

A Transformational Approach to Counseling

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Abstract

► This presentations overviews the newest approach to counseling and faith integration, the transformational approach. A discussion will ensue concerning the basic assumptions of the approach and its application to a clinical setting .The presentation will end with a discussion about the approach's strengths, weaknesses, and applying it in a personal counseling and faith integration approach.

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Introduction

- The Basic Assumptions & Tenants (Part 1)
 - A Definition
 - The View of a Person
 - A Definition of Health & Pathology
 - The Goal
 - The 5 foundations
 - The Person, The Process, & The Product
- The Clinical Setting from a Transformational Approach (Part 2)
- Toward an Integrative Christian Counseling Approach (Part 3)



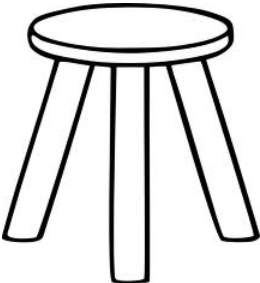
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The Basic Assumptions & Tenants (Part 1)

A Transformational Approach: The Basic Assumptions – A Basic Definition

► Transformational approach mingles:

- Mental health
- Spiritual direction
- Christ-centered approach to spiritual transformation

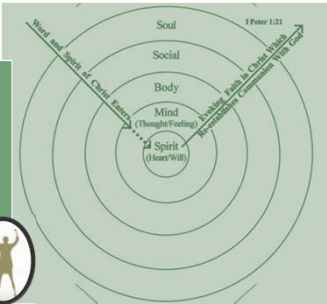


► Moon, 2012

A Transformational Approach: The Basic Assumptions – The View of the Person (Willard, 2002)

6 aspects of the human being:

- Spirit
- Mind
- Body
- Social
- Soul

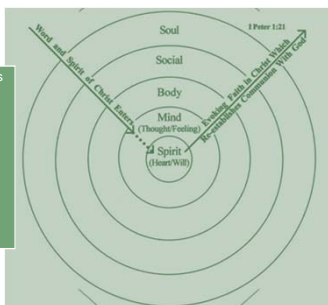


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A Transformational Approach: The Basic Assumptions – The View of the Person (Willard, 2002)

This model illuminates the 5 things that humans can do:

- Think
- Feel
- Behave
- Interact
- Choose

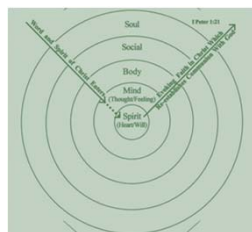
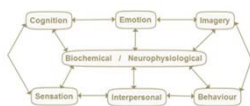


A Transformational Approach: The Basic Assumptions – The View of the Person

Sound familiar?



A Transformational Approach: The Basic Assumptions – The View of the Person (Willard, 2002) & BASIC ID (Lazarus, 1981)



A Transformational Approach: The Basic Assumptions – The View of the Person (Willard, 2002) & BASIC ID (Lazarus, 1981)

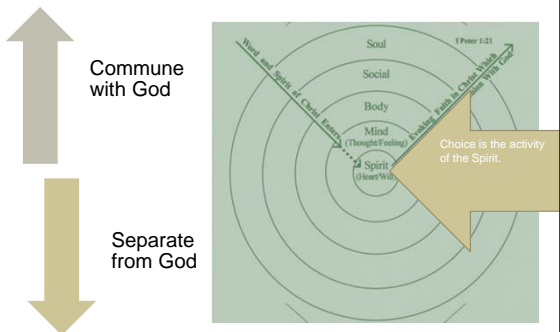
BASIC ID (Lazarus, 1981)

- › **B** Behaviour
- › **A** Affect (emotions)
- › **S** Sensation (touch, smell, sight, hearing, taste)
- › **I** Imagery (thinking in pictures, self-image)
- › **C** Cognition (thinking in words, beliefs, attitudes, opinions, thinking styles)
- › **I** Interpersonal (how we relate to others)
- › **D** Drugs & biology (medications, substances, diet, exercise, general health, sleep)

