

Research Assessment #4

Date: 29, October, 2020

Subject: Biblical Counseling

Citation:

Higbee, Garrett. "Counseling Together: Inviting Friends into Formal Counseling...a Desperate Move and Amazing Discovery." *Biblical Counseling Coalition*, 12 Oct. 2018, www.biblicalcounselingcoalition.org/2018/10/12/counseling-together-inviting-friends-into-formal-counseling-a-desperate-move-and-amazing-discovery/.

Assessment:

After reading the article, "Counseling Together: Inviting Friends into Formal Counseling...a Desperate Move and Amazing Discovery", I was able to get a completely different view of biblical counseling. Oftentimes I find myself putting biblical counseling in a "box". In other words, thinking that there are only a few methods that can be used within this type of counseling, and forgetting that other techniques exist. Garrett Higbee's article opened my eyes to another method that can be used within biblical counseling and how effective it can be. He explained how at first his church was short on staff and he asked people who were moving to his church to bring along a

Christian friend in order to make their sessions more beneficial. However, this adaptation turned into a truly genius idea. Higbee now suggested to people, despite their staffing situation, to bring a Christian friend with them to their counseling sessions because he was able to see how much this helped others improve. However, it's important to keep in mind that bringing someone else to counseling may not be beneficial for every counselee. Some people may feel that their privacy is invaded by another person being a part of the session. It varies for everyone. People who are in fact willing to have another person by their side, will find that there are endless benefits to this process.

First off, the person who comes alongside must be very willing to help the counselee. This position is not for everyone and cannot be done by someone who is not fully devoted to be the best they can be for the counselee. It's also important to deeply consider who you make your advocate. Higbee explains that the advocate must demonstrate a strong faith for God, be submissive to God's word and the counseling process, are good standing in their home church, and finally must display deep concern and growing compassion for the person in need. If the person does not display all four of these qualities then the counselee should reconsider making them their advocate. Another important factor to keep in mind is the understanding that choosing a relative or spouse may not be productive for this exercise. Although the bond between two spouses is unbreakable, sometimes because of the other spouse's

objectivity, pairing one spouse with the other may not be as productive for some people. On the other hand, this does have the potential to work great for some spouses and may bring them even close together. Bottom line, if a counselee wants to engage in this form of counseling, they have to deeply consider who they make their advocate and what will be most beneficial for them.

This method of counseling has the potential to truly change the lives of counselees. Higbee explains that what has proven to be most beneficial of using advocates is that they can now help to encourage the counselee in completing their homework. Completing their homework will help the counselee to come to a breakthrough. Oftentimes in this method of counseling, the advocate helps contribute to the breakthrough, which then deeply benefits the counseling process as a whole.

The method of counseling that Garrett Higbee explains is not only great information for counselors to consider, but as well perfect for my original work. With the goal of wanting to examine different counseling methods, getting to read about Higbee's method thoroughly benefited my research.