Pastoral Counseling

• Is Difficult

• Is a critical task in the Army Chaplaincy (you must do it; it is mission essential)

• “...is a formal and religiously-integrated process enabling Army constituents to change, cope, and resolve their presenting issues in a religious framework.” AR 165-1, 16-3a(3)

• Is often confused with:
  • Advisement / advice giving
  • Proselytizing / Evangelism

• Is an integration of:
  • The Counselor’s Theology & Evidence-based Models in consideration of the counselee

• Is most effective when the counselor engages their greatest human asset:
  • Emotional Intelligence, Empathy, Calm, Non-judgmental, Non-anxious, Non-aggressive Presence

• Is a lot like “Spiritual Direction” (holy Listening)

• Requires supervision, personal therapy, and spiritual care / direction
  • Neglect in this leads to burn-out and ineffective pastoral counseling