

In the Counseling Classroom: Iron Sharpens Iron

Aaron Sironi & Todd Stryd share about co-counseling at CCEF



Counseling is inherently private. The counselor is often the only one in the room with those seeking help. Because of the confidential nature of counseling, as well as time and financial constraints, the counselor rarely has another person perceiving, praying with, and sharpening the wisdom and skillfulness needed for the complexities of life. Yet counseling alongside another counselor can be a real tool for growth. That is what led us recently to incorporate co-counseling at CCEF.

Co-counseling serves as a rich opportunity for counselors and counsees alike.

Experienced counselors can learn from one another as they bring different perspectives and giftings into the counseling room. Counseling together can give counselors the chance to challenge one another's instincts and wrestle with what proper care should look like. And multiple counselors can provide a depth of wisdom for those receiving counseling. Consider a recent example.

Karla's drug addiction had affected her family for years. She haphazardly quit jobs, got into trouble with the law, and put herself in dangerous situations. Then, in addition to these destructive behaviors, she cut herself off from her family. This decision drove Janet & Charles, Karla's parents, to seek counseling at CCEF. They needed affirmation and encouragement to love Karla in specific ways that pertained to her struggles. They needed practical suggestions and God's comfort amidst this severe trial. They needed wise, multifaceted help in a complex situation. Todd Stryd and Aaron Sironi took this opportunity to engage this need together and set up a co-counseling appointment with Karla's parents.

As someone familiar with addictions, Todd understood the hard path this couple was on. Karla's choices had already affected her life and career in irreversible ways. With wisdom and sensitivity, Todd laid out the ways her addiction and decisions would likely play out for Janet and Charles. He offered

“Co-counseling is a wonderful reminder that we operate best when we operate in community. In this way the other person can feed off our strengths and make up for our weaknesses. And all of this is in service of caring for the person in front of us.”

-Todd Stryd

helpful and concrete suggestions – beneficial parameters, practical ways to show support, specific behaviors to avoid.

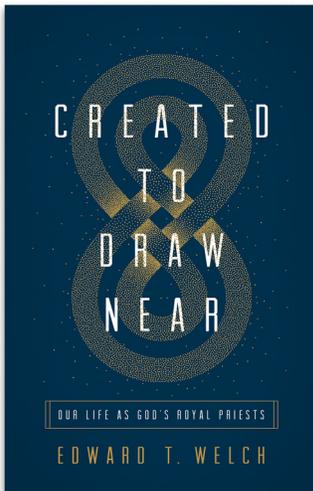
As the couple processed these practical considerations, Aaron spoke up with words of biblical insight, “what does it look like to trust our heavenly Father in this situation?” Together, they reflected on Psalm 3, David’s prayer as he was running from Absalom, his own adult son who tried to kill him. The Psalm captured Janet’s sorrow and put words to Charles’ confusion. And most importantly, it led

them to pray together. “Arise, O Lord! Save me, O my God!”

Here at CCEF, the Lord continues to grow our counseling in biblical and practical ways. Tone, posture, the questions asked, different perspectives – these details matter. Co-counseling allows us to learn from one another in the counseling room itself. As the proverb goes, iron does indeed sharpen iron.

“Apart from being such an enjoyable experience to counsel shoulder to shoulder, it’s in the actual counseling moment where what we truly believe and prioritize comes to the surface. It’s in this place where our instincts and movements transform.” – Aaron Sironi

You can find more information about CCEF’s Counseling Ministries at ccef.org/counseling.



Created to Draw Near: Our Life As God’s Royal Priests

Ed Welch, on why he wrote this book:

“I saw the tabernacle in Genesis a number of years ago – it had been identified by a number of scholars but it had not yet made the popular literature. Anything prominent before the fall becomes a prominent theme in Scripture and seeing the themes that unify Scripture gives us a glimpse into the mind of its author.

The priestly theme is an important aspect of how Scripture answers the question, “who is the person?” As I’ve thought about shame, cleansing, and being brought close, it has helped me to see that the priestly theme is the most natural way to access Scripture’s words to shamed people.”

The 2020 CCEF National Conference is based on the theme of Ed Welch’s new book, Created to Draw Near. As a digital event, we will be hosting and streaming the general sessions live, taking you behind-the-scenes with our faculty, partnering with WTS Books to provide a specially-created online bookstore, and providing a variety of avenues for you to connect with each other. Registration costs \$175 and is available at ccef.org/2020.