

# Pastoral Psychology

## MARCH 6, 2000: CLASS

### A.1. THE IMPORTANCE OF LAW AND GOSPEL IN COUNSELING

- **EXAM:** Two best counseling ideas:
- a) THE CROSS: sign of God's love
  - b) BAPTISM: sign of entry into the kingdom of God
    - Feelings will RUIN lives: point people to the facts
    - People in depression need to see the cross as a sign of God's love
- All pastoral care should be seamless: there should be no scripture/faith – practice dichotomy

### A.2. ALL COUNSELING SHOULD BE *BIBLICAL* AND *CONFESSIONAL*

- Do NOT add or subtract from what Scripture says
- If the Bible is silent, it's fine to encourage it
- Liberals subtract from Bible, conservatives tend to add to it

### A.3. HEIGHTEN RESEARCH-MINDEDNESS

- No paper, just two exams

### B.2. DEVELOP PASTORAL SKILLS IN CONVERTING THEORY TO PRACTICE

- Theology should be *useful*: if it is not, of what value is it?
- Theology is not a *philosophy*, but a *lifestyle*

### B.4. KNOW WHEN TO TRANSFER SOMEONE TO A PROFESSIONAL

- Know who you can trust to refer people to: "Christian" doesn't mean *Christian!*
- Know how to effectively refer, not just "suggest" someone see a professional

### C.1. APPRECIATE COUNSELING AS AN ASPECT OF THE PASTORAL MINISTRY

- Counseling is NOT our life's work: we are ministers of Word and Sacrament
- Parishioners do need to see us as competent and approachable, though

→ **EXAM:** 5 sessions/week, 5 visits/parishioner (Dr. Barry says 4)

- More than that and all Law in a sermon will seem directed at the parishioner
- Spread visit out over a couple of months
- Schedule sessions for the late afternoon, say 4:30, to get you home on time
- EX: Pastor who met couple at 00:00 because it was the only time available!!! (NO!)

### C.2. DEVELOP A CARING AND COMPASSIONATE STANCE

- Can we identify with those that sin has affected mentally and emotionally?

### C.4. RECOGNIZE WHERE MENTAL HEALTH PRACTICE HAS GOOD INSIGHTS

- If it's scriptural, it should be okay
- There are psychologIES, not just A psychology

MIDTERM: before the break (Monday April 10/00)

FINAL: Wednesday of the last week (never classes on the last Friday)

ABSENCES: Don't panic, just let him know

PARTNER: Martin Davis, 471-8067 (box #194)

### 1. "Helping People Through Grief"

- Pretty good, though first few chapters are theologically questionable
- A good "desk reference"; some true/false questions to answer on a test

### MARCH 8, 2000: CLASS

#### BENEFICIAL BOOKS:

- List of beneficial books for counseling are in my notes

#### RELIGIOUS PRACTITIONERS SURVEY:

- Might include U-U and other religious backgrounds
- ADDICTIONS:
  - 50% of men struggle with sexual addictions
  - “Pure Desires” one book that is good for this (no Lutheran on this subject yet)
  - “False Intimacy” by Schaumberg (for male parishioners)
- CHILD DEVELOPMENT:
  - “Dare to Discipline”, “The Strong-Willed Child”
  - “Parenting (Teens) with Loving Logic” by Cline and Fay (highly recommended)
- GRIEF:
  - “Good Grief” by former ALC pastor
- DEPRESSION:
  - “Telling Yourself the Truth”
  - “How to Beat Depression” by John Preston
- Make sure parishioners are comfortable coming to you with theological questions
- “Boundaries” good book for relationships (“co-dependant” should be “excessively altruistic”)

#### SURVEYS:

- 64% of LCMS pastors with 5 years of experience or more in 1986 wanted more marriage training!
- Need to learn more about pre and post marriage counseling

#### COMMENTS:

- Many people suffer from FALSE GUILT (ex: “My son has an earring; I’m a terrible parent.”)
  - Is it WRONG?
  - Is it IMMORAL?
  - Is it TERRIBLE?
- Pastor will see more people with *false* guilt than *real* guilt
- GUILT is making a mistake: SHAME is feeling like a mistake
- ADVICE from Scripture alone: SUGGESTIONS from you (they may not work!!!)
- Avoid “all or nothing” thinking: people need medicine AND the sacrament
- 1 out of 5/6 couples will be infertile
- “On the Threshold of Hope” by Diane Langberg a good one for female parishioners who were abused