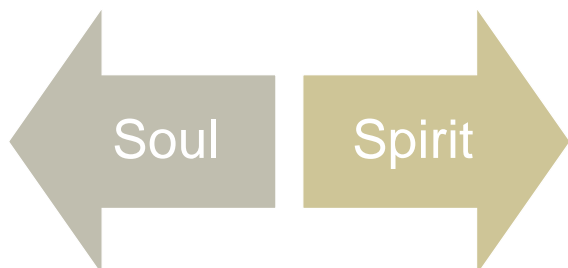
The View of the Person (Willard, 2002)

- › Body (action, interaction with the physical world)
- › Mind (images, concepts, judgments & sensations, emotions)
- › Social (personal and structural relationships with others)
- › **Spirit (choice, will, heart, decision)**
- › **Soul (the integrative factor of all other elements)**

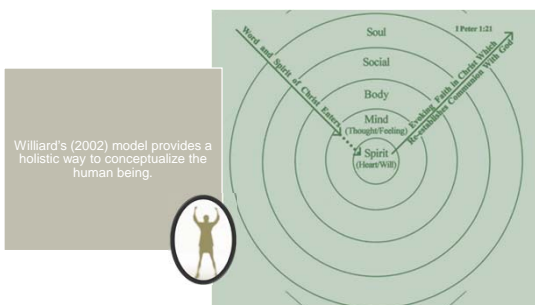
A Transformational Approach: The Basic Assumptions – The View of the Person (Willard, 2002)



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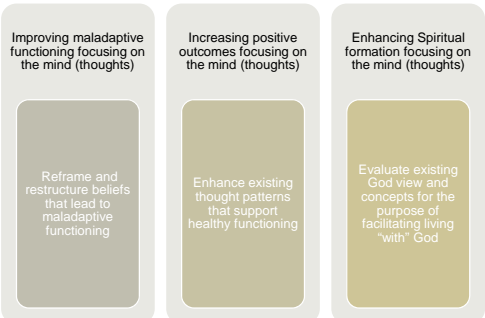


A Transformational Approach: The Basic Assumptions – The View of the Person (Willard, 2002)

Each component can be viewed as an element that needs to be focuses upon for the purpose of (Moon, 2012):

- Improving maladaptive functioning
- Increasing positive outcomes
- Enhancing Spiritual formation

A Transformational Approach: The Basic Assumptions – The View of the Person (Willard, 2002)



► Moon, 2012

A Transformational Approach: The Basic Assumptions – The View of the Person

Sound familiar?



A Transformational Approach: The Basic Assumptions – The View of the Person (Willard, 2002) & BASIC ID (Lazarus, 1981)

Example MultiModal treatment plan for a client with depression.

Behaviour	<ul style="list-style-type: none"> Stays in bed stays home - minimal contact with friends and family Do little 	<ul style="list-style-type: none"> Specific behavioural goals Increase contact and time with others Activity scheduling
Affect	<ul style="list-style-type: none"> Depressed, sad Guilt feelings 	<ul style="list-style-type: none"> Explore triggers and associated thoughts Encourage positive activity (mastery and pleasure)
Sensation	<ul style="list-style-type: none"> Tiredness 	<ul style="list-style-type: none"> Relaxation Listening to inspiring music
Imagery	<ul style="list-style-type: none"> Poor self-image, recurring images of past events and possible future 	<ul style="list-style-type: none"> Confidence & coping imagery
Cognition	<ul style="list-style-type: none"> Negative filter Self-critical thoughts 	<ul style="list-style-type: none"> Challenge unhelpful thoughts and thinking styles Distancing & Refocus of attention
Interpersonal	<ul style="list-style-type: none"> Passive behaviour Avoids social contact 	<ul style="list-style-type: none"> Assertiveness Increase social contact, social skills
Drugs / biology	<ul style="list-style-type: none"> Takes anti-depressants Uses alcohol to feel better sometimes No physical exercise 	<ul style="list-style-type: none"> Monitor and reduce alcohol use Increase physical activity

