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- e. Terminal illness
- f. PMS
- g. Prisoners, ex-offenders, and their families
- h. Military
- i. The poor
- j. Athletes
- k. Can you think of others?

**41. Spiritual Issues**

- a. What we are all called to do!

**42. Counseling the Counselor – Good reading and preparation**

**43. Counseling Waves of the Future**

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- b. Biblical Basis – same as above. Biblical references to fear, terror, hope, peace, and God’s sovereignty are relevant
- c. Causes – many
- d. Psychological Effects
  - i. Anxiety, worries about safety, depression, anger, nervousness, hypervigilance, distrust, PTSD, resilience
- e. Physiological Effects
  - i. Rapid heart beat, shortness of breath, increased muscle tension, adrenaline response, headaches, nausea, vomiting, fainting, impulsive behavior
  - ii. ASD (acute stress disorder) includes a sense of detachment, reduced awareness of surroundings, inability to remember the event
  - iii. PTSD (post-traumatic stress disorder) symptoms fall into 3 categories
    - 1. Recurring (*\*and intrusive*) thoughts, dreams, flashbacks
    - 2. Avoidance of people, places, and things that could trigger a memory
    - 3. Hyperarousal – sleeplessness, poor concentration, frequent startle reactions, overcompensating alertness for protection
- f. Neurobiological Effects
  - i. Problem-causing traumatic memories (*\*and responses*) are lodged in a part of the brain that cannot be accessed by talk, at least not initially or easily
- g. Counseling
  - i. Avoid the rush to debrief
  - ii. Provide a place of safety, trust, and reassurance
  - iii. Give information and coping strategies (explain the way the brain works to cope with trauma)
  - iv. Use cognitive-behavioral techniques (*\*I don’t usually recommend this but in this case and in others where the problem is not sin and it lies in a part of the person that is not easily accessible to talk or reason, these can help restore order and a sense of self-control*)
  - v. Use whole-brain techniques (*\*have them do therapeutic things that involve different functional areas of the brain*) i.e. telling stories (*\*not about the trauma*), music, art, dance, writing, poetry, drama, development of new skills and motor/muscle functions
  - vi. Instill hope
  - vii. Help them find a place in a nurturing, supportive community

**40. Other Issues**

- a. Physical disabilities
- b. Intellectual disabilities
- c. Eating disorders
- d. AIDS

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- ii. Addictive chemicals change moods (*\*and progressively alter body and brain chemistry creating a physical need*)
      - iii. Behavioral addictions are born out of sinful responses to felt needs
  - d. Effects of Addiction – levels of involvement
    - i. Experimentation
    - ii. Occasional use
    - iii. Regular use
    - iv. Full-blown addiction – the constant need for more and more powerful
  - e. Counseling and Addiction
    - i. Same as for alcohol-related
    - ii. Repentance

**36. Financial Counseling – specialized/not covered**

**37. Vocational Counseling – specialized/not covered**

**38. Crises**

- a. A crisis is a desperate time that cannot be avoided that requires a turning point; a significant change in life or lifestyle
- b. Biblical Basis – Crises happen to everyone. They can produce good or bad in people’s lives. God is good, therefore He intends good ultimately for those who turn to Him and trust in Him.
- c. Effects of crises
  - i. Immediate physiological reactions – increased adrenaline, heightened state of awareness, (*\*or shutting down of body and mind*)
  - ii. Sense of loss and lack of control
  - iii. Need to respond in some way
  - iv. Seeking answers
- d. Crisis Intervention
  - i. Help the person cope and function
  - ii. Decrease anxiety and insecurity (*\*provide stability and reassurance*)
  - iii. Teach crisis-management techniques
  - iv. Instruct from the Bible for learning and growth
  - v. See CA ERP and compare to the steps on pgs. 751-755
- e. Ongoing Crises
  - i. Specialized training is helpful – See World Vision website and navigate to reports and research for helpful articles, <http://www.worldvision.org/content.nsf/learn/Publications-reports-research?Open&lpos=left txt Reports-&-Research>

**39. Trauma, Terror, and Terrorism**

- a. These are more specific types of crises

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- iii. Spiritual intervention
- iv. Support
- v. Counseling & suicide
- vi. Referral

**34. Alcohol-Related Problems**

- a. 7.4 % of the U.S. population (approx. 14M people) meet the diagnostic criteria for alcohol abuse or alcoholism
- b. 50% of American adults have a close family member that abuses alcohol
- c. There are 4 broad categories of alcohol related issues
  - i. Intoxication
  - ii. Dependence
  - iii. Abuse
  - iv. Substance-induced disorders
- d. Is it a disease or a sin?
- e. Biblical Basis – misuse or abuse of alcohol is a sin
- f. Causes
  - i. Biological and heredity – some people are more vulnerable to alcohol abuse and addiction
  - ii. Home and family influences – alcoholism tends to reoccur in families
  - iii. Social-cultural influences – with clear guidelines abuse is less likely
  - iv. Psychological and stress-related influences – the most often quoted reason by those who have a problem
- g. Effects are self-evident
- h. Counseling and Alcohol-Related Problems
  - i. Discuss various approaches
    - 1. Admitting the need for help is the critical first step
    - 2. Address the spiritual issues - repentance (*\*my 2<sup>nd</sup> step*)
    - 3. Find a way to stop the drinking
    - 4. Help them find support
    - 5. Help with life skills
    - 6. Examine motivations and promote changes in lifestyle
    - 7. Counsel the family (if applicable)

**35. Addictions**

- a. An addiction is any thinking or behavior that is habitual, repetitious, and very difficult or impossible to control regardless of the consequences
  - i. Substance-related addictions
  - ii. Behavioral addictions
- b. Biblical Basis – Addiction is a bad thing (*\*see list on pgs. 682-684*)
- c. Causes of Addiction
  - i. The same as alcohol-related

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- Early identification and treatment is of vital importance; By ensuring access to the treatment and recovery supports that are proven effective, recovery is accelerated and the further harm related to the course of illness is minimized.
  - Stigma erodes confidence that mental disorders are real, treatable health conditions. We have allowed stigma and a now unwarranted sense of hopelessness to erect attitudinal, structural and financial barriers to effective treatment and recovery. It is time to take these barriers down.
- c. Biblical Basis
- i. Mental illness is one of the results of pervasive, universal sin, not necessarily as a result of personal sin
  - ii. The Bible makes it clear that mental disorders were recognized and perhaps common; i.e. David pretending to be insane, Nebuchadnezzar (*\*there is nothing new under the sun*)
- d. Causes of Mental Disorders
- i. Demographics – younger people are more susceptible to the onset of mental illness; equally divided between men and women; women are more prone to depression and phobias – men to substance abuse and antisocial behavior; men are more reluctant to admit and problem and ask for help (*\*duh*)
  - ii. Stress – biological, psychological, social, and spiritual (Eph. 6)
  - iii. Predisposition
    1. Biological – heredity, physical health, congenital defects, etc.
    2. Psychological – family issues, childhood trauma, neglect or abuse
    3. Sociological – class issues, place of residence, marital status, socioeconomic level, religious affiliation, ethnicity
    4. Spiritual – history w/abusive church, occult or satanic involvement, scars from sinful past
  - iv. Loss of Control
  - v. Sin and responsibility (*\*varies from the belief that all mental illness is a result of personal sin to the idea that the mere belief in the concept of personal sin and responsibility are in fact a cause of much mental illness*)
- e. Effects of Mental Disorders
- i. Individuals have issues with emotions, sensation and perception, thinking, behavior, relationships, social interaction, employment, personhood (things like dignity, worth, goals, direction, etc.)
  - ii. Families have to deal with not understanding, social stigma, becoming caregivers, trying to direct treatment, grief, the physical and economic burden
- f. Counseling and Mental Disorders
- i. Education
  - ii. Resources

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**Part 7 – Control Issues**

**33. Mental Disorders**

- a. The recognition of mental disorders predates Christianity
- b. What is mental illness? The author lists 3 broad categories:
  - i. Distress – anxiety, depression, anger, etc.
  - ii. Deviance – thinking or acting in ways that are not normative or are socially inappropriate
  - iii. Disability and dysfunction – inability to function normally due to mental issues
  - iv. Review DSM – IV on pgs. 636-637

\*From the NAMI website (National Alliance on Mental Illness) [www.nami.org](http://www.nami.org)

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Here are some important facts about mental illness and recovery:

- Mental illnesses are biologically based brain disorders. They cannot be overcome through "will power" and are not related to a person's "character" or intelligence.
- Mental disorders fall along a continuum of severity. Even though mental disorders are widespread in the population, the main burden of illness is concentrated in a much smaller proportion — about 6 percent, or 1 in 17 Americans — who suffer from a serious mental illness. It is estimated that mental illness affects 1 in 5 families in America.
- The World Health Organization has reported that four of the 10 leading causes of disability in the US and other developed countries are mental disorders. By 2020, Major Depressive illness will be the leading cause of disability in the world for women and children.
- Mental illnesses usually strike individuals in the prime of their lives, often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable.
- Without treatment the consequences of mental illness for the individual and society are staggering: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives; The economic cost of untreated mental illness is more than 100 billion dollars each year in the United States.
- The best treatments for serious mental illnesses today are highly effective; between 70 and 90 percent of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports.
- With appropriate effective medication and a wide range of services tailored to their needs, most people who live with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence. A key concept is to develop expertise in developing strategies to manage the illness process.

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- iv. Behavioral effects – for the adult and for children
- v. Social effects – families, friends, societal
- vi. Physical effects – takes a toll on personal health
- vii. Spiritual effects – affects relationship with God either positively (*\*not as likely*) or negatively (*\*more likely*)
- g. Counseling and Divorce
  - i. The core purpose of biblical counseling is to help keep marriages together and moving toward the Lord’s will
  - ii. The unfortunate alternative is to help people who are separating (or have already separating) in a way that is consistent with biblical teachings (*\*sometimes this is impossible for the counselor*)
  - iii. Clarify your own attitudes and understanding of biblical obedience (*\*know what you can and can’t do in advance if possible*)
  - iv. Determining goals (as the author says one wife indicated to him, “divorce is neither civilized nor logical”)
  - v. Work on emotional, identity, and other practical issues
  - vi. Building and redefining relationships – spouse and children
  - vii. Helping divorced people rebuild their lives (the issue of remarriage is part of this)

**End of Part Six**

*Homework:*

10. Read the next section, Part Seven – Control Issues, pages 633-742.
11. Complete the Take-Home Quiz on a separate sheet of paper to be turned next week.
12. Ask yourself the questions found on page XV at the beginning of the book and make notes for class discussion.

