

Biblical Counseling Question No. 2 How is it similar and dissimilar to other forms of counseling?

Three Common Aspects of All Counseling Approaches

Pastor Walt Willett Grace Baptist Church of Indianapolis
Section 2 Similarities and Definitions

Relationship Style	Theory Base	Techniques
How do I relate to the counselee?	How do I view people and how do they change?	What methods do I use to help people with various problems?
Examples		

History of Biblical Counseling

Section 2 Similarities and Definitions

Before the advent of evolution theory and the explosion of modern science Pastors were the main counselors.		
Those who were too disturbed to function were put in insane asylums.		
Around the turn of the last century, three occupations were born.		
Psychiatry	Psychologist	Social Worker
Roots: Medicine Requirements: MD plus psychiatric residency state exam and licensure Currently rely on drugs heavily Settings: Hospital and private practice Organization: American Psychiatric Association	Roots: Discipline of psychology Requirements: Clinical psychologist – those not “needing medicine”. Testing specialists. State exam and licensure Setting: Schools, private practice Organization: American Psychological Association	Roots: Discipline of Social Work Requirements: MSW and special psychiatric training for severe; MSW for the rest of the population State exam and licensure Setting: Mental Health Clinics, Welfare Departments Organization: Association of American and Family Therapists

By the Mid 50's Three Other Occupations Joined the Ranks

Guidance Counselors	Marriage and Family Therapists	Pastoral Counselors
Roots: Schools Requirements: M.A. or Ed. Specialist, Internship, state Licensure Settings: Schools, private practice Organization: CAREP American Counselor Association	Roots: Home Economics Requirements: M.A Internship, state licensure Settings: Private Practice Organization: American Association of Family Therapists	Roots: Church Requirements: Ordination, Settings: Private practice Organization: American Association of Pastoral Counselors

By late 1950's

By late 1960's

Roots: Christians who studied psychology Requirements: M.A and State License Settings: Private practice Organization: American Association of Christian Counselors.	Roots: Church Requirements: Rom. 15:14 Settings: Church Organization: National Association of Nouthetic Counselors now Association of Certified Biblical Counselors.
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How to Help People Change

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Section 2: Similarities and Differences

The world is divided into four broad based schools of thought.

<p style="text-align: center;">Humanistic</p> <p>If love, which means accept, believe in and be honest, you help release full potential.</p>	<p style="text-align: center;">In Depth</p> <p>Resolve inner conflicts.</p>
<p style="text-align: center;">Behavioral</p> <p>Structure change through changing cues and effects.</p>	<p style="text-align: center;">Cognitive</p> <p>Change thinking.</p>

Each has a wrong view of man. Man does have the inner conflict of guilt (Isa. 57:20-21) being dead to God (Eph. 2:1). Man's potential has been lost through sin (Rom. 7:15). Man's thinking is wrong (Isa. 55:8; Rom. 1:18-32). Man has response ability or free will, yet he is controlled by the world and Satan through cues that stir up his lust and the promise of sin's positive effects (Eph. 2:2-3).

Each has a glimmer of one part of the truth as though seeing through a glass darkly (I Cor. 13:12).

<p style="text-align: center;">Relational</p> <p>We love God because He first loved us (I John 4:19). We are to show love to others (I Thess. 3:12). Love hopes all things, believes all things and endures all things (I Cor. 13:4-7).</p>	<p style="text-align: center;">Heart Issues</p> <p>If believe: Resolve inner conflicts through being a new creation (I Cor. 6:9-11; II Cor.5:17; Titus 3:5; Heb. 10:22).</p> <p>The old man is crucified and we are risen with Christ (Rom. 6).</p> <p>The Holy Spirit abides within (Rom. 8:9).</p>
<p style="text-align: center;">Behavioral</p> <p>God structures change, through changing cues (Phil. 4:8; I Pet. 2:11) and using effects (Matt. 10:39; Gal. 6:7-8, Heb. 12:5-11).</p>	<p style="text-align: center;">Cognitive</p> <p>Change thinking through mind renewal and bringing every thought captive to Christ. – (Rom. 12:1, Eph. 4:23, II Cor. 10:5).</p>

The Similarities and Difference Between Biblical Counseling and Other Forms of Counseling

