

## THE PASTOR AS COUNSELOR

Introduction: Both preaching and counseling necessary for effective ministry.

### I. What is Pastoral Counseling?

A suggested definition, adapted from Clinebell.

Pastoral Counseling is the utilization, by a minister, or other Christian, of a one-to-one or small group relationship to help people handle their problems of living more adequately and grow toward fulfilling their potentialities. This is achieved by helping them reduce the inner blocks which prevent them from relating in need-satisfying ways to God and others. The process involves the impact of the minister's Christian personality and life, the Word of God, and the insights of counseling technique so that God may draw the counselee to Himself and lead him to the more abundant life.

### II. The History of Pastoral Counseling

### III. Why is Pastoral Counseling important today?

1. To whom do people turn when they need help?
2. Magnitude of the mental health problem.
3. Magnitude of Spiritual problem.

### IV. In what sense is the minister competent to counsel?

1. Growing discontent with psychiatry.
  - a. pragmatically
  - b. theoretically
    - (1. Carl Rogers
    - (2. O. H. Mowrer
    - (3. William Glasser
    - (4. Eric Berne (Harris)
    - (5. Jay E. Adams
2. The minister's key role in mental health

### V. Effective Pastoral Counseling

1. The key: the minister's personality - warm, loving, empathetic
2. The development of a personal differential methodology

A Brief Bibliography

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