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# Pastoral Counseling

A Gestalt Approach



Ward A. Knights Jr.

# Pastoral Counseling A Gestalt Approach

**Emmanuel Yartekwei Lartey**



## **Pastoral Counseling A Gestalt Approach:**

**Pastoral Counseling** Ward A Knights, Jr, Harold G Koenig, 2013-11-12 This contemporary counseling approach seamlessly meshes with pastoral theology Gestalt therapy is designed to be simple free of jargon and emotionally liberating ideal for pastoral counseling in the context of a variety of faiths This primer is designed to give pastors and rabbis a working knowledge of the basic techniques and attitudes pioneered by Dr Fritz Perls Pastoral Counseling A Gestalt Approach shows how this holistic approach with its emphasis on the here and now is a natural counterpoint to pastoral theology This comprehensive book gives specific instructions on using Gestalt techniques to increase the depth of the pastoral care and counseling you provide Pastoral Counseling explains the basic goals of Gestalt work which are to achieve spontaneity and expressiveness and to move toward personal authenticity It also reveals how you can employ these techniques to help you and your congregation move toward realizing your God given potential Pastoral Counseling illustrates Gestalt theories from several perspectives including theory and techniques case studies a folk tale session transcripts a sermon Pastoral Counseling guides you toward a broader understanding of the simple power of the holistic approach Pastors and priests rabbis and other members of the clergy who engage in counseling will find its simple wisdom refreshing amidst the desert of dry theory Gestalt counselors will find its pastoral perspective enlightening in their work with clients *Pastoral Counseling* Ward A. Knights, 2002 This contemporary counseling approach seamlessly meshes with pastoral theology Gestalt therapy is designed to be simple free of jargon and emotionally liberating ideal for pastoral counseling in the context of a variety of faiths This primer is designed to give pastors and rabbis a working knowledge of the basic techniques and attitudes pioneered by Dr Fritz Perls Pastoral Counseling A Gestalt Approach shows how this holistic approach with its emphasis on the here and now is a natural counterpoint to pastoral theology This comprehensive book gives specific instructions on using Gestalt techniques to increase the depth of the pastoral care and counseling you provide Pastoral Counseling explains the basic goals of Gestalt work which are to achieve spontaneity and expressiveness and to move toward personal authenticity It also reveals how you can employ these techniques to help you and your congregation move toward realizing your God given potential Pastoral Counseling illustrates Gestalt theories from several perspectives including theory and techniques case studies a folk tale session transcripts a sermon Pastoral Counseling guides you toward a broader understanding of the simple power of the holistic approach Pastors and priests rabbis and other members of the clergy who engage in counseling will find its simple wisdom refreshing amidst the desert of dry theory Gestalt counselors will find its pastoral perspective enlightening in their work with clients **Gestalt in Pastoral Care and Counseling** Jeffrey D Hamilton, 2014-05-22 Gestalt in Pastoral Care and Counseling is the only book to provide you with an integrated model of pastoral care and counseling from the perspective of Gestalt theory Covering all aspects of ministry including visitation counseling worship and administration it is a valuable text for advanced undergraduate or graduate classes and small group or individual study for seminaries church

ministries pastoral counseling training programs and lay pastoral ministry programs This book will increase your confidence in your work help you understand blockages as well as avenues of change and lead you to a more creative yet consistent stance in your ministry Gestalt in Pastoral Care and Counseling makes clear that all of ministry is in fact pastoral in nature It demonstrates the principles of Gestalt in pastoral ministry in a gradual manner true to both Gestalt principles and your needs Some of the topics you learn about include key elements of Gestalt theory from the early developers through more recent practices the cycle of experience a model that provides an understanding of the various steps involved in change on all levels Gestalt applications in pastoral counseling worship and administration a theology of pastoral caring a model for pastoral ministry based on the relational aspects of the Biblical narrative and its application in ministry ideas for continued growth based on daily life experience With well developed presentations of Gestalt principles and pastoral ministry Gestalt in Pastoral Care and Counseling provides you with a new perspective on the meaning of pastoral ministry Not only will you learn new skills you will also develop a new appreciation for what can occur within pastoral relationships The theoretical basis of Gestalt embraces the whole of life experience as part of the process of change and growth and holds sacred the relationship that exists between persons As your understanding and use of these principles increases the quality of care and counseling you provide in your ministry will continue to improve

