



Counseling Goals Progression and Finesse

Additional Notes:

Introduction

I. Goals

#1. The goals that your counsees bring into the room.

Consequences	→ → →	Goals
Regular arguments		Learn to communicate
Struggle in marriage each other		Learn how to relate to
Struggles with a child counsel the child directly		Strategies to use /
Anxiety / Depression		To feel better

#2. The goals that you have for your counselee.

These goals are associated with their relationship with Jesus.

- a. Goals such as understanding their identity in Christ, choosing to live to glorify Christ, and finding joy in Christ.

It is one thing to know the endpoint, but it is another thing to understand how to help a counselee get from where they are to that endpoint.

II. Progression

Moving in a direction and I should know where I am and where I am going next.



Additional Notes:

What is "Get on I65 South"?

This represents a basic foundation. I do not believe that I can accomplish my goals of helping develop a meaningful relationship with Christ that impacts everyday of their life if I do not give this foundation.

If that foundation is my first step, my get on I65 South, then what is my Indianapolis?

When my counsees understand Romans 8, 1 Peter 2, and 1 Corinthians 10:13 I know we are on I 65 South. When they understand James 4 and how they got into the room then we have reached Indianapolis.

What is my Louisville?

Knowing how to change

#1. Matthew 7:3-5

Repentance - people who do not repent do not change.

#2. Ephesians 4:22-24

#3. Daniel 9

My repentance must occur over my behavior and the desires of my heart that led to the behavior.

What is my Nashville?

What is my I24 to Chattanooga?

Another way to say is that we are looking for the discipleship steps that my counsees need to take to be best prepared to live out their purpose.



What is my I75 South to Atlanta?

#1. Summary of the counseling

#2. Six-month growth plan

#3. Making a Difference

Their renewed relationship is something that God entrusts to them. They have a responsibility to steward that trust with excellence.

**Additional
Notes:**

III. Finesse

Since people are different we have to remember:

- Sometimes when driving to Louisville you have to stop at a rest area.
- Sometimes when driving to Nashville you need additional fuel (either for you or the car).
- Sometimes you need a stretch break. Maybe you even need to stop for the night and continue the journey the next day.
- Sometimes you have to find a different way to Atlanta.
- Sometimes you have to take a walk in the woods.

IV. Practical Implications

What I am arguing for in this session is that all of us need skills in both.