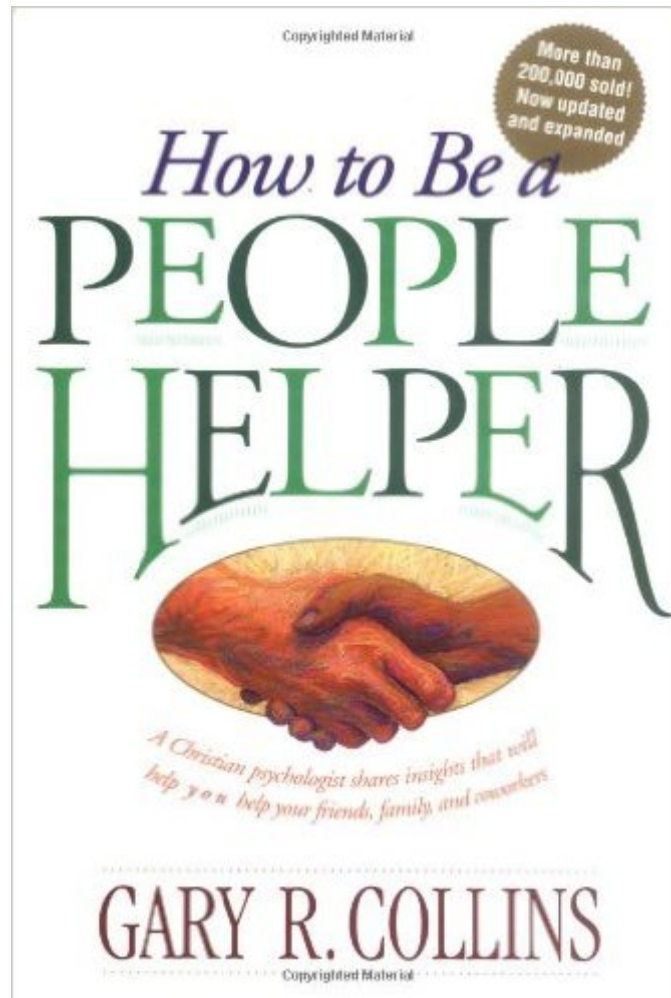


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# How To Be A People Helper



## Synopsis

Everyone faces problems, and it is likely that we can help people more than we realize. Best-selling author Dr. Gary R. Collins helps readers become more sensitive to the needs of others.

## Book Information

Paperback: 208 pages

Publisher: Tyndale House Publishers, Inc.; Revised edition (February 22, 1995)

Language: English

ISBN-10: 0842313850

ISBN-13: 978-0842313858

Product Dimensions: 5.4 x 0.6 x 8.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (16 customer reviews)

Best Sellers Rank: #300,043 in Books (See Top 100 in Books) #477 in [Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery](#) #922 in [Books > Christian Books & Bibles > Churches & Church Leadership > Pastoral Resources](#) #16638 in [Books > Christian Books & Bibles > Christian Living](#)

## Customer Reviews

Dr. Collins provides an absolute essential manual for anyone who intends to counsel people in the Christian form. This is a step by step informative instruction manual, making the activity of providing emotional help to our fellow man within the ability and grasp of the average layman. Anyone even considering this field of endeavor should read this book first, and I highly recommend it to every Christian. There are many people around each of us who could benefit from the knowledge and wisdom contained within.

Prof. Collins made the right move when he wrote this book for reason that while Christian lay-counselors usually have the natural gift of being people helpers, they still need to understand some important counseling principles; most importantly Scriptural, and also ethical. Though professional counseling is compulsory in dangerous life-threatening cases, lay-counseling, as he pointed out, can be as useful, if not more useful than the professional one. Those struggling with psychological issues are not likely to enjoy being scrutinized like guinea pigs by cold unfamiliar impersonal counselors. Here is the uniqueness of the role of people helpers in contributing to psychological treatment. The presence of a close and dear friend who cares and is compassionate;