**Pastoral Counseling** Ward A Knights, Jr, Harold G Koenig, 2013-11-12 This contemporary counseling approach seamlessly meshes with pastoral theology Gestalt therapy is designed to be simple free of jargon and emotionally liberating ideal for pastoral counseling in the context of a variety of faiths This primer is designed to give pastors and rabbis a working knowledge of the basic techniques and attitudes pioneered by Dr Fritz Perls Pastoral Counseling A Gestalt Approach shows how this holistic approach with its emphasis on the here and now is a natural counterpoint to pastoral theology This comprehensive book gives specific instructions on using Gestalt techniques to increase the depth of the pastoral care and counseling you provide Pastoral Counseling explains the basic goals of Gestalt work which are to achieve spontaneity and expressiveness and to move toward personal authenticity It also reveals how you can employ these techniques to help you and your congregation move toward realizing your God given potential Pastoral Counseling illustrates Gestalt theories from several perspectives including theory and techniques case studies a folk tale session transcripts a sermon Pastoral Counseling guides you toward a broader understanding of the simple power of the holistic approach Pastors and priests rabbis and other members of the clergy who engage in counseling will find its simple wisdom refreshing amidst the desert of dry theory Gestalt counselors will find its pastoral perspective enlightening in their work with clients

**Gestalt Therapy** Georges Wollants, 2012-03-05 This seminal textbook on Gestalt therapy refreshes the theory of by revisiting its European roots Taking the basic premise that people do the best they can in relation to their own situation leading European therapist Georges Wollants explains Gestalt theory and provides a useful critique of commonly taught concepts Each section approaches a key area of psychotherapy theory in context while chapter summaries

illustrations and worked through case examples help to make the theory accessible to all those training in Gestalt therapy  
Commentaries from current experts in different areas of Gestalt provide a balanced overview of Gestalt therapy today

*Consenting to Grace* Tilda Norberg, Gestalt Pastoral Care, 2005-12 Set in the context of the author's own healing journey this resource integrates healing prayer spiritual companionship and insights from Gestalt psychotherapy in the faith that God is already at work in each of these arenas to bring healing

*Understanding Pastoral Counseling* Elizabeth A. Maynard, PhD, Jill L. Snodgrass, PhD, 2015-06-09 Print CourseSmart

*Spirituality in Pastoral Counseling and the Community Helping Professions* Harold G Koenig, Charles J Topper, 2012-10-12 An enlightening guide to bringing spirituality into the helping professions This unique handbook will help you make the journey that will turn spirituality into the touchstone of your practice For too long spirituality has been a skeleton in the closet of many practitioners but now there is a growing movement to integrate the vital beliefs of clients into the healing process *Spirituality in Pastoral Counseling and the Community Helping Professions* addresses the core values of the movement providing you with a step by step process you can follow to increase empathy and healing while building on the foundation of spirituality Each chapter includes penetrating reflection questions to help you better understand your own spiritual perspective and a list of suggested resources to help you learn more *Spirituality in Pastoral Counseling and the Community Helping Professions* investigates the best tools for spiritual assessment how ethnic background influences spirituality the language of the sacred in daily life how people can develop greater empathy integrating spirituality into community the importance of ritual As author Dr Charles J Topper says Spirituality is the integrating core element of human experience Reading this book both clients and care providers will learn to explore their own vibrant spirituality a powerful innate source of strength and healing *Spirituality in Pastoral Counseling and the Community Helping Professions* aims to make spirituality more accessible to everyone *Spirituality in Pastoral Counseling and the Community Helping Professions* shows how you can take an active approach to integrating spirituality into your profession helping the people around you see not just their problems but the connections between every facet of their lives Complete with figures assessment scales and surveys and a thoughtful bibliography that points the way to further reading this book is an important resource for professional growth and spiritual renewal

*Strategic Pastoral Counseling* David G. Benner, 2003-09-01 Therapeutic counseling in a Christian context can be highly effective when it maintains narrowly focused goals in a time limited setting The details of this proven model of pastoral counseling are described in this practical guide This second edition of *Strategic Pastoral Counseling* has been thoroughly revised and includes two new chapters Benner includes helpful case studies a new appendix on contemporary ethical issues and updated chapter bibliographies His study will continue to serve clergy and students well as a valued practical handbook on pastoral care and counseling

