



Considering the Youth Leader's Role in Counseling

Introduction

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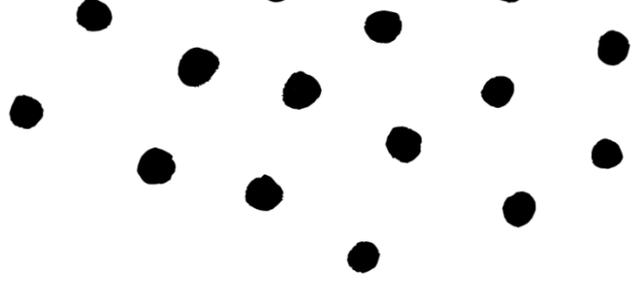
MA Theological Studies, Covenant Seminary

Austin, TX

Blue Hill Therapy

Grace and Peace Austin





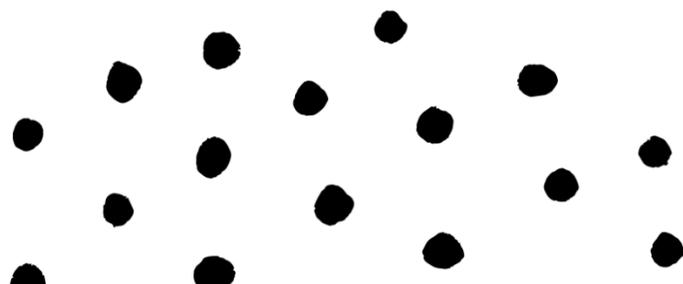
Ministry as a Team Sport

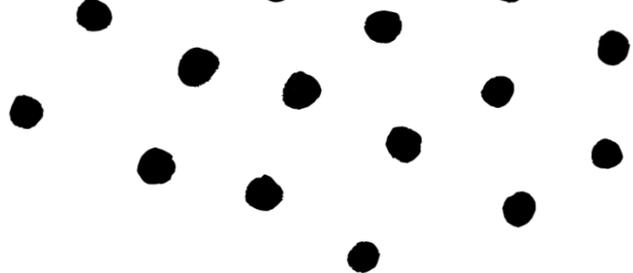
What is a win?

What is your position?

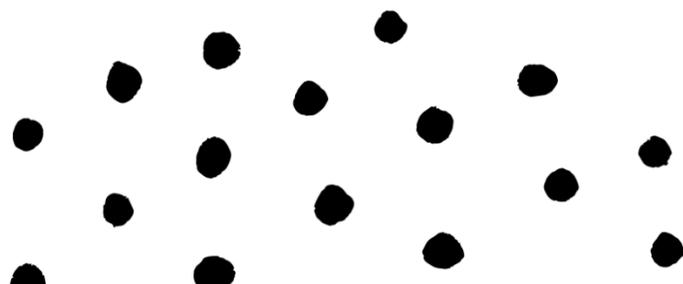
Who else is on the team?

Do you need other recruits?