Pastor Walt Willett Grace Baptist Church of Indianapolis
Section 2 Similarities and Differences

Similarities with Other Forms of Counseling	Differences with Other Forms of Counseling
1. Private meetings	1. Opposite sexes not alone, usually a team.
2. Person tells problems	2. May begin with prayer, which reminds the person of God's presence and help
3. Helping person listens, often restates	3. May restate to make sure he/she understands and to help counselee understand what he/she is saying
4. Helping person may take notes	4. Biblical counselors and team take notes
5. Confidentiality on part of helping person	5. Biblical counselors keep limited confidentiality (Will share with proper authorities if harmful to self or others or involves a discipline issue)
6. Helping person may give advice	6. Biblical counselors share God's wisdom
7. Goal is to help people change and grow	7. Change is focused in relating to God and drawing new life from Him
8. All other forms of counseling charge	8. Some ministries charge, some take contributions, some provide a free ministry, some split the cost.

Theory Base

Other Forms of Counseling	Biblical Counseling
1. Originally a discipline of philosophy	1. Originally a function of pastoral ministry
2. Truth is found through science	2. Truth is found through correct interpretation of revelation
3. Much of it is arm chair speculation and theory. It is impossible, with the scientific method, to study many questions concerning human function and motives.	3. Currently many Biblical counselors counsel from the Bible. A comprehensive understanding of the Bible's teaching on how to help people change is still being developed. Suspect of science because of limitations when studying humans and noetic effect of sin. Science may amplify or illustrate.
4. Many conflicting theories and approaches	4. Much similarity but varying emphases
5. Usually atheistic and evolutionary	5. Believe in God who is the creator of all
6. Morals relative to the individual	6. Morals are absolute and rooted in the holiness of God
7. Tendency, to label using the medical model	7. Avoids labels because they excuse responsibility
8. See human behavior rooted in needs	8. See human behavior as rooted in desire
9. Tendency to blame heredity or environment for problems	9. Biblical counselors see all problems as rooted in sin. It may be the sin of others or sin's effect on creation, or my sin.
10. Common humanistic element in cognitive and humanistic approaches	10. Believe mankind is sinful not inherently good.

11. Depth and behavioral approaches see mankind as predetermined.	11. Biblical counselors see mankind as capable of change in Christ.
12. Recognizes physical roots and accepts conditions that are often not scientifically based.	12. Recognizes physical roots that are scientifically based. Skeptical of conditions that are not rooted in science but theory.
13. Frequently believe that mankind can choose to change himself.	13. Strongly believe that mankind cannot change himself, but change is possible through the Holy Spirit.
14. Human problems can be purely psychological in nature.	14. Human problems have physical or immaterial self or spiritual issues.
15. Deep-seated problems can only be helped by trained therapists.	15. Any maturing believer can help people to overcome their spiritual problems.

Techniques

Similarities	Differences
1. Rogerian – Active listening, reflection, and empathy	1. May use some of same technique but very different theory base
2. Cognitive – focuses on changing thinking	2. Uses Bible teaching, Bible study, Bible meditation and memorization to renew the mind.
	3. Uses the four step change process from I Tim. 3:16 – Teach, reprove, correct, righteousness training
3. Behaviorist – change stimulus, reward, punish, or ignore, modeling, structure	4. God rewards good behavior and punishes bad behavior under law (Deut. 27-30) and sometimes ignores behavior under grace.
	4. Encourages prayer, fellowship and church attendance and service.
	5. Encourages confession and reconciliation with person wronged.
	6. Homework is a critical part of Biblical counseling.

Differences With Christian Counselors

Counseling Issues	Christian Counselors	Biblical Counselors
Theory Base	Shaped by Bible and psychology	Shaped by the Bible
Relationship Style	Shaped by Bible and psychology	Shaped by the Bible
Techniques	Shaped by Bible and psychology	Shaped by the Bible

Speaking the Truth in Love

Biblical Counseling Is Speaking the Truth in Love so the person grows to recognize Christ as His Head in all things.
Ephesians 4:15 (KJV) But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:

Listen for:

Facts:

Feelings (Mad, sad, afraid or glad, love, hate):

Beliefs:

Desires:

Ruling Heart:

God:

Sins:

Unbelief:

Speaking the Truth in Love Responses:

1. **T- Tell** me more.

