**GLOBAL**

**TEEN CHALLENGE**



**TEEN CHALLENGE COUNSELING**

#### (STUDENT MANUAL)

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# GLOBAL TEEN CHALLENGE

### COUNSELING

**PASTORAL COUNSELING SERVICES AT TEEN CHALLENGE**

(Taken from the Global Teen Challenge Policies and Procedures Manual)

Teen Challenge fulfills its stated purpose primarily through religious discipleship training. If programs choose to employ general therapeutic vocabulary such as, but not limited to, therapy, patient, client, psychosocial, treatment plan, etc., they may do so at their own discretion but must adhere to the principles of biblical consistency. **Any and all issues of Teen Challenge discipleship counseling, direct and indirect, shall be consistent with biblical principles and done in a pastoral way.**

When a Teen Challenge center chooses to adapt specific tools or instruments (i.e. personality and temperament inventories, treatment plans, etc.), it shall be done in a biblically consistent manner using trained or certified personnel where appropriate.

###### A DEFINITION OF CHRISTIAN COUNSELING

“Christian counseling may be broadly defined as a relationship in which one individual, by virtue of both spiritual and psychological insights, seeks to help another individual recognize, understand, and solve his or her own problems in accordance with the Word of God.” (Meier, Minirth, and Wichem).

**Counseling is not something you do to someone,**

**counseling is not something you do for someone,**

**but counseling is something you do with someone.**

###### THE BIBLICAL BASIS FOR COUNSELING

Isaiah 9:6 “And His name will be called…Counselor…” Christ is our example.

Romans 12:8 lists exhortation (paraklesis) as a gift that is given to believers. It means “coming alongside to help,” and implies activities such as admonishing, supporting, encouraging, guiding and instructing.

Proverbs 11:14 “Where there is no counsel the people fall, but in the multitude of counselors there is safety.”

Proverbs 12:15 “The way of a fool is right in his own eyes, but he who heeds counsel is wise.”

###### BASIC ASSUMPTIONS IN BIBLICAL COUNSELING

1. **God is \_\_\_\_\_\_\_\_\_ (I John 4:16), and God is \_\_\_\_\_\_\_\_\_\_ (John 14:6).**
2. **Most problems are related in some way to man’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Isa 59:2,3

**3. A vital factor in achieving wholeness is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 Ps 147:3, Isa. 55:7

1. **God hears and answers the prayers of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Jer 33:3, Phil 4:6, James 5:16b
2. **The Holy Spirit draws men to God and reveals \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.** John 14:26, 16:8,13; I Corinthians 2:10, 11, 14
3. **Healthy relationships are the basis for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health.**
4. **Healing of the mind, emotions, and spirit is \_\_\_\_\_\_\_\_\_\_\_**II Corinthians 5:17:
5. **Healing and wholeness are not possible without sound Bible teaching and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of God.** Ps 119: 9, 11, 105
6. **Wholeness is not instantaneous, but it is \_\_\_\_\_\_\_\_\_\_\_\_\_\_**Colossians 2:6,7; Romans 6:6,11-13; Ephesians 3:17-32
7. **In Christ victory is assure.** Romans 8: 37

###### GOALS OF CHRISTIAN COUNSELING

1. **\_\_\_\_\_\_\_\_\_\_\_\_wholeness**
2. **\_\_\_\_\_\_\_\_\_\_\_\_wholeness**
3. **\_\_\_\_\_\_\_\_\_\_\_\_wholeness**

###### PURPOSES OF CHRISTIAN COUNSELING

1. **It is structured to build a relationship of \_\_\_\_\_\_\_\_\_\_\_ between the counselor and the student.**
2. **It provides a private, non-threatening \_\_\_\_\_\_\_\_\_\_\_\_ in which the student can openly express his feelings, thoughts, temptations, worries, etc.**
3. **It provides the opportunity for the student to receive individualized spiritual and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
4. **It helps the student gain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that will help him in his spiritual, emotional and social growth.**

