

CURRENT TRENDS IN PASTORAL CARE AND COUNSELING

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INTRODUCTION

Drug Addiction, Prostitution, Sexual Abuse, Street Children, The Aged, The Bereaved, Marriage and Family Problems, Child and Adolescent Issues, Sexual Dysfunctions, Occupational Incoherency, Problems Understanding Human Behaviour and Relationships

THE CHALLENGE

Professional training of the care giver
who can use talk for healing
emotional, mental, and
psychosocial difficulties

UNFORTUNATELY

Many shepherds of God's flock today, resort to spiritualization, a blaming of the devil, and the prescription of deliverance prayers and prophecy in resolving every human problem without clinical prognosis and psychopathology.

- Tolerable vs. Genuine, permanent, and maintenance free recovery

THE BETTER PLAN

- A need for holistic approach to solving behavioural disorders and personality problems.

INTRODUCTION TO PSYCHOLOGY

- History

THE PROCESS OF BEHAVIOUR

- Core Beliefs - Experiences
- Thoughts – Automatic Thoughts
- Feelings – Emotions
- Behaviour -Actions

THE PSEUCHE REALM

- Mind - Thought
- Will – Decision/Responsibility
- Emotions - Feelings

IDENTIFYING PSYCHOLOGICAL PROBLEMS

The Law of Parsimony

SPECIAL AREAS OF COUNSELING

GALATIANS 5:19-21

¹⁹Now the works of the flesh are manifest, which are *these*; Adultery, fornication, uncleanness, lasciviousness, ²⁰Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, ²¹Envyings, murders, drunkenness, revelling, and such like: of the which I tell you before, as I have also told *you* in time past, that they which do such things shall not inherit the kingdom of God.”

- *A critical look at life, shows that people are **MENTALLY AND EMOTIONALLY ILL** and this **affects** all our homes one way or the other whether directly or indirectly.*

THE WHO

“Good mental health is not merely the absence of mental diseases. It is a dynamic balance in the midst of stress and the strains of life.”

- *People are considered mentally or emotionally ill when anxiety and confusion interferes with their lives.*

CHARACTERISTICS OF PEOPLE WITH GOOD MENTAL HEALTH

- ❑ They feel comfortable about themselves.
- ❑ They are not overwhelmed by their own emotions, fears, anger, love, jealousy, or worries.
- ❑ They can take the disappointments of life in stride.
- ❑ They have a tolerant attitude towards themselves as well as others; they can laugh at themselves.
- ❑ They neither underestimate or overestimate their abilities.
- ❑ They can accept their own shortcomings.
- ❑ They have self-respect.
- ❑ They are able to deal with most situations that come their way.

- They feel right about other people.
- They have personal relationships that are satisfying and lasting.
- They are able to give love and consider the interest of others.
- They expect to like and trust others and take it for granted that others will like them.
- They respect many differences they find in people.
- They do not push people around, nor do they allow themselves to be pushed around.
- They can feel they are part of a group.
- They feel a sense of responsibility to their neighbors and fellowmen.

- ❑ They are able to meet the demands of life.
- ❑ They do something about their problem as they arise.
- ❑ They accept their just responsibilities.
- ❑ They shape their environment whenever possible and adjust to it whenever necessary.
- ❑ They plan ahead but do not fear the future.
- ❑ They welcome new experiences and new ideas.
- ❑ They make use of their natural capacities.
- ❑ They set realistic goals for themselves.
- ❑ They are able to think for themselves and make their own decisions.
- ❑ They put their trust in God, which enables them to trust man.
- ❑ They put their best effort into what they do and get satisfaction from it.

- Counseling the emotionally & mentally III

PERSONALITY DISORDERS IN ABNORMAL PSYCHOLOGY.

“An enduring pattern of inner experience and behavior that deviates markedly from the expectations of the individual’s culture, is pervasive (spreading) and inflexible, has an onset in adolescence or early adulthood, is stable over time, and leads to distress or impairment.”

EXAMPLES

Antisocial Personality Disorder

Histrionic Personality Disorder

Narcissistic Personality Disorder

Avoidant Personality Disorder

Dependent Personality Disorder

Obsessive-Compulsive Personality Disorder

Borderline Personality Disorder

Paranoid Personality Disorder

Schizoid Personality Disorder

Schizotypal Personality Disorder

- Schizophrenia or problems of departure from reality.

MOOD DISORDERS

- Anxiety, Worry, Tension, Stress, Depression etc.

- All of us grow up wounded. Our past hurts with rejections, failures, and abusive criticisms that come from others. These leaves millions with deep inferiority feelings and shattered self-concepts.

REBUILDING SELF-ESTEEM AND PRINCIPLES OF SELF-VALUE

- Self-esteem is a positive self-concept, self-respect and a “feeling good about oneself,” built upon our relationship to Jesus Christ.
- Self-sufficiency is about helping to provide people with skills to be productive and no longer be dependent on hand-outs.

GENERAL AND INNOVATIVE APPROACHES TO SOLVING PROBLEMS

Psychodynamic Therapy

Adlerian Therapy

Transactional analysis

Eclectic Therapy

Gestalt Therapy

Client-Centered Therapy

Systematic Desensitization Therapy

Implosion Therapy

Behavioral Modification Therapy

Psychoanalytic Therapy

Primal Integration Therapy

Hypnotherapy

TO COUNSEL:

- People who believed in lies will certainly act out their lies. Lies determine their actions or behavior. Help them to search for those lies, and replace them with truth.
- Help clients to learn never to use pieces of information alone but to integrate them into a meaningful whole.
- Help clients to discover awareness of themselves, others and the environment. This information can be used to bring about growth, wholeness and integration of thoughts, feelings and actions. Let clients become more aware of their own behavior and take responsibility for it.

- People are strongly influenced by unconscious forces e.g. innate sexual and aggressive desires. What are these forces and how do they deal with them?
- Individuals are mainly motivated by feelings of inferiority. Clients should tell their early memories which information can be used to analyze their attitudes, beliefs and behaviour, in order to encourage them to meet life goals such as work, love, friendship etc.
- Take a look at social interactions where one functions as adult, child, parent etc. and help clients to identify the roles they have assumed and take responsibility for them.

- Dispute irrational thoughts e.g. “I am a worthless human being.”
- People need to understand that they have the innate capacity for self understanding and constructive change.
- Gradually expose people who are afraid of something to their objects of fear until there is no more fear.
- Encourage clients to confront and challenge their distorted ways of thinking.

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