

Theology and spirituality in counseling assignment

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The purpose of this comparison paper is to detail the model of the author through several segments that expound on the foundational constructs and implications of the authors' theory. Following the summary, this paper will conclude with a practical application and an example of the impact of the material on a counseling moment.

Summary Primary Goal The author, Crab (1977), pens this manual with the primary goal is to create a counseling model that can be effectively integrated into the local church to promote Christian maturity. It is our responsibility as fellow members of the body continually to remind and exhort each other to keep in view the goal of all true counseling: to free people to better worship and serve God by helping they become more like the Lord. In a word, the goal is maturity' (p. 24). Crab (1977) maintains that this type of maturity is often neglected in counseling as happiness becomes the ultimate goal.

Development Of problems and personal Need Crab (1977) indicates that there are two basic needs of humanity that are required to function effectively. These needs are significance and security.

Problems arise when these needs are not met. " People can never stop needing significance and security. But we can stop needing certain routes to satisfying our primary needs of significance and security (a) if these routes rate problems and (b) if there is a problem-free route to meeting those same primary needs" (p. 114). The author contends that these needs cannot be fully realized apart from relationship in God. " When a person grasps the truth that he is significant and secure in Christ and begins to practice that truth by rational, responsible, obedient and committed living, he becomes whole, alive, vibrant, full" (p. 12).

Biblical Integration The author fully

integrates scripture into his counseling concept. " ... The critical need is to look at psychology through the glasses of Scripture" (p. 0). His method, called " Spoiling the Egyptians" (p. 49), details three qualifications for fully integrating Christianity and psychology: psychology must come under the authority of Scripture, the Bible is God's infallible and inspired revelation, and Scripture must functional control over non-Biblical options. Formula for Change In chapter 8, Crab (1977) details that the formula for change relies on the intended goal of the counselor.

Because the Christian counselor desires to assist the client in a way that will ultimately lead a person to maturity in God ND the strengthening of that relationship, " the critical change in helping a person live effectively involves altering his Basic Assumption... " (p. 137). Crab (1977) maintains that right thinking produces obedience to God equaling a " whole person[s], both significant and secure" (p. 137). The author proposes a simplistic model that details changing a clients' thinking about how to obtain significance and security.

This model relies on a significant relationship bejen the counselor and the client. The first step to change is to identify the emotions that exist in response to the problem resistance. Once the emotions are identified, the counselor can move to the next step, considering goal oriented behavior (p. 147). The third step would be to identify problem thinking. The counselor should be able to determine when the wrong assumption was learned, and encourage the expression of emotions produced by the thinking. Once the new thinking is grasped the counselor can clarify biblical thinking in step four.

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During step four, the counselor should provide support to the client during the change of his assumptions and teach the client to fill his mind with contrasting biblical assumptions. Step 5 requires the client to commit to acting on the learned biblical assumption. "The cure for doubt is obedience" (p. 156). In step six, the client is asked to plan and carry out biblical behavior. Finally, step seven is to identify the presence of Spirit-controlled feelings (p. 157). Balance of Theology and Spirituality Throughout the book, the author carefully details the need for balance between theology and spirituality, and psychology and Christianity.

Though the author discusses methods and approaches that are spiritual but based on a strong theological foundation. Nothing is more crucial to an effective Christian life than a clear awareness of its foundation" (p. 25).

Essentially Crab (1977) maintains that spirituality is a product of the correct thinking associated with strong theological foundation. Human Personality The author details the personality structure of humanity that is described by identifying the functioning parts.

These five parts include the conscious mind, the unconscious mind, the heart, the will and the emotions. The conscious mind controls the perception and evaluation of the events in the mind. The unconscious mind houses the basic assumptions. The heart represents direction. The will identifies a person's behavior. Finally, the emotions of an individual detail the capacity for feelings. Counselor's Function and Role The Christian counselor should focus on "assisting them [the client] to become more mature So they can better please God" (p. 25).

Growth and maturity in the client is best demonstrated by obedience to the will of God in every circumstance of life. Obedience, however, is only one part of the goal. A Christian must do more than change his behavior.

