



The use of PPT instruments in pastoral counseling

Victoria Timofeeva

Istanbul-2024

About me:



(only the info, directly related to the topic of presentation)

- **Positive psychotherapist / clinical psychologist**
- **Author of the *Positum Coaching* concept (it's in the process of revision & renewal)**
- **Since 2007 servant of The Salvation Army**
- **Christian/spiritual counselor (finishing evangelical seminary this year)**
- **10 years of work with prisoners**
- **Since 2020 sergeant of Prison Ministry for The Salvation Army**
- **Currently work on a book about psychological & spiritual aid to prisoners & former prisoners (will be issued in summer)**

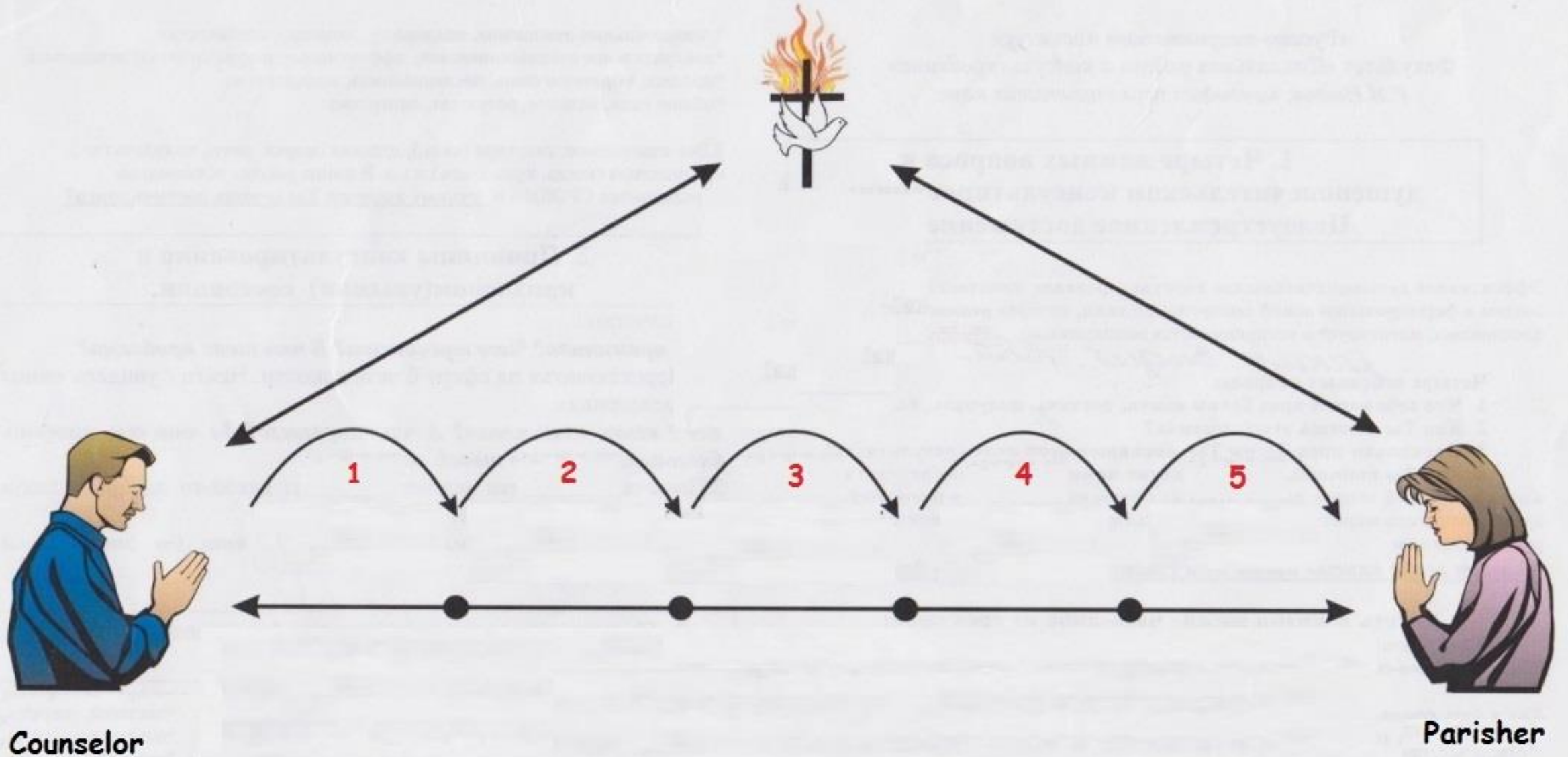
What is pastoral/spiritual counseling?