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3. Seven-step process, pgs. 602-603
- ii. *\*In my opinion, commitment to God, the Bible and to faithful Christian living is the key to helping any family in difficulty*

**32. Divorce and Remarriage**

- a. Divorce is never easy – it hurts to separate
- b. When children are involved the pain can be greater
- c. Divorce (*\*always*) brings pain and significant turmoil
- d. Biblical Basis
  - i. Viewpoints of biblical imperatives regarding divorce tend to fall into one of four categories
    1. Marriage is for life – divorce is never permitted on biblical grounds – remarriage of a divorced person is always adultery
    2. There are legitimate biblical grounds for divorce and remarriage, including desertion and adultery
    3. Some circumstances arise in marriage that defy solution – divorce becomes necessary for the sake of the mental, emotional, or physical health of one of the spouses or their children
    4. A church court can annul a marriage and pave the way for remarriage (Roman Catholic Canon Law)
  - ii. Divorce is recognized not as God's will, but as a consequence of the fallen nature of mankind in the OT – **Deut. 24:1-4**
  - iii. Jesus takes the OT view and gives one legitimate exception for divorce – **Matt. 5:32, 19:9**
  - iv. Divorce is not commanded for infidelity, but it is permitted
  - v. In **I Cor. 7:15** Paul adds a second permissible reason: desertion by an unbelieving mate
  - vi. Remarriage of the faithful partner is permitted in each of these situations
  - vii. Related issues – divorce of two nonbelievers, divorce and adultery are not unpardonable sins, victims of abuse, separation (see **I Cor. 7:10-11**)
- e. Causes of Divorce
  - i. Certain biblical justification – infidelity, desertion
  - ii. Others – escalating conflict, social and cultural acceptance, personal immaturity, persistent stresses, (*\*unreasonable expectations, unbiblical ideas about marriage*)
- f. Effects of Divorce
  - i. Traditional marriage is supported as a healthy lifestyle by legitimate research
  - ii. Children of divorce generally suffer well into adulthood
  - iii. Emotional effects – you name it

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- ii. Hope-despair cycle
- iii. Unplanned and unwanted pregnancies – too early or too late
- iv. Abortion & post-abortion issues
- v. Prenatal loss and the resulting trauma
- vi. Grief
- f. Counseling and Pregnancy Problems
  - i. Examine yourself
  - ii. Evaluate childlessness causes and issues
    - 1. physical problems
    - 2. psychological/relational problems
    - 3. choice to delay having children consequences
  - iii. Evaluate possibilities and alternatives – provide support
  - iv. Unplanned and unwanted pregnancies
    - 1. Help with fears and insecurities
    - 2. Help with practical decisions
    - 3. Carry on counseling through the pregnancy
  - v. Abortion and post-abortion
    - 1. How do you counsel someone that wants an abortion?
    - 2. How do you help someone who has had an abortion?
      - a. Feels remorse
      - b. Does not feel remorse
  - vi. Prenatal Loss
    - 1. grief counseling

**31. Family Issues**

- a. Family issues fall into three broad categories
  - i. Catastrophic change
  - ii. Persistent pressure
  - iii. Pervasive pessimism
- b. Biblical Basis
  - i. Family problems are often addressed in scripture
  - ii. The family is to be the example for unity in the church
- c. Causes of Family Problems (see list on pg. 591)
  - i. ABC=X Model on pg. 592 and beyond
- d. Effects of Family Problems
  - i. Societal problems stem from family problems (*\*i.e. - 70% of men in the CA correctional system were foster children*)
  - ii. Family problems are sometimes well hidden from outsiders (*\*including you*)
- e. Counseling and Family Problems
  - i. The author outlines many methods of providing family counseling
    - 1. LFI
    - 2. Table 31-3 on pgs. 598-599

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- 9. Money & Debt (*\*should be way up the list*)
  - iv. Crises (unexpected medical crisis, sudden death, infidelity, natural disaster, financial or career collapse, etc.)
- f. Effects of Marital Problems
  - i. Confusion, despair, and hopelessness
  - ii. More conflict
  - iii. Withdrawal
  - iv. Desertion
  - v. Separation and Divorce
- g. Counseling and Marital Problems
  - i. The goal is to help couples stay together and stay healthy
  - ii. “This kind of work demands a lot of prayer and reliance on the guidance of the Holy Spirit” (*\*Yes!*)
  - iii. Be alert for yourself (*\*and your spouse if married*)
  - iv. Experience and training help
  - v. Determine why they have come for counseling
  - vi. Partner with them in setting goals
  - vii. Focus on the people before trying to solve the problem
  - viii. Focus on processes
  - ix. Common Mistakes
    - 1. Lack of structure
    - 2. No plan for change
    - 3. Giving up too quickly
    - 4. Assuming all couples are equal
    - 5. Abandoning biblical values about marriage toward a less-than-right resolution

### 30. Pregnancy Issues

- a. Pregnancy problems fall into two broad categories
  - i. The inability to get pregnant or the tendency to miscarriage
  - ii. Unexpected or unwanted pregnancy
- b. Pregnancy issues lead to shock, frustration, anxiety, anger, embarrassment, discouragement, and/or confusion
- c. Biblical Basis
  - i. Children are valuable gifts from God – **Ps. 127:3-5**
  - ii. Childlessness is cause of sadness
  - iii. Pregnancy apart from marriage is sin
  - iv. Human life begins before birth
  - v. Pregnancy is not always a cause for rejoicing
- d. Causes of pregnancy problems – all start with physical causes and then can become emotional and relational
- e. Effects of Pregnancy Problems
  - i. Childlessness

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**Part Six – Family Issues**

**28. Premarital Counseling**

- a. Doing marriage preparation counseling is both prudent and helpful
- b. The Bible gives on direction but certainly instructs older people to provide counsel to younger people
- c. Research shows that premarital counseling reduces the risk of divorce by up to 30% (National Directory of Marriage and Family Counseling)
- d. *\*See my Marriage Prep materials for suggested topics*

**29. Marriage Issues**

- a. The author says that while marriages often disintegrate, marriage counseling can reverse this process (*\*I would say that only God can do that, but biblical marriage counseling can be the vehicle He uses*)
- b. Happily married couples agree that important reasons for a good marriage are, “having a generally positive attitude toward one’s spouse, viewing the partner as one’s best friend, and a belief in the importance of commitment.”
- c. To researchers’ surprise fewer than 15% of happily married people mentioned good sexual relations as an important ingredient for good marriages
- d. Biblical Basis
  - i. Marriage instruction and stories related to marital issues are found from Genesis and throughout the Bible
  - ii. *\*I would submit that the Bible’s view for having a good marriage is found in the idea of submission to God and obedience to His commands for how to treat other people*
- e. Causes of Marital Problems
  - i. Leaving, cleaving, and becoming one – **Gen. 2:24**
  - ii. Unwanted surprises
    1. Unfulfilled expectations
    2. Disappointing sex (*\*see above*)
    3. Faulty communication
    4. Unhealthy relationships
    5. Secrets
  - iii. Unplanned challenges
    1. Infertility (*\*another unfulfilled expectation*)
    2. Busyness
    3. Role Confusion
    4. Inflexibility
    5. Religion
    6. Value Differences
    7. Conflicting Needs
    8. Personality Differences

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- ii. Bad choices will invariably lead to difficult marriages
- iii. Attitude makes a big difference in outcome (when coupled with loving action)
- e. Counseling and Mate Selection
  - i. Encouraging spiritual evaluation
  - ii. Providing reassurance
  - iii. Providing guidance in the process
  - iv. Evaluating motives, ideals, and maturity
  - v. Helping people break unhealthy relationships
  - vi. Encouraging patience

**End of Part Five**

*Homework:*

7. Read the next section, Part Six – Family Issues, pages 523-630.
8. Complete the Take-Home Quiz on a separate sheet of paper to be turned next week.
9. Ask yourself the questions found on page XV at the beginning of the book and make notes for class discussion.

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1. Blame – challenging the assumption that the counselee is to blame
2. Ambivalence – about whether singleness is a good or bad thing
3. Origins – the problem may not be self-evident
4. Depression – why?
- ii. Be aware of your own attitudes
- iii. Help singles understand and accept their circumstance (*\*What is God saying or doing in this situation?\**)
- iv. Guide interpersonal relationships – help counselees with questions about relationships
- v. Help Singles deal with their sexuality (*\*The author makes an incredibly dangerous statement in the last sentence on pg. 497!\**)
- vi. Stimulate realistic life planning (*\*Remember, man plans but God directs his steps. Help them listen to God and discover His plan.\**)
- vii. Help single parents
- viii. Help people wait

**27. Choosing A Marriage Partner**

- a. Helping someone choose a marriage partner, or at least develop the idea in a biblical manner, can be a rewarding task for the biblical counselor
- b. Biblical Basis
  - i. *\*What is your attitude about whether God has ordained one “right person” for an individual for marriage?\**
  - ii. The Bible says little about this process
  - iii. There is perhaps only one direct biblical guideline; don’t marry an unbeliever. **II Cor. 6:14-16**
  - iv. We should expect God will provide divine guidance
- c. Causes of Good and Poor Mate Selection
  - i. Immaturity and inexperience
  - ii. Confusion about what constitutes love
  - iii. Confusion of love with need
  - iv. Failure to meet suitable partners
  - v. Failure to take advantage of opportunities
  - vi. Focus on physical attractiveness
  - vii. Failure to achieve emotional independence
  - viii. Some decide to use sinful alternatives for intimacy
  - ix. Criteria of race, culture, status, religion, personality, etc.
  - x. Right or wrong motives
  - xi. Dependence on God, or lack of
- d. Effects of Good or Poor Mate Selection
  - i. Good choices in mate selection do not necessarily lead to good marriages

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- iii. Spiritual effects – becoming more religious, abandoning long-held beliefs, anger toward God and people of faith
- iv. Unhealthy effects – (see pg. 475)
- v. Grief without death – (see pg. 476)
- e. Counseling and Grief
  - i. Normal grief – (see pgs. 477-478)
  - ii. Complicated grief – (see pgs. 478-480)
  - iii. Special circumstances
    - 1. When children die
    - 2. Counseling children
  - iv. Controversies
  - v. Effectiveness?
  - vi. Pagan bonding
  - vii. Healing memories
  - viii. Look at practical considerations, #2 on pgs. 483-484

**26. Singleness**

- a. In the U.S., 40% of the adult population is single
- b. Still, the prevailing culture is one of couples. This leads to issues for singles
- c. Biblical Basis
  - i. Adam was single, but God said it wasn't good for him to be alone
  - ii. Marriage was God's intention for the human race
  - iii. God also knew that not everyone would experience blissful marriage
  - iv. Paul elevated the single life as a way to give undivided devotion to Christ – **I Cor 7:28, 32-35**
  - v. Without the grace of God for singleness, problems ensue
- d. Causes of Singleness
  - i. There are many causes; some have not found a suitable mate, some decide to postpone marriage for other reasons, some choose to stay single, some have marriages that break up, some have lost a spouse, some have chronic illness or disability that makes it difficult to find a spouse, and others choose sinful alternatives (see pg. 492)
- e. Effects of Singleness
  - i. Loneliness
  - ii. Confidence Issues (self-esteem)
  - iii. Issues with identity and life direction
  - iv. Problems with sexual fulfillment
  - v. Problems with emotions
  - vi. Other problems – unhappiness, unfulfilled as a person, less satisfied with life, more prone to mental illness (*\*chicken or egg?*), social and family issues
- f. Counseling Singles
  - i. Karen Gail Lewis's four "pillars of wisdom" to help singles