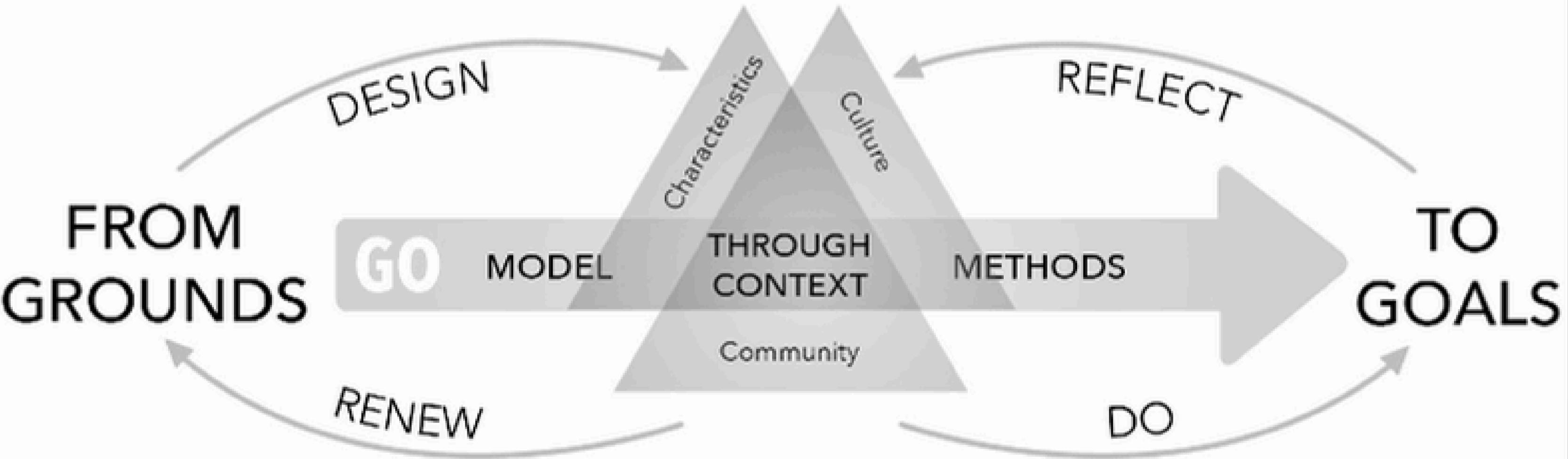




Romans 12

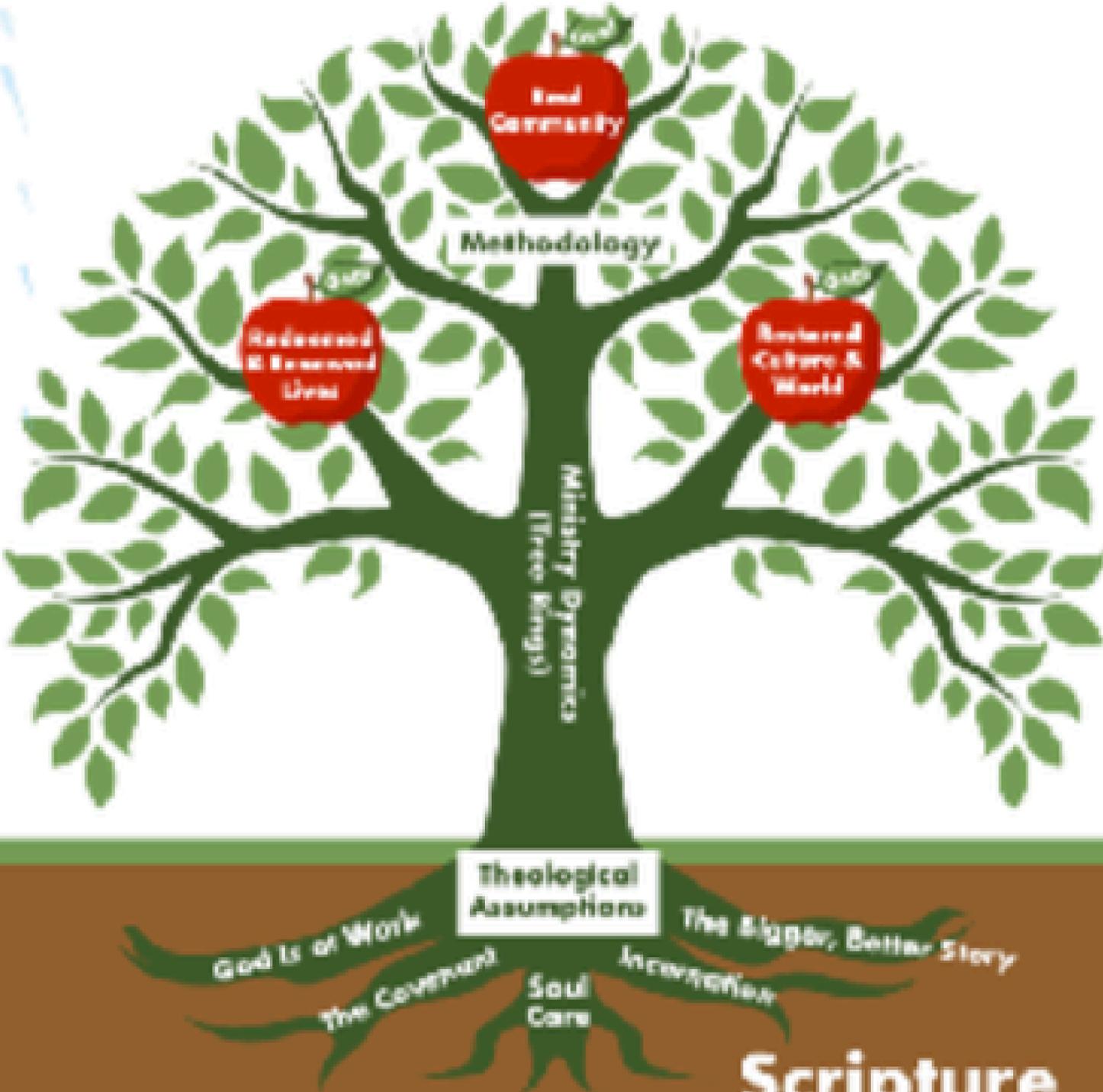


🏡 Grounds to Goals 🏡

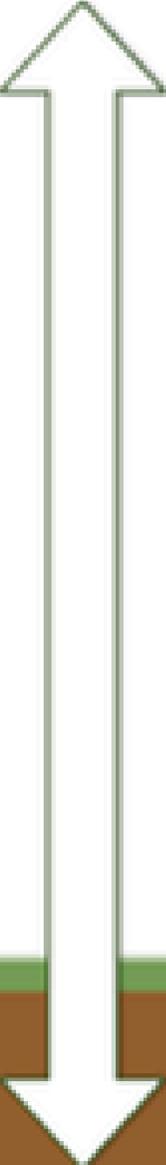


Ministry Approach

Holy Spirit

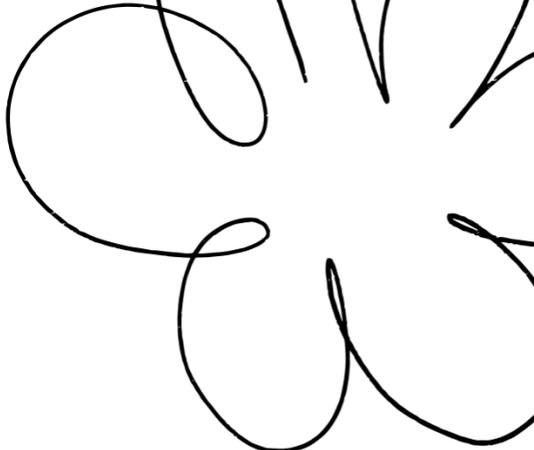


Flexible



Fixed

Scripture



Grounds

01

God is at Work

03

Soul Care

05

Incarnation

02

The Covenant

04

The Bigger,
Better Story



Values

01

Relationships

03

Biblical Truth

05

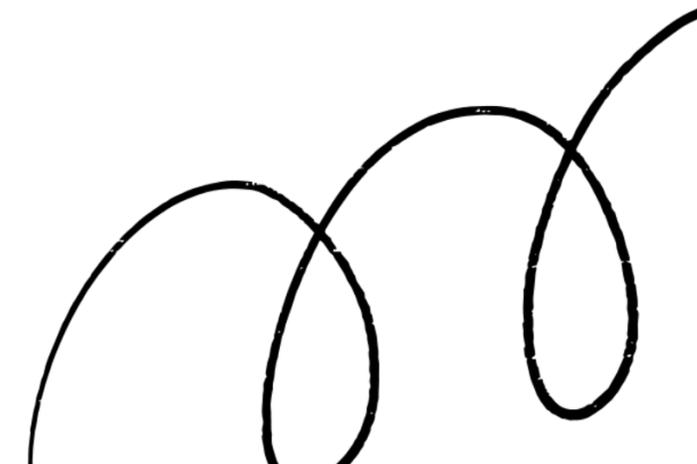
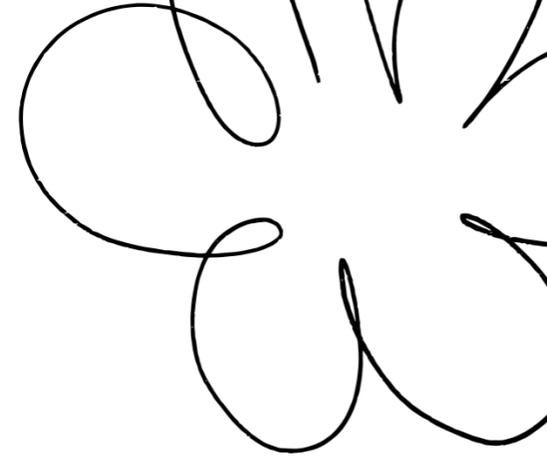
Fun

02

Youth Ministry's
Strategic
Importance

04

Hospitality



Goals

01

Redeemed and
Renewed Lives

03

Restored Culture
and World

02

Real
Community



Counselling Process/Stages

1). Rapport Building

2). Assessment

3). Goal - Setting

4). Intervention

5). Evaluation

6). Termination

“In my early professional years I was asking the question: How can I treat, or cure, or change this person? Now I would phrase the question in this way: How can I provide a relationship which this person may use for his own personal growth?” –Carl Rogers

