

The Barnabas Mission (TBM)

Clients' Event
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Zoom Meeting

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The Barnabas Mission

Couple & Family Counselling
Family Wellness and Parenting

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With Compliments

Agenda

Part I: Counselling Basics

Part II: Understanding Essential qualities of a counsellor

Part III: Counselling Methods, Approaches & Tools

Part IV: TBM Vision & Mission and Counselling Processes

Acknowledgment

Some of the materials used for this presentations are borrowed from the organisations or persons listed below:

1. Institute of Counselling (UK)
2. Association of Christian Counsellors (UK)
3. William Stewart

Part I

Counselling Basics

Counselling Basics

- What is Counselling and What Counselling it is not?
- Who is a Counsellor?
- Counselling and Pastoral Care

The Counselling Process

- The counselling process is founded on Relationship
- Truth is liberating
- Change is possible and necessary

Why Counselling?

Many people today are under enormous amounts of emotional, social, spiritual, mental, financial, political, physical, and economical stress that leads to multi-dimensional problems.

Mental ... and Emotional Health

MENTAL	EMOTIONAL	SOCIAL
Knowing our interests Learning new things Taking responsibility Making good decisions Setting & achieving goals	Expressing feelings positively Dealing with stress, anger & other emotions healthily Respecting yourself	Respecting others Accepting differences Giving & asking for support Listening & bettering communication
SPIRITUAL	PHYSICAL	ENVIRONMENTAL
Connected w/self & world Sense of peace Awareness of purpose Unconditional Love Making a difference	Eating healthily Exercising Getting enough sleep Caring for our bodies Avoiding "risky" behaviors	Our relationship with surroundings... air, water, land, scenery, noise, etc. Taking care of our world

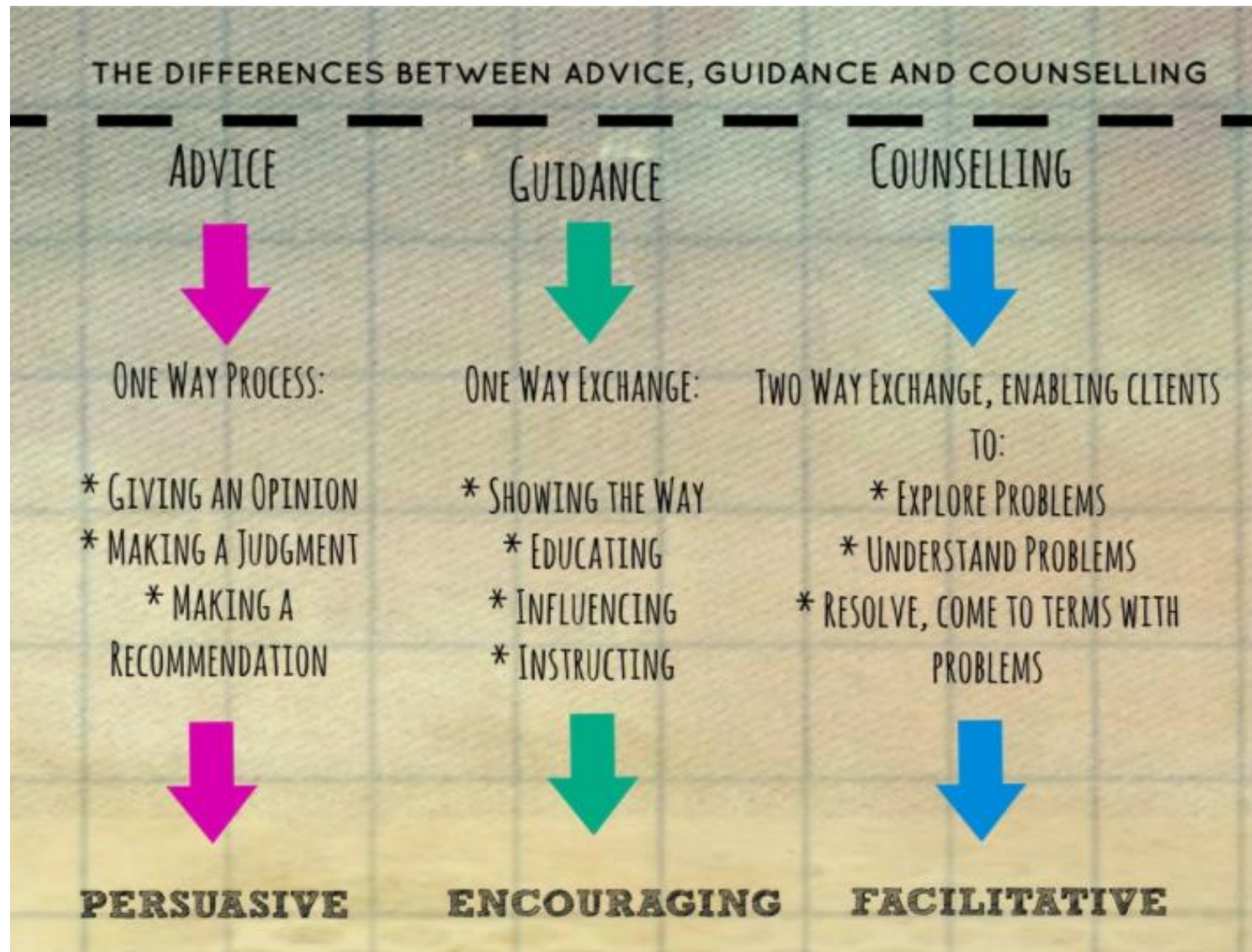
What Counselling Is Not

The overall goal of counselling is to enable the client to mobilise their own resources in order to manage their life more effectively. The counselling ministry is important and unique.

Be aware that counselling is **not**:

1. Making decision for clients
2. Telling the client what to do
3. Advising the client

Difference Between Advice, Guidance and Counselling



What is Counselling ?

Counselling, often described as 'talking therapy', is a process aimed at providing clients with time and space to explore their problems, understand their problems and resolve, or come to terms with their problems, in a confidential setting.

The activity which seeks to help people towards constructive change and growth in any and every part of their lives. The aim is to achieve this through a caring relationship and within agreed boundaries according to Biblical truth, aim and methods, all practice within a framework of Christian commitment, insight and values.

Who is a Counsellor?

WHAT DO COUNSELLORS ACTUALLY DO?

As soon as someone introduces him or herself as a 'counsellor', people are generally interested in what he or she does with, to, or for the client. 'But what do you as a counsellor actually do?' is a common question. The answers are as varied as the types of counsellors that are available.



What is important is that the *counsellor* knows exactly what he or she does, and why it is done in a specific way. Counselling is a very disciplined way of using specific skills, concepts, theories and models to help clients. The skilled responses of the counsellor come from an intention to help the client in a specific way using specific skills.

