



Fraternal Counseling

Fraternal Counseling is...

- A social service that welcomes all who come to the Spiritist center and may be in need of psychotherapeutic approach due to physical, psychological and/or spiritual imbalance.



Its Characteristics



1. Compassionate listening;
2. Freeing, respectful help;
3. Secure spiritual counseling;
4. Does not create dependency;
5. Non-judgmental approach;
6. Clear guidance.

Patients

Immortal individuals who present disturbances in one or more of the following areas of life: spiritual, emotional, social, mental, and physical.

Most common disturbances:

- Relationship Conflicts
- Mental Disturbances
- 'Loss' of Loved One
- Physical Diseases
- Sexual Disturbances
- Mediumistic Imbalances



Spiritist Counselors

Good-willed and well trained Spiritist practitioners who fulfill the following requirements:

a) Good Moral/Ethical Standards

It attracts good and enlightened spirits.

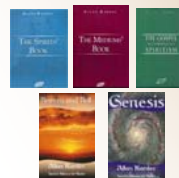
Good people study their own imperfections and work unceasingly to combat them, using all their strength, so that tomorrow they will be able to say that they are just a little better than they were the day before.²

This includes:



b) Knowledge of Spiritism

Kardec's basic works are the minimum requirement for a Spiritist counselor. Understanding about spiritual progress, reincarnation and interaction between spirit and material planes are essential for an efficient fraternal counseling.



c) Psychological knowledge and experience

The understanding of the human nature and a tactful approach are also key elements for an adequate fraternal counseling.

Compassionate Listening

Empathy is founded in charity³.



Listen with your heart everything that others tell you.



Insights for Spiritist Counselors

- ✓ **Do not promise any healing.**
It does not depend on you, but on God's will and the individual's merit.
- ✓ **Do not accept gratifications, gifts, special attention from patient.**
Give freely, what you have freely received.
- ✓ **Avoid giving your personal opinion.**
Offer the Spiritist teachings instead
- ✓ **Do not interfere with the patient's medical treatment.**
Instead, refer to competent health professionals whenever needed.
- ✓ **Safeguard patient's privacy**
Do to others what you would like others do to you.
- ✓ **Speak with kindness and simplicity.**
Make sure you are clear to the patient.
- ✓ **Do not tell the patient "You are obsessed".**
Patients may not understand it. If they do, they may get even more distressed.
- ✓ **Do not counsel obsessing spirits during patient's counseling.**
Instead call the patient to regain control of his/her own body. Give passes if needed.
- ✓ **Do not tell patients "You are a medium".**
Receiving proper spiritual care and learning about Spiritism, patients may figure it out by themselves in the future.

References

1. Atendimento Fraterno, Projeto Manoel P. Miranda.
2. The Gospel According to Spiritism, Allan Kardec, Chapter 17, Item 3.
3. The Spirits' Book, Allan Kardec, Q/A 886.
4. Happy Life, Joanna de Angelis / Divaldo Franco.



Practice kindness and gratitude with everyone.⁴