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- x. Help the malingerer and hypochondriac (*\*if you can*)

**25. Grief**

- a. Grief is a normal response to the loss of any significant person, object, or opportunity.
- b. Biblical Basis
  - i. Grief is mentioned often in the Bible
  - ii. Jesus is called, “a man of sorrows and acquainted with grief” (Isaiah 53:3)
  - iii. Christ has changed the meaning of grieving – we have hope and a future
  - iv. Christ has demonstrated the importance of grieving
  - v. Grief can be healthy and normal
- c. The Nature of Grief
  - i. People come to terms with loss in different ways
    - 1. Accepting the loss as real and permanent
    - 2. Experiencing and expressing the resulting emotions
    - 3. Dealing with the remaining ties
    - 4. Reinvesting one’s energy into a new stage of life
  - ii. People go through the normal grief process in different ways and in various lengths of time – Kübler-Ross model; five possible stages, not always orderly
    - 1. Denial (shock)
    - 2. Anger (guilt)
    - 3. Bargaining (with God)
    - 4. Depression
    - 5. Acceptance (and hope)
  - iii. Approximately 15% of people will experience “complicated grief,” sometimes called pathological, neurotic, or unhealthy grief
  - iv. A few will experience delayed grief, initially showing none of the normal signs of grieving
  - v. Influences that complicate the grief process:
    - 1. Prior anticipation
    - 2. Type of loss
    - 3. Beliefs
    - 4. Background and personality
    - 5. Social and Cultural Environment
    - 6. Other Issues (see pg. 472)
- d. Effects of Grief
  - i. Physical effects – loss of energy, lack of mental focus, emotional instability
  - ii. Social effects – isolation, loneliness, inability to maintain friendships

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- vii. Encourage group support and social interaction

**24. Physical Illness**

- a. Persistent, serious illness is often accompanied by anger, discouragement, loneliness, hopelessness, bitterness, and confusion
- b. Biblical Basis
  - i. Christians are instructed to carry on Jesus' healing ministry, **Luke 10:9, James 5:16**
  - ii. Sickness is a part of life
  - iii. Care, compassion, and healing are important for Christians
  - iv. Sickness, sin, and faith are not necessarily related
  - v. Sickness raises difficult and crucial questions about suffering
  - vi. Sickness affects our ability to sense God's presence (Job)
  - vii. Serious illness raises questions about death
- c. Related Problems (*\*not causes*)
  - i. Stress and helplessness
  - ii. Loneliness
  - iii. Guilt and self-criticism
  - iv. Fear and depression
  - v. The experience of pain
  - vi. Family issues
- d. Effects of Physical Illness
  - i. Denial
  - ii. Defensiveness (see list on pg. 449)
  - iii. Withdrawal (*\*from people and God*)
  - iv. Depression and anxiety
  - v. Resistance and anger
  - vi. Manipulation
  - vii. Malingering and hypochondria
  - viii. Hope
- e. Counseling and Physical Illness
  - i. It is often necessary to go to them
  - ii. Be aware of your own attitudes and needs
  - iii. Learn and apply guidelines for visiting the sick
  - iv. When visiting in homes, be aware of the environment and dynamics at work (*\*I strongly disagree with the author's suggestions on providing the sick person with guidelines*)
  - v. Deal with specific feelings and concerns
  - vi. Help people find helpful ways to deal with pain, i.e. reading scripture, prayer, listening to worship music, finding ways to help others
  - vii. Provide support and help with stresses
  - viii. Instill realistic hope
  - ix. Help the family and staff

**Part Five – Identity Issues**

**23. Inferiority and Self-Esteem**

- a. Overwhelming inferiority is sometimes called an “inferiority complex.”
- b. The importance of good self-image and positive self-esteem has become almost universally accepted by mental-health professionals, at least in the United States and Canada.
- c. Rogerian theory posits the underlying idea that “everyone has a problem with a deep-rooted sense of inferiority” and that everyone needs a more positive self-concept.
- d. This idea of the necessity for more self-esteem has also permeated the church.
- e. Biblical counselors need to understand and share the biblical teaching about human worth.
- f. Biblical Basis
  - i. The notion of self-esteem as we know it today is not found in the Bible
  - ii. The Bible affirms that human beings are valuable in God’s sight; **Psalm 8:4-6**
  - iii. The Bible teaches that we are all sinners, yet God still loves and values us
  - iv. The Bible teaches about pride and humility (these are not addressed in psychology) **Philippians 2:1-11**
  - v. What is the biblical teaching regarding self-love? **Matt. 22:39, Eph. 5:28-28**
- g. Causes of Inferiority and Low Self-Esteem
  - i. Faulty Theological Beliefs – the conclusion that all humans are worthless, or that we must debase ourselves to be acceptable to God
  - ii. Sin and Guilt
  - iii. Parent-Child Relationships
  - iv. Experiences of Defeat, Failure, or Abuse/Trauma
  - v. Unrealistic Expectations (\*“*You can be anything you want to be.*”)
  - vi. Faulty Thinking, about success and insecurity
  - vii. Community Influences, Values, and Myths (i.e. women in polygamous cults)
- h. Effects of Inferiority and Low Self-Esteem
  - i. See list on pg. 433
- i. Counseling People with Inferiority and Low Self-Esteem
  - i. Expect change to come slowly
  - ii. Provide genuine support, acceptance, and approval
  - iii. Share the biblical perspective and encourage obedience to God
  - iv. Seek to develop understanding and a realistic self-evaluation
  - v. Seek to redirect unhealthy ways of thinking using scripture
  - vi. Stimulate the formation and pursuit of realistic goals

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- i. This is a very difficult problem to address and help with
- ii. It may be difficult to discover that abuse is and underlying problem
- iii. Recovery is a process: impact, denial, *\*removal*, recovery
- iv. Discuss the various processes on pgs. 409-417

**End of Part Four**

*Homework:*

4. Read the next section, Part Five – Identity Issues, pages 425-520.
5. Complete the Take-Home Quiz on a separate sheet of paper to be turned next week.
6. Ask yourself the questions found on page XV at the beginning of the book and make notes for class discussion.

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- iii. Spiritual (*\*we are all sinners with different inclinations to express original sin*), willful choice
- e. Effects of Homosexuality
  - i. Lifestyle choices
  - ii. Emotional instability
  - iii. Altered sense of self
  - iv. Relationship and family
- f. Counseling and Homosexuality
  - i. Examine our own attitudes
  - ii. Recognize that counseling may be complex and time consuming
  - iii. Explore the willingness to change
  - iv. Determine the counselee's needs and wants
  - v. Instill realistic hope
  - vi. Share accurate knowledge – biblical and experience
  - vii. Show love and acceptance of the person
  - viii. Encourage behavior change
  - ix. Determine the method or approach you intend to use
  - x. Refer as necessary

**22. Abuse & Neglect**

- a. Abuse and neglect are issues that are increasingly encountered by counselors
- b. Review abuse definitions on pgs. 400-401
- c. Biblical Basis
  - i. **Gen. 6:5-6, 11-13** Abuse is the result of sin
  - ii. Discipline for correction is clearly delineated from abuse
  - iii. Sexual or physical abuse is never sanctioned, excused, or approved
  - iv. God has an expectation that His people will help those who are abused or neglected – **Psalms 72:12-14**
- d. Causes of abuse
  - i. Human sinfulness & a seared conscience (**I Tim. 4:2** – desensitized and rendered ineffective)
  - ii. Frustration-aggression/environmental causes (tension, violence, remorse cycle)
  - iii. Learned behavior
  - iv. Personality influences
  - v. Cultural influences
- e. Effects of Abuse
  - i. Feelings
  - ii. Thinking
  - iii. Actions
  - iv. Spirituality
- f. Counseling and Abuse

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- vi. Give accurate information
- vii. Deal with specific problems
- viii. Promote forgiveness for hurts suffered
- ix. Refer as necessary

**21. Homosexuality**

- a. This is one of the most difficult problems to effectively counsel
- b. Three tiers of individual homosexual association exist:
  - i. Same-sex attraction
  - ii. Homosexual orientation
  - iii. Gay identity
- c. Biblical Basis
  - i. Start with what the Bible says, not what our attitude or opinion is
  - ii. Homosexual feelings are not condemned but lust and perversion of God's sexual design and will are clearly sinful
- d. Causes of Homosexuality
  - i. Psychological/environmental (parent/child/family, childhood trauma
  - ii. Biological/genetic – there is no conclusive research that identifies a biological or genetic cause for homosexual inclinations, although differences in the brain structure of homosexual and non-homosexual men have been determined. However, it is also proven that the brain structure changes with use and that other lifestyle choices induce similarly noted changes in brain structure

*The following excerpt is from Dr. Jeffrey Satinover's chapter, entitled, "The Biology of Homosexuality: Science or Politics?" which provides a comprehensive review of the biological research on homosexuality. From the book, "Homosexuality and American Public Life" Edited by Christopher Wolf, Spence Publishing Co. (Dallas, TX) - National Association for Research & Therapy of Homosexuality (NARTH)*

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It is important to note that serious research on the biology, innateness, or genetic determinants of homosexuality has only just recently begun. Exactly opposite to what the public is being led to believe, the research that has been done thus far suggests that genetic factors account for, at most, but a small proportion of the risk. J. M. Bailey and R. C. Pillard, two of the major researchers most widely cited as having demonstrated that "homosexuality is genetic," were forced to admit otherwise by the results of their own research. They themselves wrote:

*These studies were designed to detect heritable variation, and if it was present, to counter the prevalent belief that sexual orientation is largely the product of family interactions and the social environment.... Although male and female homosexuality appear to be at least somewhat heritable, environment must also be of considerable importance in their origins.*

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- v. Physical effects (VD, AIDS, unwanted pregnancy, early onset puberty)
- f. Counseling and Sex Apart from Marriage
  - i. Examine your attitudes and actions in light of Scripture (*\*get your own house in order*)
  - ii. Listen with sensitivity (*\*without passing judgment*)
  - iii. Learn what the counselee thinks about sex
  - iv. Consider counseling goals with the counselee
  - v. Establish a biblical foundation for goals (*\*my note*)
  - vi. Help with practical issues
  - vii. Help counsees find repentance and forgiveness
  - viii. Give accurate information
  - ix. Consider the need for referral