- Performed within church
- Combines prayers, use of Bible
- Works with soul
- Acts God, not a consultant!
- Restores person's hope, trust, faith...

Instruments of PPT used in pastoral counseling

- **WIPPF (partly)**
- **Stories & metaphors**
- **5-stage strategy**
- **Balance Model**
- **(extra) Metaphorical cards**

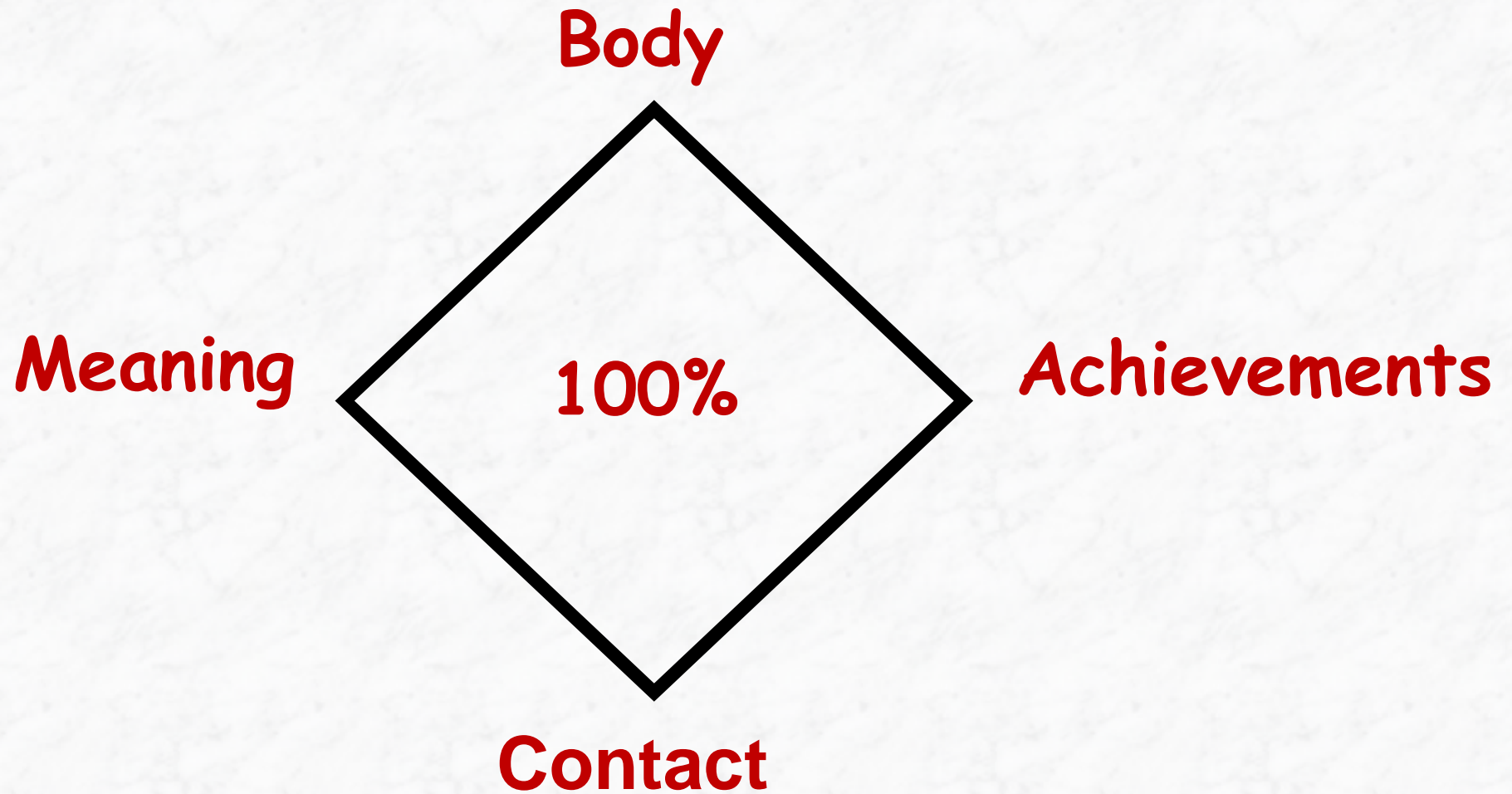
The use of 5-stage strategy



The use of 5-stage strategy

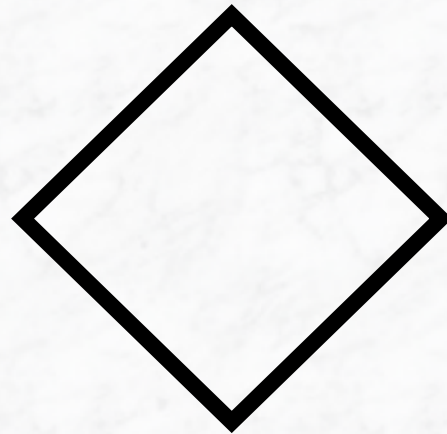
	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
PPT	Observation	Inventarization	Situational Encouragement	Verbalization	Broadening of goals
