

**COUNSELING IN THE LOCAL CHURCH 2:
Lay Counseling & Practical Ministry**

Lead Professor: Stephen D. Cloud, DMin.
Instructor: Chesley Peed, DMin.

Wednesdays 6:30-8:30 P.M. ROOM A209
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Briarwood Lay Counselor/Practical Ministry Training students do not register for academic credit or receive an academic grade. BTS Students complete and submit all assignments expected of Lay Counseling students (plus additional assignments noted in syllabus). You will receive an academic grade.

COURSE PURPOSE

The purpose of this course is to introduce the basic practices of Biblical counseling concerning basic counseling situations. The course will satisfy the requirements for the *Fundamentals* of Counseling (continued from first semester) according to the Association of Certified Biblical Counseling (ACBC) and provide practical helps in completing both the Counseling as well as Theological tests necessary for certification with ACBC.

COURSE OBJECTIVES

1. The student will be prepared to take the Counseling and Theological tests for certification with ACBC.
2. The student will better understand the basic tenets of Modern Psychology and be able to differentiate a biblical approach to solving life problems from psychological approaches.
3. The student will learn how to counsel Biblically basic presenting issues such as anger; anxiety; fear; depression; marriage counseling; parenting issues for children, teens, and adult children; self-injury; and “hard cases.”
4. The student will observe (through reading, video, and role playing) real Biblical Counseling taking place.

Course texts:

Counseling Hard Cases by Stuart Scott and Heath Lambert

Spurgeon’s Sorrows: Realistic Hope for those who Suffer Depression by Zack Eswine.

Booklets:

Suicide: Understanding and Intervening by Jeffrey S. Black

Self-Injury: When Pain Feels Good by Edward T. Welch

Anxiety and Panic Attacks: Trusting God When You Are Afraid by Jocelyn Wallace

Anxiety: Anatomy and Cure by Robert W. Kellemen

Sexual Abuse: Beauty for Ashes by Robert Kellemen

Collateral texts:

A Small Book about a Big Problem by Edward Welch

The Dynamic Heart in Daily Life by Jeremy Pierre

Good Mood Bad Mood: Help and Hope for Depression and Bipolar Disorder by Charles Hodges, M.D.

Depression: Looking Up from the Stubborn Darkness by Edward Welch

The Tech-Wise Family by Andy Crouch

12 Ways Your Phone is Changing You by Tony Reinke

Description and Prescription: A Biblical Perspective on Psychiatric Diagnoses & Medications

by Michael Emlet

Additional Requirements for Seminary credit

1. Write a brief review (1-2 pages) on eight (8) of the cases in *Counseling Hard Cases*. Four (4) of the reviews are due mid-term; four (4) additional reviews are due for the final. In your assessment of these cases answer the following:
 - What was the presenting problem? (Why did the person initially come to counseling?)
 - What new issues surfaced during the counseling?
 - What were the primary Biblical passages the counselor used in each case?
 - What would you do with the counselee that was not done in the case study?
2. Write a three (3) page book review on one of the Collateral texts.

Course Schedule

January 8

A quick introduction to Biblical Counseling: What is Biblical Counseling?

Biblical Counseling and Sin; Biblical Counseling and Suffering

Lambert 214-273

Tripp 141-161

The Heart of the Matter is a Matter of the Heart; Speaking the Truth in Love

Tripp 37-94; 199-238

Kellemen 262-277

Biblical Counseling and the Church

Lambert 304-319

January 15

Introductory Session with a Counselee (ACBC Question 1)

Six Biblical Strategies for Developing a Caring Relationship (ACBC Question 2)

Listen and Learn: Data Gathering

Tripp, 161-198; 277-317

MacArthur 131-161; 265-268

How to Grow and Change; The Doctrine of Progressive Sanctification

Lelek 153-164

How do we grow and change: Repentance>Sanctification

Building involvement/giving hope

January 22

The Puritans and the mortification of sin

What is real change? Cognition>Affections>Volition (Pierre)

A Biblical Theology of Emotions (ACBC Question 3)

January 29

Dr. Chesley Peed, Women's and Children's Counselor

February 5

Anger (ACBC Question 4)

Anxiety & Fear (ACBC Question 6)

Depression (ACBC Question 5)

February 12

Depression (continued)

Godly communication

February 19

Dr. Chesley Peed, Women's and Children's Counselor

February 26 (NO CLASS -- Missions Conference)

March 4 (MID-TERM ASSIGNMENTS DUE FOR SEMINARY STUDENTS.)

Marriage counseling

March 11

Parenting

Young children

Teens

Grown children

March 18

Dr. Chesley Peed, Women's and Children's Counselor

March 25

Digital responsibility

Screen time

Pornography

April 1

Self-injury

Gender identity

Same-sex attraction

April 8

Confidentiality and other legal issues (ACBC Question 11)

When to end a counseling relationship? (ACBC Question 7)

April 15

Dr. Chesley Peed, Women's and Children's Counselor

April 22

ACBC Exam Questions & Case Studies

April 29 (FINAL ASSIGNMENTS DUE FOR SEMINARY STUDENTS)

ACBC Exam Questions & Case Studies