

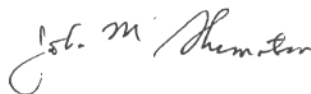
30 July 15

MEMORANDUM

From: Fleet Chaplain, United States Pacific Fleet
To: Chaplains in the U.S. Pacific Fleet

Subj: AN INTRODUCTION TO COUNSELING FOR CHAPLAINS AND COUNSELING COACHES IN THE FLEET

1. "Enrich the lives of those whom we serve, enhance our capabilities, and engage with leaders." This direction from Chaplain Kibben, our Chief of Chaplains, challenges and encourages us not only in what we personally deliver, but also our collaborative efforts with colleagues and in the supervision of subordinates.
2. It is evident in the Tone of the Force reports that you collect and send up, as well as in our office calls and training events, that the counseling delivered by chaplains is one of our most valued activities. Especially in times of crisis, Sailors, their shipmates, family members, and leaders expect chaplains to be proficient not only in faith specific counseling, but also in counseling outside of the context of a particular faith.
3. The Navy expects all of its leaders to promote resiliency in their Sailors. A user friendly resource called "The Leader's Guide for Managing Sailors in Distress" covers a range of issues with which Sailors grapple. Even greater resources for chaplains are those people with knowledge, skills, and abilities in counseling. There are chaplains (seniors, peers, and juniors), RPs, Navy Behavioral Health providers, Fleet and Family Support Center Counselors, Chiefs and Officers, and others who can help us hone our skills and broaden our knowledge.
4. The introductory guide builds on that. We have presented a document that gives recommendations on the content of counseling, stresses the importance of being aware of one's limits and proficient in making referrals. It also encourages chaplains to work collaboratively with other helping professionals, and seek a well-equipped coach who will help them enhance their skills.
5. With gratitude for the insight and industry of CDR John Kalantzis, CHC, USN and LT Rebecca Miranda, MSC, USN, as well as the collaborative spirit of CAPT Doyle Dunn, CHC, USN at Fleet Forces, I am pleased to enclose the June 2015 edition of the introductory guide. As you read and discuss the guide, we would welcome any thoughts or suggestions for the second edition. Please send them by e-mail through your supervisory chaplain.



J.M. SHIMOTSU