

ASSESSING WHEN TO TERMINATE SUCCESSFUL COUNSELING

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Based on Five Questions Adapted from Paul Tripp

1. What is the evidence that points to change in the counselee's heart? What are his/her present, ruling motives? Has he/she bought into God's agenda? Is he/she finding joy in the living God? Summarize in writing what I see:

2. What is the evidence of concrete changes in the counselee's behavior? Is he/she putting on new patterns of speech and action? Summarize in writing what I see:

3. Do I have reason to believe the counselee will continue to apply biblical principles to the areas we've addressed, and other areas that need to be changed? Is he/she equipped, using the mirror of God's Word, to do biblical self-examination of both heart and behavior? Is he/she equipped to implement biblical principles to continue to grow and change? Summarize in writing what I see:

4. Is there any place in the counselee's life where he/she seems stuck? Are there significant areas where I see resistance instead of motion? Note any areas I see, and raise them with the counselee:

5. Is the counselee himself/herself demonstrating faith and a desire to be on his/her own? Does he/she feel "ready to end" and express a "are we done?" perspective? Why does he/she sense this? Is he/she conscious of not wanting to develop a parasitic dependence on me? Summarize in writing what I see:

SOME FINAL STEPS:

*Schedule check-up session/sessions

*Commission counselee to minister these same biblical principles to others, and offer to coach them in counseling others and/or to accept referrals from them to counsel their friends

*Extend "open door" invitation to counselee to return anytime

*Invite counselee to give a verbal/written evaluation of my counseling

*Invite counselee to write a one or two page testimony of how God has helped her through our counseling ministry.

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