#### PRAYER:

- May not work with teenagers: “Anyone from 15-25 is a heathen”
- People with false guilt will feel unworthy to be prayed with

### MARCH 10, 2000: CLASS

READ: Koelher on “Counseling and Confession”

#### SOLUTION FOCUS IN COUNSELING

- Focus is ALWAYS on the Cross: we preach Christ crucified and risen
- Scriptural Passages on Psychology:
  - → 2 Cor. 10:5 -> take every thought captive in obedience to Christ (**EXAM**)
  - Romans 11:33-36 -> the depth of the wisdom of God:
    - Exercise, “News Fasts” aren’t *against* Scripture, for example
  - Colossians 1:15-20 -> the image of the invisible God, in him all things hold together
  - Ephesians 1:9-10 -> made known to us God’s will in Christ’s headship
    - The models for pastoral counseling: the forgiveness through the blood of Christ

- The world is no longer a “chicken without a head”: every element must submit to Christ
- There is NO BETTER WAY TO MAKE PEOPLE WELL THAN THROUGH THE CROSS
- FORGIVENESS is at the heart of pastoral care work (even secular people are doing this)
- Hebrew 2:14-15 -> Christ saved us from the power and fear of death
- Psalm 14:1 -> The fool who says there is no God
  - Without Christ, we are all abnormal, crazy, and immoral
  - Through Christ, God sees everyone as normal (**EXAM**)
    - JUSTIFICATION: God for the sake of Christ declaring us righteous (eschatological)
    - SANTIFICATION: The Holy Spirit working to lead us toward normality
  - The more we love God and each other, the closer we get to **SANITY** -> civil war
- Galatians 5:6 -> faith working in love accomplishes more than circumcision
  - Our behaviors are abnormal because we are tainted
  - Faith expresses itself in love of God (unbelievers can do “civil righteousness”, but not works)
- Scriptural Passages on BAPTISM:
  - John 3:3-5 -> born again/from above, of water and the Spirit
  - Acts 2:38 -> repent and be baptized for the remission of sins, to receive the Holy Spirit
  - Romans 6:1-6 -> do not go on sinning so grace may increase: we are baptized into his death
  - 1 Peter 3:19-20 -> Jesus went to preach to the spirits in prison
  - Colossians 2:11 -> baptism replaces circumcision
    - BAPTISM is the Gospel applied INDIVIDUALLY (these are the **FACTS**)
    - Don't dwell on “unconscious” or buried memories: stick with the present
    - LAW directs people inside, GOSPEL directs outside themselves for faith
- Scriptural Passages on the REAL ENEMY:
  - 1 Peter 5:8 -> the enemy the Devil prowling like a roaring lion
    - 37% of pastors guilty of some form of sexual misconduct
    - DON'T let your guard down with female parishioners of secretaries
  - Matthew 4:4 -> man shall not live by bread alone
  - Matthew 8:31 -> sending Legion into the herd of swine
    - Satan can possess non-Christians, but not Christians
    - A pastor approached by a family who thought their son was possessed
      - The boy, 11 years old, mentioned an exam he had stolen while at Ft. Wayne
    - Thesis paper by Olsen at Ft. Wayne library on a Lutheran right of exorcism
  - Acts 16:16-17 -> the girl of divination
    - Satan is God's Satan -> he is on a leash

#### STAGES of RELATIONSHIP REPAIR:

- 1) *Regret*: Sorry, but no genuine desire for repentance
- 2) *Repentance*: Sorry, and desire not to repeat the action (metanoia)
- 3) *Apology/Confession*:
- 4) *Forgiveness*: 1 John 1:9 for God, but not always so with sinful humans
- 5) *Reconciliation*: Needs repentance and signs of change, but regret is not enough

#### MARCH 13, 2000: CLASS

- REM: Direct people to look outside themselves for Gospel (looking inside is Law-oriented)
- Preach Christ crucified, use Baptism and Cross, is it in obedience to the Word? (**EXAM**)
- REM: ALL SCIENCES must be captive to the Word and to Christ (2 COR 10:5)
- Dichotomous vs. Trichotomous: Body/Soul vs. Body/Soul/Spirit
  - Spirit is alive in believers; soul is the thinking part that exists in all people
  - Just as disease is a product of sin, mental illness is a product of sin as well
  - Gen 8:21: Inclination of man's *heart* is evil from childhood
  - Proverbs 4:23: The springs of life flow from the heart
  - 2 Cor 3:3: God's message is written on the heart, and demonstrated on the outside
  - Mark 2:6: People thinking in their hearts

