



# Counseling Case Studies

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## Topic 1- How Do you Ask Questions in Counseling

- Question asking is a vital part of counseling. It is done in order to gather data from people.
- There are three basic questions that Jesus and the apostles in dealing with people asked people.

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## Topic 1- How Do you Ask Questions in Counseling

- What is your problem?
  - Three different levels
    - Level of Irritation.
    - Level of Particular.
    - Level of Underlying Pattern.

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Topic 1- How Do you Ask Questions in Counseling

- What have you done about it?
  - Sometimes the solution created new and additional or worse problems.
  - The guilt from this action results to down problem.

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Topic 1- How Do you Ask Questions in Counseling

- What do you want me to do about it?
  - Has to do with expectations (get a better job).
  - May be interested in only getting problems resolved (irritation or pain) instead of pleasing God.

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Topic 1- How Do you Ask Questions in Counseling

- Ask What kinds of questions instead of Why question to seek data.
  - Asking why questions puts pressure on people and leads to speculations.
  - Let your subsequent question come from previous answers.
  - Two ways to ask question—intensive and extensive.

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Topic 2- Giving Homework

- In order to be a good biblical counselor you must work at studying the Scriptures and do the work of counseling.
- The Christian Counselor New Testament is helpful in actual counseling situations and outlines on various problems (anger, depression)

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Topic 2- Giving Homework

- Giving homework is the most important way to be specific and concrete in counseling
- Gathering data is good but must be careful not neglect to give the person hope.
- Giving hope is extremely important and you can use homework to give it to the counselee.

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Topic 2- Giving Homework

- Counsel means to give advice
- Counseling is giving information that brings about change.
- Counseling is working with people is a hands on approach.

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Topic 2 - Giving Homework

- Homework has a lot to do with hands on counseling.
  - Set the expectation of change in counseling sessions.
- Homework is used in talk-action sessions not just talk.
  - Give homework on single stranded problems—socks on the floor belongs in the hamper—simple problems.

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Topic 2 - Giving Homework

- Homework helps you to discover who means business and who does not.
  - Jesus showed how the rich young ruler was not serious because he failed to do his homework--sell everything and follow me.
  - Homework assignments bring out the facts.

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Topic 2 - Giving Homework

- Homework should be written out.
  - Gives the counselee a record of their progress.
  - Give them hope as they workout their problems.

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Topic 3- The Christian Walk - How

- Challenge as to whether the Scripture contains all we need to know to teach man to love God and love one another.
- People come to counseling with questions about relationships with God and man.

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Topic 3- The Christian Walk - How

- In 2 Timothy 3:16-17 is contained 4 things that effect change—Teaching, Conviction, Correction, and Training in Righteousness.

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Topic 3- The Christian Walk - How

- Eph. 4 talks about training in righteousness—the Christian walk.
  - The word Walk characterizes the Christian's behavior (Eph. 4-6).
  - Walk has to do with how a Christians lives in his daily activities.

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### Topic 3 - The Christian Walk - How

- How do you walk as a Christian as oppose to walking like a gentile (Eph. 4:22).
- Paul tells us how—put off your previous habit patterns or former habitual manner of life.
- Habit is the capacity to learn things without having to learn it anew daily.
- The process of change is two factored—put off and put on.

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### Topic 4 - Hope

- Hope is one of the most critical questions.
- Hope is essential to counseling.
- Hope is the first thing you must recon with in your own life and the life of the counselee.

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### Topic 4 - Hope

- In 1 Thess. 1:3 Paul places hope above love.
- In 1 Corinthians love was a dominant problem but in Thessalonica hope was a problem.

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Topic 4 - Hope

- Perseverance (steadfastness) is produced by hope.
- Hope will enable the counselee to go on when the going gets tough.
- Biblical hope is a joyous anticipation or expectation built upon the certainty of God's Word.

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Topic 4 - Hope

- The hope for the counselee.
- Most counselee come in for a last resort point—little to no hope.
- Counselees get hope when they see that the counselor really believes the word of God.
- Jesus Christ is the hope for all who come into counseling.

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