

**Birmingham Theological Seminary
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Fall 2020

BC7501 Introduction to Biblical Counseling
Professor: Howard Eyrich, MA, MTh, DMin,
ABD PhD, Graduate Certificate in Gerontology
Professor: Dr. Cheryl Blackmon, MEd, EdD
Class Hours: 2

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Fall Break: November 26-27

Nativity Break: December 9-11

Thanksgiving Break: November 22

Last class: December 07

COURSE PURPOSE

An introduction to the theory and practice of biblical counseling. The biblical theological framework, the multidimensional model, and methods of dealing with common problems are some topics to be developed. Lecture, video, and case studies form the bulk of the classroom material. REQUIRED FOR M.DIV. M.A.B.C., M.A.M., M.A.B.S., C.B.C., C.B.S., C.M.PL. - Two Credit Hours

COURSE OBJECTIVES

1. The student will be able to define Biblical Counseling.
2. The student will be able to delineate the presuppositional 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.

PRECEDENT LITERATURE

A general knowledge of the Bible and Theology

A familiarity with systematic theology is anticipated. It is recommended that the student have a copy of one of the following, Wayne Grudem, *Systematic Theology: An Introduction to Biblical Doctrine*; Louis Berkhof *Systematic Theology* or *Systematic Theology: An Introduction to the Christian Belief* by John Frame.

COURSE TEXTS

Required Texts: [*not required for Certificate Students]

Adams, Jay. *Competent to Counsel: An Introduction to Nouthetic Counseling*, Zondervan (Ministry Resource Library), 302 pages, ISBN-10: 0310511402

This is the book that started the movement known as biblical counseling. This book has recently been published in a new edition by the Nouthetic Institute.

Eyrich, Howard and William Hines. *Curing the Heart*. Scotland: Mentor Books--Focusing Publishing, 2002. 216 pages. ISBN-10: 1857927222

This text presents the fundamentals of the biblical system and process of counseling.

Eyrich, Howard. *The Art of Aging: Preparing and Caring*, Growth Advantage Communications. 187 pages ISBN-10: 172398616X

This book addresses issues that every Biblical Counselor will face today. Since we do not have a specific course on Gerontology in the curriculum, this book brings a necessary awareness and access to resources.

Lelek, Jeremy. *Biblical Counseling Basics: Roots, Beliefs and Future*. Philadelphia: New Growth Publishers, 2018. 228 pages. ISBN: 978-1-945270-85-7.

This text ties together BC from birth to future. Chapters will be assigned in class from week to week to coordinate with lectures.

*Powlison, David. *Seeing with New Eyes*. Philadelphia: New Growth Publishers, 2010. 223 pages. ISBN-10: 087552608X

This text highlights the lens shift for the believer from a cultural view of counseling to a Christian (Biblical) view of counseling.

All books contribute to fulfilling all the course objectives.

Collateral Texts and recommended reading: (You will need to acquire one of these texts to complete assignment three. You should consider adding these texts to your library.)

Eyrich, Howard and William Hines. *CD Homework Assignments for Biblical Counselors Vol. I*

McArthur, John, et al. 1994. *Introduction to Biblical Counseling*. Nashville: W Publishing. ISBN: 0849910935

This was the first work that compliments Eyrich and Hines as second-generation writers presenting an introduction to the field of biblical counseling.

Adams, Jay E. *The Christian Counselor's Manual*. Phillipsburg, NJ: P and R Publishing, 1973. Reprint, Grand Rapids: Zondervan, 1986. ISBN: 031051150X.

This volume is an extensive practical application of nouthetic counseling. It is intended to be a ready reference for the practitioner.

Lambert, Heath. 2012. *The Biblical Counseling Movement after Adams*. Wheaton, IL: Crossway. ISBN-10: 1433528134

This book is written from the perspective of a young third generation biblical counseling professor. He provides perspective but also illustrates some of the weaknesses of writing about history over against recording history.

Bob Kellemen, Steve Viars (eds.). *Christ Centered Biblical Counseling: Changing Lives with God's Changeless Truth*. Harvest House Publishers, 2013. 480 pages. ISBN-13: 978-0736951456.

This text highlights the biblical counseling approach by multiple authors and multiple subjects. Scan read this book and pick the three chapters that most interest you to read carefully and fulfill the writing project below.