Skilled counsellors, while they work with clients, are constantly asking themselves '*What am I doing with this client at this moment?*' and '*Why am I doing it?*' Answers to these questions are usually based on some theories of human psychology.

Counselling and Pastoral Care (I)

- **Counselling** is a specialised function which requires specialised training, It involves a contractual agreement between the counsellor and his/her client, and is subject to a separate Code of Ethics and Practice – e.g. TBM & CASSON Code of Ethics and Practise for Counselling
- **Christian Pastoral Care** might involve: sustaining others through prolonged difficulty or immediate need, enabling the journey of healing and wholeness, considering the process of reconciliation with God, self and others, offering guidance about other resources and enabling different perspectives
- A **Christian Pastoral Carer** is someone who either formally, as part of a pastoral team, group or network or informally, as part of their fellowship group or everyday relationships in the community, offers care and support to another, in the knowledge of being loved themselves by God and in the hope of sharing that love with others

Counselling and Pastoral Care (II)

- **Pastoral Care and Pastoral Counselling** are two ways of facilitating integrated healing and transformation. However, there is a clear distinction between care needs and counselling needs. Pastoral Care and Pastoral Counselling are interlinked but different forms of Pastoral ministry. The two disciplines are equally important and complementary, yet distinct in nature.
- **Pastoral Care** emphasises practical ways of making God concrete to people. The care givers initiate and go to people in need. The Bible and prayers can be used freely.
- **Pastoral Counselling** has more an emotional helping character in nature, and happens in an arranged and structured way. Time and venue play a critical role in facilitating this process. It requires specific training and professional supervision; and is interdisciplinary.

Counselling and Pastoral Care (III)

- One of the roles of pastors is to be there for people in their congregation when they are going through challenges or hard time. This may be called pastoral care which;
 - May be offered by a pastoral care team e.g. Church Leadership or Counselling team, Welfare, etc
 - May include practical help e.g. in sickness, bereavement, lack etc
 - May involve process of reconciliation e.g. with God, self and others
- Pastoral counselling is a specific kind of pastoral care. True pastoral counselling requires specific training because it includes psychological principles and is a type of therapy.
 - May be offered by a Christians counsellors or faith based NGO e.g. TBM, etc

Part II

Essential Counsellor Qualities

Demonstrating Acceptance & Non-Judgmental Attitude

Essential Counsellor Qualities

- Acceptance
- Non-Judgementalism
- Genuineness
- Unconditional Positive Regard
- Empathy
- Warmth
- Self-Awareness

What is Acceptance?

Acceptance is a kind of loving that moves out toward people as they are, and maintains their dignity and personal worth.

Demonstrating acceptance means we avoid pressurising the client to become someone else. Avoid controlling, judging, criticising.

Acceptance is client-centred; directed towards the need of the client.

Demonstrating Acceptance

Qualities of Acceptance

- Caring/Compassion
- Concern/Interest/Courtesy
- Respect/ Warmth
- Listening

Obstacles to acceptance

- Stereotyping; labelling, pre-judging or making assumptions; generally negative
- Biases and prejudices, Values, beliefs
- Lack of knowledge of human behaviour
- Over Identification with the client

What is Judgementalism?

Judgement is to do with law, blame, guilty or innocent, and punishment. Although counsellors are entitled to hold their own values, these should not be imposed on the client, and the counsellor must try not to make judgment about their client.

Judgmentalism is critical, arbitrary without room for negotiation or understanding. It attacks the person rather than the behaviour. It's a rejection of another person's worth. It divides and fragment relationships.

Understanding Judgmentalism

Detecting Judgmentalism

It can be detected by words/phrases like:

- Must/Should/Do not
- In my opinion / I think../ this is what you should do

Developing non-judgemental attitude

We can develop a non-judgment attitude by:

- Being receptive and accepting
- Not jumping to conclusion nor over-involved
- Being aware of your own values that should not be imposed
- Not rushing to answer

Genuineness

Ability to be real, sincere and honest in our relationship with the client.

The degree to which we are freely ourselves and are able to relate with people in a sincere and non-defensive manner.

Effective counselling depends on the degree to which the counsellor is authenticity.

Genuineness is a precondition for empathy and unconditional positive regard

Unconditional Positive Regard

- This is a non-possessive caring and acceptance of the client, irrespective of how offensive the client's behaviour might be.
- It about valuing and respecting the client as a unique human being
- It creates a climate that encourages trust,
- Conditional regards, on the other hand, implies enforced control and compliance with behaviour dictated by someone else.

Empathy

Ability to perceive the client's experience and feelings as if their own which provides a base for emotional understanding.

Empathy has three parts:

Thinking (cognitive) – an intellectual or conceptual grasping of the feeling of another.

Feeling (affective) – a mirroring or sharing of the emotion with the other person.

Behavioural (doing) – assuming in one's mind the role of the other person.

E.g. a Drama/film actor steps in and steps out of a role

Warmth

It demonstrates friendliness.

Warmth can be possessive & non possessive

It springs from an attitude of friendliness towards the client.

Any relationship where friendliness is absent will not flourish.

Demonstration non-possessive warmth makes the client feel comfortable; it can melt coldness and hardness within clients heart.

Warmth can be Conveyed by:

- Body language - posture, proximity, eye contact, facial expression.
- Words and the way we speak – tone of voice, rate of speech
- Physical contact – Hand Shake, Hug

Self-Awareness

Self-Awareness is ' ... the continuous and evolving process of getting to know who you are'.

It is being aware of our physical, mental, emotional, moral, spiritual and social qualities, which together makes us unique individuals, they are all working together to help us towards our fullest potential.

Self-Awareness improvement models include;

- Life' Chart – by Adolf Meyer
- Maslow's Hierarchy – by Abraham Maslow
- JOHARI Window – by Joseph Luft and Harry Ingram

