

## Helping Professions: A Simplified Glance

<b>One-to One Helping Modalities</b>	<b><u>People involved</u> Who comes? Why?</b>	<b><u>Goal/Purpose</u> Why stay?</b>	<b><u>Relational Process</u> What happens?</b>	<b><u>Techniques</u> How does it work?</b>	<b><u>Content</u> What to talk about?</b>	<b><u>Assessment</u> How is it going?</b>	<b>Professionalization</b>
<b>Coaching</b>	A client who is making or wants to make a transition in life, health, career, relationship, etc.	Clarify, set, and attain specific goals in chosen area of life; identify obstacles; develop strategies for overcoming obstacles; increase capacity	Specific steps based on specific goals, often marked by a specific time period. Coach to hold that vision on behalf of client.	Establish rapport; identify areas of stuckness; clarify and set goals; hold client accountable by challenging, teaching, and encouraging them.	Usually centered on a specific area like life, health, career, relationship, etc. (or a balance between two or more areas).	Organize client self-perceptions and create actionable goals with a more complete understanding of self	Fees; variety of courses, trainings, and certifications; specializations.
<b>Spiritual Direction/ Companionship</b>	A “directee” seeking to experience eternal/infinite aspects of their true nature through “director.”	Discuss the ways in which “God”/Allah/Divine/Holy/Higher Power may be touching their life, either directly or indirectly.	Deep listening; telling of stories; open responses; silence; waiting; noticing together the guidance of “God”	Sharing; listening; discernment; contemplative grounding (e.g. prayer and meditation); self-care	Daily life, relationships, deepest desires, struggles, prayer, “God’s” presence and directee’s responses.	Discernment; mutually agreed-upon evaluation; exploration of the unknown.	Honorarium; variety of trainings and certifications; Spiritual Directors International; Society for Certified Spiritual Directors.
<b>Pastoral Counseling</b>	Any person with a specific problem seeking a faith perspective from a certified and/or licensed Pastoral Counselor	Facilitate growth, personal integration, and freedom of choice through increased self-knowledge and awareness of God’s healing within a faith context	Talking; getting it out; advice giving; support; resolving issues; client and counselor discern faith meaning together	Understand the source of the issues; provide techniques and ideas for how to become more free; model healthy interactions between client and counselor	Relationships; life experience related to areas of pain, shame, and guilt; discover God’s presence in the healing process	Increased sense of freedom, independence	Fees; MAPC/MDiv/DMin academic training programs; certain states regulate with licensure
<b>Chaplaincy</b>	A patient of a healthcare facility, a member of the military, a prisoner, a victim of a fire or disaster, etc.	Initiate meaningful use of individual’s spiritual story in the management of their difficulties	Unburdening of person through deep listening; chaplain to direct them to inner resources and community support.	Triage and manage crises; grief counseling; "worship" services; facilitate post-trauma group processes	Grief, bereavement, a changed reality, what something means "in the grand scheme of things," and faith.	Government-regulated processes, varied by concentration.	Salaried; MDiv degree; 1,600 clinical hours; ordination; board certification by independent agency.
<b>Psychotherapy</b>	A person with a specific problem seeking help finding a solution	Alleviate pain and disorder, resolve inner conflicts, and promote growth and integration	Talking; analysis; often learn “through” relating with the counselor	Get “under” the issues; teach or model techniques; problem solving, challenging	Relationships; life experience related to areas of pain, shame, and guilt; discover places for healing	Developmental comparison to others in similar stages; increase in personal freedom, independence	Fees, often paid by insurance; MA/MS/MFT/MSW/PsyD/PhD academic training programs; licensure by state and national standards