BTS FORMAT AND STYLE STANDARDS

BTS uses the Turabian style of formatting as a standard for papers. However, students should regard individual professor preferences if they communicate any variance in outlining their requirements for papers, as in this class (see below). Professors retain discretion in determining how “formal” a paper must be. In this technological age, information is readily available; make sure that you understand about giving reference sources the proper recognition.

COURSE REQUIREMENTS

1. Class attendance and participation: in the absence of professor permission, more than two unexcused absences will lower final grade one letter grade.
2. Completion of reading and writing assignments on time.
3. Every paper you submit **MUST have a Turabian style coversheet** that identifies the component you are fulfilling.
4. Certificate students, complete components with **.

COURSE REQUIREMENTS

****COMPONENT 1 PARTICIPATION REQUIREMENT 20%**

Textbook Reading is Due within Timeframe
[Pop quizzes may be given at any time and will be counted as part of participation grade]

Fulfills objective # 1

COMPONENT 2 CHOOSE ONE OF THE FOLLOWING TWO MODULES 20%

Title page should read Component 2—Module ONE or TWO

Fulfills objective # 2 and 4

Due November 23

MODUEL 1: CASE STUDY, #1: ANTHONY

Review the relevant chapters in *Curing the Heart* and in *Biblical Counseling Basics* and *Seeing with New Eyes*. Then write up a report on how you would counsel “Anthony” (see Case Study 1 after the bibliography). In your report include the following items:

- (1) How you will build involvement (develop trust) with him?
- (2) How you will answer his questions about a “biblical counseling approach”
- (3) What further data (about his problems) you need from him—and the actual questions you would use to get the data
- (4) How you would conceptualize his problem in biblical categories—and the way in which you would help him understand your thinking (including discussion of relevant passages of Scripture)
- (5) How you would confront any sin in his life?
- (6) How you would encourage a commitment to biblical change?
- (7) Indicate three homework assignments you might use with him over the course of counseling—and why you think they could be valuable¹

Your report should be 4-6 pages (600-800 words). Certificate students choose four of the seven questions and write 3 to four pages for your submission.

¹ Models of homework are presented throughout the course lectures and readings.

MODULE 2

CASE STUDY #2: GERONTOLOGY APPLICATION

[You should complete reading *Art of Aging* before completing this module]

Review the relevant chapters in textbooks and especially *The Art of Aging*; then write a report on how you would counsel the “Sheerers” (see Case Study 2). In your report include the following items:

- (1) What further data (about their problems) do you need from them—and the actual questions you would use to gather the data?
- (2) How you would guide Mary Ann in improving communication with Jonathan from a biblical perspective (especially regarding her mother’s care)?
- (3) How you might guide Mary Ann in making decisions about her mother’s care from a biblical perspective?
- (4) How you would confront any sin in their lives?
- (5) How you would encourage a commitment to biblical change, assuming both were willing to come for counseling?
- (6) What are three homework assignments you might use with them over the course of counseling—and why you think they could be valuable² (Note: the assignments should not only be “academically oriented”—i.e., Bible studies or reading other books.)

Your report should be 4-6 pages (600-800 words). For some answers, bullet points are sufficient.

Certificate students: Answer three of the six questions above and write a 3 to 4 page response.

COMPONENT THREE: 20% Due October 19

Write a critical book review on a book of your choice from the collateral reading list above. This should be no more than two pages maximum. You should write this, put it aside for a week and then review and edit. It requires an economy of words, precise and concise. This exercise is as much about writing as it is about content.

Fulfills objective # 2

****COMPONENT FOUR: 20% Due November 30**

Write a two-page personal response paper to *Competent to Counsel*—how did it impact you?

Fulfills objective #2

****COMPONENT FIVE: Final Exam 20%**

COURSE OUTLINE

Course outline will be distributed in class.

COURSE READING SCHEDULE

Competent to Counsel—Recommend you scan read first two weeks to familiarize yourself with the book and then read in depth by end of semester as it will be important to taking the final.

Curing the Heart—complete by end of week three

Seeing with New Eyes— complete by end of week six

Biblical Counseling Basics: Roots, Beliefs, and Future—complete by end of week nine

The Art of Aging—read at your leisure, but must be completed before the last day of class.

Final will be a take home exam and will be distributed on DECEMBER 30. There will be no class on December 07 since you will fulfill that class time during the week completing the exam. Submit your exam in HARD COPY to the seminary office by the end of office hours on the last day of the semester or postmarked by the last day of class—December 11. (Depending upon C-19 circumstances changing, the manner in which the exam is handled may change.)

