

Grace Bible Church
2018 Biblical Counseling Conference
Track One



Session #11

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?"

Survey of Counseling Methods

Depth Psychology

LEADER

Freud

MAN	_____ animal Id Superego Ego
PROBLEM	Conflict between _____ and _____
RESPONSIBILITY	_____ man's
GUILT	False
TREATMENT	_____ the Id Side with Id Weaken the Superego Find source
GUILT	Shift _____ Label as false
COUNSELOR	Expert

Behaviorism

LEADER	Skinner
MAN	_____ animal Blank tablet
PROBLEM	_____ failure
RESPONSIBILITY	_____ man's
GUILT	Not _____
TREATMENT	_____ the environment
GUILT	Change _____
COUNSELOR	Technician

Third Force

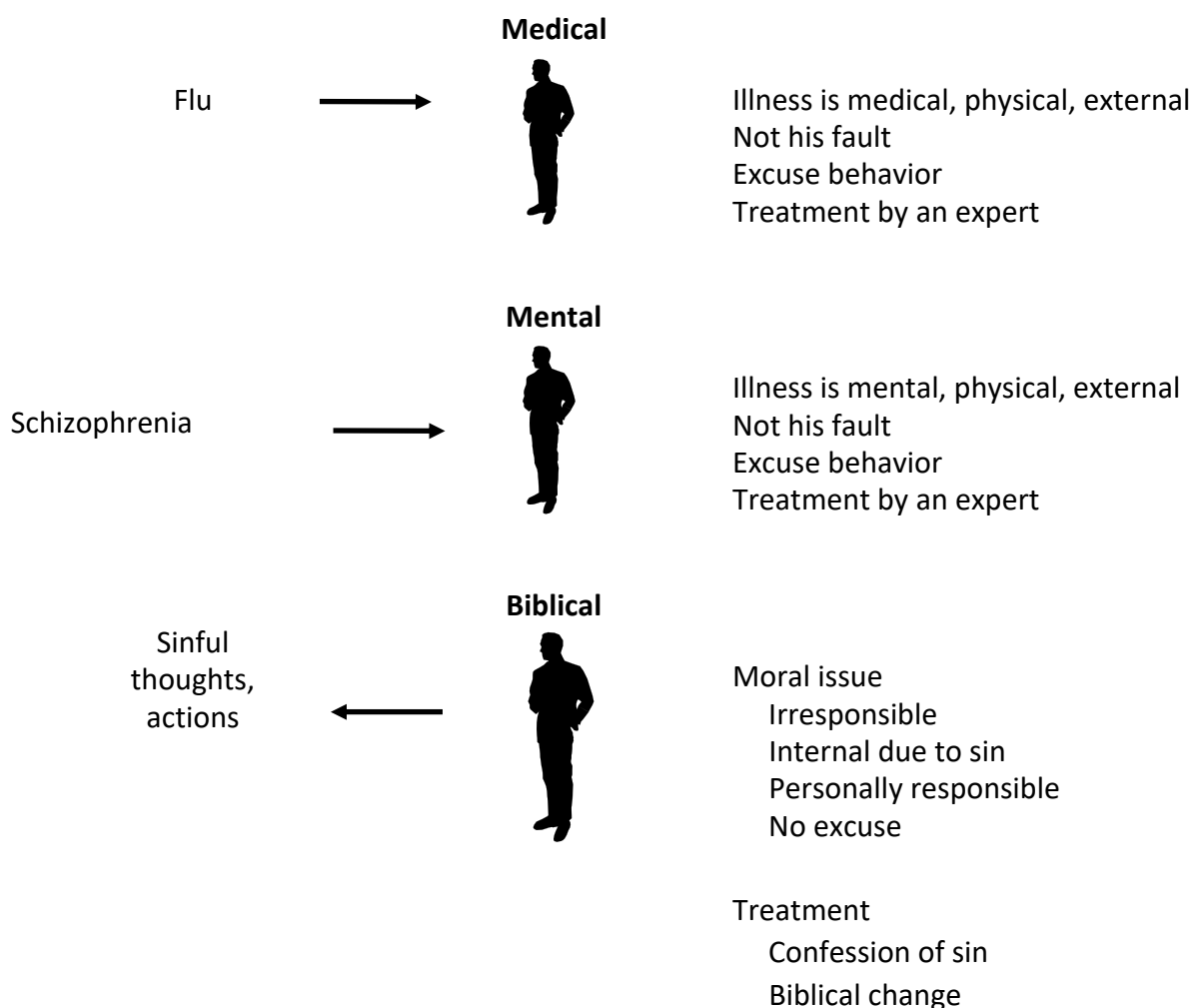
LEADER	Rogers
MAN	Basically _____ Potential within Mature like flower
PROBLEM	_____ hinders
RESPONSIBILITY	Not man's
GUILT	Not important
TREATMENT	Help _____ potential Solution within Focus on feelings not facts
GUILT	Comfortable with _____
COUNSELOR	Mirror

Biblical

LEADER	GOD
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*