- Matt 5:15-29: Let your light shine before others
- Psalm 51:10: “Create in me a *clean heart*”
- Jeremiah 17:9: The heart is more deceitful than all else; who can understand it?
- Just as we can’t just “get over cancer”; it is the same with relational and mental disorders
  - Romans 7:5: The flesh hates God
  - Psalm 73:25-26: God quickens flesh and heart
  - Romans 8:5: On what are our minds set?
  - Ephesians 2:2-3: The will of God is against man’s will, but there IS a will
  - Romans 1:28: “Reprobate minds”
  - Revelation 20:12: Everyone will be judged
- What should be our attitude
  - Philippians 2:4: Be of the same mind as Christ – FORGIVE and SERVE one another
  - Matthew 20:25-28: “It shall not be so with you”, whoever is great is a slave
  - John 13:3-4: We don’t need to CONTROL, but to SERVE, as the Creator did

### CONDUCT DISORDERS

- Oppositional Defiant Disorder: 3<sup>rd</sup> Grader telling authority “off”
- Conduct Disorder: Kleptomania, etc. -> must be confessed and absolved
  - If a parishioner hears ringing in their ears, this is the 1<sup>st</sup> STEP to psychosis

### SOLUTION-FOCUSED COUNSELING (Hand-Out)

- VIDEO-focused: Customer/Seller, Complainant/Listener, Visitor/Host
- ~~EXAM~~: Get ready to RUMBA!
  - R -> Reasonable
  - U -> Understandable
  - M -> Measurable
  - B -> Behavioral (something to be done)
  - A -> Agreed upon (both sides say “yes, we’ll try”)
- Customer/Seller: willing to look for solutions
- Complainant/Listener: there is a problem, but not willing or able to take action: sees you as a hobby
- Visitor/Host: no complaint, sees no need for action, “troubled teenager”, “unrepentant spouse”
  - Goal is to move up from visitor/host to customer/seller

### MARCH 15, 2000: CLASS

Read: Counseling and Confession Book for Friday, Monday

### PRACTICAL APPROACH TO HELPING PARISHIONERS (Consultations Handout)

- REM: We ALWAYS have our pastor hat on, even when we’re doing counseling
- EXAM: Rules of thumb, “The Miracle Question”
- Look for the SOLUTION, more than the PROBLEM
  - Sometimes there is a lack of problem-solving skills in people, leading to depression
  - ~~EXAM~~: There are ALWAYS solutions: *solution-focus counseling*
    - If it is godly behavior, don’t stop, do more
    - If it’s not working, stop, and try something different
      - Ex: if a child throws a tantrum, do something UNEXPECTED (dance, give a cookie)
    - Focus on failure will lead to more failure: focus on successes
      - Ex: baseball player watching videos of misses, rather than hits
    - No “pity-parties” -> how do we get out of this situation?
- Constructing a SOLUTION (see handout of sample questions)
  - Go for the RIFLE approach, not the SHOTGUN approach
  - COMPLAINT: What brings you here? What can I help you with?
  - CHANGE: What would you like to change? What would make things liveable?
  - EXCEPTIONS: Arguments only occur in car, good discussions in kitchen

- WHEN YOU...WHAT WILL/ARE YOU DOING?
  - When you're not depressed, what are you doing?
  - When you're not arguing over the child, what do you talk about?
- DELIBERATE?: Yes, discuss things in kitchen, not car
- SPONTANEOUS?: Bring the exception under their control
- HYPOTHETICAL: If a *miracle* occurred, what would it be? Does this happen?
  - GET THEM LOOKING FOR A SOLUTION!
  - Parishioners who have been abused may not have a solution in mind
  - "Wherever there's a troubled child, there's a troubled marriage" (75% of the time)
- The DIFFICULT PARISHIONER
  - Whose idea was it to come here?
  - What would those individuals say is the problem?
  - What do you need to do to get those individuals off your back?