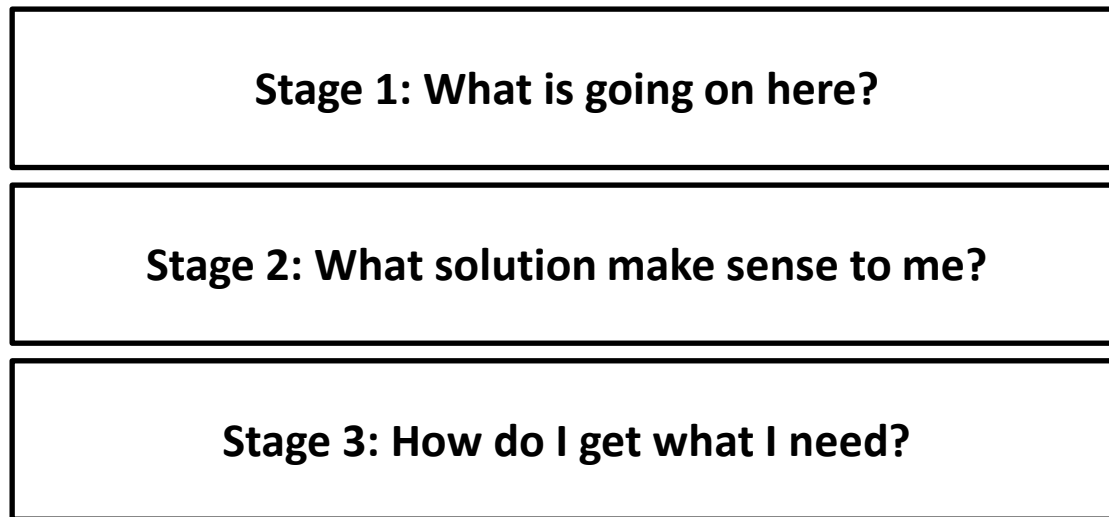
Part III

Counselling Theories, Approaches and Tools

Counselling Theories And Models

Counselling Theory: aim to explain why people think, feel or behave the way they do.

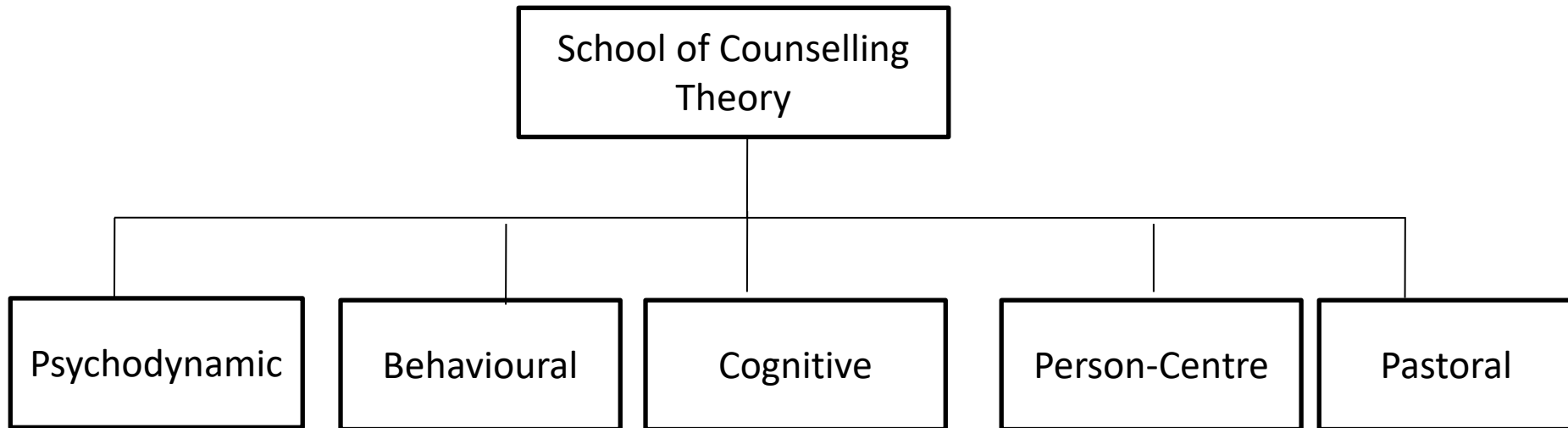
Model: offers a way of practicing counselling theories through a process. e.g. Gerard Egan's 3 stage Model (below) is an example of counselling model.



Theory provides the underlying foundation on which a specific counselling model can be built.

Counselling Theories (I)

Counselling is a very disciplined way of using specific skills, concepts, theories and models to help clients.



Counselling Theories (II)

Psychodynamic: focuses on the 'unseen' aspects of personality (unconscious or inner world or Psyche); it seeks to find the root cause of issues.

Behavioural: is based on a belief that we have learnt to be the sort of people we are. A result of direct training in childhood or modelling on other people.

Cognitive: is based on a belief that we actively process, think about and plan our behaviours. We are capable of devising intellectual strategies to make sense of our world.

Humanistic/Person-Centred: focuses on the importance of subjective experience which are based on the belief that people have in-built capacity for growth and innate potential for healthy psychological development.

Pastoral: This approach is differentiated from other counselling approaches by its additional pastoral focus which embraces the client's spirituality and belief system.

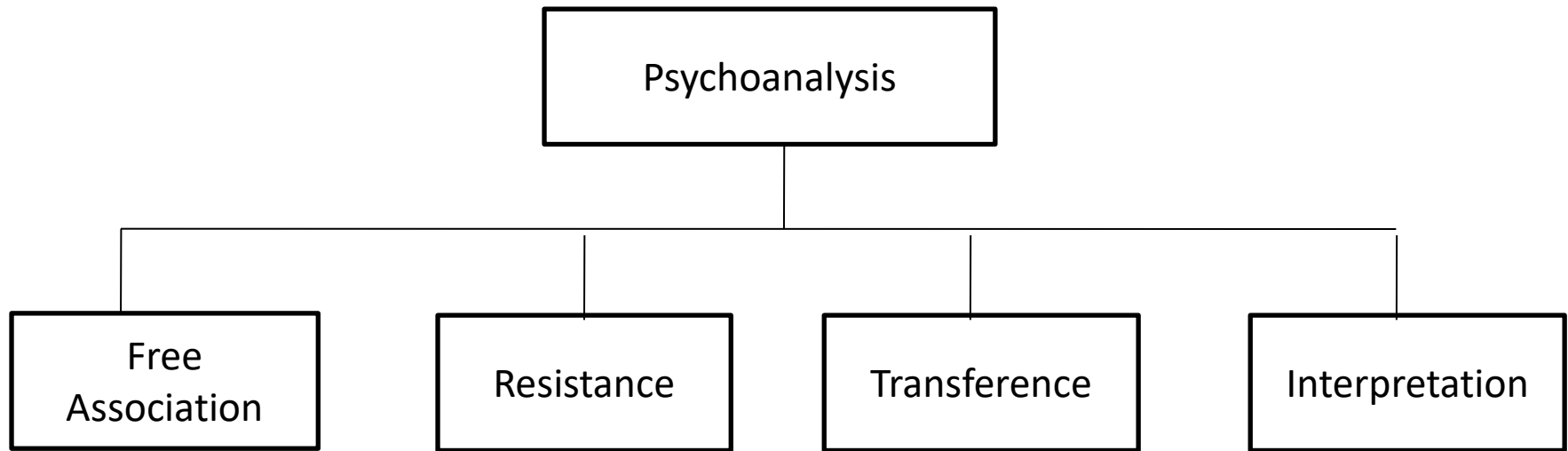
Types of Counselling Approach

1. Psychodynamic Approach (*Sigmund Freud*)
2. Behavioural Approach (*B.F. Skinner, Pavlov, Eysenck and J.B. Watson*)
3. Cognitive Approach (*Albert Ellis*)
4. Humanistic/Person-centred Approach (*Carl Roger*)
5. Pastoral Approach (*Charles Gerkin*)

Psychodynamic Approach (I)

- This approach focuses on the 'unseen' aspects of personality (unconscious or inner world or Psyche); it seeks to find the root cause of an issue. Counsellor may use this approach to encourage a client to explore their childhood to gain understanding on issues that may be associated with earlier events.
- The main purpose of psychoanalysis is to bring repressed material from the unconscious to the conscious.

