

## LESSON 6

# GOALS IN COUNSELLING

### Aim

### Introduction

1. To show how the integration of the Christian faith in the life of the believer is the fundamental goal in counselling.
2. To find meaning in life is to live with purpose and commitment, and the Christian faith offers this challenge.
3. To gain insight into the relationship between the different facets of human behaviour and how they affect our functioning.

### Integration of Life Through the Christian Faith

When we talk about the integrated life, we are talking about the various qualities that contribute to our sense of inner peace and harmony in relations with others. It means that all our impulses are under control, and that our energies are being invested in productive activities which enhance our lives. It means that we can feel good about ourselves and where we are in life at the present stage. It means that we enjoy wholesome and positive relationships with other people.

How does all this come about? How can it be achieved? We want to show in the following pages that the Christian faith gives the basis for this integration. The pastoral counsellor is involved in the business of helping people to gain integration through their application of the teachings of the Bible and the ideals of the Christian faith in daily life.

### The search for the Kingdom of God

One of the basic goals that we have in counselling is that of helping people to achieve an integration of their personality through the Christian faith. There is a lot in common between the concept of integration and the Christian faith. Jesus said: "Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you" (Matt. 6:33). In this statement we have an objective for life that is a constant challenge and is always relevant. This means that Christ gives us the key to having a sense of inner peace and harmonious relations with our neighbour. The concept of the Kingdom of God as the supreme good in our lives is all encompassing. It represents an ideal that focuses outside ourselves, and challenges us to give of ourselves to others first.

This verse also helps us to establish priorities. It says to seek "first" the Kingdom of God. Other things such as economic comfort and personal achievement are important, but they are not to be first in the object of our search and in the concentration of our energies.

*The integrated life refers to those qualities that contribute to our sense of inner peace and harmony in \_\_\_\_\_ with \_\_\_\_\_.*

*(relations, others)*

*In Matthew 6:33, Christ gives us the \_\_\_\_\_ to having a sense of inner peace and harmonious \_\_\_\_\_ with our \_\_\_\_\_.*

*(key, relations, neighbour)*

This verse also gives us a moral and spiritual basis for our life. The righteousness of the Kingdom of God holds up the religious ideals as a basis for our righteousness. God's prohibitions are for our own ultimate good. The moral standards which He demands of us enrich our lives. Those things which are prohibited are harmful to our health, our society, or to our family and loved ones.

This concept of the search for the Kingdom of God can be the basis for living with peace and happiness. As we help people to enter into the Kingdom, they will acquire a nature and a spiritual perception that will enable them to approach life with a different set of goals and values. Therefore, entering into the Kingdom will alleviate the need for the investment of hours in helping people to work through their problems, because it will give them a spiritual basis for living and will prevent the occurrence of many problems.

### Love for God and neighbour

Another verse that is helpful to us as we seek to help others in the integration of life is: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. . . . Thou shalt love thy neighbour as thyself" (Matt. 22:37, 39). This commandment teaches us to put God first. Many people who have their lives filled with conflicts realize that their difficulties are a result of not having put God first in all that they have done. Love for God will temper our attitude towards material things, because we will not be idolatrous in our search for material gain. Love for God will save us from egoism, because we will not have self as the primary focus of our lives. Love for God will put into proper perspective the other goals in life.

The pastor can quote this verse frequently in his work as pastor and in his counselling. People will need to be reminded of this verse in order to give God the place that He deserves. They will quickly realize that they are suffering from a lot of problems as a result of having violated this basic law. If they can come to renew their vows and their relationship with God, they will find the basis for solving their other problems.

The second dimension of love that is commanded in this verse is that of love for one's neighbour. This means that one is to be sensitive to the neighbour, his needs, his sufferings, and the ways that we can help him. Love for neighbour means that we take an interest in his welfare and seek to do good to him. This offers us many opportunities to serve God through service to our fellow man.

