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Fall Quarter, 2002
PMMP 460: The Pastor as Counselor
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Requirements:

- 55 minute presentation followed by questions for the next class
 - 4 pages of handouts, plus your paper
 - 8-10 page paper
- “Personality Disorders”
 - Background information
 - Biblical perspective
 - Specific, practical ideas

Scrupulosity: the desire to do the right actions the right way

OCD: a higher form of scrupulosity, also a form of “brain-lock”

September 11, 2002

The Five Languages

- | | |
|---------------------------|--|
| 1) Words of Appreciation: | Compliments, encouragement |
| 2) Acts of Service: | Helping out |
| 3) Quality Time: | Undivided attention, heart connection |
| 4) Receiving Gifts: | Cards, remembrances, not necessarily financial |
| 5) Physical Touch: | Not sexual intimacy |

SAMPLE Take-Home Sheet

Wife

- 1) Primary language
- 2) Secondary language

Husband

- 1) Primary language
- 2) Secondary language

- Write everything down
- Don't do a lot of sexual dysfunction counseling as a *pastor*
- Two most difficult things to discuss
 - Sex: (Use “The Gift of Sex”, “Intended for Pleasure”)
 - Prayer

Anxiety

Hart, “The Anxiety Cure” (1998)

Parenting

Cline and Fay, "Parenting with Love and Logic", "Parenting Teens with Love and Logic"

Depression

Backus, "Telling Yourself the Truth"

Preston, "Lift Your Mood Now"

Addictions

"Every Man's Struggle/Battle"

"Pure Desires"

"False Intimacy"

- We cannot teach: we can only create a learning environment where God can teach

September 13, 2002: Marriage/Divorce

Presenting Problems

- This is a helpful handout for those coming to see you (add church letterhead)

Divorce Counseling

- Other commitment scaling questions for divorce:
 - 1) Just got divorced yesterday
 - 10) Do whatever it takes to fix the marriage
- Use the first name of the person less committed *most often*
 - "What would it take to move you from X to X + 0.5?"
 - "What's *absolutely necessary* for you to get from X to X + 0.5?"

When One Wants Out and the Other Doesn't

- Tough Love, by James Dobson
- Especially good for couples where one is a strong Christian and wants to stay
 - Let the remaining spouse pledge commitment, but release the leaving partner
 - Avoid the "pursuer/distancer" pattern
 - 1 Cor. 7:15: "But if the unbeliever leaves, let him do so."
 - Jesus "How often I longer to gather you together...and you would not."
 - The key is *respect*
- Always spend equal time with partners
 - If a visit alone occurs with one partner, meet with the other
 - Keep balance

Visual/Audio/Kinesthetic

- What about the partners' appearance attracted you?
- What listening clues attracted you?
- What touch or physical care attracted you?

"We cannot choose to fall *in* love, but we can choose to fall *out* of love."

KEY: Go Slow

Michele Weiner-Davis: Divorce Busting

Martial Research:

- The best predictor of divorce is a harsh start-up
- The best predictor of a good marriage is friendship
- Couples can be taught skills to improve their marriage

Counseling Don'ts

- Don't state your pro-marriage position at the outset
 - Better to say "I'm on the side of the marriage"
- Don't give permission to leave (even separation)
 - Absence can create emotional distance
- Don't take sides
- Don't allow clients to argue or blame each other for long periods of time
- Don't see clients conjointly if they have diametrically opposite goals for marriage
 - If someone is at a two or a three, you may want to visit with them separately
 - Someone who was a committed Christian but goes to a 2 or 3 may be having an affair
 - Confront the lies separately, not with the couple together
- Don't tell clients both partners must attend

Counseling Dos

- Assume people want to save their marriage
- Be aware of how your actions affect your clients' perspectives
- Believe in your clients strengths to solve problems
- Spend a great deal of time normalizing feelings
- Encourage people to become solution-oriented
- Avoid analysis paralysis

September 16, 2002

The Divorce Busting Map

1. "How do you see me as your pastor helping you?"
2. Have them state the problem in one sentence
 - a) Usual response: "We have a communication problem"
3. Ask the miracle question
 - a) "If a miracle occurred to make everything better, what would it be?"
 - b) "What one thing could you do next week to bring you a bit closer?"
4. Compliment, compliment, compliment