**20. Sex Within Marriage**

- a. Most marital counseling involves dealing with issues of sex
- b. Biblical Basis
  - i. God created us as sexual creatures (male and female) and declared that sex is good
  - ii. Genital sexuality has three purposes: procreation, union, and pleasure
  - iii. Sexual intercourse is for marriage only
  - iv. Sexual immorality is strongly condemned
- c. Causes of Sexual Problems within Marriage
  - i. Lack of love and intimacy – spiritual, emotional, physical (*\*my #1*)
  - ii. Self-centered attitude and behavior (*\*my #2*)
  - iii. Misinformation about sex – the role of parents
  - iv. Cultural values and attitudes – taboo or too permissive
  - v. Pornography
  - vi. Busyness
  - vii. Boredom
  - viii. Physical causes
  - ix. Psychological blocks
- d. Effects of Sexual Problem within Marriage
  - i. Insecurity (*\*author calls this “lowered self-esteem”*)
  - ii. Substitution of sinful alternates
  - iii. Deteriorating relationships
  - iv. Determination to address and resolve the problem
- e. Counseling and Sexual Problems within Marriage
  - i. Willingness to be part of the solution
  - ii. Listen with sensitivity
  - iii. Gather information (*\*start with previous history*) DEC-R model
  - iv. Provide a biblical education (focusing on love & respect)
  - v. Recommend a physical examination

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- v. Teach biblical conflict resolution (*\*read and practice "The Peacemaker"*)
- vi. Incorporate church discipline as required in Matt. 18
- vii. Teach communication skills
- viii. Change the environment

**19. Sex Apart From Marriage**

- a. Sex apart from marriage is a common occurrence. Every biblical counselor will see people with problems in this area
- b. The author says that sexual perversion has become the major example of the sin and moral sickness that characterize modern human beings. (*\*Agree or disagree?*)
- c. Biblical Basis
  - i. Sexual intercourse is intended to be confined to marriage (*\*includes the broader definition - connection or dealings between persons or groups, exchange especially of thoughts or feelings : communion*)
  - ii. When it deviates from God's perfect plan, sex may bring temporary pleasure, but ultimately is destructive (*\*see 1<sup>st</sup> paragraph pg. 341*)
  - iii. People who are caught in sexual sin often cannot get free without help from someone else
- d. Causes of Sex Apart from Marriage
  - i. Environmental Stimulation
    - 1. Social atmosphere/social pressures
    - 2. Sexual convenience
    - 3. Unbiblical values (*\*my term*)
    - 4. Inappropriate education
    - 5. Globalization
  - ii. Internal Pressure (*\*sinful responses to*)
    - 1. Curiosity
    - 2. Uncontrolled fantasy (*\*& the use of technology*)
    - 3. Search of Identity & Self-esteem (*\*search for control*)
    - 4. Search for intimacy and closeness
    - 5. Escape or rebellion
    - 6. Distorted (*\*unbiblical or worldly*) thinking (*\*no consistent Christian worldview*)
  - iii. Satanic influence
- e. Effects of Sex Apart from Marriage
  - i. Temptation, pleasure, guilt, remorse, condemnation vortex (*\*my description*)
  - ii. Emotional effects
  - iii. Interpersonal effects (*\*separation from God and messed up relationships with others*)
  - iv. Spiritual effects (creates distance, hardening of heart & mind, etc.)

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**Part 4 – Interpersonal Issues**

**18. Conflict and Relationships**

- a. How people get along with each other, and how and why they don't get along, are issues that concern all Christian counselors
- b. Biblical Basis
  - i. Sin caused the first relationship problem – **Gen. 3:12-13**
  - ii. With more people the problem escalated – **Gen. 4:8-9**
  - iii. The earth filled with violence – **Gen. 6:13**
  - iv. Strife and conflict are never approved by God
  - v. Good relationships and conflict resolution begin with Jesus Christ, **Luke 2:14**
  - vi. People have to cooperate with God for good relations
  - vii. Good relations focus on issues
  - viii. Determination, effort, and skill are helpful
  - ix. Interpersonal conflicts can build maturity
- c. Causes of Conflict and Interpersonal Problems
  - i. Sinful flesh (*\*my opinion*)
  - ii. Satan's influence (*\*the author overrates this in my opinion*)
  - iii. Personal attributes, attitudes, and actions
  - iv. Group attitudes and beliefs
  - v. Learned Conflict Patterns
  - vi. Lack of commitment (love)
  - vii. Communication failure
  - viii. Societal problems
- d. Effects of Conflict and Interpersonal Problems
  - i. People do not react the same way; hatred, avoidance, distress, overwhelmed, thrive (*\*see Table 8-1, pg. 330*)
  - ii. Physical effects
  - iii. Psychological effects
  - iv. Social effects
  - v. Spiritual effects
- e. Counseling Conflicts and Interpersonal Problems
  - i. Start with a biblical foundation
  - ii. Evaluate your own prejudices and reactions
  - iii. Understand Conflict Stages
    1. Tension development
    2. Role Confusion
    3. Injustice Collection
    4. Confrontation
    5. Adjustments (*\*work toward solutions*)
  - iv. Work toward personal, individual change

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**End of Part Three**

*Homework:*

1. Read the next section, Part Three – Interpersonal Issues, pages 315-421.
2. Complete the Take-Home Quiz on a separate sheet of paper to be turned next week.
3. Ask yourself the questions found on page XV at the beginning of the book and make notes for class discussion.

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- vii. Spiritual Causes – facing mortality and uncertainty of the future, loss of social contacts, and feelings of uselessness leads to spiritual confusion
- viii. Other causes – rapid social change and decay
- d. Effects on the Later Years – four basic questions:
  - i. Who am I?
  - ii. Where do I belong?
  - iii. What do I care about?
  - iv. What is my legacy?
- e. Counseling and the Later Years
  - i. First, examine your own beliefs, attitudes, and ability to counsel elders
  - ii. There are 5 basic fears that must be addressed (from pg. 310)
    - 1. Fear of not feeling needed
    - 2. Losing a sense of purpose
    - 3. Losing control of your own destiny
    - 4. Not feeling loved
    - 5. Not being touched physically
  - iii. Physical exams – many problems of elders have physical causes or at least they contribute to the problem
  - iv. Individual counseling – older people especially need to talk with someone who cares
  - v. Encouragement – is vital to helping elders
  - vi. Education – dealing with misconceptions regarding aging
  - vii. Retirement counseling – helping people make the adjustment to a new life of purpose and significance
  - viii. Life Review counseling – building a healthy perspective of God’s goodness over the years
  - ix. In-depth counseling – is difficult but with persistence can produce the desired results
  - x. Family counseling – helping build an understanding and supportive network of family members; **I Tim. 5:4, 8**
  - xi. Spiritual counseling – elders are either more responsive or more resistant
  - xii. Group counseling – small groups dedicated to elders/widows
  - xiii. Environmental counseling – visiting their home environment is helpful (*\*and I would say necessary*)
- f. Preventing Problems in the Later Years
  - i. Stimulate realistic planning – be prepared for resistance
  - ii. Stimulate realistic attitudes
  - iii. Stimulate education and activities
  - iv. Stimulate spiritual growth

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- ii. Identify specific problem issues
- iii. Focus on those specific issues
- iv. Provide biblical counsel and wisdom
- v. Encourage them to pray and seek divine guidance
- vi. Work with families
  - 1. For additional support
  - 2. To help them through problems caused by transition issues
- vii. Stimulate mentoring to avoid self-centeredness
- viii. Promote generativity – concern for the next generation
- ix. Encourage spiritual awareness and involvement with others
- f. Preventing Problems in 40's & 50's
  - i. Anticipation – of the midlife transition and what to expect
  - ii. Education
  - iii. Outreach

**17. The Later Years**

- a. The number of older people in the US is increasing exponentially. We don't have a precedent since the Book of Genesis for this situation. Counseling for the elderly is in its infancy
- b. Biblical Basis
  - i. God promises 120 years of life – **Genesis 6:3**
  - ii. Wisdom should increase with age – **Job 12:12**
  - iii. Elders are to be examples of godly virtue – **Titus 2:2-3**
  - iv. Old age also has challenges and frustrations – **Ecclesiastes 12:1-7**
  - v. Elders are to be honored – **Leviticus 19:32**
- c. Causes of Problems in the Later Years
  - i. Attitude – makes a huge difference in the way elders experience life
  - ii. Physical causes
    - 1. Cosmetic changes cause problems in a culture that values youth and physical attractiveness
    - 2. Sensory changes – sight, hearing, taste, smell, touch
    - 3. System changes – bone structure, muscle, organs
    - 4. Sexual changes – desire remains while physical ability may not
    - 5. Disease and illness – chronic health problems lead to lifestyle adjustments that diminish independence
  - iii. Intellectual Causes – decline in mental ability (see Table 17-1 on pg. 298)
  - iv. Economic Causes – income production is reduced leading to lifestyle changes and dependence on other sources
  - v. Interpersonal Causes – diminishing social contact leads to all sorts of problems
  - vi. Self-esteem – dealing with feelings of lack of usefulness to others

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4. Decline in vigor (stamina, endurance, energy levels)
- v. Psychological Changes
  1. Overwhelming obligations cause stress
  2. Boredom
  3. Fear
  4. Reappraisal
- vi. Vocational Changes
  1. Losing jobs and inability to find new ones
  2. Desire to take a new direction
- vii. Marriage-Family Changes
  1. Children grow up and become independent.
    - a. Some find it hard to let go because of their own identity issues
    - b. The relationship takes on adult equality
    - c. Integrating new family members
  2. Older Parents
    - a. Taking on a care-giver role; health, finances
    - b. Death of parents
  3. Marriage
    - a. Loss of direction as roles change (see above)
    - b. Tendency to drift apart as each spouse pursues other interests
    - c. Sexual changes as intercourse becomes more infrequent
  4. Single People
    - a. Divorce
    - b. Facing singleness as a potential life identity
    - c. Work ultimately becomes less satisfying
- d. Effects of Problems of 40's-50's
  - i. Hidden emotional issues begin to surface as people become more inflexible in their attitudes and social inhibitions begin to weaken
  - ii. Outward behavioral effects result from the above
  - iii. Vocational effects
    1. Working harder to achieve success that has eluded you
    2. Resignation and discouragement set in
    3. Dissatisfaction leads to change in vocation or direction
  - iv. Marriage-Family Effects
    1. Families are effected as people in this age group encounter struggles due to their position in the family (parent, bread-winner, moral compass, etc.)
    2. Major life changes lead to family upheaval
- e. Counseling 40's-50's
  - i. Encouragement

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4. Early Peakers – Achieving an early measure of success without any balance or long-term goals or vision
  5. Integrators – Achieve a healthy balance of career, marriage, parenting, and spirituality
  6. Care-givers – Committed to serving others is admirable but may cause problems if they don't pay attention to their own needs as well
- e. Counseling 20's-30's
- i. When compared with older people, counselees in this age group are more flexible, enthusiastic, willing to change, and less threatened about needing guidance
  - ii. Problem awareness – Help them identify the real problem(s)
  - iii. Support – encouragement regarding the commonality of issues that they face (*\*help with parent and family issues*)
  - iv. Skill Development – helping them develop good life skills
  - v. Getting Unstuck – by providing acceptance, encouragement, prayer support, wisdom, experience, and guidance
- f. Preventing Problems
- i. Education – more than what they find on the internet
  - ii. Modeling
  - iii. Mentoring
  - iv. Dream identification and movement toward goals
  - v. Spiritual support

