


A Transformational Approach to Counseling

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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)
 - ▶ 5 levels for implementation
 - ▶ Moon's Approach
 - ▶ Assessment
 - ▶ Change
 - ▶ Phases of Counseling (Praxis)
- ▶ Toward an Integrative Approach (Part 3)



The Clinical Setting from a Transformational Approach (Part 2)

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

The Clinical Setting from a Transformational Approach – 5 Foundations Applied

The Product

The Process

The Person

► Coe & Hall, 2010a

The Clinical Setting from a Transformational Approach – 5 Foundations Applied



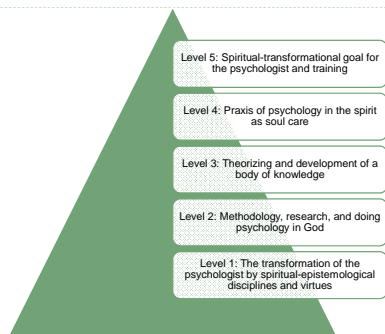
The Christian final-end thesis

Transformational psychology thesis

The spirituality –ethics of epistemology and science thesis

► Coe & Hall, 2010a

The Contours of the Transformation Approach



The Clinical Setting from a Transformational Approach: Assessment

Assess the Counselor's:

- Training
- Health

▶ Counselor's Health

Work through personal issues

Lives in Christ

Practices spiritual disciplines to foster communion with God and Christ likeness

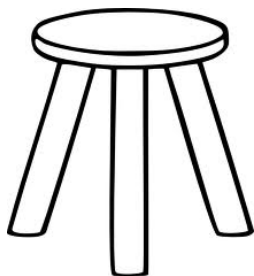


▶ Moon, 2012

Implications for Counselor Education

▶ Transformational counselors need to be trained in 3 areas:

- ▶ Mental health discipline specific training
- ▶ Spiritual direction
- ▶ Christ-centered approach to spiritual transformation



▶ Moon, 2012

The Clinical Setting from a Transformational Approach: Goals of Therapy

► "...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)



Implications for Counselor Education

► McMinn (1996) states, "the best interdisciplinary integration work usually comes from those who have formal or informal preparation in both psychology and theology" (p.9).

The Clinical Setting from a Transformational Approach: Assessment

Assess the Client's:

- Problem
- Motivation to change

- Questions for determining readiness and classifying the problems:
 - Is it safe for the client to leave the office? (e.g. suicidal assessment, BDI)
 - What is the DSM diagnosis? (Basic Intake, MSE)
 - Do I have the skills and expertise to work with the client? Is a referral needed?
 - Does the client have a sufficient level of motivation to enter a meaningful therapeutic relationship?
 - What are the indications the a spiritual intervention is appropriate and important to the client ? (Additional Questions of a spiritual nature including place of religion, the client's current "God view" and relationship with God; permission to veto "God" talk)

► Moon, 2012

The Clinical Setting from a Transformational Approach: What makes a person change?

2 predictors of positive outcomes in counseling:

- Client motivation
- The therapeutic relationship

2 primary "motivators":

- Pain
- Love

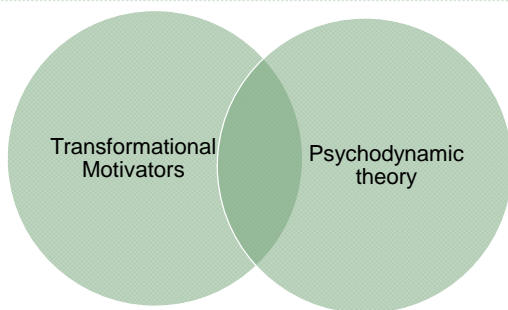


The Clinical Setting from a Transformational Approach: What makes a person change?

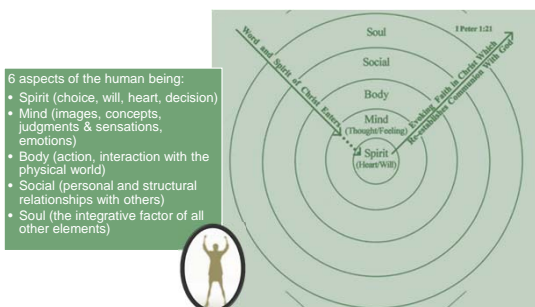
Sound familiar?