One is also to love himself. When Jesus said: "Love your neighbour as yourself" He is giving His blessing to the idea of loving oneself. Some have tended to teach that one is to hate or loathe himself, but we find nothing of this in the teachings of Jesus. Jesus showed in His own attitude towards Himself a sense of appreciation that is healthful. One's ability to accept himself, to bless himself, and to feel good about himself will be a basis for effective and happy service in the Kingdom of God.

This verse also gives us a \_\_\_\_\_ and \_\_\_\_\_ basis for our life.

(moral, spiritual)

When people enter the Kingdom of God, they acquire a \_\_\_\_\_ and \_\_\_\_\_ perception that enables them to approach life with a different set of \_\_\_\_\_ and \_\_\_\_\_.

(Compare your answers with the text.)

Another verse that is helpful to us as we seek to help others in the integration of life is \_\_\_\_\_.

(Matthew 22:37, 39)

People need to be \_\_\_\_\_ of this verse in order to give God the place that He \_\_\_\_\_.

(reminded, deserves)

Circle the correct answer.  
One is only to love God and look out for himself. true false

(false)

Jesus gave His blessing to the idea of loving \_\_\_\_\_.

(oneself)

The gospel has a way of improving one's concept of himself. When we realize that we are of sufficient worth for God to give of His only Son to redeem us, it makes us feel good. As the pastor and counsellor communicate this truth to people, they will be impressed by the power of the Holy Spirit and will feel humbled because of their own worth before God. This will also make people less egotistic in their way of living, and more determined to dedicate themselves anew to God and to His service.

Thus we see that there is a great deal of unity in the ideals of the Christian faith and those of psychology as they talk of the integration of personality. One's personality is most integrated when he has a healthy religious experience and a faith that helps him to live daily in accordance with the teachings from God's Word.

### The New Birth

Jesus said: "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16). This verse helps to form the basis for integration of life as the person commits himself through faith to Jesus Christ as his personal Saviour. We in the evangelical tradition believe that the New Birth is the basis for a transforming experience that changes one's perspective in life. It gives the person a new relationship to God and a new power to control one's own impulses.

The fundamental meaning in life is discovered through becoming rightly related to God through the experience of personal faith. Many people who do not have this faith will experience an emptiness in living, and through contact with the pastor they will be able to discover a meaning in life that they had not previously known. The minister should be adept at using the Bible in helping people to find this meaning. He should be able to listen to people for a time and discover the basic problems which they face, and then relate the Christian faith in such a way that it will have meaning for these people.

Illustrations from the Bible can be very helpful at this point. Depending upon the circumstances of the person who is seeking help, the minister can refer to people who had similar needs and found help in a personal commitment to God. For instance, the rich young ruler came seeking to know how he could inherit eternal life. It is obvious from the explanation that Jesus gave, that the young man had experienced many activities, in which people engage, in order to gain meaning in life, but they had been unsuccessful in giving him the thing for which he searched—real meaning. So Jesus was able to help him put his priorities in a different perspective and organize them so that they would be able to help him to find meaning. The young man was unwilling to accept these conditions, and the Scripture says that "he went away sad, because he had many possessions." Nicodemus is another case of a man who came sincerely seeking for meaning in his life. Jesus was able to talk with him in terms of the New Birth, which would have

The gospel has a way of improving one's concept of

(himself)

Is the following statement true or false?

One's personality is most integrated when he has a healthy religious experience and a faith that helps him to live daily in accordance with the teachings from God's Word.

(true)

How does John 3:16 help form the basis for the integration of one's life?

(Compare your answer with the text.)

Is the following statement true or false?

The pastor should be able to listen to people for a time and discover the basic problems which they face, and then relate the Christian faith in such a way that it will have meaning for these people.

(true)

involved committing himself to a meaningful life-style. Tradition tells us that Nicodemus did make the commitment, and later was able to offer his own tomb as the place for the burial of the body of Jesus after His death.

The parables contain a lot of truth about this experience. Jesus spoke of the man who found the pearl of great price and went and traded all that he had in order to be able to possess this pearl (Matt. 13:45-46). He spoke of the man that found a great treasure while he was plowing in the field. He went and sold all that he had in order to have enough money to buy the field (Matt. 13:44). These parables illustrate that the Kingdom of God is of infinite value, and worth the investment of all that one has in order to be able to possess it. When man finds the Kingdom, he has the basis for a meaningful existence.

