

Overcoming the Stigma of Counseling

Session Three

“A Different Understanding of What Must Be Done to De-stigmatize Counseling”

1. To de-stigmatize we need to de-professionalize.

- a. We need to understand counseling issues as “soulish” issues.
- b. We need to understand counseling issues as matters of *formation* (Romans 12:2 vs. Romans 8:29).
- c. We need to take counseling back into the church (Acts 20:25-32).

2. To de-stigmatize we need to de-mystify.

- a. We need to stop believing that counseling problems are “extraordinary” (1 Corinthians 10:13).
- b. We need to stop believing that solutions come from profound, hidden secrets (Colossians 2:2-3)
- c. We need to believe that we have what we need to counsel (2 Peter 1:2-4).

3. To de-stigmatize we need to de-personalize.

- a. We need to stop thinking of counseling as primarily therapeutic.
 - i. The insatiable soul: Proverbs 27:20; Ecclesiastes 1:8
 - ii. The inevitable despair.

If our chief goals are “happiness”, “success” in life, comfort, or the absence of difficulty, we inadvertently put the person on a uphill treadmill leading to despair.

- b. We need to re-orient counseling upward and outward.
 - i. The proper aim of counseling is to lead the person to understand their proper aim—to glorify God!

How can we glorify God?

“We glorify Him by enjoying Him, loving Him, trusting Him, and by obeying His will, commands, and Law.”
 - ii. “Not to be served but to serve” (Mark 10:45)