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## Clinebell's "Basic Types of Pastoral Care & Counseling: Resources for the Ministry of Healing and Growth" (Book Review)

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**Basic Types of Pastoral Care & Counseling: Resources  
for the Ministry of Healing and Growth,**

by Howard Clinebell, Updated and Revised by Bridget Clare McKeever, 3rd edition, Nashville: Abingdon Press, 2011. 513 pp. \$34.99. ISBN 9780687663804

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The word “counseling” brings to mind one-on-one sessions with a counselor or psychotherapist. However, *Basic Types of Pastoral Care & Counseling* by Howard Clinebell emphasizes lay counselors, including ministers and other Christians equipped with basic training, provide a valuable ministry to churches and communities. Clinebell states, “By strengthening the ability of people to give and receive love in community, caregivers can help church people be the church, a community where God’s love and justice are experienced realities bringing healing, enlivening, and growth” (p. 7). Throughout the book Clinebell emphasizes the importance of counseling focused on helping the entire individual, family unit, church, and community to continually grow into wholeness rather than simply solving specific problems.

*Basic Types of Pastoral Care & Counseling* emphasizes holistic caregiving which includes cultivating wholeness in seven life dimensions including physical, mental, relational, play, work, society/nature, and spiritual/ethical (p. 30). Clinebell addresses specific areas of concern including short-term counseling in crises, challenging crises, chronic situations including long-term illness, bereavement, and spiritual brokenness. Supportive, educative counseling as well as group care is recommended along with referring individuals to professional counselors when needed. Clinebell indicates pastors need “to be able to function simultaneously as teachers, counselors, and coaches” in order to provide holistic care and train lay counselors (p. 347). As an introductory book for readers without a psychology background, specific theories such as coaching, the ABCDE model, narrative therapy, and cognitive behavioral therapy are described. *Basic Types of Pastoral Care & Counseling* concludes by focusing on inclusive caregiving, models for training laypeople for pastoral care, and the importance of self-care for anyone involved in pastoral care. Clinebell emphasizes that “lay training is an effective way of enlarging the circle of congregational caregiving by extending this vital ministry to more needy people more frequently” (p. 443) while allowing the paid pastoral staff to fulfill their other duties.

*Basic Types of Pastoral Care & Counseling* is highly recommended for libraries serving individuals preparing for all types of professional and lay ministry. Professors will find this work useful as a textbook for pastoral care courses. It is recommended reading for all ministry staff. Professional counselors and counseling students will also find this a valuable resource for training lay counselors.