The one who has faith in Christ will have the best basis for a truly integrated life. Jesus becomes the model for the individual, and he determines to follow in the footsteps of Jesus.

*The one who has faith in Christ will have the best basis for a truly \_\_\_\_\_ life.*

*(integrated)*

There are many other teaching in the Gospels and the Epistles of the New Testament that give us the basis for knowing how to live lives that are happy and fulfilled. The person who reads the Bible daily with a goal of putting into practice its teachings as they relate to each individual and our social relations will be helped to keep his life with the right spiritual orientation. When we drift away from the teachings of the Bible, we find ourselves enveloped in many problems.

Another resource for us in keeping our lives integrated is that of prayer. Through prayer we are able to maintain fellowship with God. This gives to us inner spiritual strength that helps us to be victorious in our living.

*Prayer is another \_\_\_\_\_.*

*(resource)*

## **Finding Meaning as a Goal in Counselling**

### **The significance of meaning**

It may be stated as a broad general principle that what man searches for is to make meaning out of his life experiences. Victor Frankl affirms this truth through his own experience and writings. He was imprisoned by the Germans during the Second World War in concentration camps. He discovered that the first people to die were those who had no will to live because life had no meaning for them. He states that they used to look around them and pick out whom they thought would be next to succumb to the ravages of life in prison. Survival was not determined by the external conditions; rather it was determined by the attitude that each person had towards his situation. From these experiences, he completed his basic ideas in logotherapy, which sees the basic drive in life as the will to meaning.<sup>1</sup>

*Victor Frankl affirms this truth through his own \_\_\_\_\_ and \_\_\_\_\_.*

*(experience, writings)*

To help people find meaning in life's circumstances will be a significant part of pastoral ministry. I ministered to a family who had waited many years after marriage for the arrival of their only son. His birth was a testimony to the marvels of modern medicine. They had showered him

with physical affection and all the material goods that a youth could desire. He was doing well in school, and was making plans for a brilliant career. Then suddenly their world collapsed when they received the telephone call stating that they should come to the hospital because of an emergency. Through the hours that followed I walked with these people through the valley of the shadow of death. Their most persistent question during that process of ministry was: "What is the meaning of these experiences?"

### How to find meaning

The pastor will be asked to help people find meaning in life repeatedly. For the young couple that is anxiously awaiting the arrival of their first child and receive the news that the baby is deformed, they will turn to the pastor with the question: "What is the meaning of this?" For the parents who have done all they know to do as parents and then receive the call to come to the police station because their son or daughter has been picked up for possession and use of hard drugs, their question will be: "What is the meaning of this?" For the wife who has done her best towards her husband and children, and just when the children are all gone from home the husband comes home and announces that he is leaving her for a young secretary at the office, her question to the pastor will be: "What is the meaning of all this?" For many who are involved in monotonous jobs and spend hours in boredom, they too, will come to ask: "What is the meaning of life for me?" Others will contemplate suicide and if they ever seek out a pastor for help their most frequent statement will be: "Life has no meaning for me."

Every person must find a relationship with God and those activities which give to him the purpose in living that can motivate him to continue to move forward towards goals which, while having tangible content, are really spiritual in nature. The minister will not impose these values and goals upon the person, but he should not be apologetic in encouraging people to consider them as means whereby they can find that inner sense of peace and contentment that will be object of search for many people.

