

METHODS IN BIBLICAL COUNSELING  
ESTABLISHING GOALS, PROGRESSION & FINESSE OF YOUR COUNSELING CASE

Introduction:

I. Goals

A. The goals your counselee brings into the room.

Consequences:

Goals:

*Ex: Have a bad marriage → Relate better, improve communication and/or fix my spouse*

*Ex: Panic Attacks → Feel better*

*Ex. Alcoholism → Stop drinking*

*These goals may not be bad, but do they go far enough? Are they the whole picture?*

B. The goals that you have for your counselee.

*Ex: Glorify God regardless of feelings or circumstance*

II. Progression

Moving in a direction and I should know where I am and where I want to go next. There need to be clear steps of progression.

Let's say we are trying to get from Iowa City to Des Moines going down I-80. For us to get to Des Moines, we would have to go through a number of checkpoints. We would get to Williamsburg, then Grinnell, then Newton, then Altoona and finally Des Moines. At each checkpoint, we would know that we are heading the right direction and that we have to get to those check points to make it to our final destination.

Our counseling sessions are the same way. To get to the destination of seeing a restored, missional disciple who is making disciples, we have to walk through various checkpoints in counseling.

Step 1: What is getting on I-80?

- Getting on I-80 is representative of setting the foundation for moving forward in counseling. This includes the counselee understanding Rom 8, 1 Cor 10:31 and I Peter 2 (Identity, Walking in the Spirit, Purpose as a Christian)

*Note: Setting these foundations ("Getting on I-80") this can take anywhere from 1-5 introductory sessions. Keep their presenting problem in view, and begin to address these foundations in terms of their situation. This is loving, because it gives them hope for the issues that brought them to counseling.*

Step 2: What is my Williamsburg?

- When a counselee understands their issues and why they are in counseling, we are at Williamsburg. In other words, this is when they understand where the source of their problem lies and own their role in that.

*Note: For some, Williamsburg may be their last stop. Like the rich young ruler, some decide at this point that this is not what they were looking for, and leave. At this point, we must encourage the counselee towards truth, and if they still do not want to continue, release them into the hands of the God who changes hearts.*

Step 3: What is my Grinnell?

- Knowing how to change Matt. 7:3-5
- Knowing how to repent/forgive Eph. 4:22-24, Dan 9
  - \* What they are repenting of?
  - \* Why are they repenting? Do they have worldly grief, or godly grief?
  - \* How are they repenting? Are they truly repentant?

Step 4: What is my Newton?

- Knowing and practicing "put off/ put on" Eph 4:23-24
- Knowing and practicing "one anothers"

We are looking for the discipleship steps that our counsees need to take to be best prepared to live out their purpose in Christ.

Step 5: What is my Altoona?

- Summary of the counseling .
- Six Month Growth Plan

Step 6: What is my Des Moines?

- Graduation and living missionally .

III. Finesse .

**Because people are different we have to remember:**

Sometimes when driving to Des Moines you have to stop at a rest stop.

Sometimes you need more fuel.

Sometimes you have to go back and make a U turn because you found you are not headed where you thought.

What happens if you pull out from a rest stop on Grinnell only to find out that the person you are counseling needs to go back to Williamsburg?

Final thoughts:

1. Always present road map to the counselee of where you are headed.
2. Make sure you are at a destination/checkpoint before you move on.
3. If you have to go back then go back .
4. Celebrate the checkpoints and wins .