**16. Forties and Fifties**

- a. Middle age? For many this period is the culmination of adulthood in terms of physical health, emotional maturity, work satisfaction, and gratifying relationships. On the flip side, when those expectations are not fulfilled, it can be a demoralizing and confusing time that produces additional stress.
- b. Biblical Basis
  - i. Relatively few people lived that long in the Bible
  - ii. The generally held biblical teaching and principles for living apply
- c. Causes of Problems in 40's-50's
  - i. People become less flexible and adaptable to changing circumstances
  - ii. 80% of men experience a time of crisis as they realize that all of their life goals may not be reached. Women are more likely to be affected by an identity crisis as their role as mother and family organizer changes.
  - iii. The beginning of facing our own mortality starts to set in
  - iv. Physical changes
    1. Body appearance are visible reminders of aging
    2. Menopause
    3. Declining sex drive

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- iii. Goal commitment – pursuing goals for the right reasons
  - iv. Sensitivity to the emotional makeup of others – moving from self-centeredness to consideration and concern for others. **Philippians 2:3-4**
  - v. Relationship proficiency – building rapport, taking care of relationships, building networks
  - d. Self-Management Skills – building healthy self-discipline habits
  - e. Interpersonal Skills – learning to get along with people, “people skills”
  - f. Spiritual Skills – searching for meaningful and fulfilling spirituality
2. Independence
- a. Developing self-sufficiency – the balance between self-direction and sensitivity to the needs of others (romantic interest, spouse, friends, co-workers, church, helping those in need)
  - b. Building an identity – a fairly stable mental picture of who you are, should be shared by others that are trustworthy, and especially should come as a result of discovery of who God designed you to be
  - c. Establishing core values – that are in line with the Bible and reflect our own search for truth and meaning
  - d. Coping effectively – (*\*again, I don’t like this as a goal. I prefer to point toward the confident living out of a life of biblical integrity*)
3. Intimacy – the greatest need in young adulthood; both friendships and romantic partnership for life
4. Direction – God-given “dream” or vision for life; should involve discipleship (mentoring)
- a. For occupation
  - b. For marriage
5. Spirituality (*\*redundant*)
- d. Effects of Problems in 20’s-30’s
- i. The 3 greatest challenges are achieving adult identity, sustaining intimate relationships, and developing a distinct career or work identity. A lack in one of these can lead to intense loneliness. Life patterns contribute to either success or failure:
    - 1. Transients – unwilling or unable to make firm commitments
    - 2. Locked-ins – Made firm commitments without the proper thought or guidance
    - 3. Workaholics – Those who find worth in their work

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4. Problem Identification – Listen to both teen and parent carefully (see box on pg. 250)
  5. Goal setting – done together with teens and parents and always according to biblical guidelines
  6. Confidentiality – (*\*See CA guidelines*)
  7. Group counseling – (*\*??? Maybe for some. This is one reason we have youth groups*)
- i. Prevention – the church’s role is to help parents with their responsibility and to provide a safety net for teens without proper parental support

**15. Twenties and Thirties**

- a. Men and women in this age group are concerned with establishing their own identity and family independent of their families of origin. This includes finding their place in the adult world in terms of career, friends, marriage, parenthood, living arrangements, and life direction
- b. Biblical Basis
  - i. Many of the people we read about in the Bible fell into this category, i.e. David, Jesus, Mary, Joseph, Daniel, Esther, all of the disciples
  - ii. Timothy and Titus both fell into this age group and Paul’s letters to them contain instructions for people in this age group (see references in the Adolescence section)
  - iii. The Bible teaches on issues that are of special concern to this age group, i.e. anxiety about the future, discouragement, marriage, sex, lust, money management, careers, relationships with parents and children, temptation, spiritual growth and maturity
- c. Causes of Problems in 20’s-30’s
  - i. The challenges of young adulthood involve identity and balance in life. They may be divided into 5 categories:
    1. Competency – Continuing to develop and apply appropriate life skills toward the goals of competency, success, and confidence
      - a. Physical skills – Developing self-discipline with physical habits that promote health, wealth, and psychological well-being
      - b. Intellectual – Exercising the intellectual skills that have been learned through education and putting them to practical use, discovering weaknesses and addressing them through continual intellectual pursuits
      - c. Emotional intelligence skills
        - i. Self-awareness – understanding our own feelings, drivers, and motivations
        - ii. Self-control – exercising control over thoughts, emotions, and impulses

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3. Almost every teen has a secret life
  4. Every teen wants to connect and have good relationship with his or her parents (*\*I believe the desire is near 100% if not the actual expression of the desire*)
- g. Effects of Problems in Adolescence
- i. Holding in problems (ergo the secret life) may lead to irritability, depression, outbursts of anger, fear, isolation, loneliness, scholastic failure, other disorders
  - ii. Acting out problems – substance abuse, lying, stealing, sexual sins, crime, gang involvement, violence, self-mutilation, rejection of parents’ beliefs, dangerous behavior, suicide
  - iii. Running from problems – running away from home, psychological withdrawal, substance abuse, suicide
  - iv. Staying with problems – facing and conquering them with or without help from others
- h. Counseling and Adolescent Problems
- i. The two primary ways to address issues:
    1. Counseling parents
    2. Counseling adolescents
  - ii. Ways to help parents:
    1. Support and encouragement
    2. Family counseling – a good place to start so you will understand the dynamics and be able to better assess the problems
    3. Setting limits – helping parents (and teens) establish limits that are biblical, practical, and respectful of God and people
    4. Spiritual guidance – helping parents with their own feelings of insecurity in their beliefs, and inadequacy to communicate them effectively, encouraging prayer and faithfulness
  - iii. Ways to help adolescents:
    1. Building rapport – trust is earned
    2. Setting limits (*\*see CA’s Supporting Parents Guidelines*)
      - a. Mistake 1 – Courting the teenage counselee
      - b. Mistake 2 – Telling parents to back off (*\*it is documented that parents are still the #1 influence in the lives of teens*)
      - c. Mistake 3 – Putting no limits on family criticism (*\*be careful not to openly criticize the parents no matter how wrong they may seem to be*)
      - d. Mistake 4 – Giving in to tunnel vision (*\*there are always two sides to every story*)
    3. Transference – these are both your issues and the counselee’s issues

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- i. Preadolescence begins around 10 or 11, lasts about 2 years and is marked by a growth spurt, sexual maturation, greater peer influences, and a new desire for independence from parents
- ii. Adolescence occurs between ages 14 and 18 and is marked by the adjustment to an adult body, increasing disengagement from parents, increased sexual drive, increased interest in the opposite sex, and exploration of intellectual and spiritual beliefs, mores, and boundaries, with an eye to the future
- iii. Postadolescence (*\*begins a various ages but mostly in later teen years – 16 and over*) and extends into the early twenties (*\*or later*) and involves more consideration and building of one's identity, relationships, future, values, and the firming up of core beliefs (see the 4 questions on pg. 238)
- d. If you are over 40 see the helpful description of Mosaics on pg. 239
- e. Biblical Basis
  - i. The Bible says nothing specifically about adolescence. The concept doesn't appear in any literature until the late 19<sup>th</sup> century
  - ii. For guidance we must look at the Bible's teachings on children (for preadolescents) and young men and young women for the rest
    - 1. **Ecclesiastes 11:9-10**
    - 2. **I Timothy 4:12**
- f. Causes of Adolescent Problems
  - i. Physical changes – biological changes, rapid growth, slow physical maturation, poor management of diet, weight, and exercise (*\*currently 30% of military recruits fail to be inducted because of obesity, another 20% are slightly overweight when inducted*)
  - ii. Sexual changes – sexual awakening coupled with declining morals and overexposure to sinful sexuality leads to confusion and problems
  - iii. Interpersonal changes – changing relationship with parents, family, peers, lead to instability
  - iv. Changing values, morals, and religious beliefs – necessary questioning of beliefs without supportive structure leads to confusion, disillusionment, and instability
  - v. The move to independence – necessary movement toward adult freedom without proper guidance and encouragement leads to instability and unwise choices and unintended consequences
  - vi. Acquiring skills and building self-esteem – insecurity about personal qualities and abilities and lack of appropriate social skills lead to inappropriate and inaccurate beliefs about self
  - vii. Concerns about the future – lead to anxiety
  - viii. 4 universal conclusions:
    - 1. Every teen is in transition
    - 2. Almost every teen will experience rebellion in some form

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7. Learning and communication disorders – reading and comprehension problems, speech and writing problems, impairment in mathematical skills
- g. Counseling and Problems in Children
  - i. Counseling Children (*\*Not my area of experience or ability*)
    1. Talk with them
    2. Listen to them
    3. Help them overcome problems with love and properly expressed authority
    4. Remember, the parents have the responsibility – don't violate that trust
  - ii. Counseling Parents
    1. Appreciate the parents' position – understand their need
    2. Use various approaches to address their problems
    3. Identify their emotional needs and encourage biblically
    4. Be aware of family dynamics
    5. Model the parental role
    6. Recognize that you are expendable
    7. Remember, the effective parent is the child's most important counselor
    8. Theological issues – help them with biblical guidance
    9. Psychological issues
      - a. They need understanding
      - b. Help them with communication
      - c. They need behavior management counsel – biblical discipline and instruction principles
      - d. Special problems – autism, bed-wetting, stuttering, school phobia, learning disorders, aggressive behavior, nightmares, fears, help with traumas
    10. Disturbed parents – child abusers, substance abusers, physical and sexual abuse, neglect
    11. Referrals – have a source; you'll need it!
- h. Prevention – Read on your own for more information, resources, and personal use

**14. Adolescence**

- a. Adolescence means a period of rapid growth and frequent change leading to maturity
- b. Only 10 to 20 percent of adolescents experience serious turmoil during the teen years, the same percentage as the rest of society
- c. Adolescence may be divided into 3 overlapping periods

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- of the same, overprotection, permissiveness, expectation of perfection, anger expressed in an abusive manner, etc.
- iv. Poverty - when coupled with unbelief or lack of morals, or extreme poverty
  - v. Overscheduled lifestyles – no time to play, rest , or dream
  - vi. Unmet needs – security, acceptance, discipline, encouragement, love, basic physical needs
  - vii. Physical Influences – prolonged illness, hospitalization, surgery, mental deficiencies, ADD/ADHD
  - viii. Child Victimization
    - 1. by peers
    - 2. by adults
  - ix. Other Influences – trauma, rebellion, demonic influence
- f. Effects of Problems in Children
- i. Societal – children hold a special place in society. Their problems affect us all
  - ii. Parental – inability to judge wisely, either blind to childrens’ faults or unable to see their good points (often due to the reflection on the parents)
  - iii. Effects on Children – inability to appropriately or adequately express themselves, pride, sin, seeds of trouble for later life
  - iv. Pathological (manifesting behavior that is habitual, maladaptive, and compulsive)
    - 1. Psychological disorders – asthma, ulcers, bed-wetting, headaches, fits (*\*see below*)
    - 2. Developmental disorders – hyper sensitive, overly inhibited, isolated, insecure, excessively independent, distrustful, phobias
    - 3. Disruptive Behavior – temper tantrums, delinquency, disregard for others, aggressiveness, sexually improper behavior
    - 4. Mood disorders – depression, withdrawal, refusal to eat, apathetic, sullen, aggression, immobility
    - 5. Adjustment disorders – (*\*I strongly disagree with the term and the description! Call them “More psychological disorders”*) anxiety, irrational fears, excessive guilt complex, sleeping disorders, poor self-image, eating disorders, obsessive-compulsive behavior, mental illness
    - 6. Attachment disorders – when parental and familial bonds are broken children can become fearful, emotionally void or demanding, disruptive or overly compliant, and lacking in social skills

