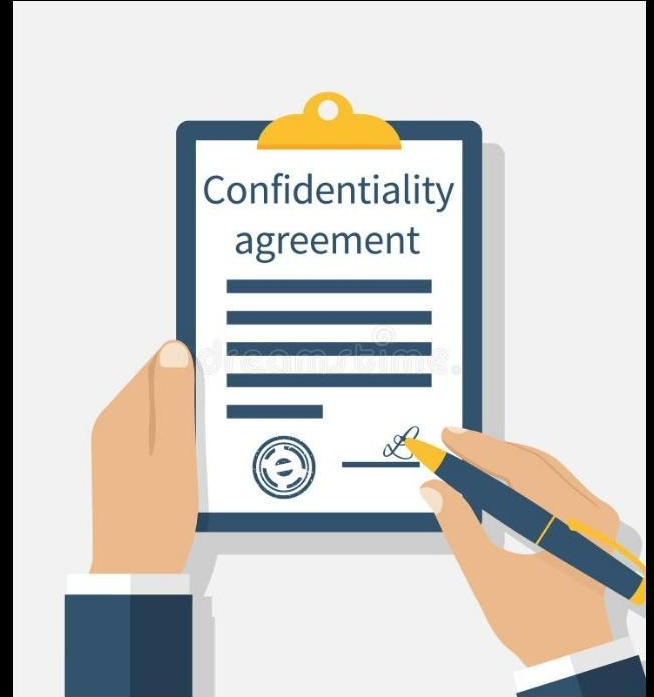
Confidentiality as a Vital Aspect of Counseling: Trust is the foundation of any counseling relationship, and confidentiality is needed for trust to be built with the counselee.

Biblical Confidentiality: Based on Proverbs 11:13, this Proverb highlights the importance of trustworthiness and not carelessly revealing secrets.



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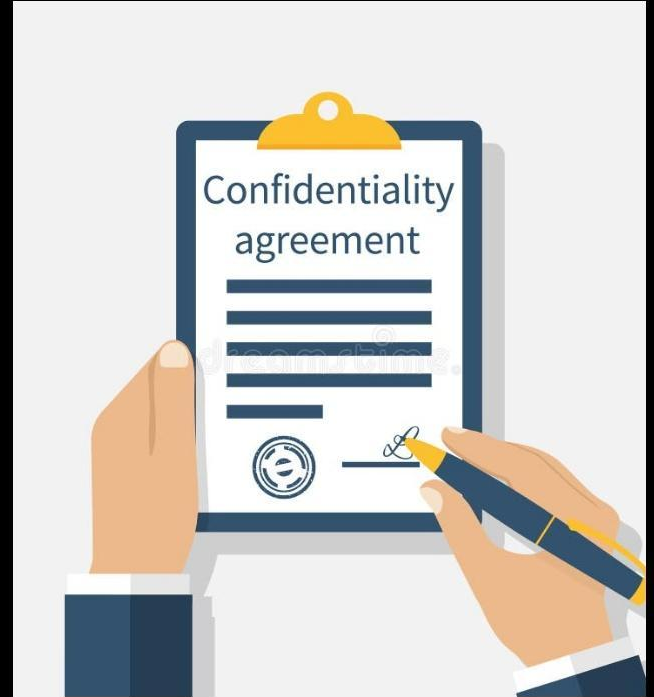
Principles Based on Matthew 18:15-17: *"If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother. But if he does not listen, take one or two others along with you, that every charge may be established by the evidence of two or three witnesses. If he refuses to listen to them, tell it to the church. And if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector."*



What About Confidentiality

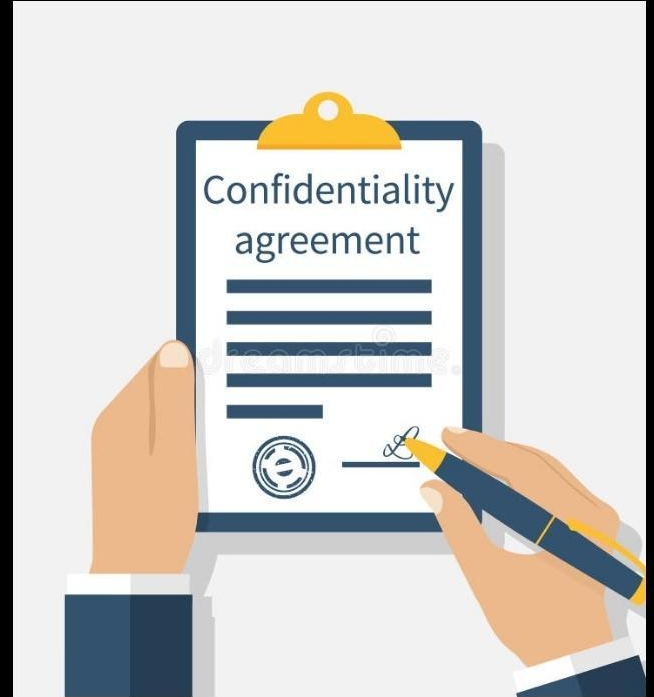
Principle #1: Confidentiality is the general rule. Loyalty and trustworthiness are expected within the counseling relationship.

Principle #2: If crimes or sins against God and others are revealed, the counselee must be exhorted to repent. This keeps the focus on personal responsibility and godly living.