Psychodynamic Approach (II)



Free Association: Clients are encourage to tell the counsellor everything that occurs to them, however disagreeable or meaningless. The aim is to make the unconscious material conscious. Clients are encouraged to be honest and put aside self-criticism.

Resistance: Clients finds analysis painful, so Ego will attempt to make free-association comfortable by repressing some useful material.

Transference: Clients may perceive the counsellor as a powerful figure from childhood and may transfer to them intense feelings and emotions appropriate to the earlier person.

Interpretation: This is the means by which material is transformed from unconscious to preconscious to conscious. The 'AHA!' experience by the client.

Behavioural Approach

This theory view behaviours as something that can be learned and unlearned through out life according to whether the behaviours are or are not reinforced. Behaviour is analysed in terms of the correlation between Stimulus and Response.

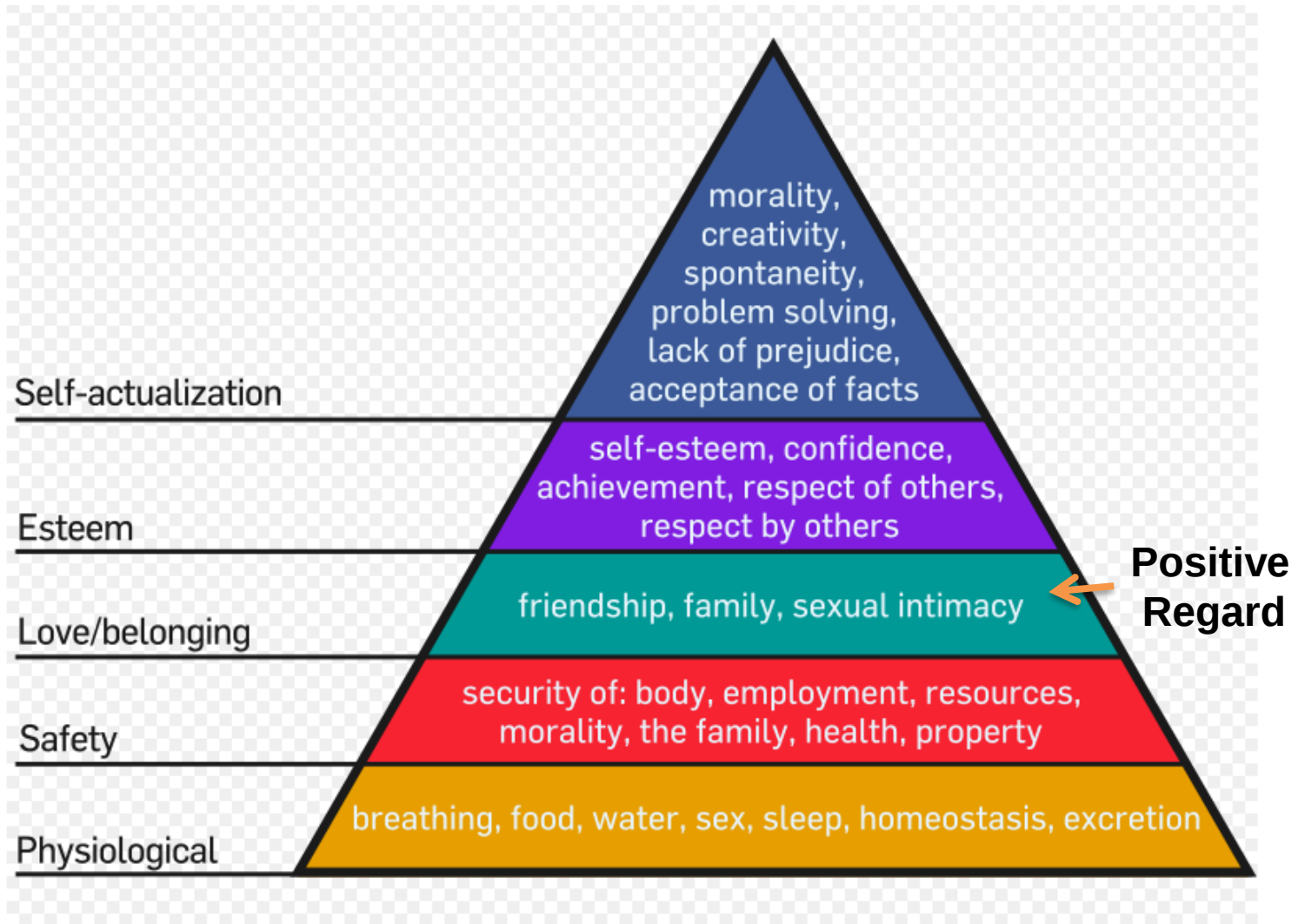
Tasks of Counselling;

- Make a functional analysis of the clients behaviour.
- Analyse the ways in which the behaviours are being maintained and assess the reinforcers.
- Implement techniques that will interrupt the Stimulus and Response pattern focusing on client's self control and restructuring of the environment.
- Reward/incentives can be used as positive reinforcement

Humanistic /Person-Centred Approach (I)

- ***Frame of Reference*** describe how we look at behaviour (Behaver (subjective)/Observer (objective))
- This approach theories that all clients' anxiety and problems are caused by some blockage of the actualising tendency, i.e. a person becomes stuck at a particular level of Maslow's pyramid, and this prevents him from moving towards self-actualisation.
- The task of counselling is to help free the person from this blockage.

Humanistic/Person-Centred Approach (II)



Maslow Pyramid or Maslow's Hierarchy of Needs

Cognitive Approach (I)

- Cognitions is the processes that we use to make sense of the world as it relates to ourselves.
- This approach theories that it is through thinking that we give meaning to events, reactions and emotions.
- This approach was developed out of concern that others approaches focused on *feelings*, *emotions* and even *un-willed* response to stimulus or rewards which seems to ignore human capacity to *think* as well as feel.

Pastoral Approach (I)

This approach can be used within religious and non-religious settings. In addition to the process used by other approaches, it has a pastoral focus which embrace the client's **spiritual and their belief system**. It is more concerned with **relationships and reconciliation**. It is used to encourage clients to find solution to personal, social, mental, vocational and spiritual problems in accordance with their personal beliefs and values.