***Biblical Approaches to Pastoral Counseling*** Donald Capps, 2003-01-17 What role should the Bible play in pastoral counseling Donald Capps here explores the use of the Bible in counseling and shows how the methods and objectives of

counseling can be defined and shaped by three biblical forms psalms proverbs and parables Applying these forms Capps demonstrates how the Bible can influence the three major types of pastoral counseling grief premarital and marriage He examines the capacity of these forms to comfort to instruct and to diagnose problems He explains how through psalms feelings can be vented through proverbs moral learning can take place and through parables new understandings of experience can occur With actual case study examples and practical suggestions this refreshingly perceptive book offers positive steps for furthering dialogue between biblical scholarship and pastoral counseling     *Gestalt Therapy Around the World* Eleanor O'Leary, 2013-04-01 The first internationally focused book on gestalt therapy to provide a comprehensive overview of current practice around the world Features coverage of the history training theoretical contributions and research initiatives relating to gestalt therapy in seventeen countries Points to future directions and challenges Includes extensive information on worldwide gestalt associations institutes and professional societies that promote the development of the approach     *Counselling and Therapy Techniques* Augustine Meier, Micheline Boivin, 2010-10-15 This is the first book on counselling skills to look in detail at the practical interventions and tools used to establish the therapeutic relationship Step by step the text teaches the reader exactly how to use these skills with clients to address their concerns and achieve therapeutic change Integrative and pluralistic in approach the text covers the key techniques from all the major therapeutic models placing them in their historical and theoretical contexts Techniques covered include empathic responding experiential focusing Gestalt metaphors task directed imagery ego state therapy solution focused therapy cognitive behavioral therapy narrative therapy and self in relationship therapy The book presents each technique from the perspective of its underlying theory gives practical instruction on how to deliver each intervention provides extracts from counselling sessions to demonstrate the technique in action This book is crucial reading for all trainees on counselling and psychotherapy courses or preparing to use counselling techniques in a range of other professional settings It is also helpful for professionals who wish to acquire additional skills Augustine Meier certified clinical psychologist professor Emeritus Faculty of Human Sciences Saint Paul University Ottawa Ontario and Founder and President of the Ottawa Institute for Object Relations Therapy Micheline Boivin certified clinical psychologist Psychological Services of the Family Youth and Children s Program at the Centre for Health and Social Services Gatineau Qu bec     *Gestalt Therapy* Edwin C. Nevis, 2014-05-22 *Gestalt Therapy Perspectives and Applications* is a classic text which when it was first released in 1992 signaled a renaissance of Gestalt scholarship throughout the world In this volume Edwin Nevis one of the foremost Gestalt writers thinkers and practitioners of the last 40 years skillfully draws together a diverse selection of essays from Gestalt therapists of every persuasion united here by the clarity of their thought and the constancy of commitment to the development and extension of the Gestalt model Here you will find one of the finest overviews of classical Gestalt therapy theory and practice available groundbreaking essays on such topics as diagnosis and ethics from a Gestalt perspective and an assortment of pragmatic clinical essays of

