

Siang-Yang Tan & John Ortberg, Jr.

# UNDERSTANDING DEPRESSION

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**A Short-term Structured Model**

# Understanding Depression Strategic Pastoral

**Siang-Yang Tan, John Carl Ortberg  
Jr., John Ortberg**



## **Understanding Depression Strategic Pastoral:**

*Strategic Pastoral Counseling* David G. Benner, 2003-09-01 Therapeutic counseling in a Christian context can be highly effective when it maintains narrowly focused goals in a time limited setting The details of this proven model of pastoral counseling are described in this practical guide This second edition of *Strategic Pastoral Counseling* has been thoroughly revised and includes two new chapters Benner includes helpful case studies a new appendix on contemporary ethical issues and updated chapter bibliographies His study will continue to serve clergy and students well as a valued practical handbook on pastoral care and counseling

**Understanding and Facilitating Forgiveness ()** Robert W. Harvey, David G. Benner, 1996-09-01 This practical book helps pastors and counselors present God's grace in healing and forgiveness issues even when the one being counseled has built a wall around his or her heart out of bitterness or pain

Understanding Depression Siang-Yang Tan, John Ortberg, 1995 Christians tend to be wary of sharing their feelings What helps is a supportive environment in which the person can share pain Understanding Depression stresses the unique burden bearing help a pastor counselor can provide The authors carefully guide the counselor to identify what can and cannot be accomplished in a short term approach

**Coping with Depression** Siang-Yang Tan, John Carl Ortberg Jr., John Ortberg, 2004-09 Helps victims to understand depression learn coping techniques and determine whether outside help is needed

**Caring for People God's Way** Tim Clinton, 2009-09-21 Caring for People God's Way presents Christian counseling in a systematic step by step manner that outlines the process as practically as possible It then applies the process to the most common issues faced by Christian counselors personal and emotional issues trauma grief loss and suicide

**The Resource Guide for Christian Counselors** Douglas R. Flather, 1995 This referral directory gives the user immediate access to essential up to date Christian counseling resources It is organized alphabetically under 46 general topics that encompass counseling issues professional issues and educational issues

Strategies for Brief Pastoral Counseling Howard W. Stone, Written by a new generation of recognized experts in pastoral care these brief foundational books offer practical advice to pastors on the most frequent dilemmas of pastoral care and counseling

**A Practical Handbook for Ministry** Thomas W. Chapman, 1999-02-01 For years the many books of Wayne Oates have served as invaluable field manuals for ministers and seminarians Here for the first time in one volume and by a minister who studied with him are selected chapters from this distinguished author's fundamental works This helpful new book reflects Oates's wisdom clinical insight and exhaustive search for scriptural understanding

*Overcoming the Blues* Ryan Noel Fraser, 2019-09-03 Nobody is immune to depression not even the most faithful and dedicated Christians Finding the strength to effectively cope with ongoing depression in one's life may seem like an insurmountable personal and faith challenge for many followers of Jesus You may feel like you're useless unworthy of joy and a complete spiritual failure While a number of books have been written on depression from a psychological perspective *Overcoming the Blues* addresses spiritual concerns to provide hope and comfort for the faithful As a counseling professor

minister and licensed clinical pastoral therapist Dr Ryan Noel Fraser has recognized the ubiquity of depression among believers as well as the overwhelming need for capable caregivers within the church His revolutionary how to guide offers practical guidance and holistic methods to relieve the distressing symptoms of depression in three Christ centered ways 1 Recognize God s abiding presence 2 Reach out to others 2 Corinthians 1 3 5 3 Respect your limitations This book seeks to motivate mentor and mobilize sufferers of depression in the church to see that serving is so much more than merely a short lived distraction from your own suffering it can be a powerful and restorative antidote a transformative way of life that facilitates healing and hope

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