GRADING

Each of the five assignments is worth 20% of the grade.

BONUS POINTS:

You may earn three bonus points to final grade by reading a collateral text. Turn in title page and a one-page essay on the most important thing you learned from text and why it was the most important. Write precisely and concisely. Your introductory sentence and your concluding sentence should be carefully crafted. To earn all three points, you must turn in a superior paper. This paper is due on or before the last day of class.

GRADING CRITERIA AND ASSESSMENT RUBRIC

A to A-	B to B-	C to C-	D to D-
Correct spelling and grammar/punctuation	Minor errors in spelling or grammar/punctuation	Many errors in spelling or grammar/punctuation	Difficult to read due to English writing errors
Smooth writing that provides for effective and efficient reading	Writing is acceptable, but not as organized and coherent	Writing is not smooth, sometimes confusing and inconsistent	Writing lacks clarity, focus, structure, and is incoherent
Person and format are proper for assignment	Person and format are inconsistent	Person and format are not appropriate	Person and format are totally inappropriate
Scripture, paraphrases, quotes, and summaries are appropriately used, cited, and clearly supports main argument	Scripture, paraphrases, quotes, and summaries are appropriate but need more depth and use of critical thinking	Scripture, paraphrases, quotes, and summaries are inadequate for main argument and do not reflect understanding	Scripture, paraphrases, quotes, and summaries are improperly used, over used, under used, or cited in error
Paper completely conforms to Turabian's <i>Manual for Writers</i>	Paper generally conforms to Turabian's <i>Manual for Writers</i>	Paper somewhat conforms to Turabian's <i>Manual for Writers</i>	Paper does not conform to Turabian's <i>Manual for Writers</i>

CASE STUDIES

CASE STUDY 1: Anthony

When Anthony arrives for his first conversation with you, he has some questions: “What, exactly, is biblical counseling? I’ve been to see several counselors over the years; what makes this type different? What makes you think it will help me? I’ve struggled with these problems for years. Sometimes I wonder, if I am a Christian since I have all these problems that normal people don’t have yet alone Christians.

Anthony³ is a single 36-year-old Christian. He is a computer engineer who has worked at the same location since graduating from college. He lives in an apartment about fifty miles from where he grew up. He is close to his family and sees his parents, aunts, uncles, and cousins often on weekends and holidays. He makes enough money to be “comfortable,” but he would never describe his life using this word!

Anthony struggles with loneliness, anxiety, anger, and lust. He decides to seek counseling since both his psychiatrist and pastor have recommended it. His psychiatrist offered him a list of licensed clinical social workers and psychologists to work with. His pastor recommended that he see a counselor who will explicitly endorse a biblical perspective on counseling, and he offers you as a person to talk to about his problems. Reluctantly, Anthony agrees to talk to you.

Anthony is no stranger to psychotherapy, having seen therapists for numerous years when he was younger--his mother first took him to a psychotherapist when he was 8 years old. He has been on anxiety and antidepressant medications off and on since his 9th birthday. (His sporadic use of the medications has been due to his frustration with their side-effects or his lack of discipline about taking them.) Currently Anthony is on an anxiety medication, because his psychiatrist says he has “Generalized Anxiety Disorder.” This diagnosis is the result of the symptoms he exhibits:

(1) “Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities.”⁴ [In Anthony’s case his worry is most intense when a family member gets ill (with more than a cold), when he has to report to his supervisor at work, and when he tries to talk to women in whom he is interested.]

(2) “The person finds it difficult to control the worry.” [Indeed, Anthony cannot remember a time when he did not struggle with worry in his life.]

³ Anthony is a fabricated character, but his experiences are true to life.

⁴ American Psychiatric Association. *Desk Reference to the Diagnostic Criteria from DSM-IV-TR* (Arlington, VA: American Psychiatric Publishing, 2000), 222. The *DSM-IV-TR* is the *Diagnostic & Statistical Manual of Mental Disorders*, 4th ed, Text Revision. It is the standard guide used by American psychiatrists and psychologists to arrive at diagnoses.

(3) “The anxiety and worry are associated with three (or more) of the following symptoms (with at least some symptoms present for more days than not for the past 6 months).⁵

(a) “restlessness or feeling keyed up or on edge [In Anthony’s case, yes]

(b) “being easily fatigued [In Anthony’s case, usually when he is approaching a scheduled meeting with his supervisor, such as an annual performance review, or when he knows a family member is ill.]