PC	Definition of the problem	What do you think?	What does God/Bible say?	What would be the godly action?	How would you do it?

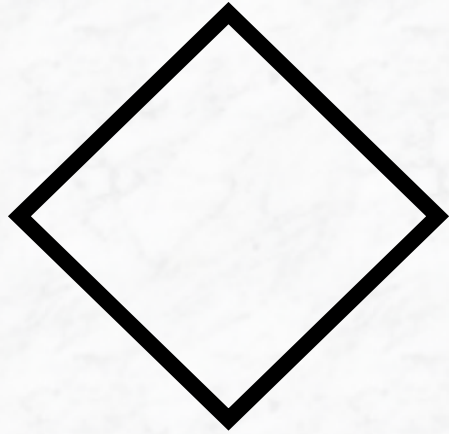
The Balance Model



**What should be physical activity, nutrition,
rest-time, etc.?**

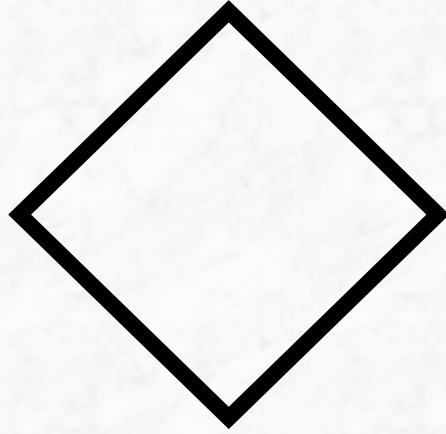
**«Don't you know that you're the temple of God
and the Spirit of God lives in you?» (1 Cor. 3:16)**





**What specific actions
you should take?**

**«Work willingly at whatever you do,
as if you're working for the Lord
rather than for people» (Col. 3:23)**

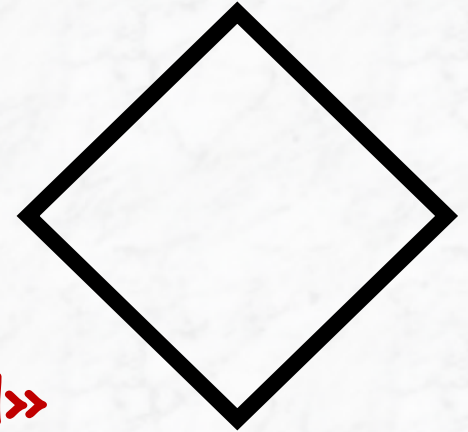


**What kind of relations and who with
you need to build?**

«Love your neighbor as yourself*» (Mk. 12:31)