*Daily devotional studies.* – The daily reading of the Bible will be a source of spiritual strength for persons who are searching for a deeper meaning in life. The pastor-counsellor will encourage people to have a systematic and daily plan of Bible study for the spritual nourishment which they need. They may choose a book of the Bible, such as the Psalms, and meditate upon the teachings chapter by chapter. They may find inspiration through reading the narrations of the biblical characters in the book of Genesis. They may find challenge and direction in the Gospels and the Epistles of the New Testament. Variety will be helpful, especially for the person who is just beginning his pilgrimage in the Christian life. As he becomes more acquainted with the Bible, the different kinds of literature, and the different historical circumstances which occasioned its writing, he will be more able to apply the teachings according to the intent of the original writers. But the

*The pastor will be asked to help people find meaning in life \_\_\_\_\_*

*(repeatedly)*

*Every person must find a \_\_\_\_\_ with God and those \_\_\_\_\_ which give \_\_\_\_\_ in living.*

*(relationship, activities, purpose)*

*In what ways can the daily reading of the Bible help one to find deeper meaning in life?*

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*(Compare your answers with the text.)*

devotional message of any passage can be helpful to the person who sincerely seeks for the Word of God to speak to him and his situation. Many people who have been desperate in some circumstance in life have found that a few moments in the Word of God have given them a new hope and motivation for coping.

The pastor who is constantly encouraging his people to use the Bible to orient themselves in their daily living will be using one of the most powerful resources that he has at his disposal. Therefore, we can affirm that the Bible will be helpful to people.

*Christian service.* – Service in the Kingdom can help people to find meaning in life. Jesus told about the demon that had possession of a man. Upon being cast out of the man, he wandered about without finding any place to lodge. He decided to return to the life of the person from whom he had been cast out. Finding the house empty, swept, and adorned, the demon returned with seven other spirits, and took possession of the house (life) of the person. Jesus commented that the final state of the house was worse than the first (Matt. 12:43-45). This story is helpful for us in encouraging people to keep their lives filled with positive activities in order to avoid the emptiness and corruption that might occur when the house is unoccupied.

Many people become frustrated because they do not have enough to do in life. This is especially true of some women who have always dedicated themselves exclusively to their home and their children. When the children are gone from home, they find that they have time on hand that they had not previously had. They find their way to the pastor's office and talk about the emptiness that they feel in their lives. The pastor will be able to show them opportunities for service in the community and through the church which will fill up their time and at the same time cause them to focus their attention upon other people and away from themselves.

This will be the case for many people. The wise counsellor will have a series of activities that he can suggest to the church members and others who seek help. He can "prescribe" these activities for those whose problem seems to be lack of involvement and the need to look beyond themselves. Local hospitals, both general and surgical, can frequently use volunteers who may be able to render valuable service to people in need.

Other possibilities are to encourage people to get involved in the many organizations of the church. Most every church has a large number of positions that need to be filled by volunteer workers. Depending upon the needs of the people, the pastor can encourage some to do the mechanical aspects of work, and others to be involved with people. When one makes an investment in some phase of the church programme, he is automatically more interested in and more committed to the church. This gives him personal satisfaction and serves as a channel through which he can use his talents in service to the Lord. This should be considered as healthful service in the Kingdom of God. It

*What is the purpose of the story given in Matthew 12:43-45?*

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*(Compare your answer with the text.)*

*Is the following statement true or false?*

*The busy pastor has no time to listen to people who have loads of time on their hands and nothing to do.*

*(false)*

*A wise pastor will have a series of \_\_\_\_\_ to suggest to those seeking his \_\_\_\_\_.*

*(activities, help)*

should not be looked upon merely as a channel of therapeutic service because someone needs some outlet in order to cope with his boredom. If the service can be rendered out of *agape* love, then it will not be done just from an egoistic base.

*Involvement with family.* – Most people find that life is highly enriched through family involvement. Having children, and seeing them grow up to become normal adults who make positive contributions through their work, their participation in church activities, and their rearing their own children, brings deep satisfaction to most people. Much frustration comes in cases where there is marital conflict, or where the children are rebellious and create problems. For this reason it is imperative that the pastor recognize that the family unit is a source of meaning in life for many people. Also, he will see that their unhappiness usually springs from difficulties in these relationships.

