

CHRISTIAN COUNSELLING

Overview for the Church

- Counselling plays a vital role in supporting people with emotional and mental health challenges. This seven-session course provides an overview of counselling, with a particular focus on the Christian approach. Years ago, a group of Christian professionals founded the Association of Christian Counsellors (ACC) to establish the legitimacy of Christian counselling. Today, it stands as one of five approaches officially recognized by the government.
- This course offers valuable insights into the principles and effectiveness of Christian counselling. It serves as a helpful resource for lay pastors, and anyone involved in caring for people within the church. We will also explore some of the more complex and sensitive issues that can arise in church settings.
- This is a basic course in Christian counselling based on the mentoring model for people who require a basic understanding in Christian Counselling. For a professional counselling approach contact with diploma and degree.
- Association of Christian counselling for a list of professional counselling courses approved and with a recognised diploma or degree
- See Waverly Abbey for Courses
- Outline of basic course material for a Christian Course
- 3 modules of 7 sessions each

Module 1 General Biblical Counselling

Session 1

- Uniqueness of Christian counselling
- Roll of a counsellor
- Questions for this session

Session 2

- Secular approaches to Counselling
- Methods used in the counselling process
- Transference and Projection
- Understanding brain programming
- Questions for this session

Session 3.

- Understanding the issues problems
- Personality disorders
- Upbringing problems
- Addiction issues
- Self-control issues.
- Questions for this session

Session 4 Stress the route of all mental health problems

- Stress understanding the science
- Problems of HSP (Highly sensitive Personality)
- Empathy and moral compass current understanding
- Basic stress busters
- Importance of person-centred approach.
- Questions for this session

Session 5 Forgiveness and Holy Spirit

- Forgiveness and confession
- Roll of Holy Spirit in Christian Healing.
- Baptism of Fire in healing (supernatural healing and rewiring etc)
- Understanding Deliverance
- Questions for this session

Session 6 Diagnosing the issues

- Personality
- Is it for Deliverance
- Prayer ministry
- Wounds from past
- Brain chemical problems
- Counselling
- Discipleship Questions for this session

Session 7

- Finding the right counsellor
- Maintaining your healing
- Living with my personality
- Christian Tools for dealing with enemy
- Temptation and sin
- Importance of Christian community
- Questions for this session

Module 2 Pastoral counselling

Session 1

- Roll of a pastor in helping people
- Who does the pastoring in a community
- Can all people pastor others
- Things you need to be a pastor
- Questions for this session

Session 2: Roll of empathy in counselling

- Empathy the tool of healing
- Different types of empathy
- Are some people not capable of empathy
- Questions for this session

Session 3: Are some people helped but not healed

- Do some people never change
- Churches responsibility for the poor and needy
- Support networks for churches
- Church as a caring support network
- Questions for this session

Session 4: Managing different personalities

- Can people with autism relate with God
- Can Psychopaths become Christians
- Pastoring people with personality disorders
- Holy Spirit enables change
- Questions for this session

Session 5: Dementia and Christianity

- Understanding what dementia is
- Different diagnosis for dementia
- Ministering to people with dementia
- Are people with end stage dementia gone.
- Where is their spirit/holy spirit in them
- Questions for this session

Session 6: Praying for the sick

- Should we pray for healing for everyone a one stop shop
- 6 reasons why people are sick
- Diagnosing why people are sick
- Hearing from God
- Gifts of the Holy Spirit
- Questions for this session

Session 7 Ministering to the Dying

- Determine that people are dying
- Counselling people who do not accept they are dying
- Name in the lambs book of life
- Sharing faith with dying people
- Is it right to challenge those who are dying without Christ
- Questions for this session

Module 3 Holy Spirit in Counselling

Session 1: Prayer ministry in counselling.

- Counselling on steroids
- Models of prayer ministry
- Relying on the Holy Spirit
- Relationship with Father, Jesus, Holy Spirit
- Questions for this session

Session 2: Dealing with the demonic in counselling

- Demons how they manifest today
- Ways of doing deliverance
- Are manifestations always a sign of the demonic
- Ways of demonisation and its control of Christians
- Questions for this session

Session 3

- The six reasons why people are sick.
- Should I always pray for healing
- Is it right to pray with hope not faith
- How do we know what Father God wants
- Questions for this session

Session 4

- Biblical Gifts in prayer ministry natural/supernatural
- Ways of knowing if things said are right and wrong
- Prophetic gifts in counselling.
- Discernment gift.
- Questions for this session

Session 5: Dangers in prayer

- What are the dangers in prayer ministry
- When there is no change
- Operating out of flesh or spirit.
- Abuse in prayer ministry
- Questions for this session

Session 6: Problems with faith.

- Bible and Faith
- How do you get faith
- Why do we not see healings like Jesus today
- Understanding difference between natural placebo faith and Gods faith

Session 7: Healing the Healer, getting paid

- Am I healed and in God annual check up
- Understanding my own limits, putting in boundaries
- Paid or unpaid work is there a difference
- Professional or lay work
- Church leaders who are unhealed
- Questions for this session