

Introduction to Counseling in Teen Challenge

Participant Notesheet with Answers & Teacher Notes

By Dave Batty

1. The reality of working in Teen Challenge

- a. People come with lots of **problems**
- b. Many have deep **damage** from their past
- c. Trauma
- d. 90% of women have background of **sexual** abuse
- e. Most TC staff are not trained as professional counselors

2. Teen Challenge is first of all a Christian **discipleship** ministry before being a **counseling** ministry With the illustration of a train—what does the engine represent in your ministry?

3. Don't promise quick **solutions**

Don't feel you have to have all the answers

"I don't know," is a good answer to use

Give them hope!

4. Don't **make decisions** for the person you are counseling instead, give ideas, alternatives and information

5. Listen!

6. Help break down **false** beliefs

7. **Don't allow students to become dependent on you**

"You are the only one who can help me!"

8. **Point them to Jesus as the real source of help**

Hebrews 12:1-2

9. **Help them identify root problems**

10. **Help them develop problem solving skills**

For many, their way to solve problems was to get high or run from the problem.

James 1:2-5 **when you face all kinds of problems.**

11. **Help them learn how to "put off" and "put on" in their life so they can become all that Jesus wants them to be.**

Colossians 3:1-17 2 Peter 1:3-11

12. **Questions for discussion**

Contact Information: www.Globaltc.org www.iTeenChallenge.org