



## Personal Theory Paper Essay Example

As the main goal of Christian counseling is to facilitate change in order to help clients achieve emotional wholeness and prosper in the direction of spiritual maturity, the intent of this author is to outline the development of a personal counseling theory which will assist clients in meeting that goal. This theory utilizes aspects from the disciplines of psychology and spirituality, as well as integrates biblical concepts and theology without discounting the relevance of each.

The work includes an examination of what is important for understanding human personality, such as motivation, human development, and individual differences. An investigation into where problems tend to develop is presented with conceptualizations of health and wellness, and psychological and spiritual illness. Additionally, the role of integration is discussed. Key elements of the author's theory, along with techniques which guide the therapeutic process and a demonstration of their effectiveness are considered.

Finally, the way in which the worldview of the author impacts her theory, along with her approach to integration of ideas and techniques from various authors and theories is presented. Introduction As believers in Christ, individuals are promised an abundant life (John 10:10), peace beyond comprehension (Philippians 4:7), never-ending unconditional love (1 John 3:1), and victory over the enemy (1 Corinthians 15:57). The Merriam-Webster Dictionary (2014), defines victory as "the overcoming of an enemy or antagonist; and achievement of mastery or success in a struggle or endeavor against odds or difficulties. There are people who continually fight the battle, yet remain defeated. Believed to be appointed of the Lord to counsel (1 Timothy 1:9), this author hopes to come alongside individuals and reveal the undiscovered aspects of God's love; help them realize who they are in Christ, provide the tools for living and the weapons for the battle, point them to victory, and finally, be their greatest cheerleader throughout the process.

To that end, the purpose of this writing is to provide a framework of Christian counseling which will assist clients in facilitating change in order to defeat the enemy and succeed in achieving emotional wholeness. Understanding Human Personality Personality Development and Structure Personality is a conglomeration of all beliefs, actions, temperament, and attitudes of the heart which make up the whole person. Ways in which a person uniquely reacts or responds to events in his/her life constitute the personality traits.

Crab (1977) describes the structure of the personality as consisting of the conscious and unconscious mind, the basic direction or heart of a person, the will, and the emotions; all of which work together as a unit - an indivisible whole. Hawkins (2001 a) delineates the personality as a series of concentric circles.

# Sample Personal Theory Paper

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