(c) “difficult concentrating or mind going blank [In Anthony’s case, in the situations mentioned above.]

(d) “irritability [Primarily when Anthony is preparing a report or when family members ask if he is “seeing anyone” or they ask about some past date.]

(e) “muscle tension

(f) “sleep disturbance”

(4) “The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.”⁶

(5) “The disturbance is not due to the direct physiological effects of a substance . . . or a general medical condition.”⁷

Because of the anxiety that he experiences around pretty women, he is very lonely. He spends his free time after work in his apartment watching TV or reading (novels or software manuals) or in the apartment complex’s gym working out. Occasionally he views Internet porn (probably about twice a month he succumbs to the temptation). Anthony tries to take care of himself: he eats properly and exercises often (though not “regularly”).

Anthony’s parents are quite mystified about why he can’t find the “right girl.” He is in fact quite handsome, though they do not seem to appreciate the extent to which his anxiety limits his conversations with others (since he does not have the struggle when talking to them). They know of women interested in him, but he never seems to “connect” with them. When they inquire about his dates or why he is not seeing anyone regularly, Anthony is prone to blow up. Though he has never told his parents this, he does have a fear regarding marriage: He fears that if he had to protect his wife, he’s not confident he could do so.

At work Anthony is very competent in his responsibilities. He does not talk much with co-workers, both because of “freezing up” when asked certain kinds of questions and because he gets irritated at others’ questions about issues he thinks they should already understand. Anthony has no close friends.

⁵ *Desk Reference*, 222-223.

⁶ *Desk Reference*, 223.

⁷ *Desk Reference*, 223.

At church Anthony tends to arrive for Sunday services just before the worship services start (there are two at the American Baptist Church he attends). He operates the sound equipment, again, very capably. But when the senior pastor suggested training others to do the job as well as he does, he quietly resists. He knows he struggles to answer certain types of questions, and he knows he gets impatient with people after he thinks they should “get it.” So far, the pastor has not insisted that such training occur (in part because Anthony rarely misses a service), but Anthony is concerned that a “show-down” is imminent.

CASE STUDY 2: The Sheerer Family

Mary Ann and Jonathan Sheerer⁸ are nearing retirement. Mary Ann (63 years old) is a jewelry store owner, and Jonathan (64 years old) is a telephone company executive. They have been saving for their retirement seriously for about 15 years. This was also about the time each of them became a Christian. Before that time, they lived the “good life” (as they used to call it) and did not think much about the future. But now they love to sit and talk about what they will hopefully be doing when they can quit their jobs.

Recently, however, there have been challenges that have arisen, and they are not sure how to respond in a way that honors the Lord. First, Mary Ann’s mother, Marilyn Samson (89 years old), is probably not going to be able to live on her own much longer. Mrs. Samson has had several minor strokes over the past 10 years that have diminished her memory (primarily short-term memory) and her ability to walk confidently. She now uses a cane or walker. She also must use medications to manage her hypertension and diabetes. Mary Ann and her two sisters are sure that Mrs. Samson is irregular in taking her medications and that she does not eat regularly on her own. Mrs. Samson, however, is reluctant to answer questions about these matters when asked; she is stubborn and does not like to think she cannot care for herself. Fortunately, her three daughters live within a reasonable driving distance from her and can “drop in for visits” periodically throughout the week. Mary Ann and her sisters have discussed how they might convince their mother to consider another living arrangement. Among themselves they have discussed nursing home options or having Mrs. Samson move in with one of them. Though all three women are *willing* to have Mrs. Samson move in, practically speaking, it makes the most sense for Mrs. Samson to move in with the Sheerers. This is where the second challenge occurred.

Jonathan and Mrs. Samson have never been very close. She never considered him to be “good enough” for Mary Ann, and even though she softened over the years of the Sheerer’s married life, she has never fully shown acceptance of Jonathan. Conversations between them are short and strained. It does not take much provocation for either one to walk away from one another in silence—something that happens frequently at family gatherings, Thanksgiving and Christmas. Although Mary Ann and Jonathan get along well together—and neither one is prone to explosive anger—if there is going to be an argument it likely will be about Mrs. Samson.

⁸ The Sheerers are a fabricated composite of real people in real cases.