Example taken from: <http://www.getselfhelp.co.uk/mmt.htm>

A Transformational Approach: The Basic Assumptions - Goal

“...the goal of a nuanced transformational counseling model is for the client to reconnect with God in a deep and profound way...to enter a transformational friendship with the members of the Trinity” (Moon, 2012, pp.144-145)



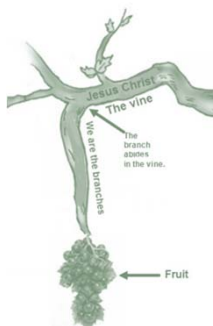
A Transformational Approach: The Basic Assumptions – Defining Health

► Clients are “nonceasing spiritual beings who will likely benefit greatly from aligning himself with the Creator of the universe in an ongoing and transforming friendship” (Moon, 2012, p.142)



A Transformational Approach: The Basic Assumptions – Defining Health

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” John 15:15 (NIV)



A Transformational Approach: The Basic Assumptions – Defining Health

► Health =

- Living in Christ
- Submitting to God
- Having a transforming friendship with the Trinity (John 17:3)

“Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.” – John 17:3(NIV)



A Transformational Approach: The Basic Assumptions – Defining Spiritual Pathology



- ▶ **Spiritual Pathology =**
- ▶ Living separate from God
- ▶ Life lived out of false self

A Transformational Approach: The Basic Assumptions – Defining Other Pathology



- ▶ **Other Pathology =**
- ▶ Defined in the DSM
- ▶ Maladaptive functioning

A Transformational Approach: The Basic Assumptions – The Foundations

▶ The “vision of the transformational model is...[for] each [counselor] to do the work of counseling afresh in the Spirit, grounded in reality and faith, open to other and earlier traditions but not in such a way that limits or hinders the personal process of doing counseling for themselves” (Coe & Hall, 2010a, p.201)

A Transformational Approach: The Basic Assumptions – 5 Foundations

Doing counseling within tradition

Doing counseling anew in the Spirit

Doing counseling grounded in reality, known by faith

Doing counseling as one single, yet complex study of reality in faith

Doing counseling as a science, both descriptive and prescriptive

► Coe & Hall, 2010a; Coe & Hall, 2010b

A Transformational Approach: The Basic Assumptions – 5 Foundations

Doing counseling within tradition

► Coe & Hall, 2010a

A Transformational Approach: The Basic Assumptions – 5 Foundations

Doing counseling anew in the Spirit

- Getting “behind the veil” of “good psychology”

► Coe & Hall, 2010; Coe & Hall, 2010a; Coe & Hall, 2010b

A Transformational Approach: The Basic Assumptions – 5 Foundations

Doing counseling grounded in reality, known by faith

- Doing counseling grounded in the realities of faith
 - Original sin
 - Indwelling of the Holy Spirit
 - The demonic

► Coe & Hall, 2010a; Coe & Hall, 2010b

A Transformational Approach: The Basic Assumptions – 5 Foundations

Doing counseling as one single, yet complex study of reality in faith

- The relating of two mutually exclusive areas, faith and counseling, in a manner that forms its own methodology

► Coe & Hall, 2010a; Coe & Hall, 2010b

A Transformational Approach: The Basic Assumptions – 5 Foundations

Doing counseling as a science, both descriptive and prescriptive

► Coe & Hall, 2010a; Coe & Hall, 2010b

A Transformational Approach: The Basic Assumptions – 5 Foundations

2 myths or 2 truths?



Scripture is the only place to find wisdom about living well in God

Counseling and the scientific method employed are solely descriptive in nature

Coe & Hall, 2010a

A Transformational Approach: The Basic Assumptions – 5 Foundations

2 myths



Scripture is the only place to find wisdom about living well in God

Counseling and the scientific method employed are solely descriptive in nature

Coe & Hall, 2010a

A Transformational Approach: The Basic Assumptions – 5 Foundations

“Transformational psychology affirms with Scripture that psychology as a of providing science is capable of providing prescriptions and wisdom for living” (Coe & Hall, 2010a, p. 208)

A Transformational Approach: The Basic Assumptions – 5 Foundations

- Observation and reflection upon the natural world (Proverbs 8: 22-31)



► “For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse.”

