

**805D-56A-6710  
Assess a Potential Counselee  
Status: Approved**

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**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 Chaplain School foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

**Conditions:** A Soldier or family member (client) requests to speak with a chaplain. The chaplain doesn't know if they need advisement, a referral, or pastoral care. The chaplain may or may not know the client is of a different religious or philosophical belief system, to such an extent that their needs may be best attended to by a different care provider. This task should not be trained in MOPP 4.

**Standards:** Assess the Soldier or family member in accordance with the Army Ethic, identify the need, and determine the best way to address the need (begin internal advisement, make a referral, or directly provide subsequent pastoral care or pastoral counseling).

**Special Conditions:** None

**Safety Risk:** Low

**MOPP 4:** Never

**Task Statements**

**Cue:** None

**DANGER**

None

**WARNING**

None

**CAUTION**

None

**Remarks:** None

**Notes:** None

## Performance Steps

1. Demonstrate preparedness.
  - a. Have a list of referral agencies ready.
  - b. Identify your endorsing agent's specific guidance and limitations.
  - c. Review AR 165-1, 3-2b specific to providing religious support, pastoral care, and the moral and spiritual well being of the command.
  - d. Read the Army Ethic, Code of Ethics for Chaplains of the Armed Forces, and any other relevant ethical codes (e.g. professional licensure).
  - e. Develop a relationship with your chaplain supervisor and/or Family Life Chaplain for case consultation.
  - f. Identify your deep-seated religious beliefs or matters of conscience.
  - g. Remind yourself that a good assessment helps you decide how to help the client(s). Assessment isn't pastoral counseling.
2. Initiate contact.
  - a. Welcome the client(s).
  - b. Address the client(s) by rank, title, and name.
  - c. Introduce yourself, including your name, rank, job title, and role.
  - d. Silence your electronic devices and ask the client(s) to do the same.
  - e. Move toward the most private place the setting allows.
  - f. Inform client(s) of confidentiality when speaking with a chaplain and the limits of confidentiality if others are present.
3. Demonstrate professional ethics throughout the assessment (see ADRP 1, Figure 2-4, and ATP 6-22.1, Table 2-2).
  - a. Demonstrate respect for subordinates.
  - b. Model empathy.
  - c. Demonstrate self awareness and the culture of the client(s).
  - d. Avoid snap judgments. Model a non-judgmental disposition.
  - e. Set aside personal bias and personal stories.
  - f. Avoid stereotyping.
  - g. Maintain calmness and emotional control.
4. Assess the issue.
  - a. Ask open ended questions, such as: What brought you here today? How can I help you? Please tell me about the emotional pain you are experiencing right now.
  - b. Deepen your understanding of the issue.
  - c. Screen for potential self harm or harm to others and be prepared to gain consent for referral.
  - d. Inquire about the religious preference of the client(s).
5. Treat all people with dignity and respect. Standards for care for pastoral counselors include, but are not limited to:

- a. Focus on listening and trying to understand the client's perspective.
  - b. Stay humble, curious, and respectful.
  - c. Stay focused on understanding the presenting problem in order to determine how to help the client(s). However, as clergy, you are free to explore matters of religion.
  - d. Identify your faith group's beliefs about: transformation, illumination, conviction, forgiveness, and reconciliation.
  - e. Talk about your emotional and physiological responses to the client(s) with your chaplain supervisor, a Family Life Chaplain, or a trusted counselor while protecting the identity of the client(s).
  - f. Continually seek to deepen your theological understanding and spiritual formation.
  - g. If the client(s) inquire, facilitate the exploration of the client(s) understanding of what sacred texts say and how they feel / think about that as it applies to their situation.
  - h. More than anything else, with great compassion and empathy, listen for and attend to the pain in a non-judgmental way.
  - i. Allow the client(s) to exercise their autonomy by presenting choices rather than directives.
6. Repeat back to the client(s) your understanding of the issue in your own words.
- a. Use empathy to highlight the client(s) emotions and felt need(s).
  - b. Use active listening to reflect the issue.
  - c. Ask for clarification from the client(s).
7. Determine the best way to help the client(s).
- a. If the issue is professional in nature, begin internal advisement.
    - (1) Gather relevant resources (policy letters, SOPs, brochures, or other documents).
    - (2) Explain how the policy, procedure, or service works.
    - (3) Check for understanding of the advisement.
  - b. If the chaplain is able to directly provide counseling or further care, begin a pastoral counseling relationship and continue to provide care.
  - c. If the chaplain is not able to directly provide pastoral counseling or further pastoral care due to lack of training, matters of conscience, or constraints by their endorsing agent, then proceed with the following steps:
    - (1) Maintain a calm, polite, and professional disposition.
    - (2) Assure the client(s) that you will help them find resources to address their problem.
    - (3) Find an agency, another chaplain, or a counselor that can address the problem.
    - (4) Provide the referral contacts to the client(s).
    - (5) Offer assistance to help the client(s) connect with the agency; make the call immediately if possible.
    - (6) Follow up in a few days to ensure the connection happened.
8. Terminate the assessment.

- a. Summarize the highlights of the interaction.
- b. Check with the client(s) concurrence on the summary.
- c. Ask what was most helpful.
- d. Offer other religious support as needed.

(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. Demonstrated preparedness.			
2. Initiated contact.			
3. Demonstrated professional ethics throughout the assessment (see ADRP 1, Figure 2-4, and ATP 6-22.1, Table 2-2).			
4. Assessed the issue.			
5. Treated the client(s) with dignity and respect.			
6. Repeated back to the client(s) your understanding of the issue in your own words.			
7. Determined the best way to help the client(s).			
8. Terminated the assessment.			

**Supporting Reference(s):**

Step Number	Reference ID	Reference Name	Required	Primary
	ADRP 1	The Army Profession	Yes	No
	AR 165-1	Army Chaplain Corps Activities	Yes	Yes
	ATP 6-22.1	THE COUNSELING PROCESS <a href="http://armypubs.army.mil/doctrine/DR_pubs/dr_a/pdf/atp6_22x1.pdf">http://armypubs.army.mil/doctrine/DR_pubs/dr_a/pdf/atp6_22x1.pdf</a>	Yes	No

**TADSS :** None

**Equipment Items (LIN):** None

**Materiel Items (NSN) :**

Step ID	NSN	LIN	Title	Qty
No materiel items specified				

**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 the current Environmental Considerations manual and the current GTA Environmental-related Risk Assessment card.

**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.

**Prerequisite Individual Tasks** : None

**Supporting Individual Tasks** : None

**Supported Individual Tasks** : None

**Supported Collective Tasks** : None