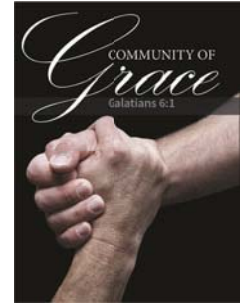


Grace Bible Church
2016 Biblical Counseling Conference
Track One



Session #10

Comparison of Counseling Philosophies

Guidelines for evaluating various theories

1. What is their epistemology?

- _____ do they propose to know what they _____?
 - a. Intuition – What feels right?
 - b. Reason – What do I think?
 - c. Empiricism – What do tests show?
 - d. Revelation – What does God say or reveal to us?

2. What is their anthropology?

Behind every secular psychology is almost always an unbiblical anthropology.

3. How is the problem _____ ?

4. How is the problem _____ ?

5. What is the _____ of counseling?

6. What is the _____ of the counselor?

The purpose of this lecture is for you to know enough about other theorists to make informed decisions like:

- a. Is my counseling different from so and so down the street, and if so, how?
- b. Can I refer to other counselors, and if so, to whom?
- c. How careful should I be when I'm "cutting and pasting?"

Comparison of Counseling Philosophies ~ Foundational material for this session is from Faith Baptist Counseling Ministry, Lafayette IN

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Survey of Counseling Methods

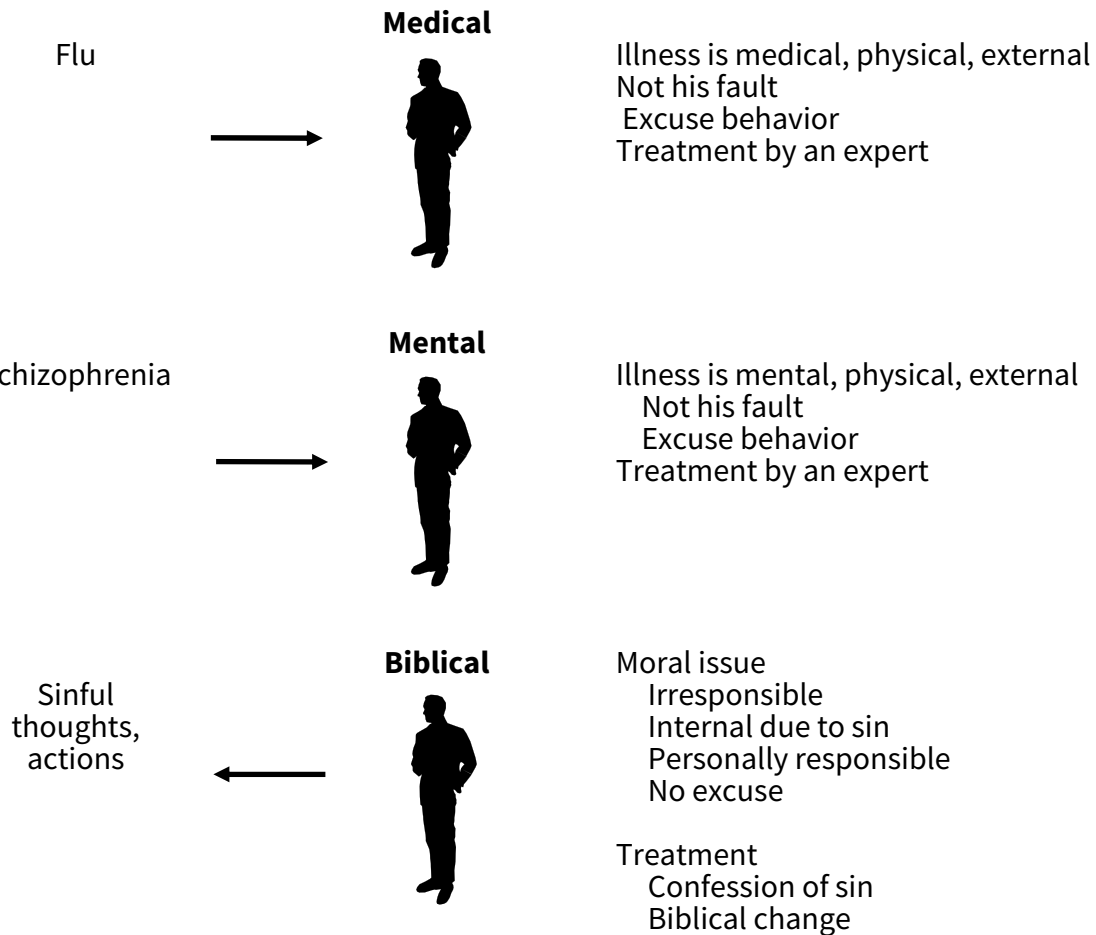
LEADER	Freud	<u>Depth Psychology</u>
MAN	_____ animal	
	Id	
	Superego	
	Ego	
PROBLEM	Conflict between _____	and _____
RESPONSIBILITY	_____ man's	
GUILT	False	
TREATMENT	_____ the Id	
	Side with Id	
	Weaken the Superego	
GUILT	Find source	
	Shift _____	
	Label as false	
COUNSELOR	Expert	