Mary Ann is torn emotionally over the situation. She loves her mother and Jonathan very much. She also understands Jonathan's frustrations with Mrs. Samson, but she always wants to be the "peacemaker." Mrs. Samson makes this difficult, because unlike her daughter, she is not shy about verbalizing her point of view without considering the potential impact of her words. Mary Ann knows her mother can be a challenge for Jonathan, but she says, "This is the way it is, Jonathan. Mother is not going to change. You should be the mature one and make some adjustments." Jonathan verbally assents to Mary Ann on this point, but he has not changed much about his attitude or mannerisms around Mrs. Samson. Mary Ann is getting increasingly frustrated and anxious about how her mother's need for new living arrangements will be resolved.

The Sheerer have experienced an increase in verbal fights in the past three months, and Jonathan even left the house for about five hours after one particularly loud fight a week ago. Mary Ann was asleep on the sofa when he returned home that night, and he just went to bed without waking her. Though Mary Ann said she thought they needed to talk about that incident—and Jonathan said OK—they never did discuss it.

It was this last, unresolved fight, that prompted Mary Ann to seek biblical counseling. She wants help with improving her relationship with Jonathan (so they can communicate more effectively under stress), and she wants guidance on how to make good decisions regarding her mother's increasing need of care. Jonathan knows that Mary Ann made the appointment for counseling, but it happened to be on a night that he had a committee meeting at church. He seemed ambivalent about going to counseling, but Mary Ann is of the opinion that he would come if he knew how important it is to her.

PERSONAL STUDY QUESTIONS

Preparation for Final Exam

Note: Consult this sheet frequently as you read and listen in class. Being able to answer these questions will insure a positive outcome on the final exam and will embed the essence of this course in your mind. Your answers to these questions should reflect your understanding of the course texts and the lectures.

1. What is meant by the expression the “sufficiency of Scripture”? What are the implications of the sufficiency of Scripture for counseling?
2. In what ways is the Bible suited to be a counseling tool, that is, provide a counseling framework?
3. What is meant in the Bible by the term “heart”? Of what relevance is this concept for counseling?
4. Why is it necessary for Christian counselors to think of themselves as “theologians”?
5. How can biblical counselors “build involvement” with counselees?
6. Of what value is “isolating the problem” at the four levels identified by Eyrich?
7. How does the concept of “habituation” figure into biblical counseling?
8. What steps are discernible in the dehabituation/rehabituation process?
9. Why is “reframing the problem” so often necessary when counseling Christians?
10. Why is “confrontation” so often necessary when counseling Christians? How should it be done?
11. What are three possible reasons for a counselee to struggle with commitment to biblical change? How can each obstacle be addressed in counseling?
12. What are the advantages to using homework in counseling for the *counselee*? What are the advantages for the *counselor*?
13. What are 4 guidelines for constructing helpful homework assignments?
14. What qualifies a person to be a counselor?
15. On what basis can Christians be encouraged that *real* change is possible for them?
16. How might you offer hope to a distressed counselee?

17. How does biblical counseling differ from:
 - Freudianism in its presuppositions?
 - From behaviorism?
 - From Rogerianism?

18. What is the “intensive approach” to data gathering? What is the “extensive approach”? In what ways is each approach valuable?

19. What does Adams mean by Total Restructuring; by Radical Amputation?

20. What are important guidelines for overcoming the following problems?
 - a. Anger
 - b. Depression
 - c. Homosexuality
 - d. Debilitating fear

21. Is retirement a biblical concept? Why or why not?

22. Reproduce the wheel diagram presented by your professor and be prepared to discuss the meaning of the diagram. Then list each component and briefly describe what it means in the biblical counseling process.

COUNSELING TOPICS BIBLIOGRAPHY

This bibliography suggests books on various counseling topics. Those recommended for beginning biblical counselors are noted with an asterisk (*). Some of these works will be listed without annotation.

ADDICTIONS

Berg, Jim. Freedom That Lasts® Level 1 Student Manual. Greenville, SC: BJU Press, 2011 (169 pages).

*Shaw, Mark. The Heart of Addiction: A Biblical Perspective. Bemidji, Minnesota: Focus Publishing, Inc., 2008 (256 pages).

Welch, Edward T. Addictions: A Banquet in the Grave. Phillipsburg, NJ: Puritan and Reformed Publishing, 2001 (298 pages).

ANGER

*Priolo, Lou. The Heart of Anger: Practical Help for the Prevention and Cure of Anger in Children. Calvary Press, 1998 (201 pages).