Much of the pastor's time will be spent in helping people to find meaning in life through promoting harmonious family relationships and activities. Another section of the book will be dedicated to the different phases of family counselling, but it should be mentioned here that this will be a resource that the pastor can call upon in helping people to find significance in living. Most people who experience relative happiness in marriage and family relationships will also be emotionally healthy and be able to be normal and productive in other aspects of their living. The wise pastor will build into his church programme an abundance of activities which involve all the family at different times. This can be preventive medicine for the members of his congregation. From the time of pre-marital counselling, through the different stages through which people pass in normal development, and on into the mature years of living, people need what the church and the Christian faith can offer in wholesome activities to enrich family life and family relations. Many people can be attracted to the church through wholesome family activities.

At the same time the wise pastor will be constantly in contact with his young adult members who are getting settled in their jobs or professions, and who are advancing in their studies. There are many goals that the young married couple will have at this time, and the pastor will make himself available to them in encouraging them to be faithful in the church programme as well as helping them to achieve their goals. Many times the pastor will have contacts with significant people who can be instrumental in helping people to develop in their fields of work. He should not be hesitant to help his people to get into key positions of leadership in any company or institution, because this will mean increased opportunities to serve the Lord through their vocation.

At times the pastor will be called upon to counsel a person who obviously is misplaced in the work that he is doing. Sometimes help in this context involves encouragement to consider making a move in a new direction. This may mean taking the "leap of faith" which will open doors to new opportunities in the future.

Most people find that life is highly \_\_\_\_\_  
through \_\_\_\_\_ involvement.

(enriched, family)

The wise pastor will build into his church  
\_\_\_\_\_ an abundance of activities to  
\_\_\_\_\_ all the family at different times.

(programme, involve)

Is the following statement true or false?

The pastor encourages the young adults in his church to be faithful to the church programme, but he need not be concerned with helping them meet their life goals, since these are not spiritual. \_\_\_\_\_

(false)

## Insight as a Goal in Counselling

### Definition of insight

Insight may be defined as the emotionally charged experience of discovering that the different aspects of our behaviour, previously unrelated and confusing from our perspective, become understood within the framework of our total person and activity. The pastor will wisely invest a great deal of time in helping people to gain insight into the way that they function and the factors that are underneath the surface that affect their situation. It is a thrill to see the lights "turn on" when people suddenly discover things about themselves which they had not before realized. The facts have been present all along, but suddenly the discovery of the new relationship of one symptom to another opens a new panorama for the person. He or she develops a new perspective which helps him to cope more effectively.

*The discovery of things about oneself that one has not realized before is known as \_\_\_\_\_.*

*(insight)*

Carroll Wise describes the process of gaining insight in counselling as the creation of an emotional relationship and process with another person that permits the communication of life experience, the release of negative feelings, and the growth of positive feelings.<sup>2</sup>

### Importance of relationships

It is significant that the relationship is mentioned as fundamental in the achieving of insight. This means that other people help us to see ourselves in a dimension that we had not previously realized. This comes through contact with people with whom we can remove our masks and reveal to them who we really are. Most people keep their defences high and their masks in place in all relationships; it is only with a few significant people that we are able to let go and be who we really are. But insight comes only as we are able to know and be known by other people in these meaningful relationships.

*Other people help us to see ourselves in a \_\_\_\_\_ that we had not previously \_\_\_\_\_.*

*(dimension, realized)*

The release of negative feelings is significant as a facet of insight. Negative feelings tend to obstruct relationships and the flowing of feelings which permit us to communicate on a significant level and relate to others in ways that are meaningful. It is like the debris that collects in the river and prohibits the free flowing of the current. It is only as one is able to clear out all the debris that the water can flow freely. This in a sense is the same situation in interpersonal relationships. When we are able to flush out all the doubts, conflicts, anger, resentment, anxiety, fear, and other elements which cause emotional roadblocks; then we are able to move forward more freely in relationships which are significant.

