
教牧關顧與輔導初探：

重拾失落的身分認同

Initial Research on Pastoral Care and Counseling:
Retrieving Its Lost Identity

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Abstract

This study aims at four goals. First, to help pastors and those in charge of pastoral ministry to have a better understanding and knowledge of pastoral care and counseling (PCC). Due to the ambiguous identity of PCC in the faith community in Taiwan, not only many pastors but also many seminary students who have started courses in pastoral counseling and its related topics might not have a clear understanding of the reasons why pastoral care and pastoral counseling should go hand in hand. Second, this paper will clarify the meaning of PCC, which is not only known as a ministry but also as a practical discipline. With the rise of the psychological movement in the twentieth century, the core value of PCC has been blurred and misunderstood by the global faith community. Third, I will argue that either psychology or theology can play a significant role in PCC, but both disciplines remain unaffiliated with each other and independent. PCC is rooted in the self-revelation of God, not in humanism. Fourth, PCC must retrieve its lost identity from a personal and historical perspective. In the modern age people are troubled with all kinds of problems and need help from a pastoral caregiver and counselor. In responding to human problems, contemporary psychology is a helpful tool for understanding mental functions and behaviors, and the theories of psychological counseling contribute to PCC, but psychology cannot resolve the ultimate problem of humankind. In the varying contexts of psychology, Christian faith, and theology, how can PCC hold fast to the Christian pastoral traditions and the abundant spiritual heritages to become a blessing to the faith community?

Viewing the crisis from a Chinese perspective we can say it has two parts: danger and opportunity. Crisis is also an opportunity for a turning

point from bad to good. If people become aware of the lost identity of PCC and endeavor to retrieve it, then there is hope that the faith community will be blessed by PCC to serve all those who suffer.

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