

# Introduction to Counseling in Teen Challenge

By Dave Batty  
Teacher Notes

## 1. Teen Challenge Staff Training

Track: T6 Counseling  
Topics: 603 Counseling Skills  
Course Number: 603.02 Introduction to Counseling in Teen Challenge  
Author: Dave Batty  
Level: 1

## 2. Course Description:

This course provides a basic introduction to how counseling is used in the Teen Challenge ministry. This is not just for fulltime counselors. It is a basic course for all staff.

## 3. Suggested teaching schedule: 1 hour

## 4. Materials available:

Teacher's Notes	PowerPoint Presentation
Participant Notesheet	Audio mp3 ( <i>coming soon</i> )
Participant Notesheet/Answer key	Video ( <i>coming soon</i> )

(For more information on the latest resources available for this course, check the website: [iTeenChallenge.org](http://iTeenChallenge.org))

## 5. How this course can be used:

This course is for training current and potential leaders for Teen Challenge ministry. It can be used in a variety of settings:

1. As an individual self study course: You can read through the materials available and listen to the audio or watch the video. We encourage you to take notes on how you can relate this to your own situation.
2. Play the audio/video tape of this session for your training. Provide each one attending a copy of the Participant Notesheet. We encourage you to use the PowerPoint presentation as you listen to the tape. If you use this option, it would be best to follow with a discussion of how you can begin applying these principles in your own setting.
3. Use these resources to plan your own teaching of this course in your local ministry setting. We encourage you to provide each one with a copy of the Participant Notesheet or create your own notesheet.

6. **Background reading:** For additional study on this topic: List books, etc.  
*Teen Challenge Therapeutic Model*, by Doug Wever  
*How to Be a People Helper*, by Gary Collins
7. **Translation of this course:** Please check the website [iTeenChallenge.org](http://iTeenChallenge.org) to see if this course is already available in your language. We are very interested in offering this course in other languages. If you translate this course, please send a copy to Global Teen Challenge at [gtc@globaltc.org](mailto:gtc@globaltc.org)
8. **Video or audio of this course:** Please check the website [iTeenChallenge.org](http://iTeenChallenge.org) to see if a video or audio version of this course is already available in your language. We are very interested in offering this course in other languages. If you teach this course, please make a video or audio recording of the training and send a copy to Global Teen Challenge at [gtc@globaltc.org](mailto:gtc@globaltc.org) or mail it to the address listed below.
9. **Request for evaluations and feedback:** Global Teen Challenge is seeking to improve the training resources it provides. Your evaluation and feedback would be most helpful to the on-going development of this course and other training resources. You can email your comments directly to [gtc@globaltc.org](mailto:gtc@globaltc.org) or go to the website: [iTeenChallenge.org](http://iTeenChallenge.org) and click on the **Contact Us** button.

Global Teen Challenge is also looking to expand the training resources for equipping leaders in Teen Challenge centers around the world. If there are other topics you would like to study, please send your ideas to the address below. If you have training materials that you would like to recommend, please send those ideas as well.

10. **Contact information**

Global Teen Challenge  
PO Box 511  
Columbus, GA 31902 USA

Phone: 1-706-576-6555

Email: [gtc@globaltc.org](mailto:gtc@globaltc.org)

Websites: Teen Challenge Training resources: [www.iTeenChallenge.org](http://www.iTeenChallenge.org)

Global Teen Challenge: [www.Globaltc.org](http://www.Globaltc.org)

# Introduction to Counseling in Teen Challenge

## *Teacher notes & Answer Key*

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 give advice**

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 the problem 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](http://www.Globaltc.org)      [www.iTeenChallenge.org](http://www.iTeenChallenge.org)**