QUALIFICATIONS OF A TEEN CHALLENGE COUNSELOR

1. **An absolute assurance of their \_\_\_\_\_\_\_\_\_\_\_\_** II Tim 1:12; I John 2:3, 3:24
2. **A \_\_\_\_\_\_\_\_\_\_\_ Christian life.** I John 3:3; Ephesians 4:1-3; I Corinthians 4:15,16
3. **Emotional \_\_\_\_\_\_\_\_\_\_\_\_\_\_** . Galatians 5:22,23
4. **A compassionate, loving \_\_\_\_\_\_\_\_ .** I Corinthians 1:4; I John 4:7,8
5. **An ability to \_\_\_\_\_\_\_\_\_\_\_\_\_.**

**6. A basic knowledge of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and fundamental Bible teachings.** II Timothy 2:15; 3:16,17

**7. A daily reliance on the \_\_\_\_\_\_\_\_\_\_\_** . John 14:26; 16:8.13; Romans 8:14

**8. Some basic training in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .**

1. **An understanding of the value and importance of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_.** I Corinthians 12:20-22**;** Ecclesiastes 4:9,10; Acts 3:1
2. **A willingness to become a spiritual \_\_\_\_\_\_\_\_\_\_\_\_\_.** I Corinthians 4:15,16
3. **Knowledge of the Teen Challenge rules, policies and procedures and a consistency in explaining and enforcing them.**

**THREE PRIMARY COUNSELING RESOURCES**

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The truth will set you free. John 8:32**

**For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. Hebrews 4:12**

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send him to you. John 16:7**

**When the Spirit of truth comes, he will guide you into all the truth. John 16:13**

**When the Spirit of truth comes, he will guide you into all the truth. John 16:3**

**3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Do you not know that you are God’s temple and that God’s Spirit dwells in you?**

**1 Corinthians 3:16**

**Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 16 from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. Ephesians 4:15-16**

## SOME WAYS TC COUNSELING CAN BE DONE

1. **F\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ counseling sessions.**
2. **I\_\_\_\_\_\_\_\_\_\_\_\_\_ counseling sessions.**
3. **C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_counseling. John 10:14**
4. **C\_\_\_\_\_\_\_\_ counseling.**
5. **Take immediate steps to diffuse the situation.**

1. **It may be necessary to take some “time out” for everyone involved.**
2. **Call for the assistance of another staff person if necessary.**
3. **d. Find out the facts. Proverbs 18:13**
4.
5. **Try to determine the motivation**.
6. **Some situations need immediate action and others should be dealt with in**

**a more appropriate setting.**

##### GUIDELINES FOR A FORMAL COUNSELING SESSION

1. Select a clean, quiet, private place where you will not be disturbed.
2. Find a place with a “friendly” atmosphere. The amount of light, color of the surroundings, temperature, and time of day, affect the mood of the session.
3. Provide a comfortable place to sit.
4. Allow proper personal “space” for the student.

##### TECHNIQUES FOR EFFECTIVE COUNSELING

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_ The counselor must learn to \_\_\_\_\_\_\_\_ by giving the student their undivided attention. This is communicated by:**
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

•Develop a listening ear – not just a big mouth

 •Listen between the lines – listen for the unspoken

 •Listen to what is being said, and what IS NOT being said!

 •Ask questions, listen, be sensitive and patient

 •Learn to WAIT during pauses, tears or uncomfortable stories.

 •Avoid disapproving or judgmental verbal or non-verbal responses even if shocking or offensive things are said.

 •Reflective listening is letting the student know you understand what they are going through. This can be communicated by saying, “You must feel…” or “That must be difficult…”

 •Listen for “I’m hurting” signals.

 •Some people have strange ways to signal that they need help, like breaking the rules, acting out, and rebelling.

 •Don’t just deal with the action, but try to determine what is behind it.