### MARCH 29, 2000

Pastor Smith: 430-6255, x. 3149 on campus for A-V needs

### COUNSELING AT THE CROSS by H. CURTIS LYONS

- Produced by Wisconsin's Northwestern Publishing house, though no longer in print
- Without the LAW, the GOSPEL means nothing: people need to address their own sin
- Pastoral counseling can be draining, time-consuming, and frightening, if not prepared
  - Know HOW to address the issues: miscarriage, abortion, death, divorce, adultery
  - "Helping People through Grief" a good starting point book; referral a possibility
  - "Be cautious of giving advice: wise men don't need it, and fools won't heed it"
  - Sympathy = Feeling FOR someone; Empathy = Feeling WITH someone
- Our expertise: communicating God's Word (Peter, Nathan outstanding "Law and Gospel" preachers!)
  - You want to SHOW people their sin, not HAMMER them with it: "a contrite heart God will not despise"
- →EXAM: The Law is the handmaid of the Gospel, preparing the heart to receive the seed of the Gospel
  - Don't water down sin, but don't water down forgiveness either! ALL guilt and sin is forgotten
    - Psalm 32, Psalm 51, Jeremiah 31:31-34, Matthew 11:28-29
- 1) Scratches: happen regularly; I may forget to kiss my wife goodbye in the morning
- 2) Cuts: may happen infrequently; like calling my wife a name
- 3) Wounds: can not be allowed to happen again; like adultery
- →EXAM: Simply saying "Jesus forgave you" is not enough, it can be trite, and hard to appropriate
  - People need to talk through their pain or problem: women especially so (feeling-oriented)
  - We need to work with our parishioner to help them see "the Cross" for themselves
- READ: Matthew 11:28-29
- See handout of questions asked to a daughter in response to this passage (solution-focused)
- Saying "Jesus forgave you" does not get us to reflect on the deeper root of forgiveness: **the Cross**
  - Looking at the cost of forgiveness can help us learn to forgive others
  - One pastor refused to take up an offering until the office had heard of 200 reconciliations

### MARCH 31, 2000: CLASS

- Forgiving is a process for us; "true forgiveness is the hardest thing in the universe" (the Cross!)

### FORGIVENESS TECHNIQUES

- Imagining standing at the foot of the cross and hearing Jesus say "I forgive you", and doing the same
  - Writing out "\_\_\_\_, I am angry with you" x70
  - Then "\_\_\_\_, I was angry about \_\_\_\_" (being as specific as possible in recounting details)
  - "\_\_\_\_, I am still angry about \_\_\_\_"
  - "\_\_\_\_, I forgive you for \_\_\_\_" (each of these specific details)
  - May take 1-2 months to do this, then burn the sheets and bury the ashes

### EFFECTIVE PASTORAL REFERRAL

- **EXAM:** Broadening and sharing, not transferring, of pastoral responsibility
- In order of amount of training:
  - Psychiatrist: physician; will prescribe medication; will rarely do counseling
  - Ph.D. or Psy. D.: psychologist, either clinical or counseling psychology
  - Most states require licensing for any therapists or counselors
  - 75%-80% of practitioners are not “Christian”, only 80% may be truly effective
  - AACC: American Association of Christian Counselors (Reformed but Evangelical)
  - AAMFT: Likely will not share our biblical values
  - CADAC, CAC, CDC: May want to find one who is a recovering addict themselves

### APRIL 3, 2000: CLASS

NEXT MONDAY: Midterm

Rem: AACC a very important organization to remember and consider for referrals

### REFERRAL IN PASTORAL MENTAL HEALTH COUNSELING

HOW to refer:

- **ANXIETY**: Not knowing who the pastor is referring you to can be frightening
- **REJECTION**: The parishioner can feel that they must be crazy
- **RELATIONSHIP**: Don't refer too quickly, or you may damage your relationship
- Speak with other clergy you trust to find counselors you can trust; get to know counselors
- Work with the parishioner so that referral is part of your care for them, not rejection
- Ensure that if the matter is urgent, the referral counselor can take the person
- The pastor cannot continue to counsel after referral, but **MUST** continue to care and visit

WHEN to refer:

- Parishioner's need for time outstrips the pastor's available time (5/5 rule)
- Parishioner's needs surpass the pastor's expertise
- Parishioner cannot see you as counselor, but only as a “spiritual guide”

WHO to refer to:

- Refer to a **PERSON**, not an agency; chose someone you can speak to yourself
- Know the person's own spiritual values (if you're going to meet, give questions in advance)
- Are they married? Kids? Credentials/license/assoc.? Insurance/fees/pro bono? Experience? Cont. Ed?
- Area of expertise? Times span for counseling? Normal goals? Conf./Abs.? Divorce an option?
- How do they diagnose for axes?

