

## **Principles of Counseling - Part 3**

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### I. Phase 3: Expression

A. Our confidence in others should be rooted in understanding their God-given goodness, knowledge, and ability to instruct one another. (Romans 15:14)

B. Phase of communication and control.

C. Three fold assignment:

1. Accept what is said.
2. Clarify what is said.
3. Analyze what is said.

### II. Accepting what is said.

A. In this phase, the counselee will be insecure that will usually lead to a cure.

B. You want to reduce the tension in stages.

C. When working with couples, start meeting with them individually and then move to sessions together.

D. Sympathy is primarily subjective, is one-way, means to suffer with, concerned about your own feelings, emotional expression, superficial.

E. Empathy is primarily objective, is two-way based on reciprocity, means to suffer in, concerned about another's feelings, emotional identification.

F. It is more important to develop empathy than sympathy.

G. Christ can sympathize with our sin and therefore we can obtain grace. (Hebrews 4:15-16)

H. He who had no sin was made sin for us. (II Corinthians 5:21)

I. We are called to be professional in our outlook but not professional in our attitude.

J. When we need wisdom, we can ask God and there are no strings attached. (James 1:2-5)

K. God remembers that we are dust. (Psalm 103:14)

L. We are called to follow God regardless of where or who He calls us to. (Ezekiel 2:1-3:15)

M. Our hearts reflect the hearts of others. (Proverbs 27:19)

### III. Clarifying what is said.

A. Look and listen. People can think four to twelve times faster than others can speak.

B. We have to be careful about looking and not listening.

C. Listen for three things:

1. What is said (content).

a. Learn to listen without ever taking a note.

2. How it is said (feelings).

a. If you always know what is normal, you will be able to recognize the abnormal.

3. Non-verbal communication.

a. We tend to interrupt when listening is most important.

b. The critical time to listen is right after a period of silence.

c. Keep quiet. Embrace silence.

D. Always ask questions. But only ask a question when you know *why* you want to ask the question. Different types of questions:

1. Gain information - move from factual questions to feeling questions.

2. Clarify issues - convey that you are confused, not the counselee.

3. Raise issues and provoke thinking.

4. Test comprehension.

5. Build toward action - put the responsibility on the counselee. What is your plan?

6. Confrontation - rare and can only be used after you've built much rapport.

### IV. Analyzing what is said.

A. Don't feel pressure to analyze what you hear on the spot. Instead, listen to what the counselee says and allow yourself to examine the clues later.

### V. Phase 4: Insight.

A. Phase of perspective and revelation.

B. Biggest question is whether the counselee is ready to receive the insight.

C. Steps of insight phase:

1. Counselor indicates possible courses of action along with implications.
2. Evaluate in terms of results.
  - a. Advice is least effective when:
    - 1) Counselor's advice does not produce predicted result.
    - 2) Counselee does not take advice and is too embarrassed to continue counseling.
    - 3) If the advice brings good results, the counselee may increase dependency on the counselor.
3. Interject Scripture at points of insight:
  - a. Don't multiply Scriptures - make them meaningful.
  - b. Our knowledge of the Word does not help others. Our knowledge of the Word only helps others when it solves their problem.
  - c. Give divine perspective on human problems.