

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.

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)
 - Change
 - Assessment
 - Phases of Counseling
- Toward an Integrative Christian Counseling Approach (Part 3)



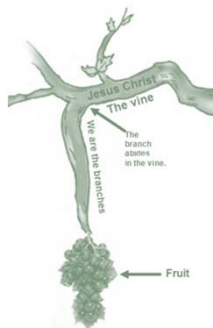
Toward an Integrative Christian Counseling Approach (Part 3)

► What are the most important points?



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)



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).



A Transformational Approach: The Basic Assumptions – Defining Spiritual Pathology



- **Spiritual Pathology =**
- Living separate from God
 - Life lived out of false or “ego” self
 - Living apart from the Tree of Life

A Transformational Approach: The Basic Assumptions – Defining Other Pathology



- **Other Pathology =**
- Defined in the DSM
 - Maladaptive emotional, social, and vocational functioning

***Note: In the transformational view, the first point of reference for the evaluation is a client's safety, pathology and health; however, additional and alternative perspectives to healthy living are also introduced (e.g. spiritual functioning; Moon, 2012).

A Transformational Approach: The Basic Assumptions – The Foundations

► The “vision of the transformational model is...[for] each psychologist 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

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

Quantitative/Traditional approach

Deductive and confirmatory

Theory/
Hypothesis
Testing

Results from a sample
generalized to a
population

Qualitative/Transformational approach

Inductive and
exploratory

Theory/hypothesis
building

Purposeful/
theoretical sample

► (Rockinson-Szpak, Spaulding, & Swezey, in press)

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 Clinical Setting from a Transformational Approach – 5 Foundations Applied

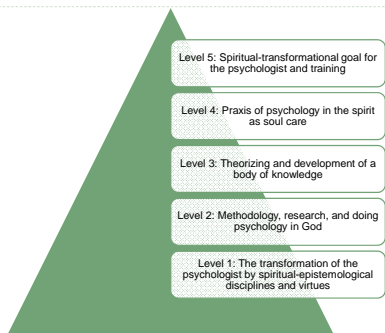
The Product

The Process

The Person

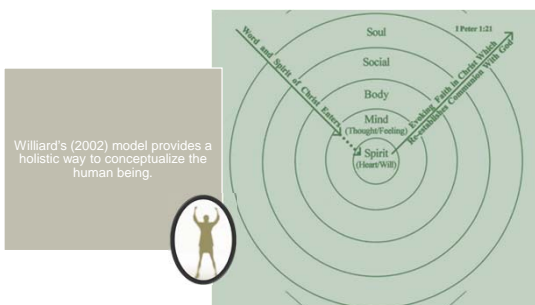
► Coe & Hall, 2010a

The Contours of the Transformation Approach

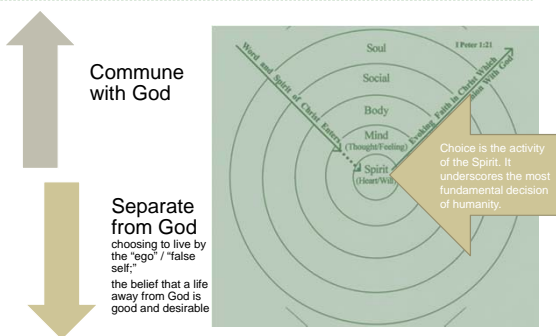


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A Transformational Approach: The Basic Assumptions – The View of the Person (Willard, 2002)



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



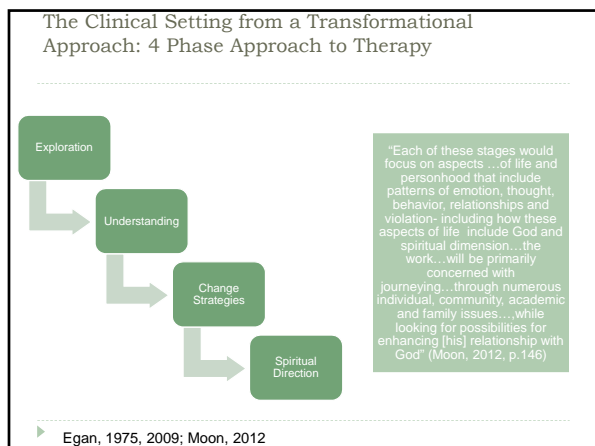
The Clinical Setting from a Transformational Approach: What makes a person change?