ready and available to listen, offer and provide practical help is much more conducive toward spiritual healing and recovery than lab-tests and pills. I recommend this book because Collins has the right goal in mind of Christian counseling, that is, discipleship and conformity to the Lord Jesus Christ, not "Your best life now," or any other unhelpful and un-Scriptural motives. Furthermore, there are several points that I consider important and useful that can be broken down as follows. First, what helpers need to prepare themselves with and their qualifications, not academic, but spiritual and character qualifications. Second, what is it that constitutes people-helping? In this regard, listening is specifically something not only I, but also I believe many have plenty to learn from. The epistle of James says everyone must be quick to listen, slow to speak and slow to anger. This is a Christian counseling principle. While not trying to divulge too much information, what Collins teaches about listening, in my own words, consists of preparation, passive and active listening actions. In preparation, one needs to remind himself or herself that it is critical to make a serious effort to listen. For me and others who have a hard time listening, this reminder is necessary. Passive learning involves concentration, evaluating while listening, but being careful not to jump to conclusion without complete information. Simultaneous listening and evaluation involve paying attention to gestures, tones and repeating themes. Active listening includes responding in such a way, through gestures or words, that encourage clients to share more that would eventually help formulating plan of actions. In addition, it is important not to be quick to interrupt by either asking questions that could have been asked after clients complete their sharing, or giving advice, or preaching or arguing. It is also imperative that helpers do not get carried away by personal motives, such as curiosity and personal needs. The listening section that Collins teaches is simply excellent. Another reason why the section that deals with the helping actions is wonderful is because Collins looks to the pattern taught and displayed by Jesus in his earthly ministry to formulate what Christian people-helpers should do as well. Third, in the anatomy of stress, Collins does a superb job by dividing it into sources, perception effects and symptoms; where the sources, effects and symptoms can be further broken down chronologically into past and present, and the human aspects that it affects; physical, psychological, sociological, and spiritual. Last, but not least, Collins points out the importance of the involvement of Church, being the body of Christ and preventive counseling, as well as talks about phone counseling as an option, though in my view, anonymous counseling will not be as helpful as the one with face-to-face engagement and intimate involvement at the personal level. If there is only one single incentive for Christian readers to buy and read this book, it would be this. Often times, the gracious actions we display in treating, helping and caring for people speak much more volume of the gospel to the world than all our preaching and teaching, though this is not to say that the

message of the gospel itself is unimportant which turns the gospel into a social gospel. No. the gospel is still the center of Christianity and therefore, is of the utmost importance. But prideful obnoxious cold compassionless orthodoxy, that is sadly more often in display, does more harm than good and I would go so far to say that it is not the gospel. It is a black eye to Christianity when Gandhi said, "I like your Christ. I do not like your Christians. They are so unlike your Christ," though he may have said it while not understanding what the true gospel is all about. Or here is how Collins puts it, "People helping is everybody's business. Psychologists, psychiatrists, social workers, pastors, and other professionals have special expertise in this area, but in one way or another all of us have opportunities to be people helpers almost every day" (p.3).

This Book was very helpful in my ministry. I taught it chapter by chapter to a class, that we eventually called "PEOPLE HELPERS"...they were very encouraged and the insights and instructions of this book were excellent. I am taking my MABC at LRU.EDU, and it was a required read in my class. I was not disappointed at all.

"How to Be a People Helper" by Gary Collins is a good practical aid for anyone (clergy or laity) who wish to further develop people-helping counseling skills. Among the areas covered include: 1. Different types of counseling approaches and their strengths and weaknesses. 2. How friends helping friends is the most effective type of counseling. 3. Helping in a crisis. 4. Helping over the telephone. 5. Suicide and referral helping (we cannot do everything ourselves and will sometimes need professional assistance). 6. How the body of Christ can work together to help others. 7. How to help yourself and keep from carrying too many burdens that can render you ineffective for the cause of Christ. Whether you are clergy or a layperson, the book is a good practical aid. Recommended.

If you want to learn how to help people in the worst situation this book is a good teacher.

A friend recommended this book, it's wonderful.

This is a great help and challenge for people who have the desire to be a people helper, to learn how to be an effective one. Very great foundation training. Wanda

Gary Collins is always a good author. A very engaging person in his writings with much experience and knowledge to learn from.

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