Three models can be used in pastoral counselling ;

- The living human document
- The life of a soul (client)
- The three-stage model (Gerard Egan's)

Pastoral Approach (II)

The Living Human Document Model

- Listening to Stories
- Reading the Living Human Document
- Further Exploration of the Human Document

The Life of a Soul (client) Model

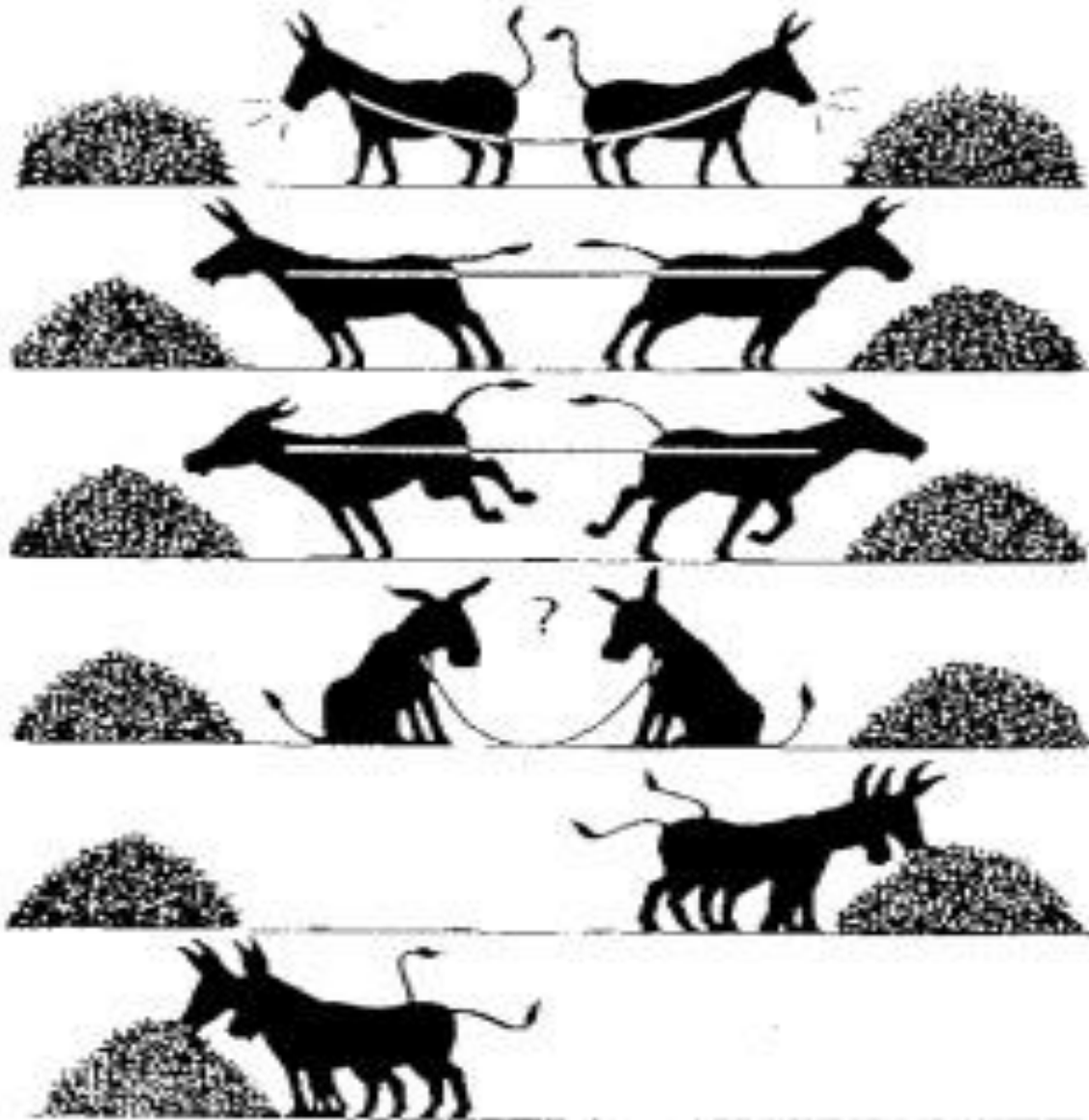
- Self (I/Ego)
- Society (Community/Relationship)
- Beliefs (Faith/Culture)

The Three-stage Model (Gerard Egan's)

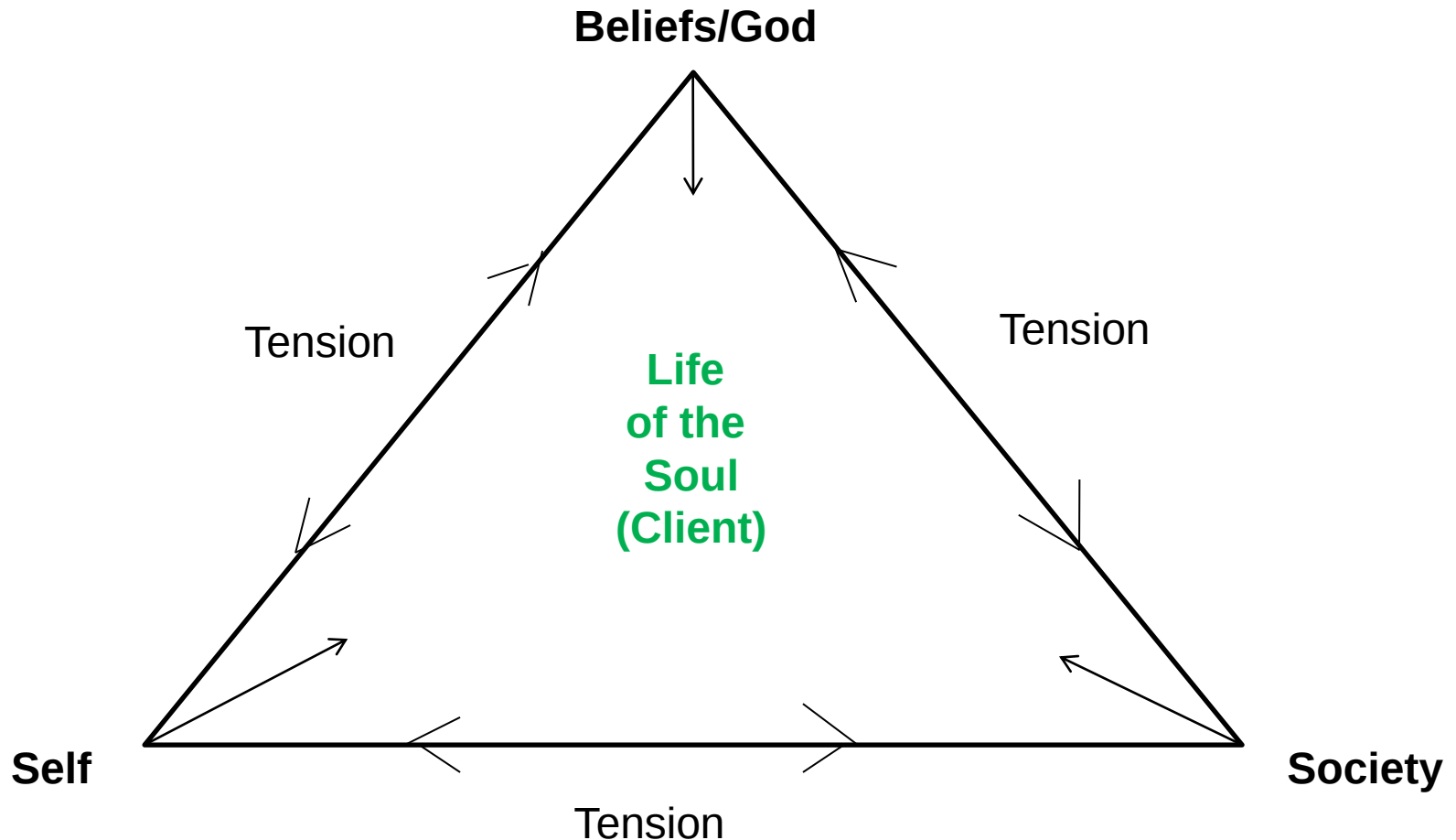
- Present Scenario (Exploration)
- Preferred Scenario (Understand)
- Strategy for action