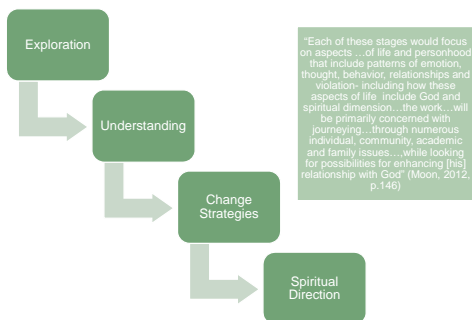
The Clinical Setting from a Transformational Approach: What makes a person change?



The Clinical Setting from a Transformational Approach: Where is change needed? – The View of the Person (Willard, 2002)



The Clinical Setting from a Transformational Approach: 4 Phase Approach to Therapy



Moon, 2012

The Clinical Setting from a Transformational Approach: 4 Phase Approach to Therapy

Phase 1: Exploration

- ▶ Warmth, genuineness, acceptance
- ▶ Rogerian facilitation
- ▶ Empty-chair

Goal: To establish a therapeutic relationship

The role of spiritual factors: Important, but secondary to the primary focus of developing a good therapeutic relationship.

Moon, 2012

The Clinical Setting from a Transformational Approach: 4 Phase Approach to Therapy



- ▶ Memory Exercise (Moon, 2012, p. 147)



The Clinical Setting from a Transformational Approach: 4 Phase Approach to Therapy

Phase 2: Understanding

- ▶ Self-disclosure, immediacy, probing questions, and gentle challenge.

Goal: To understand the clients current narrative in comparison to Scripture.

The role of spiritual factors: During this time, spirituality is at the forefront.

▶ Moon, 2012

The Clinical Setting from a Transformational Approach: 4 Phase Approach to Therapy

- ▶ Exploration of patterns of thoughts, behaviors, relationships, and choices to understand personal life narrative used for guiding life.
 - ▶ How are of thoughts, behaviors, relationships, and choices working for you?
 - ▶ How well is the "self-protective-ego-self" doing in running your life? How is it protecting you from pain present in life, but actually causing more harm than pain?
- ▶ Exploration of themes from "spiritual" theology
 - ▶ Is the Trinity seen as a compassionate and creative community that the client is able to join?
 - ▶ Does the client see that he is created in the image of God, but is now separated from God, and as such, within is a constant tug of war between good and evil?
 - ▶ Does the client view Jesus as the most intelligent human to ever walk the earth?
 - ▶ Does the client experience Christ within?



The Clinical Setting from a Transformational Approach: 4 Phase Approach to Therapy

**For most clients
insight is not
sufficient for
change!**



► Moon, 2012

The Clinical Setting from a Transformational Approach: 4 Phase Approach to Therapy

Phase 3: Change Strategies

- Develop a plan to monitor and modify maladaptive thoughts, behaviors, choices, and relationships.
- Soul & Spirit Strategies

Goal: To increase the client's experience of "Christ within"

The role of spiritual factors:
During this time, the client actively engages in spirit and soul change strategies.



► Moon, 2012

The Clinical Setting from a Transformational Approach: 4 Phase Approach to Therapy

- **Spirit & Soul Strategies**
 - Bibliotherapy
 - Daily examen (modified from *Spiritual Exercise of Saint Ignatius*)
 - Scripture memorization & *lectio divina*
 - Spiritual discipline of solitude
 - Guided Imagery/ Inner Healing Prayer



► Moon, 2012

The Clinical Setting from a Transformational Approach: 4 Phase Approach to Therapy

Phase 4: Spiritual Direction

- ▶ Complete focus upon Soul & Spirit Strategies
- ▶ Termination: when the client has reached his goals.

Goal: To increase the client's experience of "Christ within"

The role of spiritual factors:
During this time, the client solely focuses on spirit and soul change strategies.

▶ Moon, 2012

Section Summary

- ▶ The Clinical Setting from a Transformational Approach (Part 2)
 - ▶ 5 levels for implementation
 - ▶ Moon's Approach
 - ▶ Assessment
 - ▶ Change
 - ▶ Phases of Counseling (Praxis)



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