**What concepts may help you?
Which ones you should build?**

**«Seek the Kingdom of God above all else,
live righteously, and He'll give you everything you need»
(Mt. 6:33)**



The Star of Harmony

Spiritual

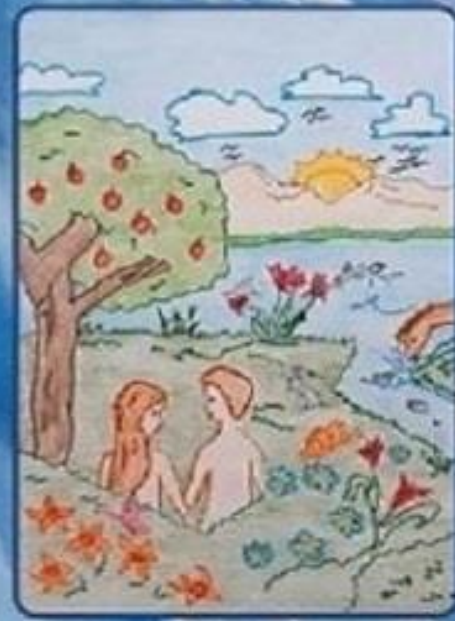
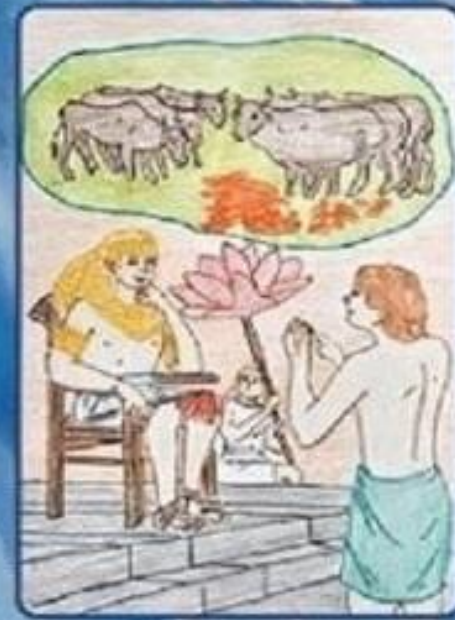
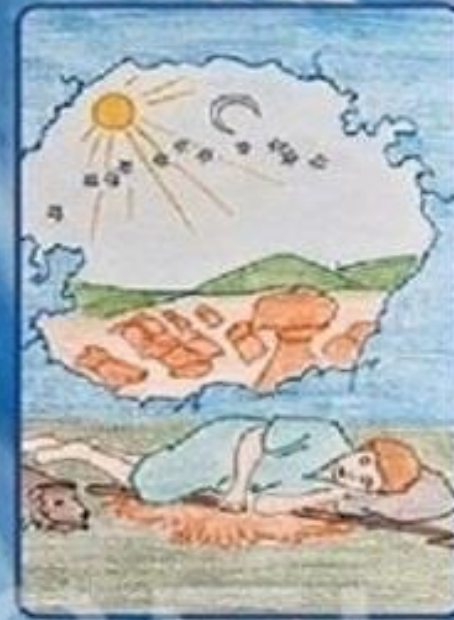
Physical

Social

Professional

Creative





Metaphorical cards

- What picture is close to your story?
- What emotions does it wake up?
- Did you experience it before?
- What lessons did you have then?
- Could you apply any of them now?



Thank you!





Contact information:

Mob./WhatsApp: **+79647799750**

e-mail: info@vtimofeeva.ru

Websites (Rus/Eng): <http://vtimofeeva.ru/>
<http://vtimofeeva.ru/en/>
<https://positum-coaching.ru/>
<https://positum-coaching.ru/en/>

Telegram: https://t.me/Vicky_Timote
(It's in Russian; English & Portuguese are in plans!)