SYMPTOMS: For reporting to insurance agencies:

I: Mood Disorders:

II: Personality Disorders:

III: Medical Conditions:

IV: Psycho-social Stressors:

V: Global Functioning (0-100):

### APRIL 5, 2000: CLASS

### REASONS FOR REFERRAL

- **EXAM**: You are **ALWAYS** the shepherd of the flock: referral doesn't mean giving up the pastoral role
- **EXAM**: 4 questions to ask a Christian counselor when interviewing them (see page 2 of the sheet)
- **EXAM**: For what issues would you refer someone?
  - Psychosis or “Loss of a sense of reality”: Sees killer rabbits, thinks telephone lines pick up their thoughts
    - “Do you hear voices? What are they telling you?” “Are you on medication?”
  - Thought disorder: Trouble making sense out of what they are saying
  - Memory difficulties: Organic problem or chemical imbalance

- Remember 3 objects: if they can only remember one, it's probably a "neuron" problem
- Orientation: Do they know who you are, who they are, where and when they are?
- Deterioration: Their mood, outlook, appearance changes quickly over time
- Countertransference: If you begin to feel "out of control", or become agitated with someone's problems
  - NEVER go to a single female parishioner's home for counseling
- Major depression: Sleeping and eating are two indicators of disorders
  - Listen for the words "helplessness" and "hopelessness"; check for suicidal tendencies
- Generalized anxiety: Dread, stomach upset, wringing of hands: needs medication
- Panic disorder: Severe, spontaneous anxiety attacks (feels like a heart attack)
- Obs.-Comp. disorder: Unremitting, recurring thoughts / desperate need to repeat a behavior (chemical)
- Various forms of abuse: Domestic violence, sexual abuse
- Substance abuse: Refer to someone specializing in alcoholism and drug abuse
- Eating disorders: Anorexia, bulimia (vomiting and laxatives): some men as well as women
- Suicidal ideation: 90% of the time you'll need to refer
- Manic-Depressive (Bi-Polar): Euphoria, grandiose thinking, invincibility followed by depression
  - Seems to be on the increase; symptoms are usually fairly obvious (lies, bad checks)

**EXAM: THREE GUIDELINES:**

- Parishioners need to invest in the counseling process in the three ways:
  - Worship: Regular; at least twice as often as they are doing now
  - Lord's Supper: At least once a month
  - Enrichment Activities: Anything you suggest they should be able to follow through on
- If they're not interested, then pastoral counseling is a waste of their time
- They should be depending more on God than on you

**APRIL 7, 2000: CLASS**

- **EXAM**: Short answers, what we've discussed in class, "what are the essential points"
  - Scriptural understanding (all things captive to Christ)
  - RUMBA (reasonable, understandable, measurable, behavioral, agreed-upon)
  - Solution focus counseling (exceptions, miracle question, "first session activity", scale)
  - Counseling and confession (why "Jesus forgives you" is not enough, walk to the cross)
  - Parishioners' needs (Penicillin and Eucharist both needed)
  - Three guidelines (regular worship, Lord's Supper, enrichment)
  - Two N words: use "normal" and "natural" to help people see they aren't "crazy"
  - TODAY'S NOTES
- **SUBSEQUENT VISITS**:
  - Two blessings from God or two good things in their life (struggling people need to identify these)
    - Special for families: every member says what they "appreciate" about the other members
  - Review enrichment activities (ex: date for troubled marriage)
  - "What do you want to work on?" (especially stressors)
  - Review at the end of the session everything discussed
  - Enrichment activities (write them down as a "prescription")
- **OFFERING SUGGESTIONS**:
  - "A lot of people in your shoes/situation..." have done this
  - "Perhaps", "maybe", "have you considered", "could you",
  - "Does it make sense to..." "How would you react to this perception?"
  - Dependency must be on the Lord, not on you, so SUGGEST, don't ADVISE
- **ENRICHMENT ACTIVITIES**:
  - They need to be RUMBA activities that will give them HOPE
  - Take away "magical wand" thinking, that the Pastor can take the problem away

- Gauges progress in the counseling; are we moving forward?
- Natural starting point for subsequent visits
- Change thinking from 80% problem to 80% solution
- Give new insights into the problem
- Three Part Prayer: 1) Dear Heavenly Father...2) One sentence thanksgiving...3) In Jesus Name
- ASKING QUESTIONS:
  - Avoid “yes” and “no” questions
  - Ask “how” and “what” questions
  - Don’t play “Columbo” / question box

(END OF EXAM QUESTIONS)

- ROOM SETTING:
  - Window in the door so that someone can see you, though maybe not the parishioner
  - Needs to be a confidential and comfortable environment
  - Set healthy physical boundaries so that they cannot “misinterpret” any signals
  - 135° rule for chairs (not facing each other, not apart either)
  - Plants make people feel there is life, office color a light green

