How to Help “Psychologized” Counselees

&

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# Introduction

* What do you do when someone comes to you who uses the latest psychological labels?
* How can you really help a person who believes that such diagnostic labels are accurate in explaining his condition?

# I. Understand Who “Psychologized” Counselees Are

A. We are **not** referring to those who *form* the diagnostic labels and psychological categories of explanation.

B. We are referring to those who have *absorbed* or *adopted* these diagnostic labels and psychological categories to explain their particular challenges.

C. “Julia”

# II. Understand The Diagnostic Labels Of Psychologized Counselees

A. Diagnostic labels have a particular trajectory.[[1]](#footnote-1)

1. Diagnostic labels have a trajectory that leads to any number of places/goals.
2. A biblical understanding of the problems always lead to

Christ.

B. Diagnostic labels express particular worldviews.

1. Definition of a worldview.

2. The “Autonomous” worldview.

3. The “Servant” worldview.

4. Diagnostic labels reveal a worldview.

C. Diagnostic labels seek to explain three components of human behavior and identity.[[2]](#footnote-2)

1. Causality

2. Agenda

1. Meaning/Interpretation

D. Diagnostic labels have predictable characteristics.

1. They produce faulty interpretation.

2. They produce faulty description.

3. They produce faulty prescription.

# III. Understanding How To Minister To Psychologized Counselees

A. Remember that you are counseling a person, not a theory.

B. Communicate care.

C. Listen more to the “story” than the labels -

* Realize that you are more *like* this person than you are *different*.

D. Get to know the person.

E. Thoroughly reinterpret the person’s world.

# Conclusion

* A biblical interpretation of life’s experiences will always prove to be more broad and deep and more robust than any diagnostic label or psychological category of interpretation.
* Therefore, minister the Word of God to “psychologized” people!
1. David Powlison, “How to Help a ‘Psychologized’ Counselee,” a workshop presented at the Annual Conference of the National Association of Nouthetic Counselors, October 7, 2002. [↑](#footnote-ref-1)
2. *Ibid.* [↑](#footnote-ref-2)