immediate value to the working practitioner      **Religion and Mental Health** ,1980      Pastoral Counselling in Inter-cultural Perspective Emmanuel Yartekwei Lartey,1987 Pastoral counselling has in recent years become a highly specialized activity in Western especially American society informed largely by scientific psychology The actual practice of pastoral counselling in any society brings out tensions in theology psychology and culture This book proposes an inter cultural approach to pastoral counselling which draws on the culture values beliefs and views of the people themselves Some views of human life prevailing in southern Ghana are examined and their import for Christian theology is expressed Proposals of the essentials of an authentic Ghanaian Christian view of persons are made There is then an investigation of the assumptions of two forms of western psychotherapy namely Gestalt therapy and Family therapy from an African perspective Comparative case studies of a Ghanaian indigenous church with branches in Britain and U S A and a British urban church with a counselling ministry are also given      **The Heart of Pastoral Counseling** Richard L Dayringer,2013-04-03 The relationship between pastor and parishioner is the essence of pastoral counseling a simple truth with profound implications Dr Richard Dayringer explores these implications in *The Heart of Pastoral Counseling Healing Through Relationship* Revised Edition to help pastoral counselors understand how to use the relationship to bring about the desired ends in the therapeutic process Drawing on research from the disciplines of psychiatry psychology marriage counseling family therapy and pastoral counseling this book lays the foundation for utilizing the pastoral counseling relationship to bring about positive change as it explores topics such as observation listening communication handling transference and termination of therapy Because the interpersonal relationship is the vehicle of therapy it is critical that pastoral counselors understand the psychological assumptions that play a large part in the characteristics of relationships as well as the factors requiring attention in order to establish a secure counseling relationship *The Heart of Pastoral Counseling* will help you attain this understanding as you also improve your knowledge on how pastoral relationships may be applied outside the therapeutic hour in general pastoral work eclectic methods for clarifying feelings developing intellectual insight interpreting questioning and assigning certain behavior employing the problem oriented record in pastoral counseling distinguishing relationship from transference and countertransference the unique problem that counseling acquaintances presents personality traits that attract people to the minister pastoral counselor counselor attitudes that foster relationship how a client s view of the counselor has an impact on the effectiveness of therapy *The Heart of Pastoral Counseling* brings a solid base of research to pastoral counselors seminary students graduate students in counseling professors of counseling and specialists in pastoral psychotherapy so that you might better understand the nature of pastoral counseling relationships and how they are helpful and constructive in people s lives You will be challenged to rethink your role in initiating and carrying out therapeutic change and realize why you should build your ministry on relationships rather than on friendships      *When the Caregiver Becomes the Patient* Emil J Authalet,Harold G Koenig,Daniel L Langford,2014-02-25 Examine a compelling account of a professional caregiver s

inspirational struggle with a mind body illness and the renewed sense of compassion his recovery provides This uplifting narrative is the story of a caregiving professional stricken by panic attacks a wounded healer desperate to be healed When the Caregiver Becomes the Patient is the candid and compassionate first hand account of Daniel Langford s struggle with the anxiety disorder that signals a physical cognitive and emotional crisis that paralyzes him despite his extensive background as a health care professional social worker and pastoral minister His journey from the disorder s horrifying onset to the understanding and acceptance of its roots and finally to an insight that evokes a renewed appreciation for the human spirit is an inspirational guide to healing and recovery The anecdotal form of When the Caregiver Becomes the Patient lends itself to a personal retelling of Langford s struggle detailing his sessions with family physician Dr David Betat and colleague and co author Dr Emil Authalet as they explore the biopsychosocial and spiritual dimension of Langford s attacks Their informal dialogues serve as a model of how a lateral relationship between colleagues can create an environment for healing and recovery that can be passed on to others The book also critiques and reviews existing literature on panic attacks and anxiety disorders related to the author s search for understanding When the Caregiver Becomes the Patient examines panic attacks cause treatment and recovery a critique of existing literature on panic attacks clinical and spiritual perspectives on anxiety disorders critical elements of the healing process effects on the caregiver s relationship with his her client a fresh model for the caregiver patient relationship An essential resource for caregivers counselors and therapists educators physicians and health care and religious professionals as well as those searching for an understanding of anxiety disorders When the Caregiver Becomes the Patient reassures those who receive care that the care giver struggles with life as well That understanding of the mutuality of pain and recovery creates a connection that helps ease the isolation that often accompanies suffering

**Wholeness in Hope Care** Daniel Johannes Louw, 2015 Throughout his life the apartheid activist Nelson Mandela Madiba maintained In the darkest moment there is always hope We must never give up Hope as a mode of the courage to be Paul Tillich points to what the Sociologist Peter Berger calls signals of transcendence Wholeness in Hope Care explores the rich tradition of hope in wisdom philosophy and Christian theology It connects non hope un hope Gabriel Marcel inespour to a theology of compassion in soul care cura animarum Resurrection hope theologia resurrectionis points to the healing of life cura vitae and the preservation of land cura terrae In order to describe the helping and healing dimension in pastoral caregiving the term promissiotherapy has been coined Daniel Johannes Louw was Dean of the faculty of theology at the University of Stellenbosch 2001 2005 President of the International Academy of Practical Theology IAPT 2003 2005 and President of the International Council for Pastoral Care and Counselling ICPPC 2011 2015 Series Pastoral Care and Spiritual Healing Series Pastoral Care and Spiritual Healing Vol 3 Subject Pastoral Studies Religious Studies Christianity