#### APRIL 12, 2000: CLASS

- HANDOUT: for visitation, to be taken home, fill out based on “last six months”
  - Can be handed to them at the beginning of the session, to be handed back before the next visit

#### APRIL 26, 2000: CLASS

- 97 (midterm)
- FIRST VISIT
  - **EXAM:** Develop a quality of relating in a confidential matter
  - Without the chemistry, people will not come to you for counseling, even if the need is there
  - Establish leadership, especially with a couple
  - 80% of focus and discussion should be on solutions, not problems
- 4 Basic Questions
  - What is your problem?
  - Why are you here NOW, rather than earlier? (Something specific likely happened)
  - What have you done about it? (Rule out solutions that haven’t worked)
  - How do you see me helping? (It may be that they simply want a referral)
- COMPASSION FATIGUE
  - Long-term care can be emotionally draining; becomes progressively worse
  - **EXAM:** Responsible **to** your parishioner in Word and Sacrament, not responsible **for** their problems
  - Important to know the reasons for being in the ministry that may lead to compassion fatigue
  - “The same flame that keep you burning can be the flame that burns you out”
  - An idealized image can lead to fatigue
  - Do NOT be isolated: be connected to the brethren in the circuit and district
  - Don’t be trapped in the *Helper’s Pit*: don’t identify too closely with the parishioner’s problems
- Lone Ranger/Batman/Superman:
  - Hid their true identity from others: you should be the same at home as at church
  - All three had a traumatic event that led to their role: wounded-healer
  - Altruistic, invulnerable: don’t think that you’re invulnerable
  - Unhappy personal lives, never failed: you’re are GOING to fail, you are NOT the Messiah

### APRIL 28, 2000: CLASS

- **EXAM:** 4 Defining Characteristics of Compassion Fatigue
  - 1) Emotional Exhaustion
  - 2) Diminished Caring
  - 3) Sense of Demoralization
  - 4) Physical symptoms: oversleeping OR insomnia
- Balancing Factors
  - Don't hang out with negative people who will drag you down
  - "If the body is tired, exercise the mind: if the mind is tired, exercise the body"
  - Be in the Word
  - Completing tasks is a way of avoiding fatigue (mowing the lawn)
  - Lunch with a non-pastoral friend in a line of work that interests you
  - Set limits
  - Manage time well
  - Accentuate the positive in your ministry
  - Develop an "attitude of gratitude"
  - Overcome perfectionism
  - Zero in on your blessings
- "Anxiety and depression are first cousins"

### MAY 1, 2000: CLASS

- Research shows that cohabiting couples tend to divorce more often than non-cohabiting couples
- THEOLOGICAL PERSPECTIVE on COHABITATION
- Pastoral Department (1985)
- Mutual Consent: the essence of marriage, not cohabitation
- Secular Authorities: the church recognizes the authority of **common-law** marriage
  - 13 States + DC
  - Couple holds themselves to be married:
    - Wear rings or adopt other signs
    - Refer to each other as husband and wife
  - Share the same legal name
  - Hold property in common
  - Mutual consent
  - Regular cohabitation
  - Laws of the state: statutory requirements (between 6 months and 7 years)
- Public Offense: There has been no public commitment in cohabitation
- Public not Private: Commitment in marriage is public, not private
- **EXAM:**
- **OPTIONS:**
  - 1) Abstain from living together,
  - 2) Marry within two weeks,
  - 3) p.219 "Blessing of a Civil Marriage"
- **GOALS:**
  - Repentance & Faith
  - Preserve the sanctity of marriage
  - Communicate that marriage is an honorable estate
  - Success of the marriage

### MAY 3, 2000: CLASS

- If it is not financially feasible to move apart, help them find housing!

- Grandma, grandpa, parents may be a place to live
- Marry within two weeks
  - Follow up later with a “blessing of the marriage” functioning as the “Full Wedding”
  - Sociologically, having family and friends present helps strengthen the future marriage
- If they’re...
  - Younger: they are “daughters and sons”
  - Same age: they are “brothers and sisters”
  - Older: they are “parents”
- BEAR in mind: 7% words, 38% tone, 55% non-verbal
- Relationship with people and congregation is needed for right presentation of Law and Gospel

#### QUESTIONS

- Why are they living together?
  - Testing? Financial Reasons? Companionship? Peer Pressure? Escape from home?
  - What have you learned from the experience? Dating conceals information, cohabit. Reveals
  - How can you help them with these underlying problems?
- What’s causing them to commit to marriage now?
  - They may already know that what they’re doing is wrong
- How do they see their faith progressing in their marriage?
- Why do you want to be married in the church?