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**Part 3 – Developmental Issues**

**13. Childhood**

- a. Re: the story on pg. 213 – Doesn't always happen this way
- b. Parents will influence children more than any counselor
- c. Biblical counseling can be helpful to parents in their God-ordained responsibility
- d. Biblical Basis
  - i. God commanded Adam & Eve (people) to “multiply and fill the earth.”
  - ii. Until recently people have largely obeyed this command
  - iii. Today people often choose to limit the size of their families
  - iv. Infertility is a problem for many couples (to be addressed in Part 6)
  - v. Teaching on children and parental guidance can be divided into 2 categories:
    1. Instructions and observations about children
      - a. Children are gifts from God – **Psalm 127:3**
      - b. Children are important to God. They are to be loved and not mistreated. – **Matt. 18:2-6**
      - c. Children are to obey and honor their parents – **Eph. 6:1-3**
      - d. Childhood disobedience is a grievous sin
    2. Instructions and observations about parents and parenting
      - a. Parents are to model Christian behavior
      - b. Parents are to train their children according to the Bible – **Proverbs 22:6, Ephesians 6:4**
      - c. Parents are to teach their children to obey God – **Deut. 6:1-7**
        - i. Diligently
        - ii. Repeatedly
        - iii. Naturally (by our lifestyle)
        - iv. Personally
- e. Causes of Problems in Children
  - i. Spiritual neglect or abuse – either neglecting to train children in the way they should go to obey God, or using religion as a means of punishment or to instill ungodly fear (legalism)
  - ii. Instability in the home – parents may abandon their children physically, psychologically, or morally. Parents fail to lead their children and train them in the discipline of the Lord by abdicating their responsibility. Marital strife or divorce. Hypocrisy in their faith.
  - iii. Physical and Psychological abuse – (more on physical abuse later)  
Psychological abuse may consist of rejection, excess criticism, lack or inconsistency of discipline or boundaries or harsh and excessive use

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- v. Substance abuse
- vi. Sexual dysfunction & sin
- vii. Violence
- viii. Physical problems
- g. Counseling and Loneliness
  - i. Admitting the problem
  - ii. Consider the causes
  - iii. Changing thinking (renewing the mind)
  - iv. Encouragement (\*rather than developing self-esteem)
  - v. Teaching new behavior and social skills
  - vi. Taking action (encouraging and guiding risk-taking)
  - vii. Addressing the spiritual need of relationship with Christ
- h. Preventing Loneliness
  - i. Developing a biblical environment
  - ii. Helping people cope with change
  - iii. Encouragement and building confidence
  - iv. Stimulate spiritual growth

**End of Part Two**

*Homework:*

- i. Read the next section, Part Three – Developmental Issues, pages 213-312.
- j. Complete the Take-Home Quiz on a separate sheet of paper to be turned next week.
- k. Ask yourself the questions found on page XV at the beginning of the book and make notes for class discussion.

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- ii. Loneliness is a result of the fall/sin, but it is not sin in itself.
- iii. Many people in the Bible experienced loneliness: Moses, Job, David, Nehemiah, Elijah, Jeremiah, Jesus, Paul
  - 1. **I Kings 19:14**
  - 2. **Psalm 25:16**
  - 3. **Matthew 26:40, 27:46**
- iv. We are intended by our Creator for communion with God and people, especially those of the household of faith, to love, help, encourage, forgive, and care for one another.
- v. **Psalm 68:6**, *“God makes a home for the lonely; He leads out the prisoners into prosperity, only the rebellious dwell in a parched land.”*
- e. Causes of Loneliness
  - i. Social causes
    - 1. Individualism
    - 2. Dependence on technology, television
    - 3. Unrealistic expectations
    - 4. Mobility
    - 5. Changing demographics and lifestyles
  - ii. Developmental causes
    - 1. Attachment/separation
    - 2. Rejection
    - 3. Failure to develop appropriate social skills
  - iii. Psychological causes
    - 1. Low self-esteem (lack of confidence)
    - 2. Self-defeating attitudes
    - 3. Depression
    - 4. Inability to communicate effectively
    - 5. Lack of control over circumstances
    - 6. Hostility
    - 7. Fear
  - iv. Situational causes
    - 1. Illness
    - 2. Care-givers
    - 3. Physical or mental handicap
  - v. Spiritual causes
    - 1. Sin alienates us from God
    - 2. Sin alienates us from one another
- f. Effects of Loneliness
  - i. Isolation
  - ii. Low self-esteem (lack of confidence)
  - iii. Depression
  - iv. Exhibitionist behavior

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- ii. Subjective guilt – **Romans 7:14-8:9** In spite of Christ’s atonement for our sin we still sometimes feel guilt even after receiving forgiveness
- iii. Godly (constructive) sorrow treats both kinds of guilt – **II Corinthians 7:10**
- iv. Extending and receiving forgiveness is often part of the cure
- d. Causes of Guilt
  - i. Sin
  - ii. The Holy Spirit
  - iii. Conscience
  - iv. Inability to experience love and forgiveness
  - v. Satan
- e. Effects of Guilt
  - i. Defensive thinking/reaction
  - ii. Self-Condensation
  - iii. Physical reactions
  - iv. Moral Pain
  - v. Repentance and Forgiveness
- f. Counseling and Guilt
  - i. Start with acceptance and understanding. *“We have all sinned and fallen short of the glory of God.”*
  - ii. Instilling Insight, explore the presenting problem for underlying guilt
  - iii. *\*Caution – Don’t try to arouse guilt (legalism or authoritarianism) in an attempt to change behavior. Rather, it may be appropriate or necessary to help the counselee connect guilt with shame (godly sorrow)*
  - iv. Lay the groundwork of biblical, moral education
  - v. Assist in the process of repentance and forgiveness
  - vi. If appropriate, encourage making restitution to aggrieved parties (those sinned against)
- g. Preventing Guilt
  - i. Build a biblical worldview
  - ii. Encourage obedience to God

## 12. Loneliness

- a. Loneliness is the painful awareness that we lack close and meaningful contact with others. It is characterized by feelings of isolation, sadness, and a deep desire to connect with others at more than a surface level. Lack of intimacy.
- b. Loneliness may be experienced even when the person is around other people.
- c. Chronic-persisting loneliness renders people unable to build significant relationships or find emotional satisfaction from others.
- d. Biblical Basis
  - i. God created us for relationship. **Genesis 2:18**

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- vi. Confession and forgiveness are the remedies for sinful anger. **Matthew 6:12, Matthew 18:21-22, 32-35**
- vii. Rumination and revenge must be resisted. **I Peter 2:22-23**
- viii. Love must be cultivated, even for our enemies. **Luke 6:35**
- d. Causes of anger
  - i. Psychological viewpoints of origins – instinct, frustration-aggression, social learning. *\*All of these fail to account for original sin.*
  - ii. Biology as a cause is rare but does occur
  - iii. Injustice should produce righteous anger
  - iv. Frustration – subverting our own will
  - v. Threat and hurt
  - vi. Learning
  - vii. Personality and perception (*\*I'd call this the outworking of original sin*)
- e. The Effects of Anger – see Table 10-1 on pg. 165
- f. Counseling and Anger
  - i. Help counselees admit and own their anger
  - ii. Help counselees discover and consider the source(s)
  - iii. Focus on humility, confession, and forgiveness (ref. *Total Forgiveness* by R.T. Kendall)
  - iv. Teach proper responses to anger (*\*not anger management*) i.e. dealing with it upon recognition, going to a person that initiated the angry response and trying to resolve the offense, extending forgiveness, focusing on whatever is good, right, and lovely, praying for those who spitefully mistreat you, putting love into practice, etc.
- g. Preventing Anger
  - i. Biblical Teaching
  - ii. Redirecting anger to good purposes
  - iii. Allowing the Holy Spirit to control

## 11. Guilt and Forgiveness

- a. Guilt (or more likely the shame of guilt) is found in the majority of problems that face a biblical counselor. We feel guilt and the resulting shame when we have broken God's laws and commands, even when we aren't intellectually or consciously aware of them. (conscience)
- b. There are two major types of guilt:
  - i. Objective – legal, theological, personal, social
  - ii. Subjective – appropriate (justified), and inappropriate (unjustified, out of proportion to the perceived offense)
- c. Biblical Basis
  - i. Guilt and sin are always related in the Bible. Guilt occurs when we break God's law.

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4. Identify the source; observation, reflection, contemplation, theophostic
5. Addressing the anxiety
  - a. Cognitive-Behavioral Interventions – *\*pointless and ineffective*
  - b. Biological Interventions - *\*rarely necessary*
  - c. Environmental Interventions – *\*changes of lifestyle, relationships, residence, job, etc. may be required but should be an outworking of an inner change*
  - d. Encouraging action – *\*learning to cope? NO. We shouldn't settle for less than total freedom*
  - e. Giving Support – necessary
  - f. Encouraging a Christian Response - *\*Finally!*

**Philippians 4:4-9**

- i. Rejoice
  - ii. Be confident in the Lord, stable emotionally
  - iii. Pray
  - iv. Focus on God's goodness
  - v. Learn from others (not self-centered)
  - vi. Practice Christian virtue (overcome evil by doing good)
- vi. Prevention
1. Trust in God, put faith in Him
  2. Practice what the Bible teaches (*\*not "learn to cope"*)
  3. Keep things in perspective by having a Christian worldview
  4. Reach out to others
  5. **Matthew 6:33**

**10. Anger**

- a. Anger is an intense, negative emotional state produced by displeasure, varying from mild annoyance to violent rage.
- b. Anger at the root of many psychological, interpersonal, physical, and spiritual problems. It is a leading cause of depression, accidents, sickness, and interpersonal/relationship conflicts.
- c. Biblical Basis
  - i. Anger is an attribute of God and is not in itself bad. Righteous anger is a necessary reaction to moral evil.
  - ii. Unrighteous human anger is a sin. **James 1:20**
  - iii. Unrighteous human anger causes all sorts of other problems.  
**Ephesians 4:26**
  - iv. Godly anger when expressed by humans can be used for good
  - v. Human anger can be controlled by the power of the Holy Spirit.  
**Galatians 5:20, 23-26**