Attitudes must change, series should slowly conform to God's design, there must be a new style of living that represents more than a collection of obedient responses (p. 29). In entering into the counseling relationship, the counselor should focus on assisting the client in transforming their thinking to become a whole and productive Christian.

They should make every attempt to highlight the workings of the Holy Spirit already present in the life of the client, and identify to the client that they have all the resources necessary to live in maturity and service to God. Major Contribution to Counseling Crab (1977) makes a significant contribution to the counseling community with his work concerning effective biblical counseling. The model that is proposed by the author is simpler yet impacting. It moves the counselor away from the goal of pursuing happiness at all costs and seeks to confront the distorted thinking that is the underlying cause of negative emotions and behavior.

Crab (1977) maintains that " every problem in the model can be avoided completely if the basic assumption is in line with revealed truth" (p. 137). For the biblical or Christian counselor this is often neglected truth, Hough supported by biblical reference. " Do not conform to the pattern of this world, but be transformed bathe renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will" (Romans 12: 2, New International Version).

Another major contribution of this material is the adequate integration of Scripture and psychology. TO this end, the counselor is able to develop a strategy for the proper interpretation of secular psychology and scripture. This will create a well-rounded counselor that is fully equipped to assist the client in transforming their mind and coming a mature Christian. Limitations of Counseling Theory This counseling theory can be considered effective to the Christian that is struggling in living an abundant life of faith.

However, those with a secular or carnal viewpoint may not be able to reap the full benefits of this theory due to the spiritual content of this. In the event that the client is not convinced of the authority of scripture or is an unbeliever, the counselor may need to tailor specific portions of the model. This however does not diminish the usefulness of the theory. It may be necessary for the counselor to provide the biblical Renville while refraining from actual scriptural reference until the client is at the point of reception. Classification This model can be classified as biblical Christian counseling.

Although Crab (1977) maintains that there are positive implications to other brands of counseling he details certain reservations concerning other methods. With regards to the inauthentic model counseling, the author maintains “ Although agree with Adams that Christian maturity is the central goal of biblical counseling I do not think the strategy of confrontation exhausts all possible ways to achieve the goal” (p. 144). Essentially, it is not enough to confront and command, especially when it may not be necessary to confront at all. L would like to think that approach my clients with the intent not primarily to confront but rather to be by their sides to help” (p. 145). Practical Application Practical Application and Potential Influence The <https://assignbuster.com/theology-and-spirituality-in-counseling-assignment/>

model created by Crab (1977) can be used in the form of private practice, but will prove most effective for use within the local church community. By establishing relationship and seeking to exhort the client toward spiritual growth and maturity, this model can draw the church community closer to each other. It is my hope that each of us as members of the living body of Christ will become more sensitive to ourselves and to each other and will develop an effective ministry in appropriating the sufficiency of Christ to heal the pain we discover" (p. 18). This particular model of counseling has greatly influenced this student. This student believe that the primary motivation for negative behaviors and emotions directly correlates to feeling insignificant and unloved. Because Christ is the only way to reach total self-actualization, this model will greatly impact this students approach to counseling and exhortation.

Brief Example Bob and Halley have been married for six years and have four children. Bob believes that God has called him to plant a church in a nearby city. Because Of the demands that establishing a new church congregation will incur, Bob has decided to quit his job. This leaves the entire responsibility for the financial maintenance of the household with Halley. Bob is feeling frustrated toward Halley because he believes she is coming against the ' Will of God" for their life y disagreeing with his recent unemployment.

Halley is feeling resentment toward Bob for leaving her to deal with a mountain of debt on her meager income, and establishing a church while neglecting their family. This couple is need of counsels Eng. With respects to the work of Crab (1 977), this counselor would suggest that each individual understand the primary motivations behind their feelings. Bob's feelings
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stem from his need to feel significant. Bob feels that his need to plant a church is being threatened by Halley's concerns about their finances and the family.

His basic assumption is that without planting the church, he will not be significant. While it is admirable that Bob has determined to plant the church, as a pastor he should also be concerned with "ruling his house well". Bob should be encouraged to include his family in his efforts at church planting and together they should pray for their goals in ministry. Halley's feelings stem from her need for security and her fear of failure. Halley believes that she will not be able to carry the financial burden of the household without the finances that Bob's employment provided.