#### MAY 5, 2000: CLASS

- **TEST 2**
- 1<sup>st</sup> visit: develop a quality of relating, confidential manner, “this is a safe place”, “I’m not going to get hurt”
- We are not responsible FOR our people, but TO our people

#### EXAM: FOUR DEFINING CHARACTERISTICS OF COMPASSION FATIGUE

- Emotional exhaustion
- Diminished caring
- Sense of demoralization
- Physical symptoms (i.e.: sleep deprivation)
- SEE balancing factors recorded above

#### EXAM: OPTIONS FOR COHABITANTS

- Abstain
- Marry within 2 weeks
- LW agenda 129 for a blessing of “civil marriage”
- SEE goals for dealing with cohabitants

#### EXAM: THREE COMPONENTS OF A GOOD MARRIAGE

- Apologize and forgive
- Healthy discussion process
- Enhancing emotional closeness

#### EXAM: THREE DYNAMIC DUOS

1. Daily Dialog: 10 seconds of looking into eyes / Date your mate for 1 hour, 2x a month
2. 5 second platonic hug / 5 second platonic kiss
3. “I feel disappointed/hurt...” / “Will you please...” – never demand

#### MAY 8, 2000: CLASS

- Dr. Underwager and Dr. Wakefield: Experts in child psychology and forensics
- The proper discrimination between law and Gospel is validated by scientific research
  - Most effective way of dealing with psychological problems

### TWO PROBLEMS:

- Church abandons the accused:
  - Isolation of those in prison can be very extreme for sex offenders
  - What are we going to do about reaching out to these offenders?
  - How do we deal with those who may actually be INNOCENT?
  - Children in a false-allegation situation exhibit the same characteristics of a war-victim
- Church abandons the victim:
  - If the accused is well-loved, the church may isolate the victim and defend the accused
  - Children often become the battleground in divorce custody battles

### CHILD INDICATES SEXUAL ABUSE TO PASTOR:

- They believe you MUST report
- But then SHIELD the family from the negative effects of Family Services
- Either a true or false allegation is an indication of a problem in the family, either in the child or further
- Video/Audio tape interviews of children to ensure clear representation of what the child has actually said

### RECOVERED MEMORIES:

- Christian counselors were some of the worst practitioners of “recovered memory” therapy
- They were especially trying to uncover “ritualistic, Satanic abuse”
- Human memory is malleable and reconstructed, not pure recall: memory CAN be fabricated
  - On the other hand, there is no evidence that really horrible events are repressed
  - A Freudian concept, which has failed scientific validation
  - Dr. David Bakan: “Sigmund Freud and the Jewish Mystical Tradition”
  - Freudian theory came out of Freud making a pact with the Devil

### FALSE ALLEGATIONS:

- Custody battles
- Disturbed adolescent females
- Young (11-12) girls can accuse due to over-sensitivity

### EFFECTS OF CHILD SEXUAL ABUSE:

- Meta-analysis: combining studies, looking for overall effect
- Long-term effects were much less than had previously been thought
- This is the study that was condemned as promoting pedophilia and child sexual abuse by Congress
- Weiss and Weisz, “Effects of Adolescent and Child Sexual Therapy”
  - Freudian-based therapy can make things worse for all children
  - Traditional approach is to dismantle the family and hand over responsibility to the state
- Community support is an important indicator of whether someone should be released or not

### MAY 10, 2000: CLASS

- **EXAM:** False allegations arise most commonly in:
  - 1) Child custody battles, and
  - 2) Troubled adolescents
- There may be some satanic cults, and some minor cases of personality disorder
- Multiple-personality disorder arises out of disassociation during childhood (<5 years) trauma
- Sexual abuse can have long-term impacts, but we can survive, forgive, and move on in Christ
- Cognitive working-through of impact is important, but “bootstrap” thinking doesn’t always work

### DEPRESSION

- **EXAM:** Depression is not a sign of weak character or faith: consider Martin Luther!
- Exogenous
  - Caused by outside factors: loss of job, loss of limb, rape

