

Birmingham Theological Seminary Dothan Extension
5480 West Main Street
Dothan, Alabama 36305
334-794-4080

Fall 2019
BC7501 Introduction to Biblical Counseling
Instructor: Rev. Lynn Miley
Class Hours: 2

Work Phone: 334-794-4080
Cell phone: 334-701-5023
E-mail: ldmiley1@comcast.net

COURSE PURPOSE

The purpose of this course is to lay down the foundation upon which the student will be able to develop his/her Biblical approach to solving the problems of living. For the student earning a Master of Arts in Biblical Counseling, the course will outline the broad parameters of Biblical Counseling which will be particularized throughout the program. For the non-counseling major, this course provides a basic framework upon which a growing understanding of counseling can be built within the context of his or her ministry.

COURSE OBJECTIVES

1. The student will be able to define Biblical Counseling.
2. The student will be able to delineate the pre-suppositional nature of Biblical Counseling.
3. The student will be able to differentiate Biblical Counseling from secular counseling and a Christian integrationist perspective.
4. The student will be able to articulate a Biblical methodology enabling her/him to begin to conduct responsible biblical counseling.
5. The student will put together a system of counseling, complete with forms, intake questionnaire, note taking forms, and filing system.

COURSE TEXTS

Required Texts:

- Adams, Jay E. *Competent To Counsel*. Grand Rapids: Baker Book House. ISBN: 978-0-31051-140-2
- Adams, Jay E. *The Christian Counselor's Manual*. Grand Rapids: Zondervan. ISBN: 978-0-31051-150-2
- Hindson, Ed and Howard Eyrieh. *Totally Sufficient*. Christian Focus Publications. ISBN: 978-1-85792-960-7

Recommended Texts:

- *Instruments in the Redeemer's Hands* by Paul Tripp
- *Homework Assignments for Biblical Counselors Vol. I* (CD by Bill Hines and Howard Eyrich)
- *Homework Manual for Biblical Counseling Vol I* by Wayne Mack
- *Curing the Heart* by Eyrich and Hines
- *The Art of Aging* by Howard Eyrich
- *How To Help People Change* by Jay Adams

COURSE REQUIREMENTS

1. Class attendance: more than two unexcused absences drops the final grade by one letter grade.
2. Complete reading assignments (see schedule pp. 3-5).
3. Interview ten Christian laymen (interview questions are provided on page 6). Write a two page paper summarizing the results.
4. Read a book of your choice (with approval from instructor) and write a two to three page review of the book.
5. Read *Totally Sufficient* and write a two to three page review of the book.
6. Final exam. The student will be given a case study and will outline a plan for counseling this case and explaining why he is following this particular course of action.

COURSE GRADING

1. Weekly reading and study questions - 40% (4% each reading assignment)
2. The three supplemental assignments
 - a. Interview Questions – 10%
 - b. *Totally Sufficient* – 10%
 - c. Book of choice – 10%
3. Final Exam – 30%.

BTS FORMAT AND STYLE STANDARDS

1. All papers must be formatted in accordance with Turabian Chicago standards, including the title page. Any paper not conforming to these standards will automatically be dropped one letter grade.
2. Proper planning and timely completion of assignments is critical.
3. All course materials must be submitted by the last day of class. Thereafter, course materials may be submitted for up to six weeks after the end of the semester directly to the office of the

Registrar with the permission of the professor. If a student submits course materials after the end of the semester but within the six weeks grace period, the student's grade will be lowered by one letter grade. The course materials will not be accepted after the six week grace period and a failing grade will be posted to the student's transcript.

READING ASSIGNMENTS, STUDY QUESTIONS, AND LECTURES

Each reading assignment has study questions that are to be handed in at the beginning of class.

Due for September 3

Nothing is due by the first class period.

Due for September 10

CCM (*Christian Counselor's Manual*) – Chapters 1-7

CTC (*Competent To Counsel*) – Chapters II, IV

1. What is the role of the Holy Spirit in your counseling ministry?
2. Since you are not a professional counselor nor do you have an advanced degree in counseling/psychology, why do you think it is okay for you to engage in a counseling ministry in your church? What qualifies you to be a counselor?
3. As you interview the counselee in the first session and then interact with him in subsequent sessions, what are the three basic nouthetic questions you are constantly asking yourself about this problem situation?
4. How can you give hope to your counselee?
5. What is nouthetic counseling?

Due for September 17

CCM – Chapters 8-11

CTC – I, III, VI

1. What process would you use in disciplining a church member who was guilty of stealing from his employer?
2. How do the presuppositions and methodology used in Biblical counseling differ from those of secular counseling?
3. What is meant by the expression “the sufficiency of Scripture”? What are the implications of the sufficiency of Scripture for counseling?