LEADER	Skinner	<u>Behaviorism</u>
MAN	_____ animal.	Blank tablet
PROBLEM	_____ failure	
RESPONSIBILITY	_____ man's	
GUILT	Not _____	
TREATMENT	_____ the environment	
GUILT	Change _____	
COUNSELOR	Technician	

LEADER	Rogers	<u>Third Force</u>
MAN	Basically _____ Potential within Mature like flower	
PROBLEM	_____ hinders	
RESPONSIBILITY	Not man's	
GUILT	Not important	
TREATMENT	Help _____ potential Solution within Focus on feelings not facts	
GUILT	Comfortable with _____	
COUNSELOR	Mirror	

LEADER	GOD	<u>Biblical</u>
MAN	Created by God Image of God To please God	
PROBLEM	Fallen sinner By choice	
RESPONSIBILITY	Man's	
GUILT	Result of sin Real – not false	
TREATMENT	Justification by faith Progressive sanctification Spirit and Word Focus on facts By grace	
GUILT	Deal with sin Deal with their response	
COUNSELOR	Nouthetic Counselor	

Use of the Medical Model for the Concept of Mental Illness



Implications of Biblical Counseling

- Based on and growing out of the biblical view of man

1. All counseling is God-oriented.
Ps. 73:25; Rom. 11:36

2. Guilt is taken seriously.
Ps. 51:4,32:1,2

3. Responsibility of counselee is recognized.
(Ezek. 18:4; Rom. 14:10,12; Jer. 31:29,30)

4. Behavioral change can occur now. (Eph. 4:22-24; II Cor. 5:17)

5. Counselee is accepted as a person God created. (Lk. 6:27,28,32-35)

Similarity of Methods

Apparent similarities between biblical counseling and other methods do not justify use of those methods.

Medical causes of behavior can be proven in a laboratory. If not proven by tests, organic basis is only theory.

1. Questions about the Past

Depth psychology
Ventilation
Shift blame

Biblical
Sinful patterns
Past sins with
present effects

2. Stress

Depth Psychology
Stress is the problem

Biblical
Reaction to stress
is the problem

3. Modify Behavior

Behaviorist
No standard

Biblical
Change by standard
of God's Word
Be God's kind of person
in power of Christ

4. Habits

Behaviorist
Product of environment
No hope

Biblical
Result of sin
Hope of change

5. Listening

Third Force
Feelings
Solution within
No direction
Is the cure

Biblical
Prov. 18:13
First step
Facts

6. Asking Questions

Third Force
Mirror question

Biblical
Understand
Focus on problem

Questions to Ask in an Interview

- What is your model for counseling?
- What do you think makes your counseling distinctly Christian or biblical?
- What is your goal for the counselee in the counseling process?
- How do you think people change?
- As a counselor, what do you see as your role in the change /counseling process?
- What are your expectations for the counselee? What role do they play in the process?
- What role do the Bible, prayer, and the Holy Spirit play in your counseling?
- Describe your understanding of the relationship of the physical and spiritual nature of people – What is the basic nature of man?
- What are some of the resources / tools that you use in the counseling process?
- What do you see as the role of the church and pastors in the counseling process?
- What is your training / background in counseling?
- What is your training / background in biblical studies?
- How long does the counseling process typically take? How do you know when to stop?

Recommended Resources for Further Study:

Lambert, Heath. The Biblical Counseling Movement after Jay Adams

James MacDonald. Christ-Centered Biblical Counseling – Changing Lives with God's Changeless Truth

Tripp, Paul. Instruments in the Redeemer's Hands

Adams, Jay. Competent to Counsel