- Endogenous
  - Created by chemical imbalances: PMS, post-partum
  - Medications: High-blood pressure
  - Changes in diet and negative thinking can induce depression
- Four Classifications
  1. **Mild**: “the blues”, lasts about one day, most frequent type
  2. **Moderate**: three to five days, more intense, brought on by unhappy events, suicide a possibility
  3. **Moderate to Severe**: directionless activity, uptight, anxious, “life makes no sense”, suicide or other destructive behavior a real possibility: they will have the energy to do it, look for “calm in the storm”
  4. **Severe / Clinical / Major (in DSM IV)**: separation from reality, breakdown between person and the world (loss of time or locality), schizophrenia can set in (delusions), need medication and supervision
- Causes (not for exam)
  1. **Genetic**: look for trends in the family
  2. **Biochemical**: missing nutrients, PMS, post-partum
  3. **Negative Thinking**: bad posture and dwelling on negative ideas
  4. **Family of Origin**: parental rejection, death of a parent, divorce, can trigger adult depressive episodes
  5. **Losses**: loosing keys or wallet, house or car
  6. **Guilt**: especially false guilt (use W.I.T.)
  7. **Hopelessness**: all of life’s goals are unattainable, what’s the use of living?
- EXAM: Symptoms (know 7-8)
  1. **Flat Affect**: expressionless, disheveled, no humour
  2. **Sadness**: no joy
  3. **Can’t give or receive**: has a hard time with affection
  4. **Low Self-Esteem**: don’t feel worthwhile

5. Helplessness

6. Hopelessness

7. **Fatigue**: no energy even for minor day-to-day class, spend lots of time in bed
8. **Can’t Concentrate**
9. **Easily Agitated**
10. **Loss of Life Satisfaction**: not happy being alive anymore
11. **No Desires**: loss of sexual desire: is it associated with depression, or is it just dysfunction?
12. **Sleep Disturbance**: difficulty falling asleep, wake up in the middle of the night, too much sleep
13. **Appetite Disturbance**: binge eating or loss of appetite: is it depression or an eating disorder?
14. **Physical Problems**: nausea, backaches, emotional outbursts

- 4-5 symptoms for more than 2 weeks might suggest clinical depression
- You might send them to their family physician to check for a physical problem:
  - Thyroid problem, especially with women

MAY 12, 2000: CLASS

- Aaron T. Beck Inventory: A(0), B(1), C(2), D(3)
  - 0-9: Healthy
  - 10-15: Mild
  - 16-19: Moderate
  - 20-29: Moderate to Severe
  - >30: Major / Severe
- SCALING questions are just as accurate: from 1-10, how do YOU feel?
- Use “sad” with teenagers, not “depressed”
- DEPRESSION: “Things to do”
  - EXAM: Know 5-6 solutions to depression
  - Journaling, in the form of a prayer
  - Exercise: walking (two minutes out, two minutes back), fitness center (can release natural uppers)
  - Assurance: we, with God’s help, will overcome this
  - Brighten: brighten your home, work environment, everything they can
  - Variety: depressed people get stuck in ruts, vary your daily routine

- Don't do anything that will increase FALSE GUILT or WORTHLESSNESS
- Laughter: know some good books or movies to see
- Get out of JAIL: Get out of the home, and stay out of the bedroom
- News fast: stop the news
- Develop hope: 1) define ACHIEVABLE goals (1 verse a day, not a chapter), let them feel successful

### MAY 15, 2000: CLASS

EXAM: Starts with compassion fatigue, superheroes, keeping balance, marriage, depressions (2 Hs)

- Ask the husband to come in for a "relationship assessment", not "counseling"
- "Adam and Eve replay": blaming others for our shortcomings
- Issues are usually 30% - 70% husband/wife problem
- USE SYNONYMS: what do you contribute, what part do you play, what is your responsibility

EXAM: Know several people in the Bible who experienced depression

- Theology of Glory: Based on how we live, we merit rewards or punishments

### SUICIDE

#### EXAM

- Q: Question: Are you thinking of killing yourself? When was the last time you thought about it? How often?
- P: Previous Attempts: Have you previously tried to kill yourself?
- P: Plan: Do they have a plan for killing themselves?
  - The less opportunity there is for rescue, the more serious it is (pills vs. jumping from a bridge)
- M: Means: Can they carry it out?
  - Do they have the gun, the pills, the rope?
- C: Contract: Will they sign a contract not to kill themselves, and for how long?
  - Client must assume total responsibility: it is not a contract with the counselor: shake hands on it
  - Often VERY binding
- EXAM: Clarity of thinking, and Colored glass being looked through: give the rope or gun to a friend
  - "We will get through this"