



PASTORAL COUNSELING: LOOKING FOR SOLUTIONS

Anthony Haire

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This book will assist pastors in their efforts to counsel parishioners by moving from a problem-focused approach to a solution-focused approach. Clergy members have historically sought ways to improve their counseling methods. The practice of contemporary pastoral counseling has been profoundly impacted by 20th century secular psychological principles. Pastoral counselors have adopted and adapted many of these principles in an attempt to improve their counseling efforts. Parish-based pastoral counselors have long been aware of the unique stressors and concerns that are associated with serving parishioners in a duality of professional roles. This book describes a research project that was initiated to introduce the clergy to the principles of a model of family therapy known as Solution-Focused. The Solution-Focused Family Therapy model was developed at the Brief Family Therapy Center, Milwaukee, Wisconsin.[1] The utility of the solution - focused approach in family therapy is described. Of particular interest is the manner in which pastoral counselors may employ this unique variant of brief systemic therapy in parish-based settings. A pastoral counseling adaptation of solution-focused therapy emphasizes present and future solutions, while minimizing the attention directed toward problematic behavioral sequences that can create negativity, or stress for both pastor and client-member. A main goal of a parish-based pastoral usage of solution - focused therapy is to provide brief and effective assistance to members, while avoiding negativity, thereby maximizing the potential preservation of satisfactory ongoing clergy-member relations. This book features the research method of Interpersonal Process Recall (IPR), and a narrative analysis of exemplars.

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