Grounds

01

Confidentiality

03

Goals

02

Professional
Boundaries/Ethics

04

Theoretical
Framework

05

Therapeutic
Relationship

Values

01

Trust

02

Safety

03

Self-
Determined
Goals

04

Evidence
Based

05

Competence

Goals

01

Completion of
Determined Goals

03

Strengthened
Internal and External
Resources and Tools

02

Resilience



LESS OPEN TO PSYCHOLOGY

MORE OPEN TO PSYCHOLOGY



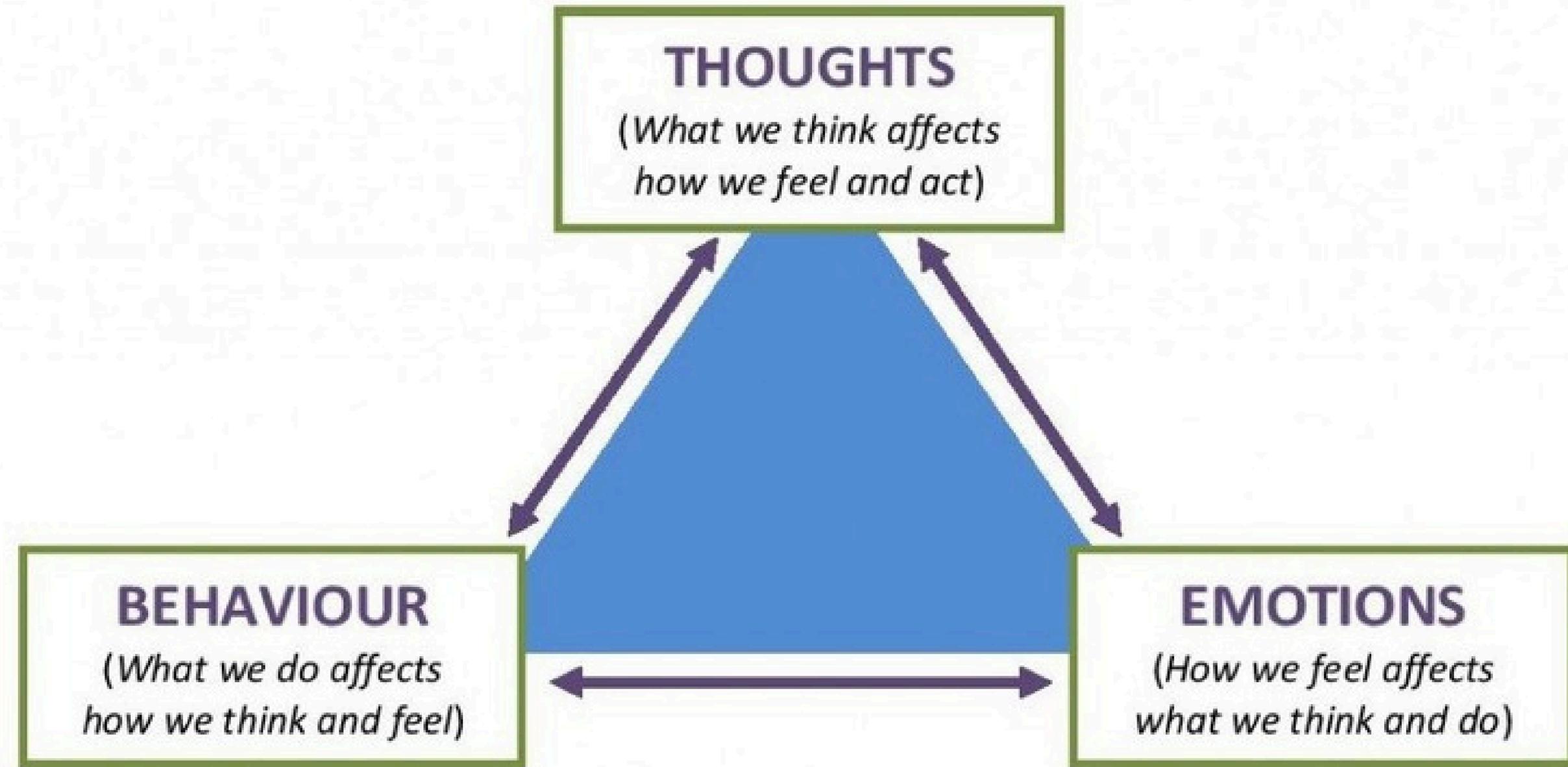
Biblical Counseling

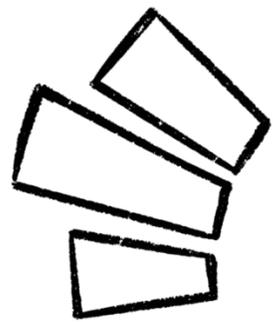
Christian Psychology

Integrationist Model

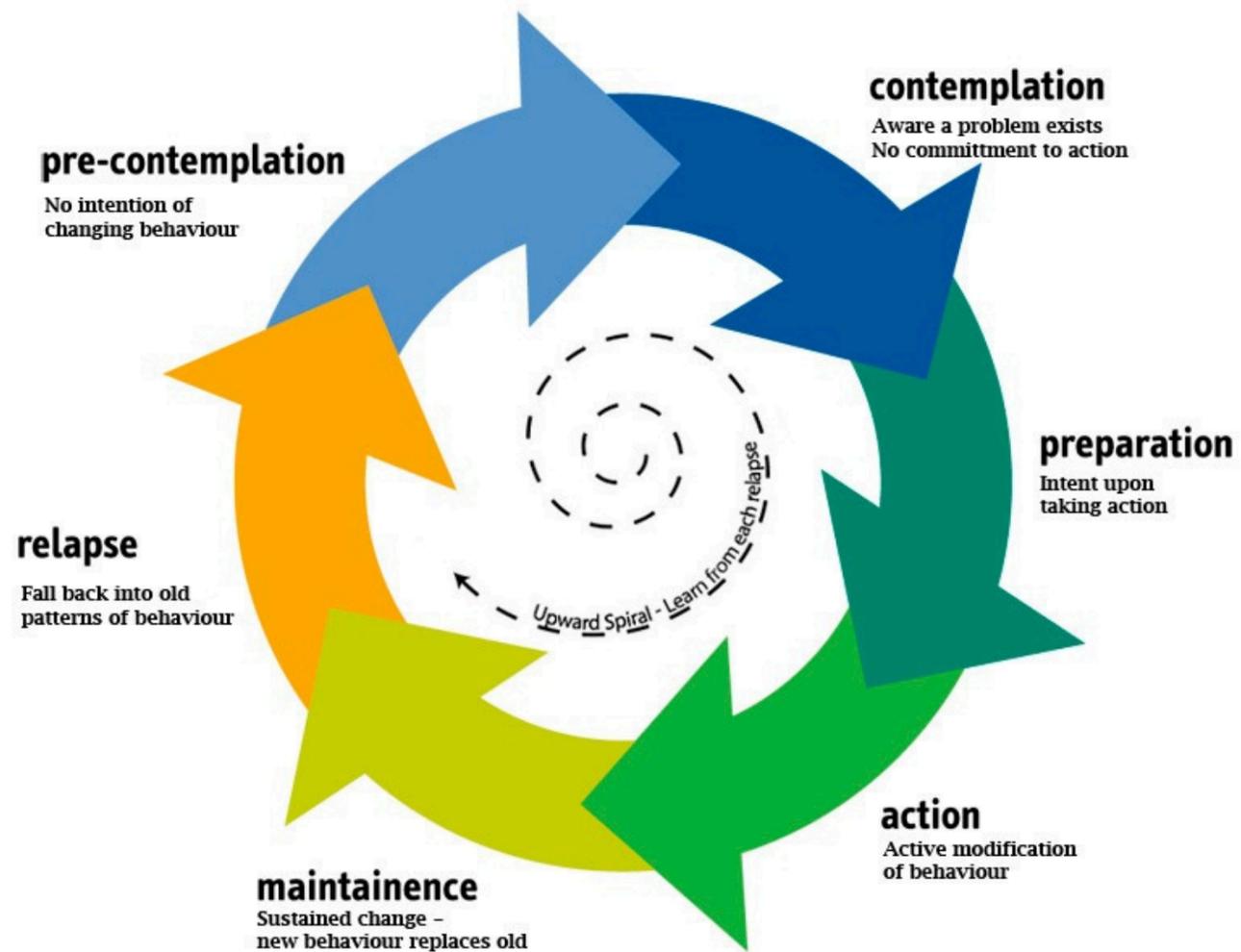
Levels of Explanation Model

Making Sense of Theoretical Frameworks





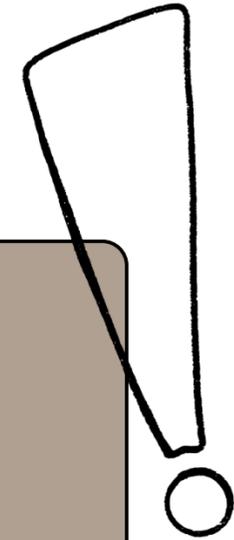
Conceptualizing Change



Transtheoretical Model of Change
Prochaska & DiClemente

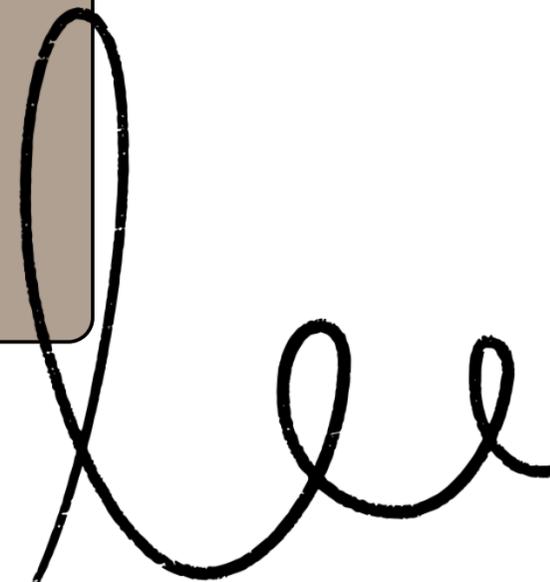


Limits



Ministry: Scope, Expertise, Time

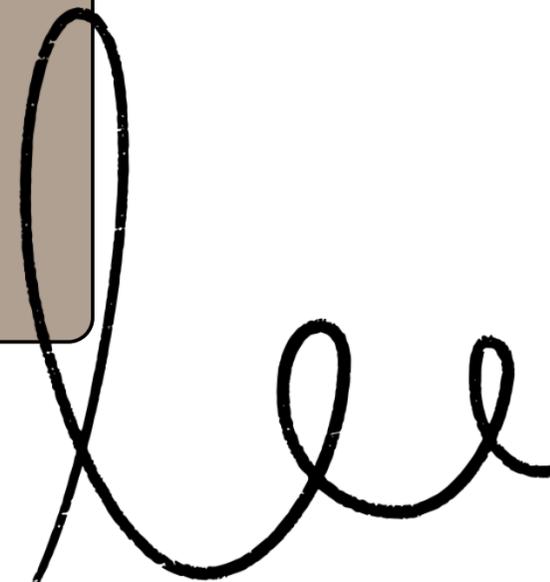
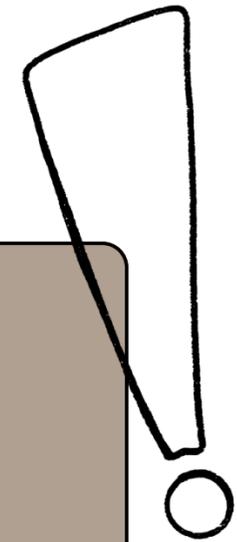
Counseling: Time, No dual relationships, Self-determined goals, Cost