*Negative feelings tend to prevent us from communicating to others on a \_\_\_\_\_ level and from relating to others in a \_\_\_\_\_ way.*

*(significant, meaningful)*

As negative feelings are expelled from our thought patterns, we will thereby have room for the positive feelings to grow and have their permeating influence in our lives. The role of the pastor and the counsellor in this process is to create the climate in which the parishoner will feel free to level with him. This may require a series of conferences over a period of weeks, because it comes about through a gradual process. It may be the result of a series of meetings

which the pastor will have with his parishoners over a period of years. The pastor will constantly be building relationships with his members so that when a crisis arises they will not feel hesitant in seeking him out for help.

Insight is not something which the counsellor gives to the counsellee; it is discovered through the skillful guidance of the counsellor. The counsellor leads the person up to the threshold of the new understanding, and then retreats in order for the counsellee to discover the truth for himself. The counsellee may shout "eureka" and feel ecstasy over the new understanding which he has discovered.

Many pastors erroneously think that if they can give a clear intellectual interpretation of what is happening in the life of the counsellee, then this will comprise insight. But this is not the case. Many times people will resist intellectual interpretations, or will react with a "So what?" attitude. On the other hand, when the climate is created in which the person can move forward on his own power in a non-threatening manner, the person will be free to let truth invade his being and will rejoice in the newly discovered truth about himself or herself.

### **Significance of insight**

Through insight the person is able to see the relationship between cause and consequences in a way which he has not understood previously. For instance, one woman was struggling with her impatience with others who always arrived late for the meetings and other activities. This person had an internal compulsion to arrive early, begin on time, and finish quickly the things in which she was involved. Through a series of exercises she was led to see that this compulsion was a result of early training and drill which she had received in which getting to meetings on time was considered to be of supreme worth. She was able to relax, be less compulsive, and let others be less prompt when she discovered that she really did not like to have to live up to the expectations which had been placed upon her from early childhood.

Another person discovered the cause of the uneasy guilt feelings which he had when he was at play. Even though it was legitimate time off and when he was free to spend his time as he pleased, he had that uneasy feeling about anything that he did which was not directly related to work. He was helped to see that the extreme poverty in which he was reared necessitated constant work on the part of his father and all the children. They were never able to take a vacation or relax for even a short time. The impact of these early years had left their marks upon his own internal time schedule, so that he was uneasy when he was not at work.

### **Clarification of Values**

Those who work in the field of behaviour sciences have given us a new understanding of the significance of the sense of values that each person develops and how these values affect decisions that persons make in other aspects of

*Insight is discovered through the skillful guidance of the*

*(counsellor)*

*One is able to see the relationship between cause and consequence through*

*(insight)*

life. Our sense of values is a result of the messages which we are given by others from the time of birth. We are taught that certain activities are very important, and the performance of these activities are almost a ritual. When asked why we do them we are hard put to give an adequate, logical explanation. We simply do it because we were taught that this is important from early childhood. These values form the basis of our person, and affect us as we relate to others throughout life. Our inner sense of oughtness regarding worship on Sundays, our sexual morals, and the way we spend our money, are all illustrations of how our sense of values controls us.

These values contribute to the goals that we have in life. Our impulses and drives are controlled by them. They affect the way we relate to other people and what we strive to achieve. Sometimes we find ourselves enveloped in inner conflict and our relationship with others may be strained. In the process of seeking help we may discover that forces which previously had been unrecognized were at work in our lives. We are able to clarify our values and synchronize our actions with them or alter our sense of values to a more realistic standard and level of expectations.

All these values contribute to the development of the emotions that either enrich or impede positive interpersonal relationships. Some people relate to others in confidence, love, and mutuality. Others relate with suspicion, resentment, and jealousy. Why this difference? The gaining of insight in this area can dissolve the barriers which have impeded positive interpersonal relationships with others through the years. Through counselling a person will suddenly discover the causes of his attitudes and put meaning into what has happened to him in the past. The counsellor will serve as a sounding board and reflect what the counsellee is saying. In this way the counsellee works through his own situation and determines the changes which seem to be indicated in order to be able to function more effectively and to live more peacefully with himself and others.

