



# Counselling Psychology: The EOTC Approach to Spiritual-Based Counselling

*Abba Hailegebriel Girma PhD*

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The human being's everyday activities create different challenges which may leave individuals to become distressed, anxious and unable to deal with them effectively. Counselling plays a crucial role in supporting them to deal with their difficulties properly. Counselling service itself has been offered in various ways throughout diverse professions. The main purpose of this study is to explore the provision of counselling services in the Ethiopian Orthodox Tewahedo Church (EOTC) and its value in the faithful's spiritual and socio-psychological lives. The study fully reviewed three categories namely: the effectiveness of the EOTC's Spiritual-Based Counselling and its outcome, the faithful's expectations, and the counsellors' commitment. It offers a unique way in which to assess the EOTC's Spiritual-Based Counselling services for the faithful. This study was also designed to investigate the application of the EOTC's Christian Counselling services in its practical aspects and to examine what the main hidden problems are.

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