

### Mean- Making Forum 3

In their provision of counseling, counselors should recognize the need to improve the counselee's ability of self-awareness in combating challenging circumstances in their daily living. In response to the needs of the counselee, Spiritual Christian Coaching should integrate measures and schemes that align with the behaviors, attitudes, and individual perceptions to facilitate quick problem resolutions. In promoting self-awareness, counselors will be able to help counselee understand their situations as well as improve their decision-making process.<sup>1</sup>

#### Rapport and Relational Alignment

Having identified that Bruce is more of "D" than "S,"<sup>2</sup> the phase will work on improving his abilities on controlling his behavior as he needs to work on his relationship with Brody. The counselor will maintain relational alignment through instilling confidence to the counselee through enabling a friendly interactive environment. Besides, the counselor will offer spiritual coaching to enhance the affinity with the counselee through reading from the Bible. With the basis of friendship on Ecclesiastes 4: 9-10, "*Two are better than one because they have a good return for their work. If one falls down, his friend can lift him. But pity the man who falls and has no one to help him up*" (NIV), the counselor will be able to convince counselee of his need to rely on others for assistance.

#### Phase Three Distinctive Features

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<sup>1</sup> Karner, Benjamin. "Easy Effective Counseling: A Strategy for Busy Pastors." (2013).

<sup>2</sup> Carbonell, Mels. *How to Solve the People Puzzle: Understanding Personality Patterns*. Blue Ridge, GA: Uniquely You Resources, 2008.

- The counselor will work on establishing the third segment of exceptional counseling structures through fostering their integrity to the counselee as initiated in previous interaction segments.
- The counselee will begin initiating undertaking the measures, and practices learned from past sessions as well as demonstrating his interest in gaining insights necessary to inspire transformation.
- The care seeker will also begin showing adaptive skills by having different perceptions in viewing his life amid suffering and emotional distress.

### **Supportive Feedback Break**

- The counselor needs to assist counselee to understand that solution of mitigating the problem lies with himself,<sup>3</sup> as pastoral counseling is a short-term training to help in decision making.
- From time to time, the counselor will quote biblical verses such as I Corinthians 9:24-27, “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore, I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.” (NIV), which will help the counselee try to improve or make himself better on a daily basis as Paul wrote to Corinthians.

- **Phase Three Maker**

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<sup>3</sup> Kollar, Charles. Solution-Focused Pastoral Counseling: An Effective Short-Term Approach for Getting People Back on Track. Grand Rapids: MI: Zondervan, 2011, p. 131.

- The main objective of phase three is to help the counselee understand and create an effective plan that will help in reversing his current state to a stable emotional condition.
- Besides, the segment also helps the counselee understand some of the aspects that need to address, such as forgiving others to improve his healing process as the spiritual counseling sessions are conducted gradually.
- The care seeker begins to relate by practicing the past Solution Based Short Term Pastoral Counseling practices that can easily be implemented to overturn his distress as well as invite phase four.
- The Common-Sense Test will be utilized to support forward progress as the care seeker would be assessed before gradually advancing to the next level.

#### **Food for thought**

- In the event of achieving progress, the care seeker needs to develop his abilities to cope with those that have wronged him. In this regard, he should utilize the Christian teachings on the need to rely entirely on God, Psalms 121:2; “My help comes from the LORD, the maker of heaven and earth” (NIV).
- The counselee also needs to understand that the virtue of forgiveness, which helps in fostering healing. With reference from Colossians 3:13 (NIV), “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you,” the care seeker would learn on easing his need for vengeance by forgiving.