# A Christian Approach to Counseling and Psychotherapy:

Christ-Centered, Biblically Based, and Spirit-Filled

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## THE ROLE OF THE HOLY SPIRIT IN CHRISTIAN COUNSELING AND PSYCHOTHERAPY

A Christian Approach to Counseling and Psychotherapy:



### THE WORK AND MINISTRY OF THE HOLY SPIRIT (TAN, 1999B, 2022)

A Christian Approach to Counseling and Psychotherapy:



## THE SPIRIT'S POWER AND GIFTS (ACTS 1:8; EPH. 5:18; ROM. 12; 1 COR. 12; EPH. 4; 1 PET. 4)





## THE SPIRIT'S TRUTH (JOHN 14:16-17, 26; JOHN 16:13)





## THE SPIRIT'S FRUIT (GAL. 5:22-23)

A Christian Approach to Counseling and Psychotherapy:



## THE WORK OF THE HOLY SPIRIT IN COUNSELING AND PSYCHOTHERAPY





#### The Holy Spirit's Work in Counseling and Psychotherapy: Five Ways

- 1. Directly empower the Christian therapist to discern the client's root problems by giving words of knowledge or wisdom (1 Cor. 12:8).
- 2. Provide spiritual direction regarding God's will to both the Christian therapist and the client.
- 3. Directly minister to the client in powerful ways spontaneously, or through the use of spiritual resources such as inner healing prayer.
- 4. Enable the Christian therapist to discern the presence of the demonic, and to pray for deliverance when necessary or appropriate, with informed consent from the client.
- 5. Work deeply in the Christian spiritual formation into Christlikeness (Rom. 8:29; Gal. 4:19) of both the client and therapist as they engage in the practice of spiritual disciplines.



#### MY INTEGRATION JOURNEY: SIX CORE LESSONS LEARNED (TAN, 2010, PP. 86-88)





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