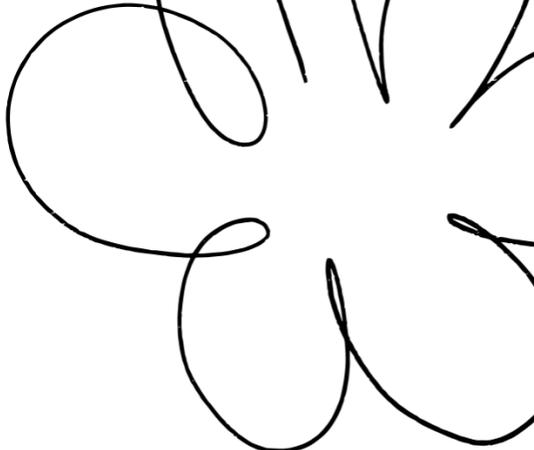
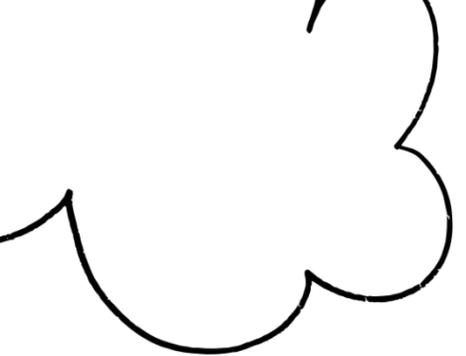


See How to Support Ongoing Counseling

Witness

Withness





Witness

01

Justification

03

Scripture

02

Sanctification

04

Glorification



Witness

01

Repentance

03

Community

02

Wise
Vulnerability

04

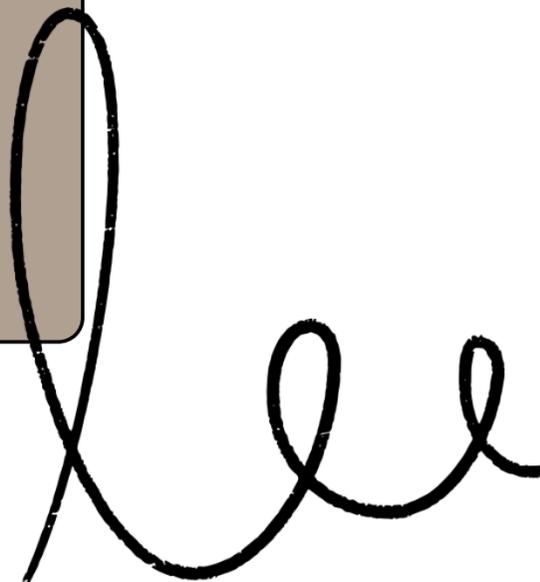
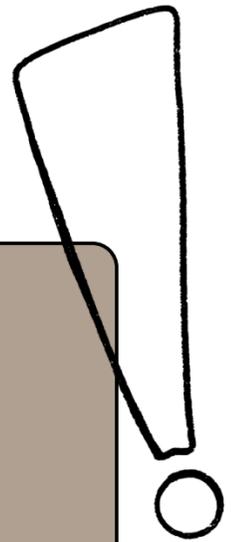
Curiosity

Who

Who To Refer To

Referral Resources

Building Relationships



When to Refer?

01 PERVASIVE

02 PERSISTENT

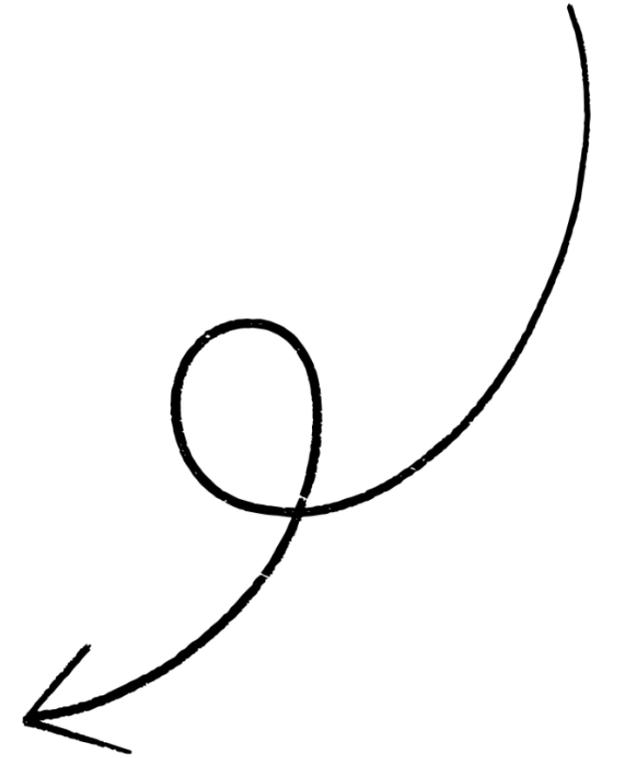
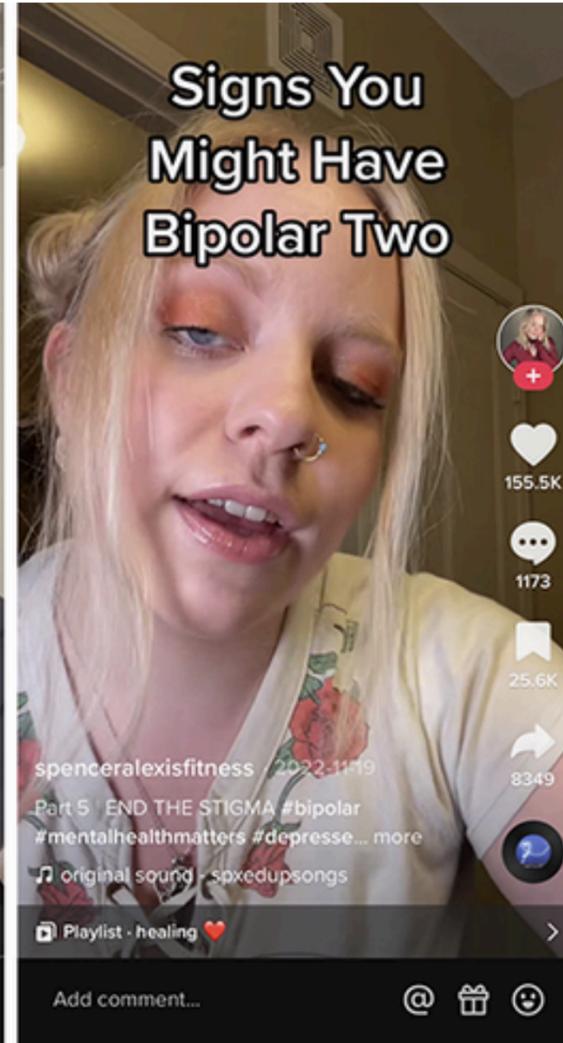
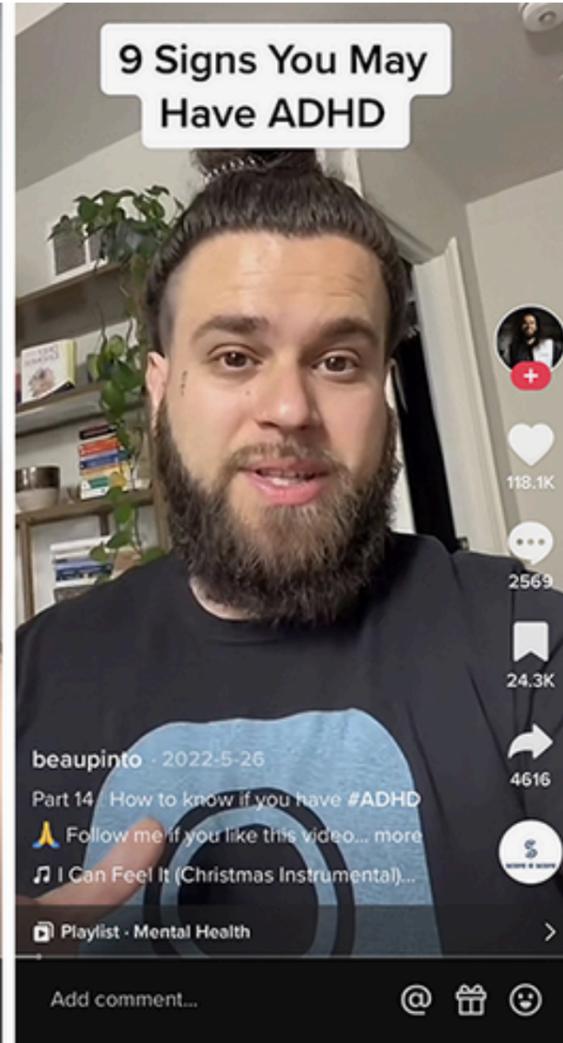
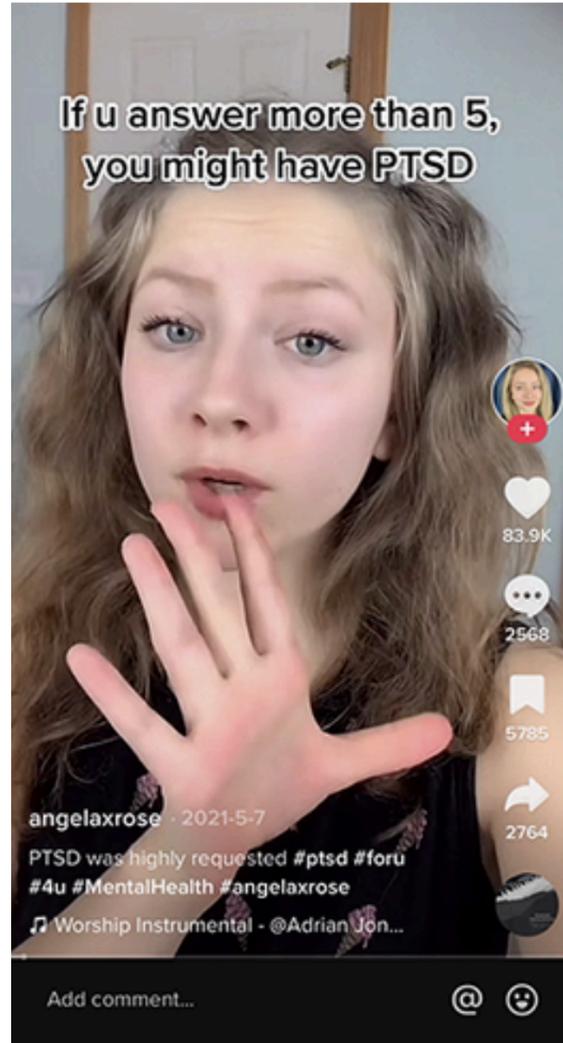
03 PROBLEMATIC



