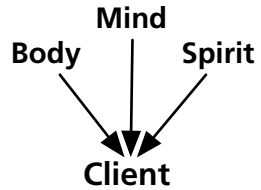


# Counselling Model



Lack of good training, nurture and information in formative years

Void of ignorance - fertile ground for formation of emotional/cognitive lies  
Wrong choices/mental habits

Personal need/suffering increases  
Need acknowledged/admitted

Motivation to change increases

Hope of help/search for help

Referral

## Introduction

## Counsellor

Attending/Warmth  
Respect  
Empathy  
Genuineness  
Self-disclosure  
Concreteness  
Challenging  
Immediacy  
Knowledge  
Skill  
Vulnerability  
Humility  
Patience  
Supervised  
Godliness  
Boundary Respectful  
Tolerance  
Dignity

## Orientation

Preliminary negotiation and agreements  
Rapport  
Trust  
Balance of Power  
Safety  
Comfort  
Secure Zone

## Active Listening

Data gathering  
Taking a history  
Externalising  
Connecting  
Understanding  
Narration  
Reflecting  
Diagnosing  
Note Taking  
Catharsis

## The Need Volitional/Physiological

Exhaustion  
Eating Disorder  
Burnout  
Jealousy  
Lack of bonding  
Procrastination  
Oppositional children  
Rebellion  
Insecurity  
Perfectionism  
Powerlessness  
Timidity  
inferiority  
Anger/rage  
Depression  
Despair  
Separation  
Divorce  
Courtship  
Fear  
Anxiety/stress  
Acting out  
Post trauma  
Shame  
Guilt  
Angst/phobia  
Domination/bullying  
Escapism  
Fear of commitment  
Hopelessness  
Victimhood  
Resentment  
Bitterness  
Unforgiveness  
Disappointment  
Grief  
Sexuality  
Deviancy  
Discrimination  
Soul Ties  
Manipulation  
Control  
Addictions  
Apathy  
Pride  
and more!

## Cognitive Behavioural

## Insight

## Identification Of

Original Trauma/s  
Negative Emotion  
False Assumptions  
Misbeliefs  
Defence Mechanisms  
Survival Kits  
Life Defining Moments  
Cracked Mirrors  
Family Mottos  
Missing Life Skills  
Subconscious Echoes  
Missing Connections  
Welds

## Client/Counsellor

Agreement on central and secondary issues is reached

## Experiential

## Discernment

## Revision

Examining  
Rethinking  
Challenging  
Revising Beliefs  
Changing  
Reassurance  
Reframing  
Refocussing  
Reconditioning  
Repentance  
Replacement

## Habitualisation

Reinforcement  
Cognitive Disputing  
Positive Thinking Patterns  
Mentoring  
Reassurance  
Truth Coaches  
Goal Setting  
Crutches replaced with Truth  
True Self-Talk  
Non-fatal failure  
Persuasion  
Life Skills  
Re-defining Moments  
Motivational Increase

## Debrief

Client Feedback  
Potential Problems  
Objections  
Gratitude  
Re-negotiation  
Contract Completion

## Love Of Self in Balance with Love of Others

Good Awareness of Boundaries  
Self-Respect  
Stability  
Self-Control  
Soul Peace  
Fulfillment  
Contentment  
Usefulness  
Continued Growth  
Maturity