ANXIETY ISSUES

Berg, James A. Quieting a Noisy Soul. Greenville, SC: BJU Press, 2005.

Go to the www.QuietingANoisySoul.com website, click on the “QuickStart” tab, then on the “Panic Attacks and Anxiety Issues” or the “Obsessive Thoughts and Compulsive Behavior” links to view video clips about using QANS when dealing with these issues.

*Fitzpatrick, Elyse. Overcoming Fear, Worry, and Anxiety. Eugene, OR: Harvest House Publishers, 2001 (224 pages).

DEPRESSION

Berg, James A. Quieting a Noisy Soul. Greenville, SC: BJU Press, 2005.

Go to the www.QuietingANoisySoul.com website, click on the “QuickStart” tab, then on the “Depression and Despair” link to view a video clip about using QANS when dealing with depression.

*Mack, Wayne. Out of the Blues. Bemidji, Minnesota: Focus Publishing, Inc., 2006 (144 pages).

Welch, Edward T. Depression: A Stubborn Darkness. Winston-Salem: Punch Press, 2004 (280 pages).

EATING DISORDERS

Berg, James A. www.QuietingANoisySoul.com website.

Click on the “QuickStart” tab then on “Anorexia and Bulimia” link for two hours of audio lecture and downloadable syllabus outlining the counseling issues and biblical strategies for counseling eating disorders.

Elyse Fitzpatrick. *Love to Eat—Hate to Eat: Breaking the Bondage of Destructive Eating Habits*. Eugene, OR: Harvest House, 1999 (264 pages).

*Notcheva, Marie. *Redeemed from the Pit: Biblical Repentance and Restoration from the Bondage of Eating Disorders*. Calvary Press Publishing, 2011 (318 pages).

ENTERTAINMENT CHOICES

Medved, Michael, *Hollywood vs. America: Popular Culture and the War on Traditional Values*. New York: HarperCollins Publishers, 1992 (386 pages).

Myers, Kenneth A. *All God’s Children and Blue Suede Shoes: Christians and Popular Culture*. Wheaton: Crossway Books, 1989 (213 pages).

Postman, Neil. *Amusing Ourselves to Death: Public Discourse in the Age of Show Business*. New York: Penguin Books, 1985 (184 pages).

*Wilson, Wayne A. *Worldly Amusements: Restoring the Lordship of Christ to Our Entertainment Choices*. Enumclaw, Washington: Wine Press Publishing, 1999 (299 pages).

FORGIVENESS

Adams, Jay E. *From Forgiven to Forgiving: Discover the Path to Biblical Forgiveness*. Calvary Press, 1997, originally published by Victor Books, 1987, 168 pages.

*DeMoss, Nancy Leigh. *Choosing Forgiveness*. Moody Publishers, 2008, 256 pages

*Vaughn, Harold and T.P. Johnston. *Forgiveness: How to Get Along With Everybody All the Time*. Vinton, VA: Christ Life Publishers, 1992, 2008 (126 pages).

HISTORY OF THE BIBLICAL COUNSELING MOVEMENT

Lambert, Heath. *The Biblical Counseling Movement After Adams*. Wheaton: Crossway, 2012 (170 pages).

Powlison, David. *The Biblical Counseling Movement: History and Context*. Greensboro, NC: New Growth Press, 2010 (331 pages).

HOMEWORK ASSIGNMENTS

Adams, Jay. E. *Christian Counselor's Manual*. Grand Rapids: Zondervan, 1986, originally 1973 (476 pages).

Chapter 27 (Helping Through Homework), chapter 28 (An Analysis of Homework), and chapter 29 (Ways of Using Homework) provide many illustrations of good homework projects to use in counseling.

Kruis, John G. *Quick Scripture Reference for Counseling*, 3rd Edition. Grand Rapids: Baker Book House, 2001 (145 pages).

Mack, Wayne. *A Homework Manual for Biblical Living-Volume 1: Personal and Interpersonal Problems*. Phillipsburg, NJ: P&R Publishing, 1979 (202 pages).

_____. *A Homework Manual for Biblical Living-Volume 2: Family and Marital Problems*. Phillipsburg, NJ: P&R Publishing, 1980.

HOMOSEXUALITY

*Butterfield, Rosaria Champagne. *The Secret Thoughts of an Unlikely Convert: An English Professor's Journey into Christian Faith*. Pittsburg: Crown & Covenant Publications, 2012 (154 pages).