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- vii. Panic attacks are overwhelming and sudden surges of intense fear that are scary and unpredictable. They cause unpleasant physical symptoms, i.e. rapid heartbeat, pain, difficulty breathing, etc. and irrational terror
- viii. PTSD follows incidents that produce intense stress and trauma. It is longer lasting than other forms of anxiety
- c. Biblical Basis
  - i. Normal anxiety is addressed in the Bible and is neither condemned nor forbidden
    - 1. **Luke 2:48**
    - 2. **Romans 8:19**
    - 3. **II Corinthians 11:27-28**
  - ii. Neurotic anxiety (fear, worry, fret) is sin, unbelief or failure to trust in God and to take unjustified burdens on ourselves
    - 1. **Matthew 6:25,34**
    - 2. **Philippians 4:6-7**
    - 3. “Fear not” appears over 350 times and appears in almost every book of the Bible
  - iii. Causes of anxiety
    - 1. Threat, either seen or unseen
    - 2. Unstable environment, recession, war, etc.
    - 3. Risk to self-esteem, taking tests, social interaction, etc.
    - 4. Separation, from parents, spouse, children, friends, etc.
    - 5. Challenge to core values (Christians particularly vulnerable)
    - 6. Reaction to unspecified (unconscious) threats
    - 7. Conflict, direct or avoidance
    - 8. Fear, real or imagined
    - 9. Unmet needs, (remember Matt. 6:25-34)
    - 10. Physiology, the production of stress enhancing or abating chemicals in the body and brain – may be effected by lack of sleep, sickness, drugs, diet, etc.
    - 11. Sinful flesh (individual differences, personality)
    - 12. Learned behavior
    - 13. Social environment
    - 14. Theology, always check for core beliefs
  - iv. Anxiety can produce physical, psychological, defensive, and spiritual reactions
  - v. Counseling and Anxiety
    - 1. Recognize your own anxieties
    - 2. Calm the anxiety through prayer, Scripture, worship, reassurance, change in environment
    - 3. Practice and exhibit love, **I John 4:18**

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- iii. Social-Environmental
- iv. Effects – pgs. 128-129
- v. Counseling and Depression
  - A. Draw the individual out
  - B. Listen for clues or evidence of causes
  - C. Pray for guidance
  - D. Develop a plan to address the problem. This may include'
    - 1. Dealing with the physiology
    - 2. Referral
    - 3. Dealing with the cause(s)
    - 4. Dealing with thinking – **Romans 12:1, II Tim. 3:16-7, Philippians 4:8**
    - 5. Dealing with the environment
    - 6. Addressing the potential for self-harm
- vi. Prevention
  - A. Build trust in God through doctrine, experience, and remembrance
  - B. Teach about depression
  - C. Warn in advance of depression-producing situations
  - D. Teach depression reduction skills
    - 1. Dealing with anger
    - 2. Managing stress
    - 3. Training the mind according to Scripture
    - 4. Encourage the support of others
    - 5. Urge people to help others
    - 6. Stimulate good diet, exercise, and rest habits

**9. Anxiety**

- a. Anxiety is an inner feeling of apprehension, uneasiness, worry, and/or dread that is accompanied by a heightened physical arousal. It is a state of fear.
- b. Anxiety takes on many forms:
  - i. Normal anxiety is a response to a threat or potential danger
  - ii. Neurotic anxiety produces exaggerated feelings of fear or dread to a mild or nonexistent threat
  - iii. Moderate (normal) anxiety helps people avoid dangerous situations and respond appropriately to threats
  - iv. Intense (neurotic) anxiety is an overreaction that can shorten the attention span, interfere with concentration, heighten forgetfulness, hinder performance, hinder problem solving, block communication, cause panic, and produce unpleasant physical symptoms
  - v. State (normal) anxiety releases adrenaline and excitement to help meet a threat or danger
  - vi. Trait (neurotic) anxiety is a persistent emotional tension, i.e. worry

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- ii. Psychological-Cognitive – includes developmental, psychological, interpersonal, spiritual
  - A. Background and family
  - B. Stress and significant loss
  - C. Learned helplessness
  - D. Cognitive (negative thinking)
  - E. Anger (*\*I believe unresolved anger is the #1 cause of depression*)
  - F. Unforgiveness – **Matt. 18:34-35**
  - G. Bitterness – **Hebrews 12:15**
  - H. Sin & guilt (sin sick soul)

**A sick soul** by *John Newton*

Physician of my sin-sick soul,  
To thee I bring my case;  
My raging malady control,  
And heal me by thy grace.

Pity the anguish I endure,  
See how I mourn and pine;  
For never can I hope a cure  
From any hand but thine.

I would disclose my whole complaint,  
But where shall I begin?  
No words of mine can fully paint  
That worst distemper, sin.

It lies not in a single part,  
But through my frame is spread;  
A burning fever in my heart,  
A palsy in my head.

It makes me deaf, and dumb, and blind,  
And impotent and lame;  
And overclouds, and fills my mind,  
With folly, fear, and shame.

A thousand evil thoughts intrude  
Tumultuous in my breast;  
Which indispose me for my food,  
And rob me of my rest.

Lord I am sick, regard my cry,  
And set my spirit free;  
Say, canst thou let a sinner die,  
Who longs to live to thee?

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**Part Two – Prominent Issues**

**8. Depression**

- a. We all have mountaintop days, ordinary days, and dark days. Depression occurs when the dark days string together into longer periods of time, i.e. weeks and months
- b. Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. (World Health Organization)
- c. It is a common problem (often called the common cold of mental disorders) that varies in terms of symptoms, severity, origins, and duration
- d. The signs of depression fall into 4 categories:
  - i. Feelings – sadness, guilt, shame, worthlessness, helplessness
  - ii. Thinking issues – negative thoughts, inability to concentrate, memory, pessimism, self-destructive thoughts
  - iii. Behavior dysfunction – apathy, inertia, inability to make decisions
  - iv. Physical health – fatigue, loss of energy, insomnia, loss of appetite
- e. Varieties of causes and expressions include:
  - i. Reactive depression – reaction to loss or trauma
  - ii. Endogenous – arising spontaneously from within
  - iii. Primary depression – occurs by itself
  - iv. Secondary – is associated with other medications, diet, or illness
  - v. Dysthemic disorders – chronic daily depression, low-grade, individual still is capable of functioning
  - vi. SAD – seasonal
  - vii. Bipolar disorder – manic-depressive
  - viii. Postpartum – after the birth of a child
  - ix. Post-surgical
  - x. Major depressive disorders – psychological, physical, demonic
  - xi. Mood disorders – I don't find this umbrella term helpful
- f. Biblical Basis (despair, discouraged, sad, despondent)
  - i. **II Samuel 13:4** (NAS)
  - ii. **I Kings 19:1-4**
  - iii. **Psalms 43:5**
  - iv. **Matthew 26:37-38** (not a sin)
  - v. **II Corinthians 7:6**
- g. Causes ( read 1<sup>st</sup> paragraph pg. 123) – Mental-health professionals take a bio-psycho-social approach to discovery. (*\*I always reverse 1 & 2*)
  - i. Biological-Genetic – Chemical imbalance in the brain as a cause rather than an effect, drugs, alcohol, physical changes, genetic predisposition (can also be spiritual)

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- i. Connecting with the counselee and keeping good rapport
- ii. Exploring the issues
- iii. Helping develop a plan
- iv. Guiding for forward progress
- v. An end game
- f. Know the theories and the techniques, but depend on the Holy Spirit for guidance
- g. Assign homework to keep the process moving forward

**6. The Legal, Ethical, and Moral Issues in Christian Counseling**

- a. Examine your Christian worldview, refine weak points
- b. Legal Issues, pg. 88
- c. Ethical Issues, do exercises on pg. 89
- d. Making Referrals, pgs. 90-91
- e. \*Review CA Guidelines (handouts)

**7. The Multicultural Issues in Christian Counseling**

- a. All counseling is cross-cultural in some sense
- b. Building multicultural competence
  - i. Develop awareness of our own cultural values and biases
  - ii. Explore the cultural background of each counselee
  - iii. Seek to understand the way the counselee sees the world
  - iv. If they are not from the culture they currently live in, where are they in the adaptation process?
  - v. Look for appropriate strategies and techniques
  - vi. Especially endeavor to see how their Christian worldview differs from yours and from the biblical standard, and be sure to hold up the biblical standard

**End of Part One**

*Homework:*

- a. Read the next section, Part Two – Prominent Issues, pages 119-209.
- b. Complete the Take-Home Quiz on a separate sheet of paper to be turned next week.
- c. Ask yourself the questions found on page XV at the beginning of the book and make notes for class discussion.

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- iv. Unique giftedness
- d. What motivates you to want to counsel? Pg. 21-22
- e. Common mistakes, pg. 23
- f. Vulnerabilities, pg. 25-27
  - i. Burnout
  - ii. Need for accountability
- g. Jesus – Our Model; **Isaiah 9:6, Matthew 28:20**

**3. The Church and Counseling**

- a. People will come to you for counseling because Jesus lives in you. The choice is not between counseling or not counseling, but between doing it in a disciplined and skilled way or in a haphazard way. **II Tim. 2:15**
- b. All Christians are care-givers in some capacity
- c. Review of different schools of thought, pgs. 34-38
- d. The church is a caring community, best equipped to help people change in a positive way
- e. The role of psychology in the church

**4. The Community and Counseling**

- a. Counseling between two individuals can be beneficial, but the benefits may be greater when the counselee is part of one or more supportive, caring groups
- b. Community counseling means getting involved with the community to build social support networks, show people how to give and get help, teach social skills, equip others, work to prevent problems, etc.
- c. The counselee's environment can impact behavior and either mitigate or enhance the effect of counseling
- d. Christian Coaching – “A Spirit-guided enterprise that helps people get from where they are to where they sense God wants them to be.”

**5. The Core of Counseling**

- a. Counseling is a skill. It is learned by practice.
- b. The counselee will come with some goal in mind, see list on pgs. 64-66
- c. The counselor and the counselee should work together to set goals
- d. Counselors should learn the necessary skills:
  - i. Paying attention
  - ii. Listening carefully and actively
  - iii. Responding to produce further progress
  - iv. Asking open questions
  - v. Challenging people
  - vi. Teaching how to change
  - vii. Filtering and discerning what is being said
- e. The counseling process includes:

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Christian Counseling – 3<sup>rd</sup> Edition by Gary R. Collins, Ph.D.