When One Wants Out and the Other Doesn't

- Between visit contacts are an attempt to get you on that person's side
 - Remind the person that you empathize
 - You'll bring up the point "at the next visit"
- Emphasize self-control and structure
 - Keep the session to one hour
 - If major issues come up in the last five minutes, spend five minutes then postpone
- *Always make the covert overt*
 - Secrets kill relationships
- *Balance the spouses carefully*
 - Avoid situations where each spouse thinks you have taken their side

- Maintain neutrality or *balance*
- Don't get in the pit with them
- *Clarify*
 - Rationales *for wanting to leave the marriage*
 - Values *regarding the marriage relationship: commitment, intimacy, divorce, etc.*
 - Timing *why are you here now?*
- *Keep helpers out of the marriage*
 - Parents, siblings, friends interfere because they almost always take sides
 - Don't draw whole families and communities into the conflict
 - Teach the partner to share their general pain, not specific "gripes"
 - "The man shall leave his family and the woman her home and the two become one"

September 18, 2002

- *Ambivalence*
 - Pre-ambivalence: remains committed to the marriage
 - Ambivalence: oscillates back and forth
 - Post-ambivalence: ready to withdraw loyalty
- *Commitment*
 - Level of commitment
 - Goal of marriage counseling from their perspective (1-10)
- *Limited Confidentiality*
 - *Never* use the word "confidentiality"; use "private"
 - Withdraw rather than break a secret
- *Positive Aspects*
 - Look for the good:
 - A. Accentuate the positive
 - R. Reject the negative
 - K. Know that God loves you
 - Focus on each other; not "he's a good dad" or "good with the children"
 - Quid Pro Quo: "I'll do one nice act for one nice act from you"
 - Especially for a very troubled marriage
- *Trust*
 - The two issues used as controls are sex and money (boss, money, sex)
 - If one spouse control both, the other will be the one who wants out
 - These are usually *symptoms*
 - Are you completely trusting or have no sense of trust? (1-10)
- *Solutions*
 - What would an ideal husband or wife be like? What would they do or say?
 - 1) What would an ideal relationship look like?
 - 2) How would decisions be made?
 - 3) How would you express a desire for change?
 - 4) How would you pursue your goals or dreams?
 - 5) What kind of communication would exist?
 - 6) What kind of traits would your spouse possess?
 - 7) How would affection be expressed?
 - Ask them to think of a symbol, animal, or metaphor that describes them
 - Depressed Spouse

- They must be happy outside the marriage before they can be happy in it
- Living without the marriage is not going to make things better
- “Cake and frosting”: a bad tasting cake can’t be masked by good icing
- *Enactment*
 - Have couples enact a common problem or issue
 - Reframe: don’t change the facts, but spin them
- *Personal Issues*
 - What do *you* need to do to help the marriage work, irrespective of the other spouse
- *Anger*
 - “Gunny sack anger”: the building up of resentment that’s then too heavy to carry
 - Divorce is usually the way they choose to get rid of it
 - Other things can get put into the gunny sack and get tied into the marriage
 - Love language / Anger language
- *Good Times*
 - Five events or times when the marriage was happy
 - Recalling the memories can help reduce the hopelessness
- *Practical Agenda*
 - May need to stay in different bedrooms
 - May need to focus on what works: parenting

“You lost that loving feeling” is now the most played song of all time

September 20, 2002

Pastoral Office Space

- Low, but not no, lighting
- Light green paint

The Marriage as a Company

- *How* and *When* questions to start getting a couple thinking
- Where would you like your marriage to be in 2 years?
- How much time will you devote to make that happen?
- What are your strengths as a spouse?

NOTE: Couples will take it more seriously if it’s “in black and white”, even with no attribution!

Communicate Straight (p.206)

- A valuable handout to give to couples
- *Non-assertive*
 - I don’t care about my feelings
 - I only care about yours
- *Aggressive*
 - I care deeply about my feelings
 - I don’t care about yours
- *Assertive*
 - I care about both our feelings

Counseling Do’s and Don’ts (p.207)

- Put back to back with “Communicate Straight” and handout

ADULTERY

Danger Signs

- Go over the “Danger Signs” with the spouses individually, but do not share
- TIME: “Missing time”?
- NAME-DROPPING
 - Begin to mention a colleague of the opposite sex
 - Stop mentioning a colleague
- APPEARANCE ALERTS
 - Increased workouts, diets
 - Change in wardrobe
- SEXUAL SIGNS
 - Change in bed behavior
 - Change in physical touch
- COMMUNICATION KEYS: Phone and answering machine concerns
- FAULT FINDING: More fighting, worse fighting

Trust

- Trust can *never* be 100% after an affair
- Work to get it back to 90%

Actions

- Get the betrayed spouse to ask “why” questions, not detail questions
- The betrayer should write a letter and apologize to the betrayed (if everyone knows)
- What must occur so that the affair does not happen again?