► -Romans 1:20

A Transformational Approach: The Basic Assumptions – 5 Foundations



► “My son, hear the instruction of thy father, and forsake not the law of thy mother: For they shall be an ornament of grace unto thy head, and chains about thy neck”

► Proverbs 1: 8-9(NKJV)

► “Listen, my sons, to a father's instruction; pay attention and gain understanding.”

► Proverbs 4:1 (NIV)

A Transformational Approach: The Basic Assumptions – 5 Foundations

► *The role of the Bible (God's revelation):*

► “Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom's instruction.”

► Proverbs 29: 18(NIV)



The Clinical Setting from a Transformational Approach – 5 Foundations Applied

The Product

The Process

The Person

► Coe & Hall, 2010a; Coe & Hall, 2010b

The Clinical Setting from a Transformational Approach – 5 Foundations Applied: The Product-Goals of Therapy

► "...the ultimate human end...all human pursuits and activities, including [counseling], are a means to union with God by which one loves God and neighbor and glorifies God" (Coe & Hall, 2010a, p. 212).

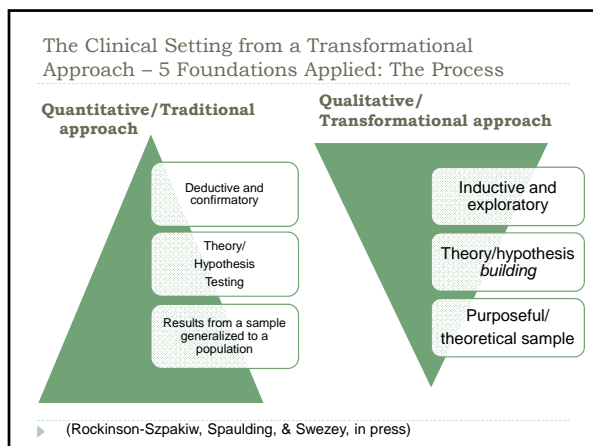


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The Clinical Setting from a Transformational Approach – 5 Foundations Applied: The Process



► Coe & Hall, 2010a; Coe & Hall, 2010b



The Clinical Setting from a Transformational Approach – 5 Foundations Applied: The Person-Role of the Therapist




- The counselor does the practice of counseling well to the degree that the counselor:
 - The counselor is transformed into the image of Christ through the indwelling of the Holy Spirit (The Person as Foundational)
 - The counselor uses his or her abilities to observe the reality of the client (The Process)
 - The counselor is capable of producing knowledge and wisdom that corresponds with reality and needed for transformation (The Product)

► Coe & Hall, 2010a, pp. 212, 213

The Clinical Setting from a Transformational Approach – 5 Foundations Applied: The Person

► “the psychological and spiritual health of the [counselor] determines whether he or she does [counseling] well in the love of God as [counseling] was intended” (Coe & Hall, 2010a, p. 214)



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The Clinical Setting from a Transformational Approach – 5 Foundations Applied

The Product

The Process

The Person

► Coe & Hall, 2010a

Section Summary

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Questions to Ponder

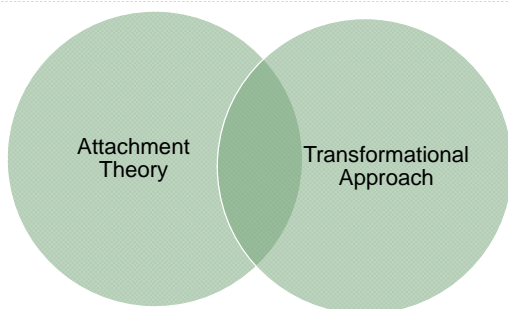
- "All truth is God's truth" (Carter & Narramore, 1979, p. 14). How does this apply in this model?



- Are there overlaps between counseling theories and this approach? If so, what are they? How would you overlay them on top of this approach or help you make sense of this approach?

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The Clinical Setting from a Transformational Approach – 5 Foundations Applied



The Clinical Setting from a Transformational Approach – 5 Foundations Applied

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