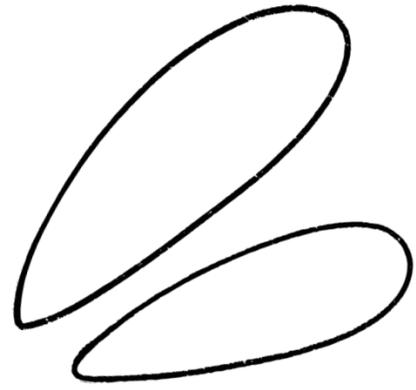
INDIVIDUAL STRESS CONTINUUM

GREEN READY	YELLOW REACTING	ORANGE INJURED	RED CRITICAL
Healthy Sleep	Sleep Loss	Sleep Issues/ Nightmares	Insomnia
Healthy Personal Relationships	Distance From Others	Disengaged Relationships	Broken Relationships
Spiritual & Emotional Health	Change In Attitude	Feeling Trapped	Intrusive Thoughts
Physical Health	Fatigue	Exhausted	Anxiety & Panic
Emotionally Available	Avoidance	Physical Symptoms	Depression
Gratitude	Short Fuse	Emotional Numbness	Feeling Lost or Out of Control
Vitality	Criticism	Suffering	Thoughts Of Suicide
Room For Complexity	Lack of Motivation	Isolation	Blame
Sense of Mission	Cutting Corners	Burnout	Hopelessness
	Loss of Creativity		
	Loss of Interest		

Discourse v Disorder

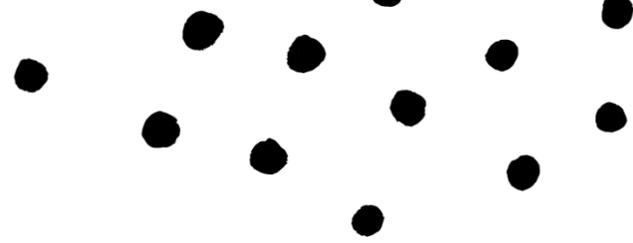


Identity



"It hasn't really been working for me
so I think I'll try something new"





Anxiety

“AND IT WILL BE LIKE THIS FOREVER!!!!”

Anxiety on a Spectrum

Fear

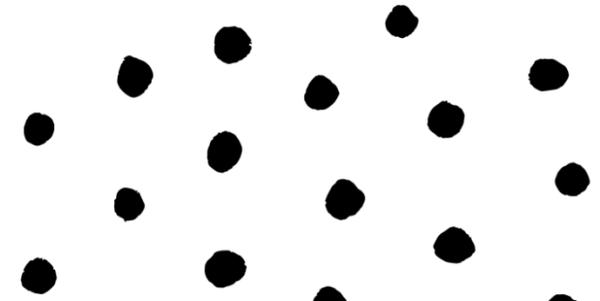
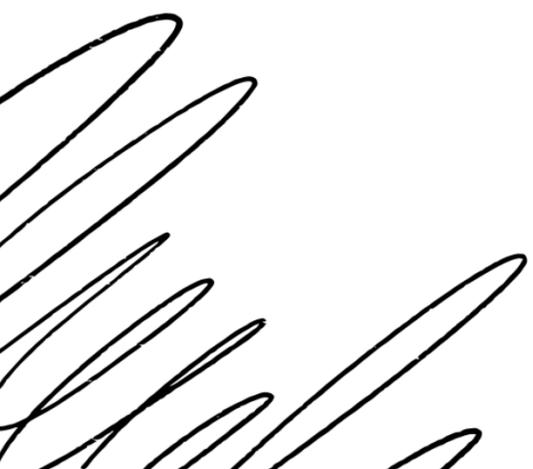
Specific, and
goes away