2. **R -** How would you reassure the counselee or how would you relate to the counselee?

3. **U** (understanding) - **I think this is what I hear you saying...**

4. **T** What are the teaching methods might you use?

5. **H** (Helping to evaluate) What are ways to help the counselee evaluate the challenges here? What is their view or theology of God and have they invited God into life?

Class Case 1

A mother comes to you in tears and anxious about her daughter, Carrie, who is now 16 and very flirtatious. Her two best friends have recommended she take her daughter to Planned Parenthood and put her on birth control. The mother is very distraught and fearful and turns to you for advice. She is concerned that she cannot be with her daughter 24/7 and that she might try to experiment. She is hungry for male approval and attention since her husband deserted them 6 years ago and is no where to be found. Her daughter is a believer but not a committed one. Carrie does seem to want to please God but is constantly sneaking Cosmopolitan into her room. She thinks the kids at the church youth group are square.

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Class Case 2

Abe comes to you for the third time, remorseful about getting drunk the day before. He is saved and loves the Lord. He has devotions about 3 times a week. He attends church, but does not have any friends at the church. He had a busy morning and skipped devotions. He did well until the guys at work ask him to join them at the bar for a coke since they know he struggles with an alcohol addiction. He did well until someone bought him a beer. One quickly turns into 6. He is beginning to doubt if he is really a Christian. If he were really a Christian, would he not have victory over drink.

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Class Case 3

Mary comes to you very angry because her 3 children 3, 5, 7, are off the hook. Her husband will not lift a finger to help her. She has tried time out, taking away toys, sending them to the room, keeping them inside, counting to 3. Nothing seems to work. She is afraid to spank them because she does not want to teach them to hit when they are upset and her parents beat her when she was a child until she bled. Mary comes to church and professes faith in Christ. She is a part of the women's group and volunteers to clean the church. Mary's husband is not a believer.

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7 DAYS IN THE WORD

Hebrews 4:12

Week 5

Hebrews 4:12 (KJV) ¹² For the word of God *is* quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and *is* a discerner of the thoughts and intents of the heart.

Hebrews 4:12 (KJV) ¹² For the word of God *is* quick (alive), and powerful (active, effectual), and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and *is* a discerner (exposes) of the thoughts and intents of the heart.

OBSERVE

DAY 1 Write the verse out on a 3x5 index card and read 4 times.

DAY 2 Review the verse again and identify the topic, main point, and how the verse is developed- Who? What? When? Where? & Why?

INTERPRET

DAY 3 Context- Read and identify the context surrounding the verse.

DAY 4 Identify the literary style and grammar of the verse

DAY 5 Look up the definition of key words in the Strong's Concordance

DAY 6 Fill out the verse meditation form

DAY 7 Think about how you can make this verse a habit in your daily living

Verse Meditation Form Based on II Tim. 3:16

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Name:

Date:

Verse:

Teaching: What is the teaching?

Reproof: What should I put off? What should I stop doing?

Correction: What should I put on? What should I start doing?

Instruction in Righteousness: What habits should I develop?

Case No. 4 Out of Control

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“I just can’t control it, I have tried so many times, and there is no hope for me” Jimmy explained. Jimmy is 35-years-old and single. He has been battling with impure thoughts. He claims he has tried different solutions to fix this problem, but his mind is out of control. He struggles at night right before he goes to bed; most of the time he is up late watching TV. Jimmy is frustrated because he knows God calls him to live a pure life. He questions: “why has God made it so hard for him to control his thoughts?”

Listen

1. **T** - Tell me more

2. **R** -How would you reassure the counselee or How would you relate to the counselee?

3. **U** - What is the counselee’s understanding of their situation?

4. **T** - What are the teaching methods needed?

5. **H** - What are ways to help the counselee evaluate the challenges here? What is their view or theology of God and have they invited God into this life problem?

**Biblical Counseling
Six Key Elements**

1. How would you gather more data by listening?

2. How would you express love to or establish involvement?

3. How would you encourage or give hope?

4. Discern: What is the problem?

5. What portion of the Word would you teach?

6. What homework would you give to help them apply the Scripture?