Tools

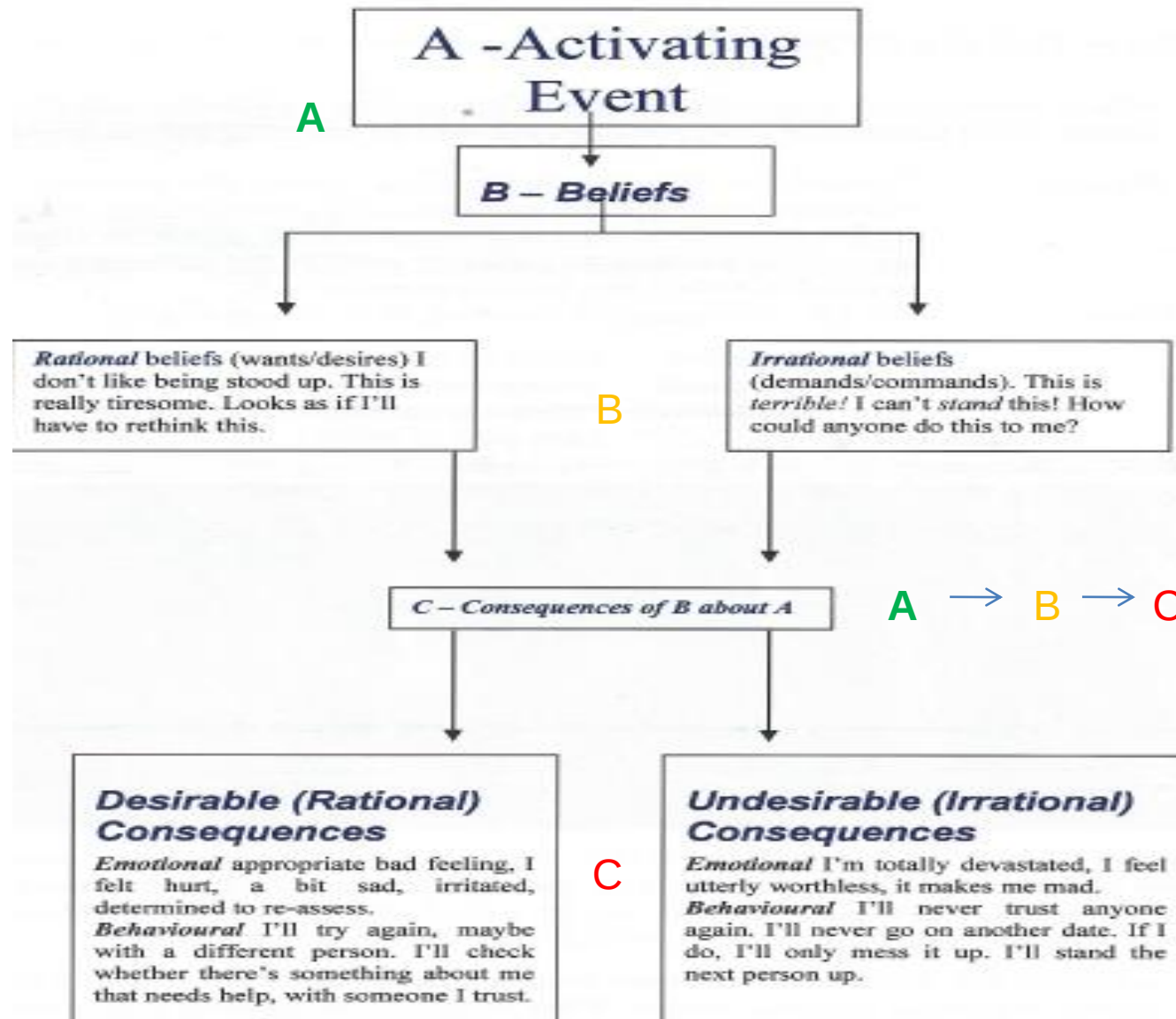
The Counselling Process



Life of a Soul (Client)



Rational Emotive Behavioural Therapy – (REBT)