Dallas, Joe. *The Gay Gospel: How Pro-Gay Advocates Misread the Bible (formerly, A Strong Delusion: Confronting the "Gay Christian" Movement, 1997)*. Eugene, Oregon, Harvest House Publishers, 2007).

*Dallas, Joe. *Desires in Conflict: Hope for Men Who Struggle with Sexual Identity*. Eugene, Oregon: Harvest House Publishers, 1991, 2003 (253 pages).

Dallas, Joe. *When Homosexuality Hits Home: What to Do When a Loved One Says They're Gay*. Eugene, Oregon: Harvest House Publishers, 2004 (191 pages).

*Hubbard, Peter. *Love Into Light: The Gospel, the Homosexual, and the Church*. Greenville, SC: Ambassador International, 2013 (175 pages).

KNOWING GOD

*DeHann, Dan. *The God You Can Know*. Chicago: Moody, 1982 (133 pages).

Packer, J. I. *Knowing God*. Downers Grove, Illinois: InterVarsity Press, 1973 (256 pages).

*Tozer, A. W. *The Attributes of God: A Journey into the Father's Heart*. Camp Hill, PA: Christian Publications, 1997.

MANHOOD

Chanski, Mark. *Manly Dominion: In a Passive-Purple Four-Ball World*. Merrick, NY: Calvary Press Publishing, 2005 (247 pages).

Farrar, Steve. *King Me: What Every Son Wants and Needs From His Father*. Chicago: Moody Press, 2005 (265 pages).

Lewis, Robert. *Raising a Modern-Day Knight: A Father's Role in Guiding His Son to Authentic Manhood*. Carol Stream, Illinois: Tyndale House Publishers, Inc., 1997, 2007 (195 pages).

MacDonald, Gordan. *The Effective Father*. Wheaton: Tyndale House Publishers, Inc., 1977—now out of print (256 pages).

*Phillips, Richard D. *The Masculine Mandate*. Orlando: Reformation Trust, 2010.

Piper, John and Wayne Grudem, *Recovering Biblical Manhood and Womanhood: A Response to Evangelical Feminism*. Wheaton: Crossway Books, 1991 (566 pages).

PSYCHIATRIC MEDICATION AND MEDICAL ISSUES

*Breggin, Peter R., M.D. and David Cohen, Ph.D. *Your Drug May Be Your Problem: How and Why to Stop Taking Psychiatric Medications*. Cambridge, MA: Perseus Publishing (271 pages.)

_____. *Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients, and Their Families*. New York: Springer Publishing Company (310 pages).

*Fitzpatrick, Elyse and Laura Hendrickson, M.D. *Will Medicine Stop the Pain?: Finding God's Healing for Depression, Anxiety, and Other Troubling Emotions*. Chicago: Moody Press, 2006 (234 pages).

Smith, Robert D., M.D. *The Christian Counselor's Medical Desk Reference*. Stanley, NC: Timeless Texts, 2000 (481 pages).

DOCUMENTARY VIDEOS AND DISCUSSIONS ON THE DANGERS OF
PSYCHIATRIC DRUGS

Simple Truths About Psychiatry. Free video series by Dr. Peter Breggin available on his website, www.Breggin.com or by searching for the series title (above) on YouTube. Titles include, “Do You Have a Biochemical Imbalance?” “How Do Psychiatric Drugs Really Work?” and “What is Medication Spell-binding?”

Generation Rx. Kevin Miller. This 81-minute documentary is another eye-opening, independent expose’ of the dangers of psychotropic medicines. Extended trailers are documents available on their website. The facts presented are well-documented elsewhere.

You will also profit from “The Marketing of Madness,” “Dead Wrong: How Psychiatric Drugs Can Kill Your Child,” and “Prescription for Violence.” All of these documentaries can be viewed free online from their website available on YouTube. The DVD may be ordered from Amazon and may be viewed free on Netflix.

Making a Killing: The Untold Story of Psychotropic Drugging. Citizens Commission on Human Rights.

May be viewed free at www.cchr.org/videos/making-a-killing.html. “Contains over 175 interviews with lawyers, mental health experts, the families of victims and the survivors themselves.”

Please note: The CCHR is sponsored by the Church of Scientology because the findings in these documentaries fit with Scientology’s theology. However, this association with Scientology does not diminish in any way the accuracy of the facts presented in the

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