**Part One – Introductory Issues**

**1. The Changes In Counseling**

- a. As a counselor your role is to help people deal with the changes that come into their lives and make changes that will improve their lives
- b. Regardless of people's beliefs, self-change is difficult and relapse is common (see False Hope Syndrome, Fig. 1-1, pg. 5)
- c. Prayer is important in the change process, and so is regular commitment to guidance and influence of the Holy Spirit (**Eph. 3:16**)
- d. Often, spiritual changes (lasting changes) come in the context of relationships with other who give practical advice and prayer support
- e. People resist change for various reasons (see examples, pg. 7-8)
- f. Lasting change results from:
  - i. Commitment from the counselee
  - ii. Setting attainable goals
  - iii. Active efforts to prevent relapse
  - iv. Support from other people
- g. Counseling today is complicated by trends that impact people
  - i. Busyness
  - ii. Technology
  - iii. Information overload
  - iv. Greater interest in spirituality
  - v. Postmodern culture

**2. The Counselor and Counseling**

- a. Counseling can be both fulfilling and difficult
- b. Effective counselors must either possess or be able to develop these characteristics:
  - i. Psychological health and stability
  - ii. A genuine interest in people
  - iii. Empathy
  - iv. Personal warmth
  - v. Self-awareness
  - vi. The ability to live with uncertainty
  - vii. Awareness of one's values
  - viii. Integrity, courage, and caring
  - ix. Galatians 5:22-25**
- c. Christian counselors have:
  - i. Unique assumptions
  - ii. Unique goals
  - iii. Unique methods

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6. The writings of the Bible are the inspired Word of God. Counseling is a ministry of the Word.
7. The Bible is useful for the counselor and the counselee.

**The Sufficiency of the Scriptures**

1. The Bible contains all that is necessary for the life of godliness.
2. The Scriptures make the counselor “adequate.”
3. The Scriptures “equip him fully.”
4. The Scriptures equip him “for every good task (work).”
5. Integration – The Relationship of Psychology and Biblical Counseling
  - a. There is no *necessary* relationship between psychology (the study of the human mind and behavior) and Christian counseling. (Christian counseling is not dependent on psychology for success)
  - b. There is a relationship between psychology and Christian counseling that can be fruitful. (psychology is the term for the collected knowledge of the schools and systems of psychology)
6. The Christian counselor must not entertain or use any theories or practices that contradict or attempt to supplant or interfere with the Scriptures.
7. To postulate a necessary connection or dependency on psychology for effective Christian counseling denies the Scripture and Jesus’ adequacy as Wonderful Counselor (**Is. 9:6**, Heb. *pele* means “astonishing, surpassing all”).
8. There is a legitimate relationship between Christian counseling and psychology. The results of the study of the human mind and behavior may provide information that the Christian counselor may find useful to then address from the Scriptures.

**The Human and Divine Roles in Change**

1. The counselee must cooperate with Christ to solve problems.
2. The counselor participates in the process as an agent of the Holy Spirit.
3. Four elements that work together for successful counseling:
  - a. The Holy Spirit
  - b. The counselor
  - c. The counselee
  - d. The Word of God
4. Issues:
  - a. Spiritual Gifts in counseling
  - b. Mixture of human error and divine truth
  - c. The role of God-given authority in counseling
  - d. The mistake of authoritarian counseling

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2. The Christian counselor must understand what it means to change from a scriptural perspective.
3. We are looking to promote *substantial* or *significant* change, not just superficial modifications of behavior.
4. All change, whether positive or negative, is a matter of greater or lesser love toward God.
5. Sanctification, change toward God, is the goal of Christian counseling.
6. The Bible is our guide in this process. **II Tim. 3:14-17**

**The Need for Inner Change**

1. When one cannot get along with him/herself or with other people, counseling is in order.
2. From the Christian viewpoint, positive, fundamental change can only occur when change toward God occurs.
3. People in an improper relationship with God cannot maintain proper relationships with other people. Human relationships are a three-way affair.
4. Seemingly positive changes without God in the process will always fail in the long run.
5. Outward socially acceptable behavior cannot be the goal of Christian counseling. (Authoritarianism, Legalism)
6. External changes that do not result from an internal change of heart toward God are inherently evil and only move a person further away from God.
7. Righteous change vs. self-righteous change. Transformation vs. reformation.

**The Change-Producing Character of the Scriptures**

1. The bedrock of effective Christian counseling is the conviction that the Bible is inerrant and authoritative (complete), therefore sufficient for helping people change.
2. The five scriptural credentials are:
  - a. The Bible provides all that a minister needs to carry on the work of the ministry. **II Peter 1:3**
  - b. The Bible is holy (or sacred).
  - c. The Bible is able (or powerful).
  - d. The Bible is inspired (or breathed out by God).
  - e. The Bible is profitable (or useful).
3. The Bible is unique. It is a book that is particularly associated with God and has the power to change people.
4. Biblical counseling is sacred counseling. God does not promise that He will work through any other process.
5. The Bible is not just a history book. It does things to people today.

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parents” is equivalent to “You are in slavery to food obsessions because a demon of addiction has gained a stronghold” is equivalent to “You suffer from an eating disorder because you have a genetically-wired obsessive-compulsive disorder.” It may be true that your parents were unloving; Satan does prow; and you might have been born with certain tendencies, not others. But none of these is decisive. Biblical wisdom considers every part of our circumstances significant, but it gives final cause to the heart.

**Fourth, how are the goals and activities of counseling conceived?** Is it the cure of souls, the restoration of sinful humanity to the image of Christ by the grace of Christ? Is it comforting the disturbed and disturbing the comfortable? Is it the transformation of our sins and the consolation of our sorrows? Is counseling essentially pastoral? *Defective counseling models always get counseling wrong.* The counselor acts as archeologist who explores your past and your interior to give insight; as mechanic who alters what’s not working satisfactorily in your cognitions or behaviors; as coach who formulates a game plan for successful living and cheers you on; as friend who accepts you just as you are; as parent who meets your psychological need for love; as philosopher who offers a believable interpretation of life without any God; as doctor who prescribes medicine to make you feel better; and so forth. Biblical wisdom considers counseling to be a ministry of the saving power of the grace and truth of Jesus Christ. Valid insights, alterations, encouragements, and so on arise within that relationship.

Four simple questions to build discernment... so much discernment needed! But I think you will find that as you learn to think well within these truths, fine things will happen. You will grow wiser as a biblical counselor worthy of the name: a wise shepherd of sheep and curer of souls. You will also find that you grow more insightful into whatever worldly wisdoms cry out for your ear, your vote, your loyalty, your ministry, the people in your charge or care.

**Introduction from How To Help People Change by Jay E. Adams**

**Romans 15:14**, “*I myself am satisfied about you, my brothers (and sisters), that you yourselves are full of goodness, filled with all knowledge and able to instruct one another.*” ESV – Gr. noutheteo; instruct, admonish, teach, warn, guide, advise, counsel

1. We have all been given the ministry of reconciliation. **II Cor. 5:18**
2. Christians should be interested in helping others change for the better.
3. In addition to a desire to help, knowledge and skills are required.
4. Unless help is biblically-directed, it may do more harm than good.
5. Change is sometimes hard and requires a counselor.

**Introduction**

1. The aim of counseling is to help people change.

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So how do we reasonably answer such a vast question?! How do we develop the *true wisdom* that can offer biblical counseling worthy of the name?

Rather than attempting to catalogue all the players, I think we are best served by developing basic skills in discernment. The following four questions enable you to fairly and accurately test any of the mixed multitude of counseling approaches. If you know how to engage any model discerningly, you will be able to size up the strengths and weaknesses of those particular approaches to counseling that become popular in your church circles.

**First, how is God portrayed?** Is the God revealed in Scripture central to how we are to understand and address the sins and sufferings of the human condition? Is He central in how to understand the good, the potentialities, and the blessings which counseling aims to bring to pass? In particular, what role and significance are given to Jesus Christ? *Defective counseling models never get Christ right.* They either completely ignore, wildly distort, or subtly misrepresent Him with whom we have to do. But the Searcher of all hearts, the one before whom every knee must bow, the only Savior of sinners and Refuge for sufferers insists on getting His due. Biblical wisdom considers all human phenomena with this God in view.

**Second, how is human nature interpreted?** What view of human motivation defines the essential “Why do you do what you do?” In particular, are human beings understood as actively, incessantly God-relational? No counseling model whose genes contain secular DNA ever gets motivation theory straight. Is it clear that every heart (at every moment, in every circumstance) either serves lies and lusts of the flesh or loves the Lord God? Is it clear how every action, reaction, thought, and emotion reveals these God-relational motives? If you don’t get the heart right, you won’t get the goals of counseling right; you can’t understand what a human being ought to become; you can’t rightly define success. *Defective counseling models always get the heart wrong.* They theorize and assert counterfeit interpretations of what makes us tick. For example, unmet needs, conflicting instincts, conditioned drives, genetic wiring, biochemistry, failure of will-power, bad habits, corrigible ignorance... none of these get at what’s really going on. Biblical wisdom considers all human phenomena while keeping in view, “Who are you now loving, trusting, serving, and fearing?”

**Third, how are circumstances weighed?** Is the stage on which we live – what surrounds us, comes at us, influences us – given decisive and deterministic final say? Or is it rightly seen as God-arranged context, not cause? Furthermore, is any one strand of our total circumstance singled out for particular emphasis, as if it offers a unique explanatory key? Past, present, or future? Social experience, physical body, or demonic agent? *Defective counseling models never get the world we live in right.* Most approaches give a deterministic weight to one piece of our overall life situation. For example, “You have an eating disorder because your needs for love and self-esteem were not met by your

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**Course Instructions**

1. Do the assigned reading
2. Complete the take-home quiz each week
3. At the end of each chapter ask yourself the questions found on page XV at the beginning of the book, and make notes for class discussion

**What are the differences between biblical counseling and various other approaches to counseling that are popular in the church?** ~ David Powlison, M.Div., Ph.D

Let's take the second half of our question first. What counseling models are "popular in the church"? It's immediately obvious that churches provide homes to countless approaches to the problems in living – more approaches than grains of sand on the seashore, to re-appropriate a biblical metaphor. *How* will you solve your problems and change what's wrong? Should you explore how you feel about your family upbringing? Do what God commands no matter how you feel? Follow your feelings? Act on faith, not feelings? Get in touch with your feelings? Get your needs met? Should you take Prozac? Take a vacation? Take control of your life and responsibility for your choices? Should you cast out the demon that inserted itself into the operating system of your soul? Insert positive affirmations into the flow of your negative self-talk? Should you claim your new identity in Christ? Take a season of prayer and fasting? Take a stand on the promises? Get an accountability partner? Get into an exercise program and cut your caffeine intake to get those endorphins flowing? Get a life? Just suck it up and quit being so self-centered?

Or come at the question from a different angle. *Who* can help you? Do you need ten sessions with a psychotherapist? A retreat with a spiritual director? A visit to a medical doctor? An encounter with an exorcist? To hire a personal trainer? To join a weekly support group? To sit under solid preaching and have a better quiet time? To find a few good friends?

All this is further complicated because all of the activities and persons just named appear in any number of variations, permutations, and combinations. And, as if all that weren't complicated enough, the counseling field is restless, fluid, volatile. Fads, fashions, and factions come and go. Theories and therapies shift, mutate, combine, innovate, and reinvent themselves. There's always the next best-seller and the newest sure-fire cure that transcends the limitations of all that came before.

Then there's the first half of our question. Just what is "biblical counseling" anyway? When they put on church clothes, most of the answers and persons just described claim to be about the business of biblical or Christian counseling. After all, no one naming the name of Christ would ever claim to be doing "unbiblical counseling"!