REBT

A → B → C
Framework

A → B → C

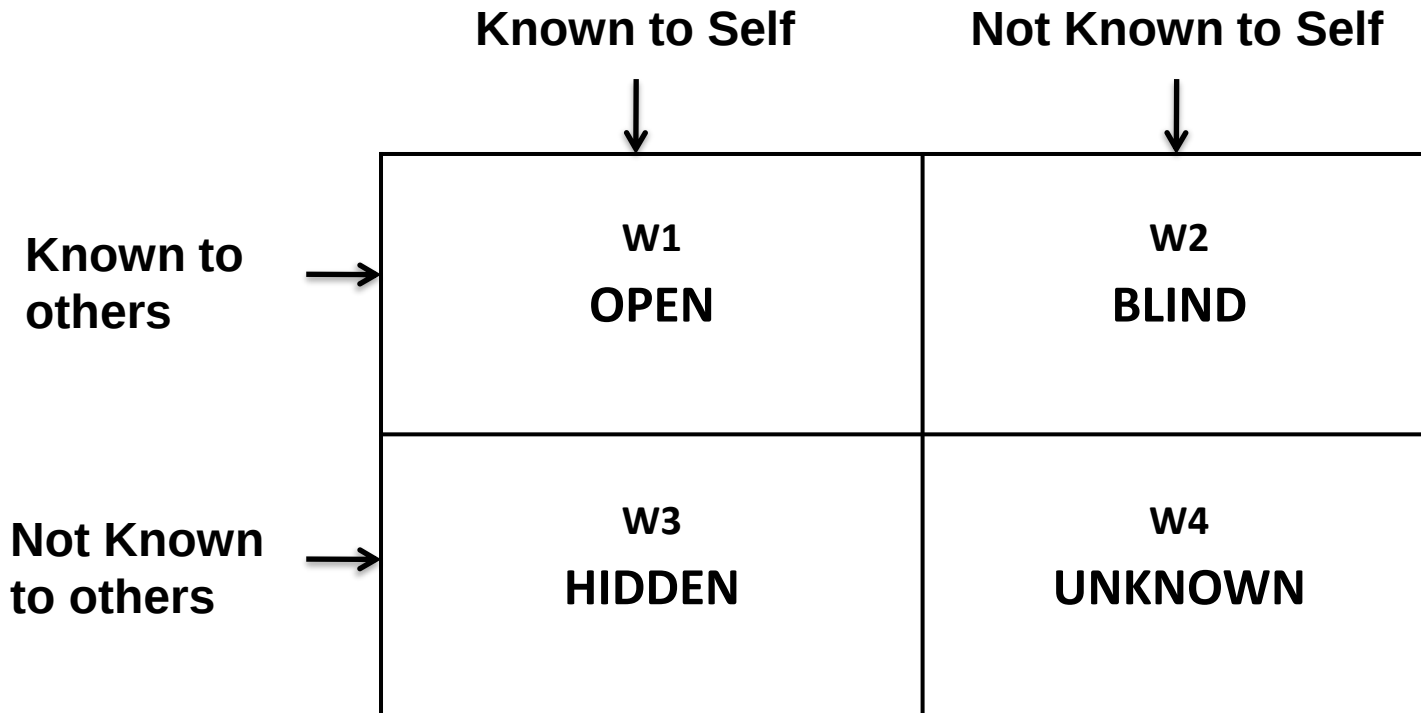
Faulty thinking may lead to unhappiness

JOHARIS Window (I)

It is a tool that helps the counsellor to become more aware of (1) self , and (ii) the inner world of their client

1. Self Awareness

2. Process of Change



JOHARIS Window (II)

A. Self Awareness

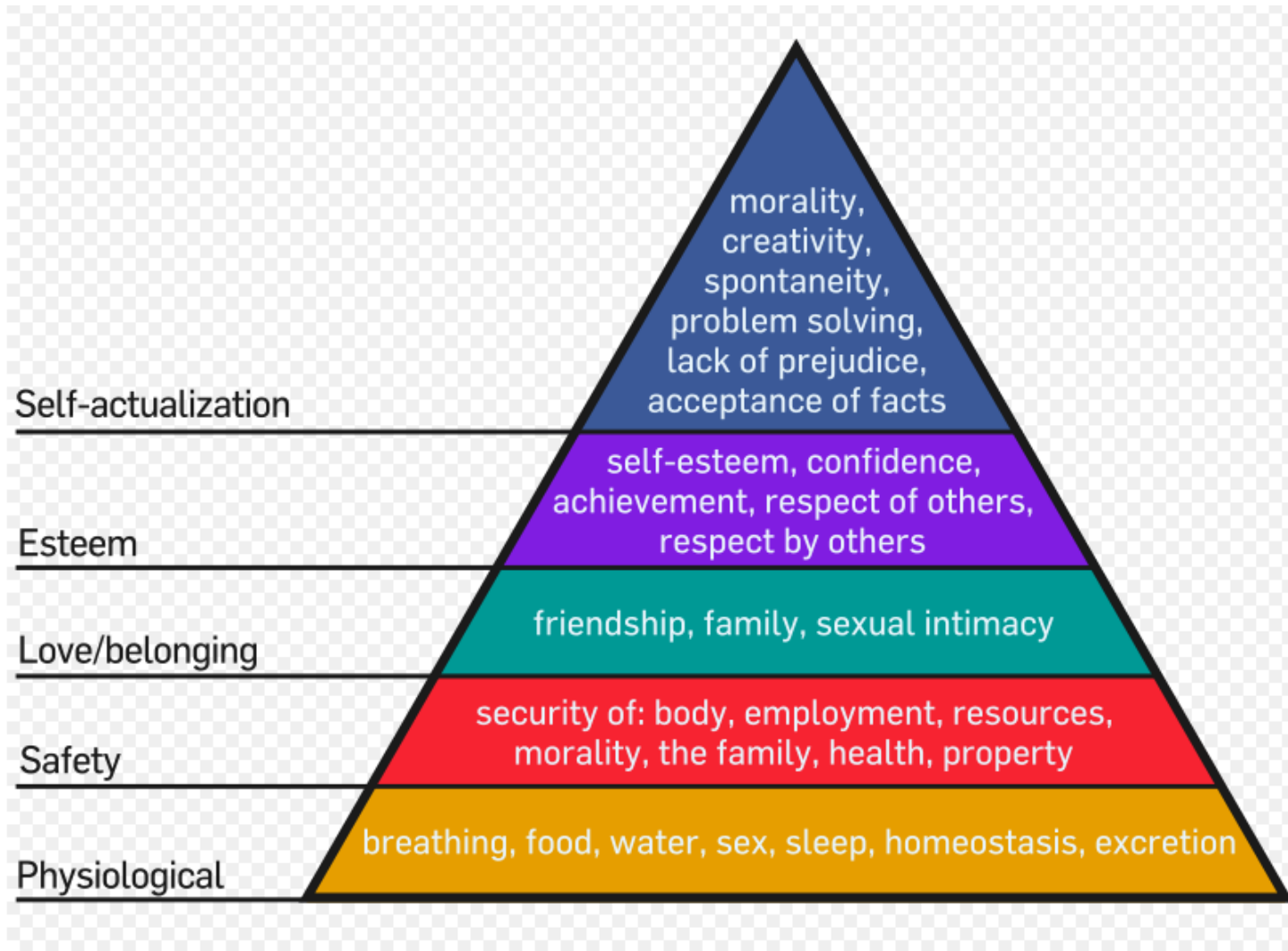
1. This is the self that the Counsellor knows and shared with others. It is Open (**W1**), accepted by self and others.
2. This is the Blind (**W2**) spots. Others will see actions, feelings & Behaviours to which the Counsellor is blind
3. The counsellor knows who he is, he dream out his potential, hopes and unfulfilled fantasies. He does not share with others (**W3**) .
4. Unknown (**W4**) to the counsellor and to others. **He may learn new insights if he allows himself to be enlarged in Windows 1, 2 & 3.**