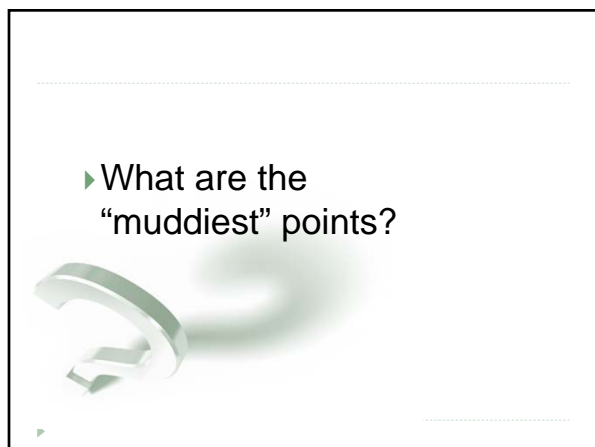
2 predictors of positive outcomes in counseling:

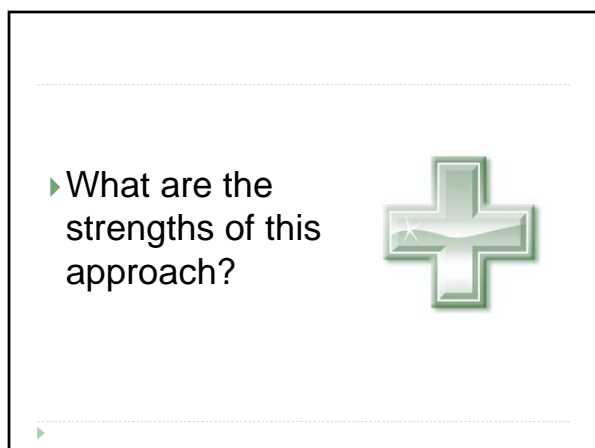
- Client motivation
- The therapeutic relationship
- ** listed in order of importance

2 primary "motivators":

- Pain
 - when it leads to a willingness to abandon maladaptive patterns
- Love
 - When a client believes that another (e.g. God, counselor, significant other) genuinely desires for him or her what is good







Strengths

Bold, ambitious agenda

Appreciates and respects the revelations of science

Appreciates contribute of psychology.

Embraces the Old Testament "sage" as an appropriate model to emulate.

A clear commitment to biblical authority and grounding in biblical view of persons.

It identifies love as the final and appropriate end for all our efforts.



► What are the weaknesses of this approach?



Weaknesses

Who is privileged to define what reality is?

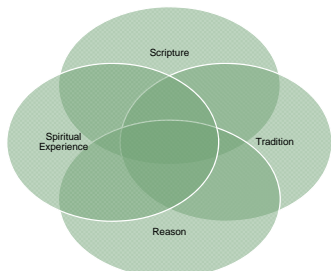
Sets aside wisdom from all prior work?

A call to develop a new approach or a new approach?



Toward an Integrative Christian Counseling Approach

- Wesley purports that the church derives stability from the dynamic interaction of 4 forces:



► Moon, 2012

Toward an Integrative Christian Counseling Approach

- Moon (2012) proposes an integral, integrative view of Christian Counseling



► Moon, 2012

Toward an Integrative Christian Counseling Approach

Prediction of Y from Xs

$$Y' = b_0 + b_1 X_1 + b_2 X_2 + b_3 X_3 + b_4 X_4 + b_5 X_5$$

Y'
the predicted value for X
 b_0
• the intercept or constant
• value of Y when X = 0
 b_{1-3}
• the slope, magnitude
• The direction and strength of the relationship between the predictor and the outcome
 X_{1-3}
• The predictors

► Warner, 2012

Toward an Integrative Christian Counseling Approach

$$Y' = b_0 + b_1 X_1 + b_2 X_2 + b_3 X_3 + b_4 X_4 + b_5 X_5$$



Improved Functioning of the Human Being =

$$b_1 \text{ View}_1 + b_2 \text{ View}_2 + b_3 \text{ View}_3 + b_4 \text{ View}_4 + b_5 \text{ View}_5$$

► Moon, 2012

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