

Pastoral Counseling

- Is Difficult
- Is a critical task in the Army Chaplaincy (you must do it; it is mission essential)
- “...is a formal and religiously-integrated process enabling Army constituents to change, cope, and resolve their presenting issues in a religious framework.” AR 165-1, 16-3a(3)
- Is often confused with:
 - Advisement / advice giving
 - Proselytizing / Evangelism
- Is an integration of:
 - The Counselor’s Theology & Evidence-based Models in consideration of the counselee
- Is most effective when the counselor engages their greatest human asset:
 - Emotional Intelligence, Empathy, Calm, Non-judgmental, Non-anxious, Non-aggressive Presence
- Is a lot like “Spiritual Direction” (holy Listening)
- Requires supervision, personal therapy, and spiritual care / direction
 - Neglect in this leads to burn-out and ineffective pastoral counseling