B. Process of Change

The object of interaction between the counsellor and the client is to **enlarge W1 and thereby reduce W2, W3 and W4.**

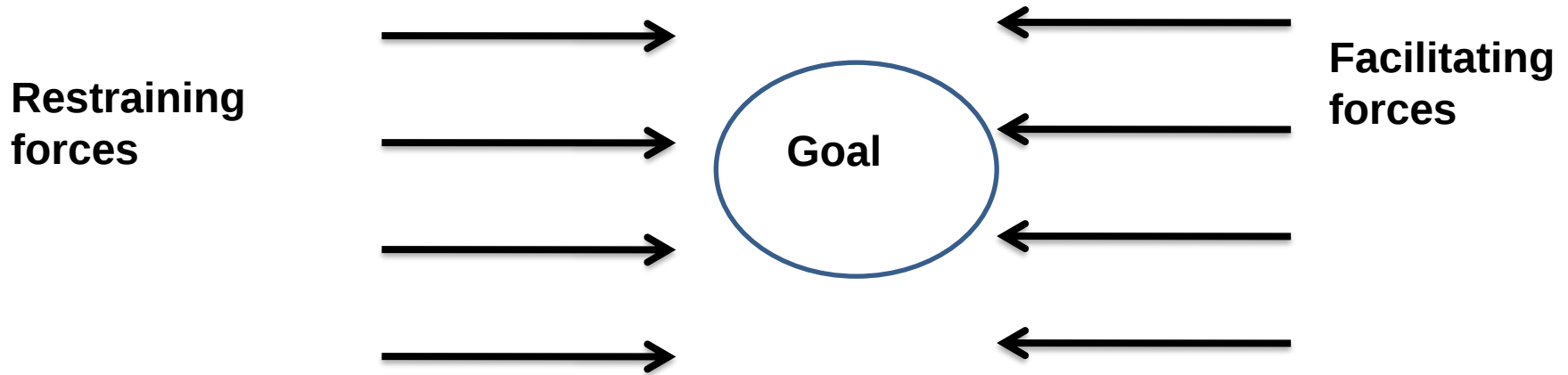
1. The Blind spot area **W2** is reduce by **accepting** information from others
2. The Hidden area **W3** is reduced by **offering** information to others
3. The Unknown area **W4** will be reduced by revelation from self or others previously unknown, unconscious information.

Maslow's Hierarchy of Needs



Maslow Pyramid or Maslow's Hierarchy of Needs

Force-Field Analysis



Force-Field analysis is a simple problem-solving model that can be used for a short-term counselling goal.

Steps for Resolving Relationship Conflicts

1. Choose a mutually agreed and appropriate time to talk
2. Each person talks for an agreed length of time
3. The roles of speaker and listener are switched (NB: respected 3rd party may be present as chaperone)
4. The problem is identified and defined (NB: the other person is not the problem)
5. Define areas of agreement and disagreement
6. Each partner identifies their contribution to the larger problem
7. Each partner states positively what they can do to help solve the problem

Part IV

The Barnabas Mission

Mission and Vision

Aims, Objectives and Services

MISSION

To enable individuals and families enjoy blissful relationships and function according to God's original intent and design.

VISION

To be a reliable organisation for the supply of essential support for individuals and families in order to promote blissful relationships and marriages; responsible parenting; fulfilled individuals that will promote productive people; functional homes; responsible children; better and peaceful society.

Aims and Objectives

The Barnabas Mission's (TBM) aim is to;

- provide counseling on pre-marital and marital relationships, parenting and family wellness
- provide resource centers for spiritual, marriage and relationship retreats
- provide empowerment and training services for widows, widowers and youths especially orphans
- provide care and educational services for children and elderly people especially those with physical and learning disabilities and their carers
- provide advice, resources and support to victims of domestic or family violence in the home or family

TBM Services

TBM Provides guidance and counselling on family wellness to Churches and member of the public:

- . Pre-marriage Counselling
- . Conflict Resolution/Management – Marriage and Relationships Counselling
- . Change Management for Widows/Widowers
- . Smart Parenting
- . Relationships and Marriage Health Check

Mode of Operation and Processes

Partners and External Partners' services

Mode of Operation

- The Mission office coordinates the effort of Staff and Partners (counsellors, representatives & affiliates) who are located in counselling and support centres for The Barnabas Mission (Blissfulmates Life Centres) in major cities in the country of operation
- Counselling and support centres (Blissfulmates Life Centres) are located in Churches, NGO & Government Offices and Markets/Shopping centres
- Counselling and support centres are manned by trained Partners (Counsellors/Facilitators)

Processes

- The Mission office coordinates the effort of Staff and Partners (counsellors, representatives & affiliates) who are located in counselling and support centres for The Barnabas Mission (TBM Counselling Centres) in major cities in the country of operation
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How It Works

TBM work through partners to deliver her vision, such partners include:

- Individuals who share the vision
- Other NGOs, Churches, Government agencies
- International organizations
- Corporate bodies
- Communities

Partners

1. Giving your time and skills

- You can partner with TBM by giving your time and skills in Counselling and Training.
- People in need of counsel; young and old, male and female, walk into our Blissfulmates Life Centres from time to time and so there is the need for male and female counsellors and experts in different professions e.g. mediation, human rights, mental health etc. to offer counselling and help in resolution of their cases. Experts in their fields can also offer training services to other partners of TBM to better equip them.

2. Donating in cash and kind

- This has to do with sharing your resources (in cash or in kind) with TBM. You can accommodate TBM by providing a space where we can operate from as an office or support centre (Blissfulmates Life Centre). You can furnish TBM with relevant materials to better execute her vision and you can donate in cash.

3. Events organisation and sponsorship

- You can host events where TBM will come in as facilitators towards the goal of enabling families enjoy a blissful life and function according to God's design. You can equally sponsor our annual or special events.

4. Referrals

- This can be from you to us or from us to you. For example, we may need to refer our counselees who give their lives to Christ to churches for discipleship. Likewise, individuals or bodies may refer cases that have to do with wellness of the family, parenting, abuse etc. to us.

5. Publicity

- This is rather easy. Any individual or group can help broadcast what we do and stand for. Healthy families will produce a healthy society. You can broadcast us by word of mouth, you can invite us to introduce what we do to your people or you can help distribute our publicity materials "online, via social medial platforms etc".

Mission Office Processes, Reports, Forms and Templates

Open Forms and Templates

- Confidentiality Agreement
- Partners Data Form
- Partners Manual
- Counselling Data Sheet
- Counselling Report Form

Meeting New Counselee (Forms and Report)

**Potential Security and Safety Issues
(Physical, Emotional and Spiritual)**

Forms and Templates

- Counselling Data Sheet
- Counselling Report Form

Thank You