Think -> Feel -> Act

- Thoughts are the mother of all feelings and actions
 - “Whatever is excellent...think on these things”
 - “The renewal of your mind” (Romans 12)
- Actions will form feelings and thoughts
 - Do what you want to think and feel

Brian’s child: Josiah

“Even and Odd Rule”

- Odd Days:
 - The adultery can only be talked about for ½ hour
 - If they both agree, they can talk for one hour
- Even Days:
 - smooth, calm, connected
 - no discussion of the affair at all
- Eventually make Monday and Wednesday “odd days”

Research divorce rate for 1990-2000.

September 25, 2002

- Always emphasize the words “you decided” with children
 - “You chose”, “You decided”, “You did”
 - Get your children to accept responsibility for what they did by language reinforcement

“The engine maintenance light in your car indicates a symptom of major difficulty but it does not mean the car has never been any good.”

- Don’t force the question, “Do you love me?”
 - The man is torn between two women and doesn’t know how to answer
 - The fact that he is in the office speaks louder than anything he can say
 - Pressuring the man to answer can only break down the marriage further
 - On his own terms, the man needs to learn to affirm his wife’s need to hear the word

September 27, 2002

Vows

- Renewal of vows is especially important for the continued life of the marriage
- Speak again these vows in your head in the morning and the evening

Positive Comments

- Focus on solutions
- Not: “Don’t” but “do
- Not: “I hate it when” but “I like it when”

The Affair Continues

- See “Rules for Contact”
- Always advise, never say, “do this”
- Meet at a neutral location with lots of people (more inhibitions on acting out)
- Sometimes it’s healthy to get the two betrayed spouses together (if between married people)

September 30, 2002

HOMOSEXUALITY

Early Childhood Development

- 3-5 years: disconnection and differentiation from mother toward a father
- Continued display of a lack of disconnection and differentiation after 4 is of concern
- 83% of 11 year old “cross-dressing” boys wished they’d been girls
- 75% of young boys with same-sex tendencies will become homosexual
- 2.3% of women, 2.7% of men = 5%, yet over 90% marry

2 Reasons for Homosexuality

- Perceived lack of love from the same sex parent
- Abuse, molestation, or (experimentation)
- July 2002: Focus on the Family discusses the origins of homosexuality
 - Detrimental to boys to play with feminine toys
 - Boys need to play “male” in order to shape their masculinity
 - A mismatch between a father and son’s character can hinder disconnection from mother
 - Mothers should direct their sons to their fathers when assistance is asked for

- All homosexuals Dobson has met had little loving relationship with their father

Five Markers for Pre-Homosexuality

- A repeated desire to be the other sex
- Preference for cross-dressing (boys)
- Preference for masculine dress, especially in sports (girls)
- Intense desire to participate in past-times of the other sex
- Strong preference for play with the other sex

AMA/APA

- They rejected “gay to straight” therapy in 1999
- No evidence that homosexuality is predetermined (Focus on the Family)

National Association for Research and Therapy of Homosexuality

www.nARTH.com

16633 Ventura Blvd, Suite 1340

Encino, CA 91436

(818) 789-4440

Change Needed

- *Affection, approval and attention* with their father the key behaviors needed
- “masculinity is an achievement”

October 2, 2002

Homosexual Parenting (Made from a GBTL Perspective)

- Marriage is temporary and based on sex
- Sexual relationships aren’t based on pro-creation but on pleasure
- Monogamy isn’t the norm

Vs. CTCR Reasons for Marriage

- Companionship
- Pro-creation
- Restraint of sin

Healing Homosexuality

- See pages 411-414 in the handout
- 80% heterosexual, 20% homosexual is a not bad percentage to attain in an individual

S Sensations: I want to do it
T Thinking: I have the time to do it
O Outcome: But what will happen if I do?
P Plan: Then here’s what I should do instead

- Avoid thinking of the word ‘cure’
- Use the word ‘change’ or ‘adjust’
- Father-thirst or Father-hunger tends to lead toward homosexuality
- An effeminate Father has *no* adverse effects on sexual identity

- An overbearing Mother *on her own* has *no* adverse effect on sexual identity
- *Defensive detachment*: in order to protect themselves, they divorce from their father
 - The homosexual needs to speak to their father, maybe their grandfather
 - But they will hold deep anger and resentment toward their fathers
 - Homosexuals end up being attracted to assertive, confident, people
 - The father is not the problem, but the *defensive detachment* from the problem
- *Masculine Behavior*: the more boys engage in it, the better
 - Too much “feminine” activity can lead to homosexuality
- *Marital problems*: parents of homosexuals often have disruptive parents
 - What is the mother’s relationship to the father?