Due for September 24

CCM – Chapters 12-16

CTC – Chapter V, VII

1. Why is the language (words) that the counselor and counselee use important?
2. Do you agree that “counseling is warfare”? Why or why not?
3. How important are the counselee's “feelings”?
4. What is a biblical response to the current belief that a person must have a good self-image or positive self-esteem in order to be an obedient Christian?

5. Why does Adams think that “support” as used by most counselors is an unbiblical concept?

Due for October 1

CCM – Chapters 17-19

CTC – Chapters VIII

1. What are some biblical motivations for a counselee to change his behavior?
2. How will you deal with the negative, harmful past of the counselee?
3. What does Adams mean when he says change is a “two-factored process”?
4. How could you use the seven elements of dehabituating and rehabilitating to help a person quit smoking marijuana who is smoking to relax?

Due for October 8

CCM – Chapter 20-24

CTC – Chapter IX

1. Describe the kind of counseling ministry you see yourself doing in the next two years.
2. Use your imagination to create a counseling scenario – you have a counselee who is struggling with pornography; describe what a counseling session might look like in which you incorporate the “three basic elements that ordinarily should be a part of every counseling session.” Pg. 235 (CCM)
3. When would you use the intensive method of data gathering and when would you use the extensive method of data gathering?

Due for October 22

CCM – Chapters 25-26

CTC – Chapter X

1. What are the various kinds of data gathering techniques that you can use?
2. Other than questions about general background information, what are some questions you are going to make sure you ask every counselee?
3. What are some guidelines you can follow in determining what kinds of questions to ask?

Due for October 29

CCM – Chapters 27-29

1. What purpose does homework serve?
2. How will you respond to a counselee who did not do his homework?
3. What might be a good homework assignment for a person who is depressed and angry because they have been unemployed for a year?
4. What are some guidelines you can come up with for good homework assignments?

Due for November 5

CCM – Chapters 30-32

1. In counseling a person who is struggling with anger and resentment, what are some things you would NOT do and some things you would do?

2. Why are angry people angry?
3. How would you counsel a person who is struggling with envy and brooding?

Due for November 12

CCM – Chapters 33-34, 36

1. What is going on with people who are depressed?
2. How do you counsel someone who is depressed?
3. What would you do with a counselee who has been diagnosed as schizophrenic?
4. What would you do with a counselee who has been diagnosed as bipolar?
5. How do you counsel someone who is anxious and afraid?

Due for November 19

CCM – Chapter 35

1. How do you counsel someone who is involved with homosexuality?
2. Briefly summarize what you believe is a biblical position for divorce and remarriage.

Due for November 24

Put together treatment plans and organize your “system” for counseling.

Prepare for Final Exam by looking at a case study and formulating a treatment process using the “Process Model.” You will then select a counseling situation and develop a treatment plan using the “Process Model.” This paper should be about 8 pages.

Due for December 3

Hand in Final Exam and describe to class your treatment process.

INTERVIEW QUESTIONS FOR INTRODUCTION TO BIBLICAL COUNSELING

INSTRUCTIONS: Ask ten everyday Christians, not professionals, if they would help you complete an assignment for a seminary course by answering questions about Christian counseling. Simply record their answers as Yes or No. Then compile their answers into a report. What inferences can you draw from this questionnaire?

1. Do you think there is any significant difference between Christian counseling and professional counseling? Yes No
2. Have you read any book about Christian counseling theory? Yes No
3. Does the Bible address such issues as kleptomania, clinical depressions, or anxiety attacks? Yes No
4. Is co-dependency a condition which the Bible recognizes? Yes No
5. The Bible condemns alcoholism. Yes No
6. Since all truth is God's truth, we can learn truth about man's psyche from psychology. Yes No
7. The Bible teaches that man is the product of his environment. Yes No
8. The Bible teaches that we can trust our feelings in relationships. Yes No
9. Psychotherapy and the Christian faith are compatible. Yes No
10. It is true that immaturity accounts for many of man's sinful behaviors. Yes No
11. The assimilation of secular psychologies is a dominant part of contemporary Christian counseling. This is as it should be since it makes the best of the Bible and Science. Yes No
12. Man's basic needs are security and significance. Yes No
13. Inner healing and the healing of memories is a legitimate part of Christian counseling. Yes No
14. Temperaments are part of the Biblical teachings about the nature of man. Yes No
15. We must learn to love ourselves before we can learn to love others. Yes No

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