Worry

Significant stress,
hangs on for longer

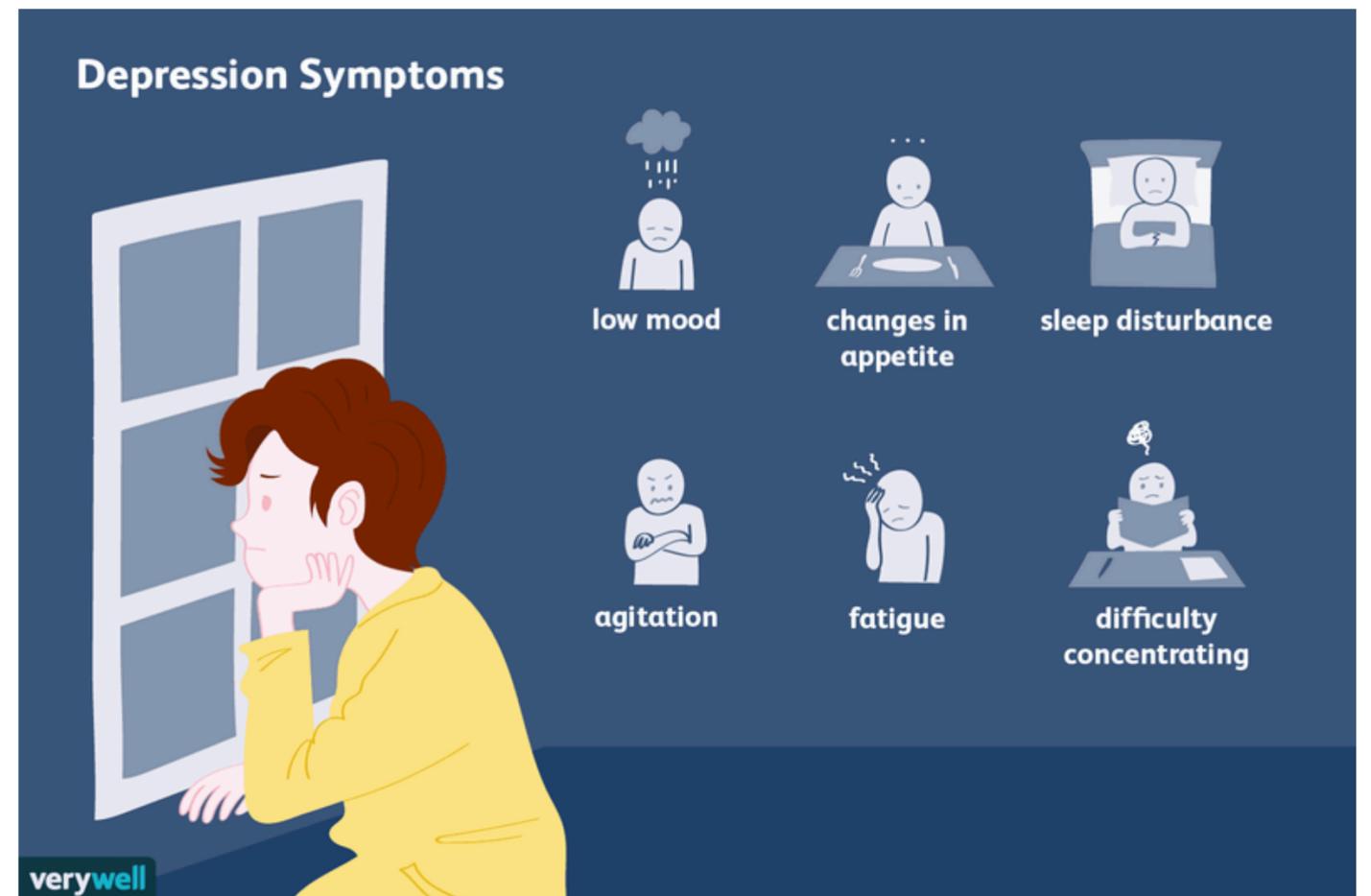
Anxiety

Race track loop of
same thoughts all
day long



Depression

"I don't want to kill myself but I can't stop thinking that it would just be better if I had never been born"



Peer Relationships:

“No one is nice to me in my friend group but it would be so much worse if I left”



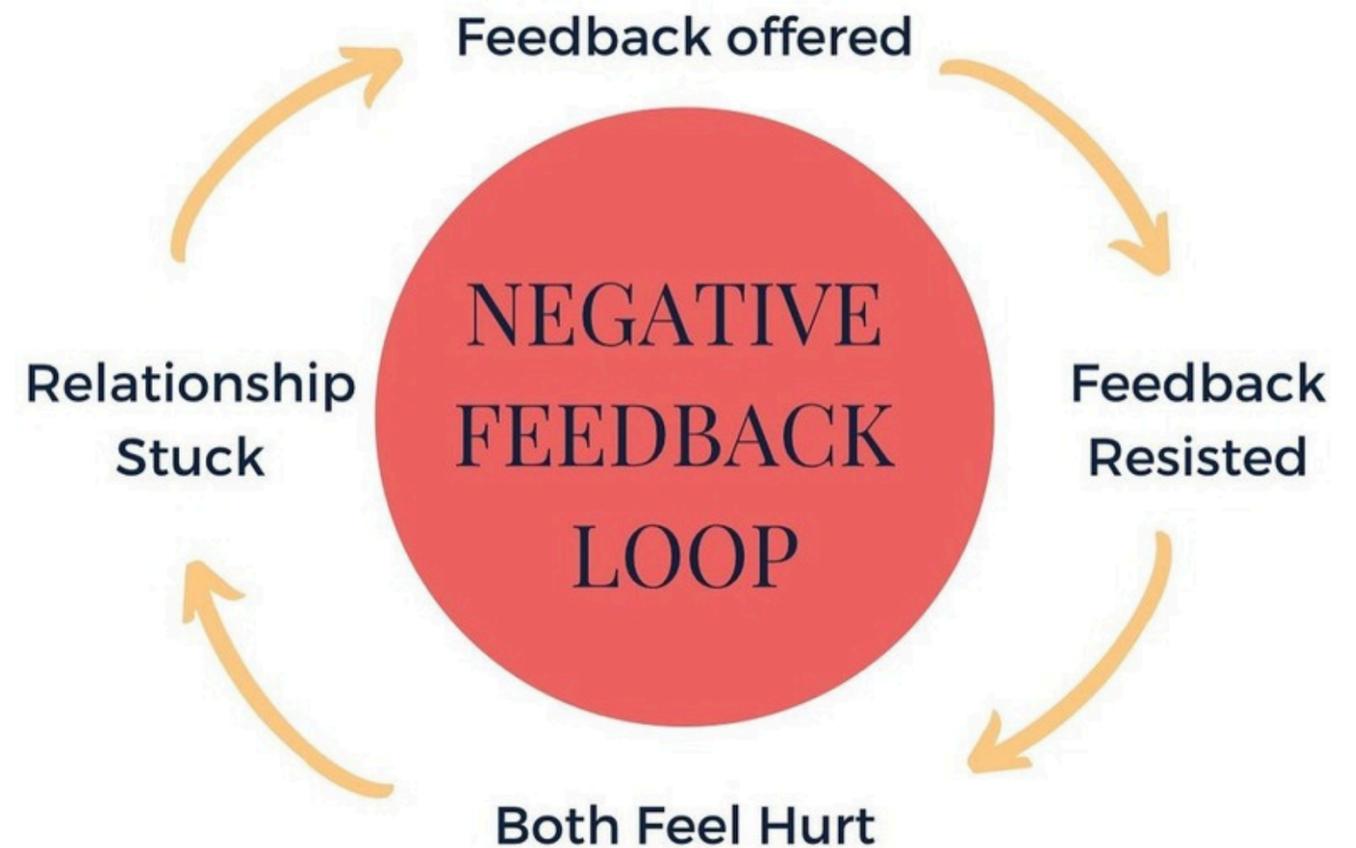
Sibling Relationships

"Well I can't just leave it at that. I have to hurt her the way she hurt me."

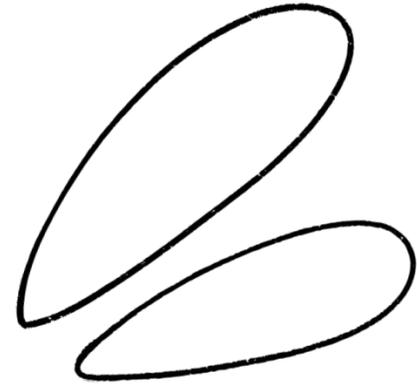


Parental Relationships

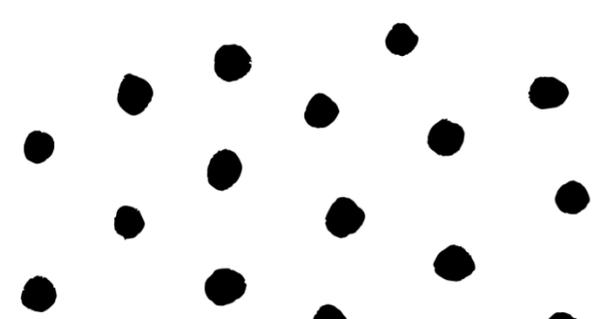
"You can't win an argument with her and I know my dad agrees"



Decision Making



"Ew. No, I'm not aura shedding like that"



Emotional Regulation

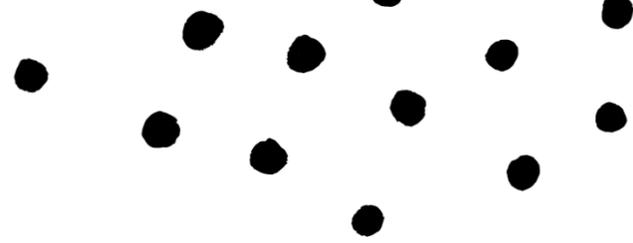
"I know he was joking but I couldn't recover. I cried the rest of the night"



Eating Disorder/ Disordered Eating

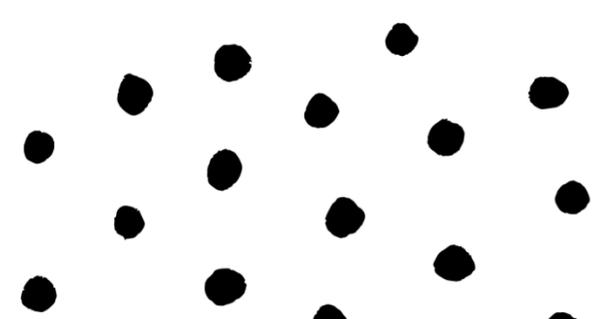
"I know the calories of everything I eat, I'm doing the math all day long"



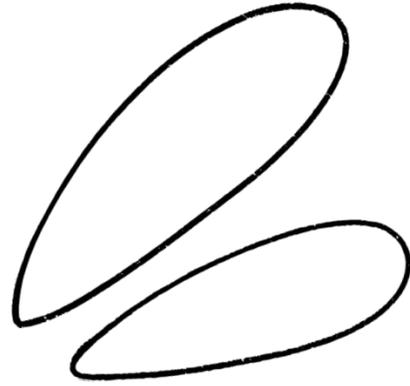


OCD

“It took me 45 mins to copy one page of notes, I erased so hard each time I made a mistake and kept ripping the paper.”



