

### **Research Assessment #3**

**Date:** 16 September, 2020

**Subject:** Biblical Counseling

**Citation:**

Hambrick, Brad. "Four Types of Helpful Counseling Conversations." *Biblical Counseling Coalition*, 1 May 2019, [www.biblicalcounselingcoalition.org/2019/05/01/four-types-of-helpful-counseling-conversations/](http://www.biblicalcounselingcoalition.org/2019/05/01/four-types-of-helpful-counseling-conversations/).

**Assessment:**

In the article, "Four Types of Helpful Counseling Conversations", Brad Hambrick gives a brief description of the four steps to follow when counseling in order to get to know the counselee, help them feel heard, help them understand where God comes to play in their issue, and finally help them get to the repentance stage. Last assessment I was explaining how I wanted to take a step back and get a baseline of counseling, this way I can understand how to first connect with the counselee, and move forward from there. Hambrick gave fantastic advice explaining the four steps he follows allowing me to truly get a feel for counseling and what my first steps would be when interacting with a client.

To start off this analysis, I wanted to set the tone for the rest of the assessment with a phrase that Brad Hambrick used. He says when speaking to the client to view it

as “therapeutic hospitality”. Whether Hambrick was referring to just the opening questions of getting to know a client, or counseling as a whole, it completely changed my outlook on Biblical counseling in general. Therapeutic hospitality is almost like welcoming a client into your space, helping them as Jesus would, and ultimately healing them through Jesus. It made me think of how Jesus would talk to the most frowned upon and sinful people like they were just a normal individual. He would lovingly help and serve them, ultimately changing their lives. This is the potential I believe biblical counselors have. Being Jesus to those who are in need, looking at them as their equal despite whatever issue they are currently dealing with, and using the power of Christ to help heal the person.

Continuing through the article, one of the first steps that I learned when first speaking to a client is having a list of questions to ask that can basically explain what all is going on with them. This is a very important part to start the conversation, however I think the next step is much more crucial. After the client answers questions, making sure to repeat their answers in detail for clarification. This will help the person know you are listening and that they are heard, therefore starting to break down any barriers they may have had at the start of the conversation. This will overall build a relationship between the counselor and counselee, resulting in a strong foundation of trust.

After getting a feel for the person, the next step could be to slightly inch towards questions that are spiritually based. However, this needs to be done with ease I’m assuming. My fear is that bringing in theology too soon could scare some people

off or cause them to hide because they are ashamed of their problem. The main goal of this entire process is helping the counselee to not feel ashamed, just aware of their wrongdoings and helping them to find a solution. I agree with Hambrick that a way of introducing the gospel into the counseling process would be to ask the client questions revolving around holiness. Asking them what role God plays in their life, if they need to repent to him, how God has impacted them through this experience et cetera. After they answer these questions I'm assuming you would get a feel for where they are at in their walk with Jesus, that way you'd know how to approach the next steps. However, despite where they are in their walk with Christ, something that is crucial to verbalize is how important it is to honor God. This can be brought up once you begin to connect living a life for Christ and dealing with the current issue of the client. The best scenario would be if they can realize this on their own without it being spoken to them. This overall helps them to remember that we aren't on earth for ourselves even though as sinful, self-obsessed human beings we forget that our purpose on earth is to serve the Lord.

The last two steps are all about repentance. Typically if the client is able to grasp the importance of living for Jesus, the next step is typically a whole lot of regret. This is where counselors come in and really help guide the counselee. Explaining to the counselee the unconditional love Jesus has for us along with his forgiveness, leading them to want to repent, not just self-loathe because of their mistakes. Helping the counselee get through the repent process is helpful, however it won't make all their issues magically disappear. Many people in counseling are dealing with long

lasting trauma or stress. These are things that will be figured out along the way of the clients journey.

As for now, all I can do is absorb this information and continue studying it that way I will know how to help a client feel comfortable and be able to ease them into a Christ like mentality. This article leaves me with more questions of wanting to know how to help people with the long lasting trauma. I have the understanding of the first few steps as a counselor, now I've got to learn the many more steps that follow them in order to become the best counselor I could possibly be.