Counseling and Psychotherapy David Capuzzi, Douglas R. Gross, 2014-11-04 This student friendly and well designed introductory text provides a thorough overview of 14 widely used theories Experts examine each theory from the perspective



of its historical background major constructs goals cross cultural considerations and limitations Traditional and brief interventions integrate theory with specific counseling strategies giving students further insight into the counseling process and guidance in developing their personal counseling style A consistent case study across chapters reinforces the differences between theories and illustrates assessment of client concerns and treatment planning Introductory chapters explore core dimensions and brief approaches to the helping relationship and how to best deliver counseling and advocacy services to diverse client groups A complimentary test manual and PowerPoints for instructors use are available by request on university letterhead Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here [http://isgweb.counseling.org/ISGweb/Purchase/ProductDetail.aspx?Product\\_code=78118](http://isgweb.counseling.org/ISGweb/Purchase/ProductDetail.aspx?Product_code=78118) Reproduction requests for material from books published by ACA should be directed to [permissions@counseling.org](mailto:permissions@counseling.org)

**Biblical Stories for Psychotherapy and Counseling** Kalman Kaplan, Matthew Schwartz, 2013-10-23 Integrate Biblical spirituality into psychotherapy and examine centuries old answers to modern psychological questions The Joint Commission on the Accreditation of Hospitals now mandates taking spiritual assessments of all patients This book is devoted to helping therapists employ Biblical spirituality in the actual treatment program Biblical Stories for Psychotherapy and Counseling A Sourcebook organizes the wisdom of the Old Testament into episodes that can shed light on specific psychological issues From the familiar to the obscure these stories can help us better understand self esteem loyalty and obligations decision making temptation anger morality various disorders family dynamics support systems developmental issues recovery issues aging suicidal behavior and more From the authors As brilliant and as penetrating as Freud's insights are they are limited in the sense that Freud relied heavily on Greek myth and literature for his models and ideas His view of man was in many ways that of the Greeks a view that concentrated on the pathological underside of man and on the bedrock of his developmental problems The Greeks could never really shake the sense of doom the foreboding and the fatalism that led so many great figures in Greek literature and in real life Greek history to depression and in a surprising number of cases to suicide In contrast the focus of the Bible is far more optimistic depression can be successfully dealt with and suicide is a sad error that should be avoided usually can be avoided It encourages people to hope and teaches that day to day human effort has a purpose and meaning and that heroism is not a fair or useful aim for man to set for himself The Bible offers the hope of filling every moment of human life with greater meaning and feeling New solutions to mental health problems are always welcome Ours is a new approach yet a very old one We present stories that offer a vast treasure of knowledge and wisdom about the way people think and act and why they do so The stories are drawn from the Hebrew Bible a compendium whose latest books are already twenty four hundred or so years old Yet through all those centuries the basic story of man's searching and yearning has changed little We shall concentrate on the psychological meaning of these narratives and what they tell us about how their characters dealt with challenges of family handicap depression and more You'll also find information drawn from

modern clinical research that parallels the Biblical narratives The wisdom gained from these ancient stories is applied to help people gain self understanding and deal with their own situations today For psychotherapists these Biblical foundation stories can be used as a basis for integrating spirituality into psychotherapy The story of Moses who overcame a speech problem can be applied to the problems of a Midwestern college student and the account of David and Goliath can help a businessman overcome his fears of lack of macho A small sample of the Bible stories and their clinical implications that you will find in this volume the foundation of self esteem Saul the courage to emigrate Abraham assuming responsibility for one's self Lot's wife focusing on one's main aim Sarah and Hagar dealing with commandments Abraham and Isaac dealing with temptations Adam and Eve drunkenness and disrespect Noah reciprocity between generations Naomi and Ruth amoral intellectualism Balaam aging Ecclesiastes dealing with disability Moses and Aaron abandonment David protected regression Jonah Biblical Stories for Psychotherapy and Counseling A Sourcebook will become a well used reference in your professional teaching collection These Biblical stories will be helpful to therapists cle

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