

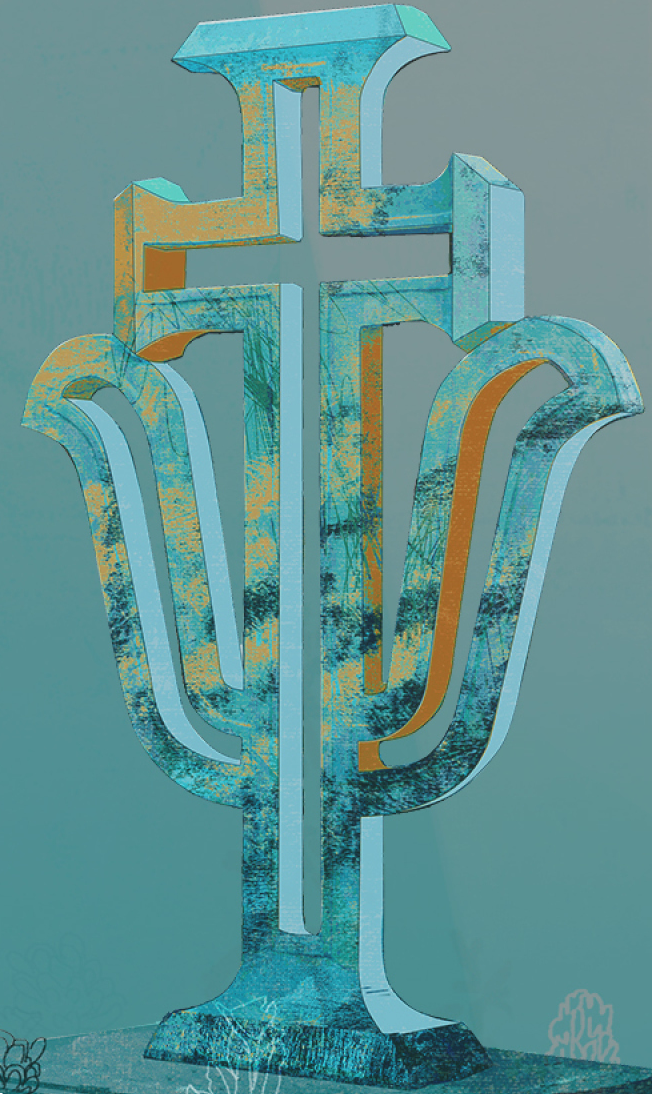
2021 INTEGRATION SYMPOSIUM

A Christian Approach to Counseling and Psychotherapy:

*Christ-Centered, Biblically Based,
and Spirit-Filled*

WITH **SIANG-YANG TAN**, SENIOR PROFESSOR OF PSYCHOLOGY

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IMPLICIT AND EXPLICIT INTEGRATION IN CHRISTIAN COUNSELING AND PSYCHOTHERAPY: CHRISTIAN FAITH IN CLINICAL PRACTICE

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Implicit and Explicit Integration (Tan, 1996, pg. 368; see also Tan, 2022)

“*Implicit integration* ... refers to a more covert approach that does not initiate the discussion of religious or spiritual issues and does not openly, directly or systematically use spiritual resources. ... *Explicit integration* ... refers to a more overt approach that directly and systematically deals with spiritual or religious issues in therapy, and uses spiritual resources like prayer, Scripture and sacred texts, referrals to church or other religious groups or lay counselors, and other religious practices.”

IMPLICIT INTEGRATION IN CHRISTIAN THERAPY

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EXPLICIT INTEGRATION IN CHRISTIAN THERAPY

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EXPLICIT INTEGRATION: USE OF RELIGIOUS AND SPIRITUAL RESOURCES IN THERAPY

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PRAYER

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Inner Healing Prayer: Seven Steps (Tan, 2003a, pp. 20-21)

1. “Begin with prayer for protection from evil, and ask for the power and healing ministry of the Holy Spirit to take control of the session.
2. Guide the client into a relaxed state, usually by brief relaxation strategies (e.g., slow, deep breathing, calming self-talk, pleasant imagery, prayer, and Bible imagery).
3. Guide the client to focus attention on a painful past event or traumatic experience, and to feel deeply the pain, hurt, anger, and so forth.
4. Prayerfully ask the Lord, by the power of the Holy Spirit, to come to the client and minister his comfort, love, and healing grace (even gentle rebuke where necessary). It may be Jesus imagery, or other healing imagery, music (song/hymn), Scripture, a sense of his presence or warmth, or other manifestation of the Spirit’s working. No specific guided imagery or visualization is provided or directly given at this point.

5. Wait quietly upon the Lord to minister to the client with his healing grace and truth. Guide and speak only if necessary and led by the Holy Spirit. In order to follow or track with the client, the counselor will periodically and gently ask, “What’s happening? What are you feeling or experiencing now?”
6. Close in prayer.
7. Debrief and discuss the inner healing prayer experience with the client.”

SCRIPTURE

A Christian Approach to Counseling and Psychotherapy:
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REFERRALS TO RELIGIOUS GROUPS

A Christian Approach to Counseling and Psychotherapy:
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EXPLICIT INTEGRATION: DEALING WITH SPIRITUAL ISSUES IN THERAPY

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EXPLICIT INTEGRATION: FOSTERING INTRAPERSONAL INTEGRATION AND THE DEVELOPMENT OF SPIRITUALITY IN THE THERAPIST AND THE CLIENT

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EMPIRICAL EVIDENCE FOR THE EFFECTIVENESS OF RELIGIOUS AND SPIRITUAL THERAPIES

(CAPTARI ET AL., 2018; SEE ALSO HOOK ET AL., 2019)

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