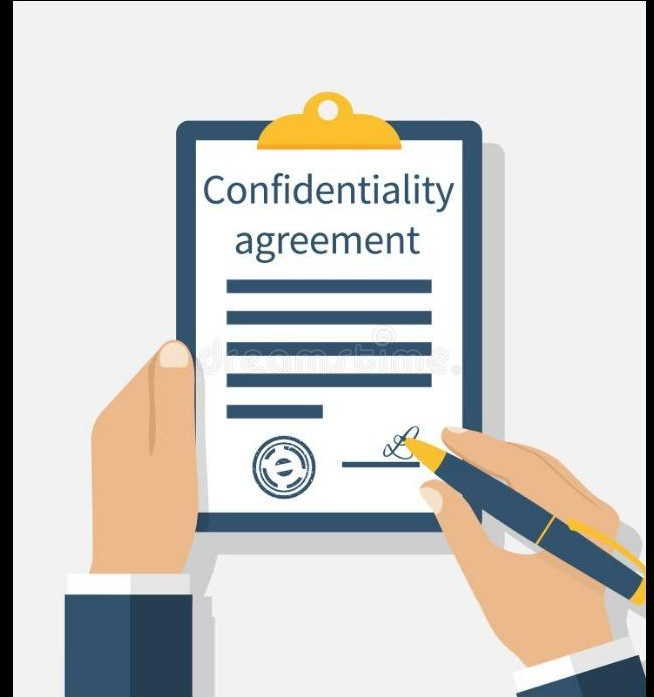
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Principle #3: Reporting to the proper authorities may be required. Legal crimes must be reported even if the offender confesses and appears repentant. For example, cases of child, handicap and/or elder abuse must be reported. Depending on the matter, appropriate authorities may include family, church, or state, and such steps should always be taken with wisdom and caution.



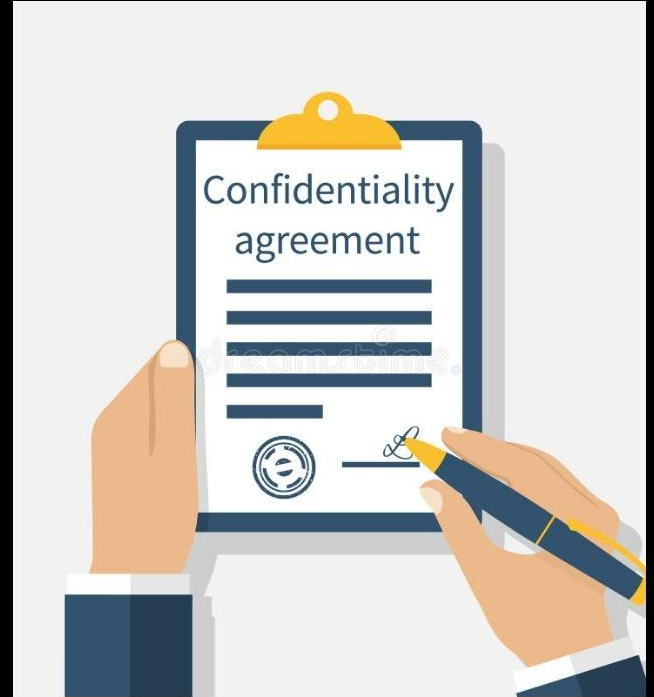
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Principle #4: Total confidentiality in all circumstances is inappropriate. There may be situations where confidentiality must be broken for the good of the individual or others. This isn't a breach of trust but supports biblical responsibility to promote righteousness and protect others from harm.



What About Confidentiality

These principles recognize that confidentiality is not absolute and must be guided by wisdom, love, righteousness, and the ultimate goal of honoring God. The counselor's loyalty is first and foremost to God and His Word, guiding how confidentiality is handled.



Counseling People of the Opposite Sex

The Importance of Sexual Purity in Scripture:
Ephesians 5:3, 1 Thessalonians 4:1-5, and
Hebrews 13:4 all emphasize the need for sexual
purity and avoiding even a hint of sexual
immorality.



Counseling People of the Opposite Sex

Howard Hendricks's Study – Common Factors in Ministers Falling into Sexual Sin: This study highlights some common pitfalls:

Lack of personal time with God.

Absence of accountability.

Risk in counseling women alone.

A prideful attitude, thinking, "It can never happen to me." (Proverbs 16:18)



Consideration of Three Parties in Developing Guidelines

Yourself: As a biblical counselor, your primary responsibility is to uphold your integrity and maintain a steadfast relationship with God. This foundation is crucial, as it shapes every interaction and decision you make.



Consideration of Three Parties in Developing Guidelines

The Counselee: The heart of biblical counseling lies in genuinely understanding and addressing the needs of those you counsel. It's essential to create an environment that is safe and conducive to spiritual growth and healing. Your guidelines must facilitate an atmosphere where the counselee feels heard, respected, and loved.



Consideration of Three Parties in Developing Guidelines

Everyone Else: Above all, your guidelines should safeguard and promote the testimony of Christ. As a representative of Christ, how you conduct your counseling should reflect the honor, glory, and character of Jesus. Your guidelines must protect the counselee and your practice and ensure they bring glory to Christ, showcasing His love, truth, and grace to everyone involved.



Consideration of Three Parties in Developing Guidelines

Avoiding counseling the opposite sex alone, having another trusted person present.

Keeping doors open or counseling in a visible place.

Being open and accountable to others about counseling relationships.

Establish clear boundaries and communicate with them upfront.



Consideration of Three Parties in Developing Guidelines

Women Should Counsel Women - Titus 2:3-5:
This passage encourages older women to teach and guide younger women. Women counseling women can provide a more suitable and comfortable environment.

A Man Should Never Counsel a Woman Alone:
Having another adult (female) in the room prevents any appearance of impropriety and provides accountability and assistance.



Consideration of Three Parties in Developing Guidelines

In Marital Counseling, Include Spouses If Possible: This promotes open communication and mutual understanding within the counseling process.

If a Second Person Can't Be Present, Ensure Observability: This can mean having someone able to observe from outside the room or choosing a setting that ensures transparency.