Suicidal Ideation



I've been thinking a lot about killing myself"

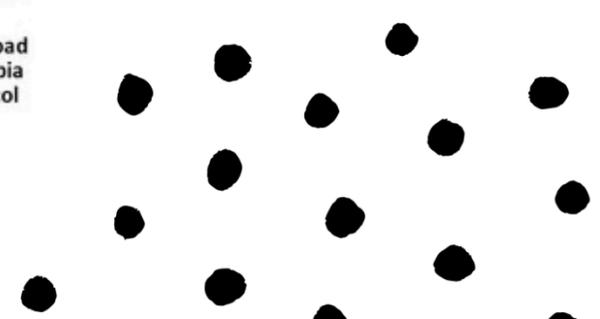
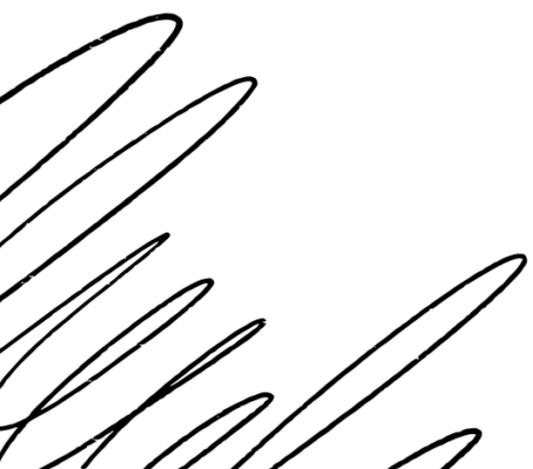
Always ask questions 1 and 2.	Past Month	
1) Have you wished you were dead or wished you could go to sleep and not wake up?		
2) Have you actually had any thoughts about killing yourself?		
If YES to 2, ask questions 3, 4, 5 and 6. If NO to 2, skip to question 6.		
3) Have you been thinking about how you might do this?		
4) Have you had these thoughts and had some intention of acting on them?	High Risk	
5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	High Risk	
Always Ask Question 6	Life-time	Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life? <small>Examples: Took pills, tried to shoot yourself, cut yourself, tried to hang yourself, or collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump, etc.</small> If yes, was this within the past 3 months?		High Risk



If YES to 2 or 3, seek behavioral healthcare for further evaluation.
If the answer to 4, 5 or 6 is YES, get **immediate help**: Call or text 988, call 911 or go to the emergency room.
STAY WITH THEM until they can be evaluated.



Download Columbia Protocol app



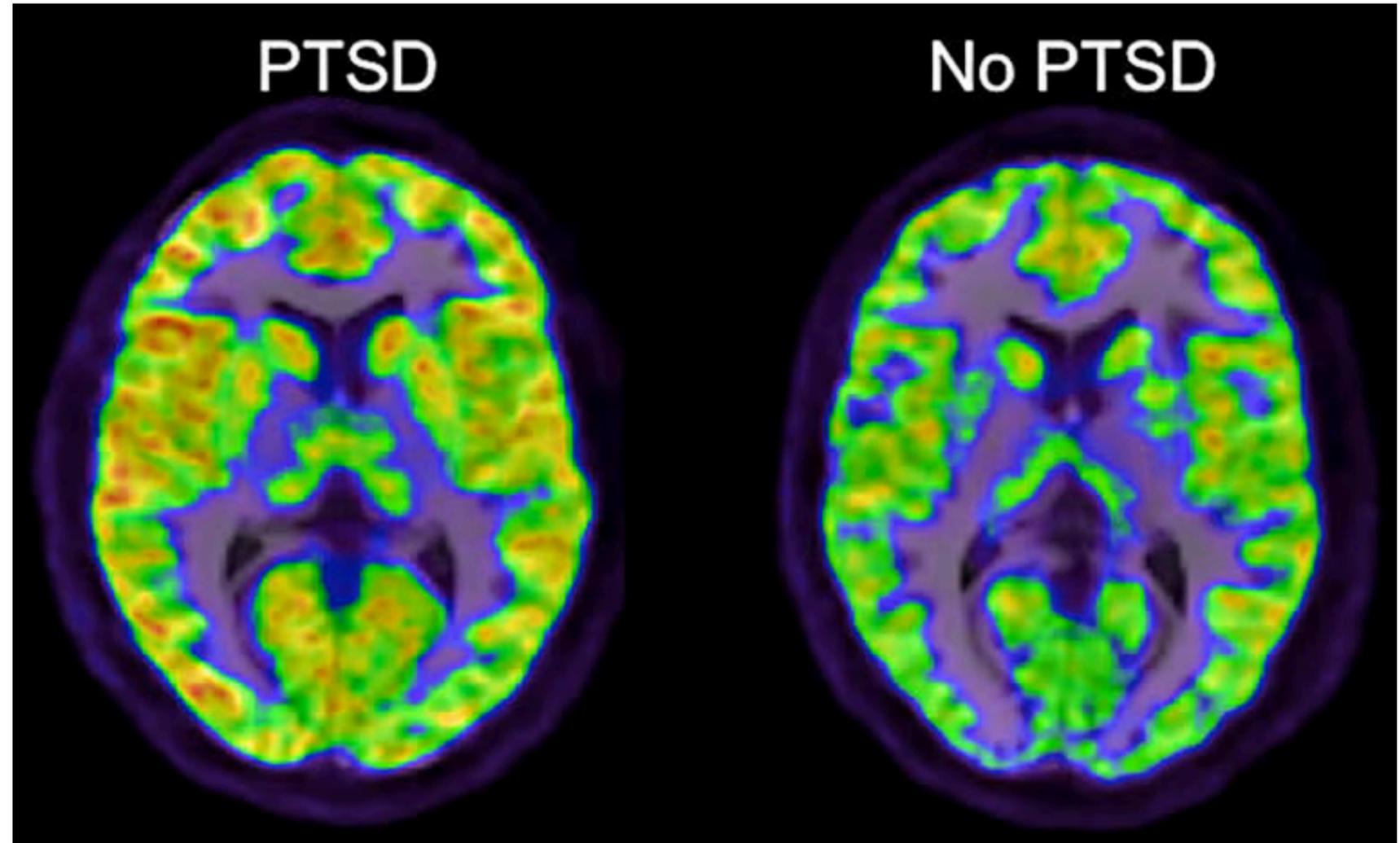
Self-Harm

“It makes me feel how I think I should be feeling”



