



# SPIRITUAL COUNSELING

## **Brenda Shoshanna on Spiritual Counseling - <https://youtu.be/L9NQH-XwwwU>**

While emphasizing that there is a difference between professional psychological counseling and what we are often called upon to do as ministers, Brenda points out the many things that we may have in common with therapists and counselors when people come to us seeking our help and guidance. Here warmth, humor, wisdom, and expressiveness are not to be missed as she illustrates her points with stories, both ancient and from her personal life and practice, and also explains things very clearly in her friendly animated and unique personal style.

## **A Dyad Exercise in Listening & Presence with Brenda Shoshanna - <https://youtu.be/0cBcksVn4HU>**

Choosing 2 students to play the roles of a minister and a person coming for counseling or consultation, This exercise dramatically illustrates the surprising impact of simply being present, really listening, and genuinely thanking people for sharing their concerns with us. Brenda clearly demonstrated how much can be communicated with silence, acknowledgement, and empathy.

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