**Levels of insight**

Carroll Wise mentions four levels of insight:<sup>3</sup> (1) the awareness that something is wrong, that a problem exists, and that help is needed; (2) the recognition that one's life structure has contributed to the issues that are involved in the problem; (3) the attainment of an understanding of one's own feelings and motivations, and their consequences in his life, and how changes which he can make may affect his life situation in a positive manner; and (4) the solution to the problems. Let us take a closer look at these four levels.

Many people are unhappy with their situation in life, but most people are not unhappy or miserable enough to do something about it. People are motivated to seek help only when suffering becomes intense or some other crisis occurs which threatens one's well-being. The person decides to look for new alternatives. Sometimes the problem may be

*Our sense of values is a result of the \_\_\_\_\_ which we are given by \_\_\_\_\_ from the time of \_\_\_\_\_.*

*(messages, others, birth)*

*Our values help either to enrich or to impede positive \_\_\_\_\_ relationships.*

*(interpersonal)*

*List the four levels of insight mentioned by Carroll Wise.*

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*(Compare your answers with the text.)*

evident to others, but ignored by the person. At other times it may be very real to the person involved, but hidden from the knowledge of the general public. The pastor can be active in taking initiative to make himself available to people who have difficulties. Sometimes he can preach sermons which will awaken a desire on the part of the people to seek help. At other times his gentle insistence during a pastoral visit will open doors to helping. The pastor must be aggressive enough to take risks now and then, but he should also be sensitive enough not to pry open doors that are not yet ready to be opened. He may gently offer help which will be accepted at some future time when the person will be ready to talk about his problem.

The pastor will be called upon to help in solving surface problems, when many times the people need help in areas that are more serious and more deeply ingrained. Even though the pastor and people are aware of this need, it is not always propitious for the pastor to force himself upon them. The doctor may see that a patient needs surgery but until that patient consents to this procedure, the doctor will try to assist by relieving symptoms in other ways. The wise pastor will be alert to pick up signals from his parishioners that they are calling out for help. Many times his visit will cause needs to surface, and he will be able to help momentarily. He should be ready to go as far as he can in each of these circumstances, but not attempt "major surgery" upon every person he meets. Wise emphasizes that we cannot make people aware of their needs. "People will become aware of their needs according to their own strength, and also according to the understanding and acceptance that is shown to them in their relationships to another person."<sup>4</sup>

The second level of insight moves into the area of the life structure of others in order to understand the issues involved in their problem. This focuses upon relationships with others in the world of the counsellee. Projection is a common occurrence at this level. Most people tend to feel that their problems are caused by others. They tend to blame their employer, their spouse, their children, or someone else for each of the problems. The wise pastor will ask how the counsellee may have contributed to the problem if, after several minutes, there is no reference to one's own participation in the difficulty. This will help the person to recognize that there is some personal responsibility in each of the problems that one has.

The third level of insight is when the person has developed to the point of recognizing that he himself has contributed largely to his own situation. He can recognize his own feelings and motivation in behaviour, and can begin to make decisions which will change his way of relating to others, and thereby change his world. The person is able to claim his own feelings and take responsibility for them and how they affect himself and others. One discovers that his own actions create anticipated results, and can thereby control his actions in order to acquire more desirable results.

The pastor can take the \_\_\_\_\_ to make himself available to people who have \_\_\_\_\_

(initiative, difficulties)

The wise pastor will be alert to pick up signals from his parishioners that they are calling for \_\_\_\_\_

(help)

This focuses upon \_\_\_\_\_ with others in the world of the \_\_\_\_\_

(relationships, counsellee)

The third level of insight is when the person has developed to the point of recognizing that he himself has contributed largely to his \_\_\_\_\_ situation.

(own)

Understanding motivation in behaviour is to take the first step towards altering it. "Insight into motivation involves understanding the needs, the drives, the anxieties, the feelings of hatred and guilt, and the various defenses which are set up in relation to these feelings."<sup>5</sup>

The fourth level of insight involves the solution to the problem. Here the person must be given the freedom to make his own choice. Imposing our solution of the procedure that we would follow in solving a problem will be ineffective. We must affirm the counsellee's capacity to decide for himself the course of action that he will follow, in order to achieve the solution that he seeks. Sometimes the person will choose to work on changing his personality. At other times the person will develop new friends and other personal relationships, or change the place of employment in order to be able to live with a greater sense of happiness and fulfilment.

