

**Summary Report for Individual Task
805D-203-6032
Perform Pastoral Counseling
Status: Approved**

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the Army Chaplain School foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

Condition: A Soldier or family member requests individual pastoral counseling. The unit ministry team has access to facilities, and appropriate resources. This task should not be trained in MOPP 4.

Standard: Identified need, conducted counseling, determined number of follow up sessions and referred to an additional appropriate agency as needed.

Special Condition: None

Safety Risk: Low

MOPP 4: Never

Task Statements

Cue: None

DANGER

None

WARNING

None

CAUTION

None

Remarks: None

Notes:

Performance Steps

1. Prepare for counseling.

a. Gather available information concerning the client including his or her religious preference and accommodate as needed.

b. Gather any other information helpful in formulating an initial approach. If the presenting problem is relational, encourage the spouse to be present at the initial session.

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. If a child is expected to be present, provide age appropriate support.

(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 be seated.

(5) Ask the client to silence any personal electronic devices.

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.

(3) Explain counseling rules regarding the limits on privacy and confidentiality of information.

Note: Check local privileged communication/sensitive information procedures.

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. Identify the specific pastoral counseling need(s).

a. Ask the client to describe his or her views and feelings regarding the problem.

b. Ask the client to discuss the frequency of the problem and the situation and duration in which it occurs.

c. Ask the client about the effects of the problem on activities of daily living.

(1) Social functioning.

(2) Occupational functioning

4. Apply the brief counseling techniques, providing appropriate counseling intervention techniques.

a. Crisis intervention.

(1) The problem is a situational crisis of recent onset.

(2) The problem is generalized, affecting many areas of the client's life.

(3) The client's level of discomfort (stress, anxiety, depression) is too high to permit effective coping.

(4) The client's level of adjustment and social functioning before the onset of crisis was good.

b. Guidance counseling.

(1) The problem is situational, specific, and is affecting few areas of the client's life.

(2) The client perceives, and is able to resolve, the problem with minimal counselor intervention.

(3) The client is likely to have no further need for intervention once the presenting problem is resolved.

(4) The client shows at least moderate motivation for resolution.

(5) The client's level of adjustment and social functioning before the onset of the problem was good.

c. Extended supportive counseling.

(1) The client's adjustment problems have generalized to most areas of functioning.

(2) The client does not see actual resolution of the problem as being within his or her control, or resolution is actually not within his or her control.

(3) The client has had the same or similar presenting problems in the past. It can be predicted he or she will be likely to have them in the future, irrespective of the current solution.

(4) The client's level of adjustment and social functioning was only fair prior to the onset of the presenting problem.

5. Develop a pastoral counseling plan.

a. Summarize the problem(s) to be worked on.

b. Obtain the client's concurrence on the summary of the problems area(s)

c. Obtain the client's input on what kind of outcome he or she would like to see as a result of counseling.

d. Formulate goals in concrete behavioral terms. For example, the client attends monthly counseling sessions, keeps appointments, and participates in the counseling process.

Note: Goals should be flexible. They may be modified or discontinued as new information emerges during the counseling process.

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. Review how the client is to seek help if at risk over the next 72 hours.

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:

Soldier may be evaluated orally or in written form by briefing how he/she completed each performance step. If any step was not completed, the Soldier must explain why that step did not apply in this situation.

Evaluation Preparation:

Set-up: Tell Soldier to brief orally or in written form how he/she completed each performance step and why any step not completed does not apply in this situation.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Prepared for counseling.			
2. Initiated the session.			
3. Identified the specific pastoral counseling need (s).			
4. Applied the brief counseling techniques, providing appropriate counseling intervention techniques.			
5. Developed a pastoral counseling plan.			
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
	AR 608-18	The Army Family Advocacy Program (*RAR 001, 09/13/2011)	Yes	No
	ATP 6-22.1	THE COUNSELING PROCESS http://armypubs.army.mil/doctrine/DR_pubs/dr_a/pdf/atp6_22x1.pdf	Yes	No
	DODD 1342.7	Family Policy	Yes	No
	FM 1-05	Religious Support	Yes	No
	FM 4-02.51	COMBAT AND OPERATIONAL STRESS CONTROL	Yes	No
	FM 6-22.5	COMBAT AND OPERATIONAL STRESS CONTROL MANUAL FOR LEADERS AND SOLDIERS	Yes	No
	JP 1-05	Religious Affairs in Joint Operations	Yes	No
	PAM 600-24	Health Promotion, Risk Reduction, and Suicide Prevention	Yes	Yes
	PAM 600-70	US ARMY GUIDE TO THE PREVENTION OF SUICIDE AND SELF-DESTRUCTIVE BEHAVIOR	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. Environmental protection is a continual process. Always be alert to ways to protect our environment and the reduce waste.

Safety: In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer 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
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805D-203-6037	Demonstrate Understanding of Pastoral Crisis Counseling	805D - Chaplain (Individual)	Approved
805D-203-8031	Coordinate Pastoral Care and Counseling in the Brigade	805D - Chaplain (Individual)	Approved
805D-203-6033	Refer Counselees to Appropriate Agencies	805D - Chaplain (Individual)	Approved
805D-203-6034	Perform Solution Focused Pastoral Counseling	805D - Chaplain (Individual)	Approved

Supported Individual Tasks : None

Supported Collective Tasks : None

ICTL Data :

ICTL Title	Personnel Type	MOS Data
Battalion Chaplain (1LT & CPT)	Officer	AOC: 56A, Rank: CPT, Duty Pos: VAH