Statistics

- Only 7 out of 156 couple maintain sexual fidelity
- None out of the 7 were together more than 5 years
- *Kinsey Institute*:
 - 28% of homosexuals with 1,000 or more partners
 - 79% said more than half of their partners were strangers
 - 2/3 exhibit some effeminate behavior
- Unusual phobias sometimes arise

Treatment

- “I am a heterosexual man with a homosexual problem”
- Develop healthy, non-sexual male relationships and bonding
- The counselee may alternate between idolizing and degrading you
- Treatment before the age of 20 and after 35 is very difficult

October 9, 2002

OBSESSIVE-COMPULSIVE DISORDERS

- If there’s depression, check for obsessive-compulsive disorders
- Variety of such disorders

Obsessions

- Aggressive: fear of committing violence of inappropriate behavior
- Contamination: fear of dirt and germs
- Sexual
- Hoarding:
- Religious (Scrupulosity): excess concern with right and wrong
- Symmetry: things will go wrong if certain things don’t happen
- Miscellaneous: excessive concerns

Compulsive

- Somatic:
- Cleaning/Washing:
- Checking:

- Repeating:
- Counting:
- Ordering:
- Hoarding:
- Miscellaneous:

Initial Screening of Patients

1. Have you ever been bothered by repetitive thoughts or actions that don't seem to make sense?
2. What kinds of thoughts are they?
3. When you have these thoughts, do you try to get them out of your head?
4. Where do you think these thoughts come from?
5. Do you ever have to do the same thing over and over?
6. What is it you have to do? What will happen if you don't do it?
7. Do you have to do this more than a reasonable time each day?

Exposure Therapy: Three-Hour Homework Session:

- Exposure to the contaminant is needed to reduce the anxiety
 - The particular anxiety must be faced in order for there to be any healing
 - Start with the least anxiety producing symptom if more than one
 - Exposure in two, 1.5 hour intervals
 - 21 days in a row
- Medication may help jumpstart the process, but can't finish it
 - Prozac
 - Anafranil
- A return of anxiety may cause OCD to flare up again
- OCD: Can be much more difficult to treat
 - Obsessive-Compulsive Personality Disorder
 - May actually require surgery

For Cleanliness

Ex: "Touch the bathroom floor, then sit and watch TV for 1.5 hours. Wash your hands, then touch the floor again and repeat"

October 14, 2002

Jeffrey M. Schwartz, *Brain Lock: Free Yourself From Obsessive-Compulsive Disorder*

- "A four-step self-treatment method to change your brain chemistry"

Step 1: Relabel

- Control RESPONSES, don't try to control the thought itself
- Focusing on the thoughts will only make things worse

Step 2: Reattribute

- "It's not me: it's my OCD"
- When the behavior comes on, fold your hands and pray OR do "something else"

Step 3: Refocus

- Always keep written records of your refocusing efforts
 - Try and find out what triggers the OCD

- Only record successes, not setbacks

CHILD BEREAVEMENT

Jean Werth, *There's Someone in Your Kingdom, Lord*

- 1-866-651-0911
- Faith Petals by "WinePress Publishing" (WP)

BOUNDARIES

- "What you are and aren't responsible for"
- Ways of building healthy relationships with people
- Examples of Unhealthy Boundaries
 - Moats
 - Contiguous backyards (no fences)
- Examples of Healthy Boundaries
 - Backyards with fences with easily opened gates

Reasons for not setting boundaries (LAG)

- LOSS: fear of losing the relationship
- ANGER: fear of conflict or anger: conflict-avoidance
- GUILT: but is it wrong-immoral-terrible?