The pastor will seek to avoid being paternalistic in helping people to achieve insight, because this eventually elicits resentment on the part of the helpee. Paternalism breeds dependence, and the wise pastor will avoid permitting people to become dependent upon him. He will give people freedom to make the decisions which will help them to move towards the best solutions to their difficulties. The counselling process is not one in which the people seek specific advice from the pastor; rather they are helped to explore resources within themselves and to consider factors which they may have overlooked. Sometimes inner conflicts paralyze the individual, and through counselling he is able to function again.

Circle the correct response.

Understanding motivation in behaviour has no effect in altering it. true false  
(false)

The solution to the problem is the fourth level of

(insight)

Is the following statement true or false?

The counselling process is one where people are helped to explore resources within themselves and to consider factors which they may have overlooked.

(true)

#### Footnotes

<sup>1</sup>Victor E. Frankl, *Man's Search for Meaning* (New York: Washington Square Press, 1963), p. 153.

<sup>2</sup>Carroll A. Wise, *Pastoral Counseling: Its Theory and Practice* (New York: Harper & Bros., 1951), p. 116.

<sup>3</sup>*Ibid.*, pp. 125-130.

<sup>4</sup>*Ibid.*, p. 123.

<sup>5</sup>*Ibid.*, p. 127.

#### Recommended Reading

C. W. Brister, *The Promise of Counseling*. New York: Harper & Row, 1978.

Paul W. Pruyser, *The Minister As Diagnostician*. Philadelphia: Westminster Press, 1976.

### Home Study Exercise

**Basic activity**(Levels 1,2, and 3). After reading the study guide text, answer the following questions.

1. What does Dr. Giles mean by the terms "integrated life"?\_\_\_\_\_

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2. Show how Matthew 6:33 is related to the concept of integration as defined by Dr. Giles.\_\_\_\_\_

\_\_\_\_\_

3. How does Matthew 22:37-39 help the pastor in his counselling? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. How is the New Birth related to the principle of integration? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. What did Victor Frankl discover out of his imprisonment? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. How may one find meaning in life? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. How may Christian service contribute to giving meaning to one's life? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. What can the pastor do to help people enrich their lives within their family circles? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. Define insight. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. Why is the release of negative feelings important to gaining insight? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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11. How does the counsellee gain insight?\_\_\_\_\_

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12. What is the significance of insight?\_\_\_\_\_

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13. How do our values affect our interpersonal relationships?\_\_\_\_\_

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14. What are the four levels of insight given by Carroll Wise?\_\_\_\_\_

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15. Name three goals in counselling given in this lesson.\_\_\_\_\_

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16. What are the aims of this lesson?\_\_\_\_\_

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**Supplementary activity**(Levels 2 and 3). Read pages 132-46 in *Pastoral Care in the Church* and answer the following questions.

1. Write your reaction to the following statement made by Dr. Brister. The pastor “should strive to transcend the need to dominate decisions and control church affairs.”
2. List four needs that are fulfilled when people join a particular church.

3. State what the author means by the “small group.”
4. List three occasions when group behaviour is purposeful.
5. List five principles given by the author for leading a group in the church.

**Advanced activity**(Level 3). The following activities are based upon the Supplementary reading assignment.

1. Describe effective pastoral administration as set forth by Dr. Brister. Do you agree with this concept? Why or why not?
2. Why is belonging more essential than merely attending?
3. What are two perspectives from which groups within the church can be viewed?
4. What value can small groups have for spiritual development in church life?

### **Seminar Discussion**

1. Discuss the concept of the “integrated life.”
2. Discuss how to find meaning in life.
3. Discuss the process of gaining insight.
4. What are the goals in counselling given by the author? Do you agree with these goals? Are there any goals you would suggest to be added to the goals discussed in the text? What is the importance of setting goals for counselling?