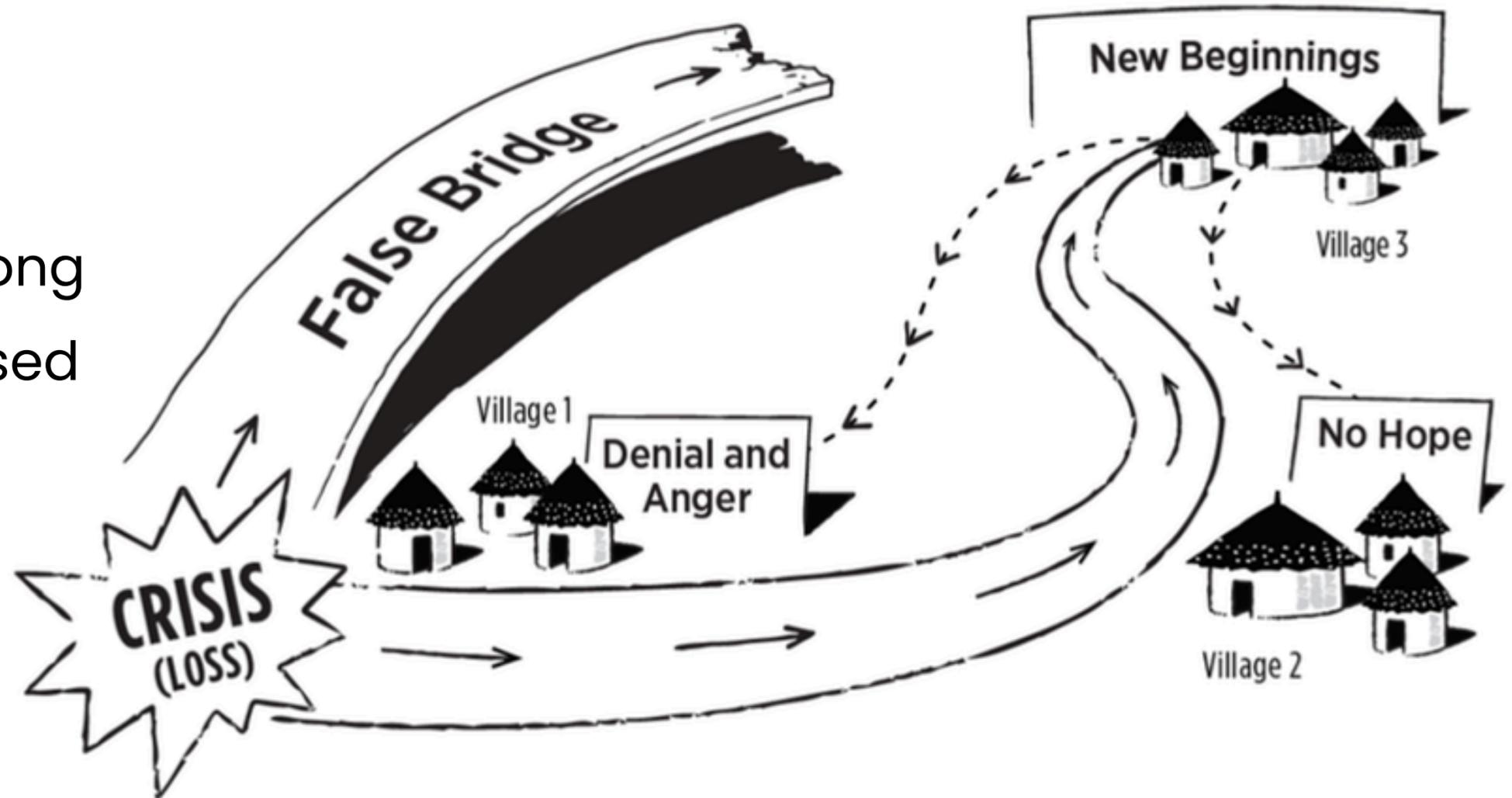
Trauma

"No one knows how to talk to me about it"



Grief

"It feels like I am living in the wrong version of things. He isn't supposed to be gone"



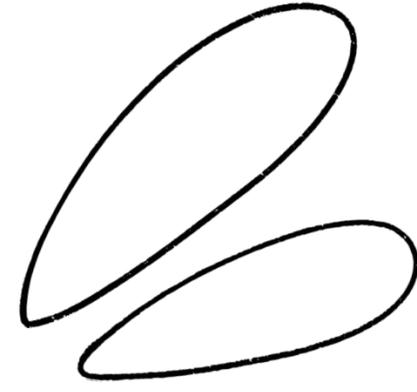
Stress/ Perfectionism

"I wake up everyday and tell myself this is it. No mistakes today. I usually fail by first period so I give up the rest of the day."

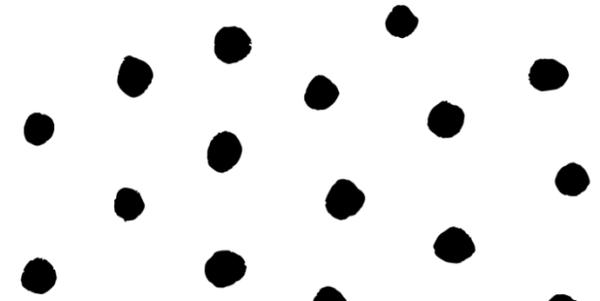
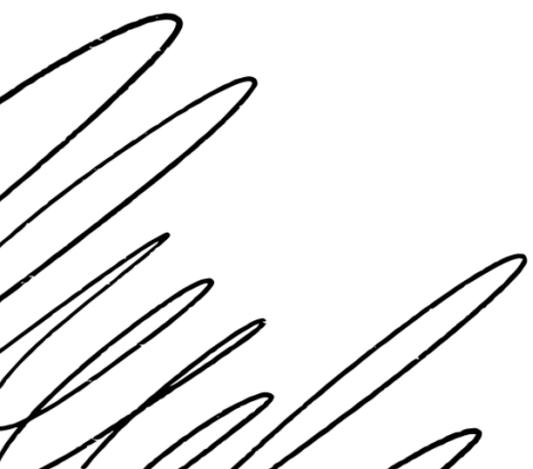
"I've never failed anything before"



Addiction



““I can stop at anytime. I think.”

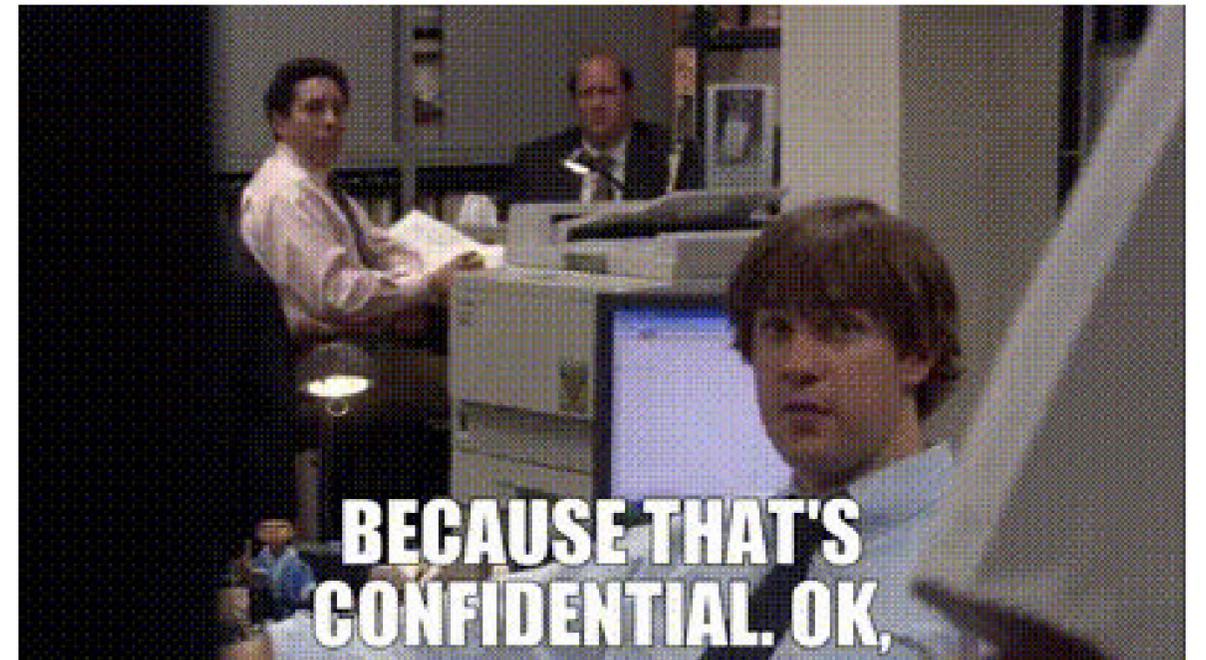


Other Considerations

Policies and Parental Communication

Limits of Your Confidentiality

Supporting Affordability



Other Considerations

Seasonal Considerations

Human Development

Levels of Care



How to Support Ongoing Counseling

Bonus: Counseling
Informed Ministry

Considering Resilience,
Developmental Tasks and a Healthy
Mind



Q & A!

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