Codependency = excessive altruism (people pleaser and protector)

- Making excessive excuses for someone else's problems
- Protecting someone from their own faults

Laws of Boundaries

- Sowing and reaping: our actions lead to reactions
- Responsibility: we are responsible FOR ourselves and TO other people
- Power: self-control, not other-control
- Respect: we must accept other people's freedom
- Motivation: enablers often resent the help they are offering
- Evaluation: people need to be confronted with their own irresponsibility, etc.
- Proactivity: don't be reactive, be proactive; don't wait for the other person to react
- Envy: "what I have is not enough, and what everyone else has is enough"
- Activity: "boundaries involve doing things and setting limits"
- Exposure: we need to express what is bad and destructive to us

October 18, 2002

Three kinds of boundaries

- Limits without freedom
- Freedom without limits
- Freedom within expanding limits

Boundaries with Kids

- The goal of parenting is to work yourself out of a job
 - Train for the civil realm, family realm, churchly realm
 - Preparation to leave home and be on their own
- Ages

- Up until 3, children have a free ride
- After 3, children need to take responsibility for their actions
- By the time they're seniors, they should be making all decisions under parental guidance
- Parents cannot teach
 - They must model what they want their children to learn
 - If they want their children to be self-controlled, they must be self-controlled
- Arguments
 - In the history of the world, no adult has one an argument with a child
 - If an argument is approaching, say one of the following lines and walk away:
 - "I'm sorry. If I were your age, I guess I'd feel that way too."
 - "I love you too much to argue with you."
- Relationships and Rules
 - Rules – Relationship = Rebellion
 - Rules + Relationship = Mutual Respect
 - Relationship – Rules = Chaos

ANXIETY

Symptoms

- Physiological Symptoms
 - Weakness, heart-pounding, hyperventilation, fatigue
- Cognitive Symptoms
 - I can't carry on, I feel confused, people are looking at me, I'm going crazy
- Emotional Symptoms
 - I'm full of fears, something terrible is going to happen, I feel embarrassed

Fears

- Only 8% of fears are actually worth worrying about
 - 70% were about the future or the past
 - 12% were about loved ones

Substitute the word "excited" for "anxious"; "care" for "worried"

- I am "anxious" about my test = I am "excited" about my text
- I am "worried" about the interview = I "care" about the interview
- Don't use the "A" word!

"Meditations" from the Wisconsin Synod

- Good devotional booklet

Types of Anxiety Problems

- Panic Anxiety Disorder:
 - "panic attacks" similar to a heart attack
 - hyperventilation causes the symptoms: bag or hand over the mouth and nose
- Generalized Anxiety Disorder: GAD
- Specific Phobia: People afraid to wear a tie (?)
- Social Phobia: Extreme shyness, for example
- Agoraphobia: May not be able to come to church for this reason
- Obsessive-Compulsive Disorder: OCD

- Posttraumatic Stress Disorder: Usually caused by more than one event or one major event
- Separation Anxiety Disorder: Displays in early childhood, rarely in adulthood

Fusion vs. Detachment

- Fusion: a plate of spaghetti
- Detachment: a plate of peas
- We want to be neither

Prayer The Best Response

- The best response to anxiety is prayer
- Psalm 46:10: “Be still and know that I am God”
- Remember God’s promises
 - “God is with me”
 - “Christ lives in me”
 - “I am safe”

John G. Kruis, *Quick Scripture Reference for Counseling*

See also the book of God’s Promises

October 23, 2002

HYMN: Christ’s Own Child I Gladly Say It

- Good Resource: *Christian Counseling Journal*
 - If anxiety sets in before 20, probably predisposed to it
 - Young adults in their 20s and 30s most affected
- Track when and where the attacks occur
 - Is their something that brings it on?
 - Avoid these situations or prepare for them
- Every pastoral visit should be the last one
 - Otherwise people become dependent on us, not on Christ

Handouts in Congregation

- For marriages
- For funerals

October 28, 2002

Dichotomy vs. Trichotomy

- Body, Soul and Spirit
- The “soul” is the thinking, rational aspect of humans
- “With God’s grace I can deal with this”
- “This is distressing, but not dangerous.”

Cognitive Disorders

- All or Nothing Thinkers: everything is black and white.
- Over Generalization: a single negative event as the never-ending pattern of defeat
- Mental Filter: picking out and dwelling on a single negative detail
- Disqualifying The Positive: reject the positive experiences by insisting they “don’t count”

- Jumping to Conclusions: think a certain way despite a lack of facts to support the conclusion
- Magnification/Minimization: Exaggeration of flaws or minimizing of positives
- Emotional Reasoning: “I feel it, therefore it must be true.”
- “Should” Statements: Motivating by rules; say instead “I wish”, “It would be nice”
- Labeling and Mislabeled: Extreme form of overgeneralization
- Personalization: Something outside my control is my fault.