

Report Date: 28 Apr 2014

**Summary Report for Individual Task
805D-203-6034
Perform Solution Focused Pastoral Counseling
Status: Approved**

DISTRIBUTION RESTRICTION: Approved for public release; distribution is unlimited.

DESTRUCTION NOTICE: None

Condition: The digital battalion battle staff is conducting combat or preparing to conduct combat operations or is operating in a normal peacetime environment at a normal state of readiness. A Soldier or family member in your area of responsibility seeks individual pastoral counseling. The Chaplain has received classroom instruction, handouts of key SFPC interventions, viewed a video demonstration and has access to a private location. This task should not be trained in MOPP 4.

Standard: Demonstrate understanding of Solution Focused Pastoral Counseling principles by participating in role play counseling scenarios where the chaplain accurately demonstrates the primary techniques and interventions associated with Solution Focused Pastoral Counseling and completes a three page verbatim counseling paper with a score of 70% or higher.

Special Condition: None

Safety Level: Low

MOPP: Never

Task Statements

Cue: None

DANGER
None

WARNING
None

CAUTION
None

Remarks: None

Notes: None

Performance Steps

1. Prepare for counseling.

- a. Gather available information concerning the client.
- b. Gather any other information helpful in formulating an initial approach.
- c. Prepare the counseling site.

(1) Locate an appropriate area for counseling. If your own office is not available, borrow an office for the specific time of the counseling session.

(2) Maximize privacy.

(3) Minimize possible distractions by--

(a) Coordinating with the staff to hold your telephone calls

(b) Notifying the staff to avoid unnecessary interruptions during your session.

(c) Displaying an "interview or counseling session in progress" sign on the door

(d) Being aware of, preventing, and/or managing any possible environmental or physical interruptions such as noise and room temperature.

(4) Provide for the client's comfort by having facial tissues near the client's chair.

2. Initiate the session.

a. Greet the client.

(1) Walk out to meet the client.

(2) Address the client by rank or title and name.

(3) Introduce yourself including your name, rank, job title, and role.

(4) Escort the client to the counseling area. Ask him or her to seated.

b. Explain the counseling role.

(1) Explain the purpose of the first session.

(a) Review of the problem(s).

(b) Set counseling goals.

(2) Explain the relationship of the client and counselor as one in which they work together to find solutions.

c. Begin each session with a brief summary of what transpired the preceding session and during the interval between sessions if prior sessions were conducted.

3. Apply the basic rules of Solution Focused Pastoral Counseling to the counselee's situation.

- a. If it ain't broke, don't fix it.
- b. Once you know what works, do more of it.
- c. If what you're doing isn't working, then do something different.
- d. Help the counselee do something different.
- e. Explain that complex problems often do not demand complex solutions.
- f. Understand that gathering a lot of details about the problem isn't necessary.
- g. Understand that solutions often are found in the exceptions to the problems.

4. Apply the Solution Focused counseling techniques.

a. Joining, empathy, respect, and genuineness

(1) Establish an atmosphere of trust, safety and positive regard

(2) Have the counselee complete the intake data sheet.

b. Ask the 'What's Better?' question

(1) What is better since you made the appointment for counseling?

(2) The assumption is the counselee and the situation is always changing and could already be better.

c. Ask the Usefulness question to determine counselee's goals: In order to make our time together most useful, what needs to occur today to make your visit worthwhile?

d. Ask the series of Miracle Questions

e. Ask scaling questions

(1) On a scale of 1-10, how hopeful are you about your marriage?

(2) The subjects to scale are endless: hope, fear, jealousy, trust, faith, commitment, etc.

(3) Ask, "What keeps your answer from being a lower number?"

(4) Ask, "Why is your answer as high as it is?"

f. Apply reframes to help clients view situation from a different perspective.

g. Explore for exceptions: Are there times when the problem isn't occurring...and what are you doing different at those times?

h. Externalize the problem

(1) Name the problem (anxiety, defiance, rage, etc.)

(2) Align the clients against the issue

i. Compliment often

j. Ask coping questions when there are no exceptions or results to the miracle question.

k. Assign first session homework: "This week I want to notice the things about your marriage that you like and don't want to change."

5. Apply the EARS acronym to subsequent sessions.

a. Elicit what's better?

b. Amplify what happened and who did what

c. Reinforce the positive growth and who did it

d. Start over by asking what else has been helpful and asking Scaling questions again.

6. Terminate the counseling session.

a. Briefly summarize the highlights of the session.

b. Obtain the client's concurrence on the summary.

c. Discuss the actions to be taken by the client prior to the next counseling session.

d. Agree on the need for a return appointment, if necessary.

e. Assist the client in making a return appointment by providing an appointment slip that indicates the date, time, place, phone number, and your name.

f. Make referral to other health care provider as necessary.

g. Escort the client to the appropriate exit.

7. Complete a counseling record form of the counseling session IAW UMT Counseling SOP.

8. Follow up on referrals.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier GO on performance measures passed. Score the Soldier NO GO on any performance measure failed. The Soldier must score a GO on 70% of the performance measures listed to receive a GO on the task. If the Soldier scores a NO GO, show the Soldier what was wrong and retest.

Evaluation Preparation: To evaluate this task, review the items listed in the conditions statement (handout of techniques, Story of Us DVD, Solution Focused Therapy demonstration DVD, Grading rubric) with the Soldier and assign a written homework verbatim that demonstrates the performance steps.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Prepared for counseling.			
2. Initiated the session appropriately.			
3. Identified the basic rules of Solution Focused Pastoral Counseling			
4. Applied the Solution Focused counseling techniques			
5. Applied the EARS acronym to subsequent counseling sessions			
6. Terminated the counseling session.			
7. Completed a counseling record form of the counseling session IAW UMT Counseling SOP.			
8. Followed up on referrals.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	AR 165-1	Army Chaplain Corps Activities	Yes	No
	FM 1-05	Religious Support	Yes	No
	PAM 600-24 (Change 001 09/07/2010 1 Pages)	Health Promotion, Risk Reduction, and Suicide Prevention (RAR - 07Sep 2010)	Yes	No

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. bsp;Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT

Safety: In a training environment, leaders must perform a risk assessment in accordance with FM 5-19, Risk Management. Leaders will complete a DA Form 7566 COMPOSITE RISK MANAGEMENT WORKSHEET during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination. Everyone is responsible for safety. A thorough risk assessment must be completed prior to every mission or operation.

Prerequisite Individual Tasks : None

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805D-203-6032	Perform Pastoral Counseling	805D - Chaplain (Individual)	Approved

Supported Individual Tasks :

Task Number	Title	Proponent	Status
805D-203-6032	Perform Pastoral Counseling	805D - Chaplain (Individual)	Approved

Supported Collective Tasks :

Task Number	Title	Proponent	Status
16-5-2001	Perform Religious Crisis Response	16 - Chaplain (Collective)	Approved