**3. Setting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Ask questions that require more than a “yes” or “no” answer in order to get students to talk, like: “What things are bothering you the most?” “Why did you do that?”

“What were you thinking, or feeling?” “What do you think the best solution is?”

“What have you learned at Teen Challenge about dealing with your situation?”

“What does the Word of God say about your situation?”
As they answer the questions, students will often think about what is happening and come to correct, healthy conclusions.

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Ephesians 4:15 “Speaking the truth in love…”

The counselor may say: “It seems that the central issue here is.…” “The problem is….” “What are you willing to do about.…?” “The Bible says….”

Students often suppress, deny or blame someone else for their problems.

(See Addendum, Tactics for Avoiding Accountability)

**6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**II Timothy 3:16

**7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Matthew 18:19; James 5:16

**8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

###### DANGERS TO AVOID IN COUNSELING

1. **Don’t make ”deals” with students.** Don’t let them talk you into keeping “a secret” when they have done wrong. Be on guard if you hear, “You are the ONLY one who really understands me!” “You are the ONLY one who cares!”
2. **Don’t let a student undermine your loyalty** to the people, principles or rules of the program, even if you don’t agree completely with some rules. All staff must speak the same “language” and support one another, their leadership and the program.
3. **Don’t threaten or try to intimidate students.** Never say, “I can have you thrown out of the program.” (That decision should only be made by the program director and in consultation with other staff).
4. **Don’t entertain “cry babies.”** Do not agree or sympathize with a student who

constantly complains about the program, his colleagues, the work, other staff, etc.

Sometimes it helps to remind students where they were 2, 4, 6, or 9 months previously! Some times it is appropriate to tell them with love, “Deal with it!” “Grow up!” “Get over it!” or “Tell it to Jesus!”

1. **Don’t solve every problem for the student.** Over a period of time they must come to a place where they learn to solve problems, find solutions and seek God for answers to the problems of life.
2. **Don’t just visit.** Visiting is mutual sharing and there is an element of it in each session, but counseling is problem-centered, goal-directed conversation that focuses primarily on the needs of the student.

7. **Don’t get over-involved emotionally.** Do not make the student’s problems yours.

 Leave their issues with them.

8. **Don’t violate confidentiality.**

Learn what needs to be discussed with other staff and/or leaders and what needs to be kept in confidence. Never discuss one student’s problems with other students.

1. **Don’t share intimate details of your life**, marriage, finances, temptations, struggles, etc., with students. Learn to set perimeters and stay within them.

TACTICS TO AVOID ACCOUNTABILITY AND TO CONTINUE YOUR PRESENT WAY OF LIFE

1. Continually pointing out the inadequacies of others (like staff, colleagues, etc.).
2. Building yourself up by putting others down.
3. Telling others what you know they want to hear and not the truth.
4. Lying-Either by outright deception or omission (distorting the truth and disclosing only what benefits you).
5. Vagueness-using terms or expressions like, “Someone,” “I will think about it,” “Maybe,” “If I feel like it.”
6. Diverting attention away from yourself by introducing irrelevant information, asking unrelated questions, invoking racial/prejudice issues, etc.
7. Attempting to confuse others.
8. Minimizing the situation with, “I just got into a little trouble” or, “I don’t do it often.”
9. Agreeing or saying yes without really meaning it.
10. Silence.
11. Paying attention to only what suits you.
12. Making a big scene about a minor point.
13. Putting off doing something by saying, “I forgot.”
14. Putting others on the defensive by degrading, quibbling over words, getting angry or embarrassing them.
15. Total inattention.
16. Accusing others of misunderstanding.

**WHEN A STUDENT DISCOVERS THAT EFFORT, COMPETENCE AND RELIABILITY ARE USUALLY REWARDED; THEY WILL ACCOMPLISH WORTHWHILE THINGS WITHOUT USING TACTICS TO AVOID ACCOUNTABILITITY**