

Structure of Counseling

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Levels of problems

1. Presentation problem – the immediate crisis (this is never the problem!)
2. Performance problem – the precipitating incident (this is not the problem!)
3. Preconditioning problem(s) – (this is the problem!)
 - the behavior patterns – repeated behaviors over long period of time
 - the underlying beliefs – wrong thinking about God, self, others and events

Structure of counseling

1. Connect with the heart of the counselee	5. Direct heart of counsel to God	
2. Get the “feelings” story	4. Appropriate feelings usually follow	
3. Get the “facts” story	3. Get healthy Understanding of facts	
4. Discover the behaviors that cause the facts and feelings	2. Encourage corrected behaviours	
5. Discover the beliefs that cause the behaviors...	1. Teach Biblical beliefs	
>	Teaching	>