

SYLLABUS

Winter 2020

Foundations of Biblical Counseling

Instructor: Rev. Henry Beaulieu

_____ Sessions – Total of 32 hours of instruction

Class Time: _____

Work Phone: (912) 489-8186

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PURPOSE

This course is designed to help pastors, elders, deacons, and other lay Christians become more biblically faithful and effective in their counseling. This course will introduce the student to the fundamental principles of biblical (nouthetic) counseling, explain why biblical counseling is needed and how it differs from the prominent secular and religious counseling models, and demonstrate the methodology involved in biblical counseling and explain the role of the Holy Spirit in counseling. The goal is to equip the counselor to better “*present every man mature in Christ.*” (Romans 15:14, Col. 1:28)

OBJECTIVE

1. To enable the student to accurately define biblical (nouthetic) counseling, to understand the goal of biblical counseling, and to see the need for biblical counseling
2. To enable the student to distinguish between biblical counseling and other types of counseling; especially, to help the student understand that biblical counseling addresses issues of the heart (not merely behavior) and why the work of the Holy Spirit is absolutely necessary for progressive and positive change
3. To give the student a clear understanding of the presuppositions of biblical counseling as it relates to the counseling process
4. To equip the student to use the Scriptures carefully and insightfully in teaching, rebuking, correcting and instructing others in righteousness (II Timothy 3:16-17); to equip the student to help his counselee pursue progressive sanctification
5. To demonstrate the methodology involved in effective counseling
6. To develop a biblical framework for counseling

REQUIREMENTS (The Association of Certified Biblical Counselors, ACBC, only requires 1000 pages of reading from its approved reading list in addition to the academic classes presented in this course; this course’s reading requirements meet the ACBC requirements. The exams and term paper are requirements of TPC counseling courses):

- A. TERM PAPER.....20%
1. Choose a problem about which you currently counsel others or want to be able to counsel others. Research what the Bible says about solving the problem. Using information from private study and class, design a biblically derived program for correcting the problem. Explain how you plan to implement the program in your life.

2. Follow these guidelines:
- a. 8-10 pages
 - b. At least 8 references and 8 footnotes
 - c. Introduction (1/2 - 1 page) should describe the problem
 - d. Main body should relate research and program/plan for change
 - e. Summary (1/2 - 1 page) should describe success of program and steps needed to prevent further occurrence of problem
 - f. Appendix (optional) may include program schedule, personal diary, Scripture reference listing, helpful homework, etc.
 - g. All research papers must be formatted in accordance with MLA writing standards including the title page. Times New Roman, #12 font is required on all papers. Any paper not conforming to these standards will automatically be dropped one letter grade.

B. NOTEBOOK.....10%

Include:

- 1. Table of Contents
- 2. Class notes and handouts that demonstrate your annotations as well

C. Assigned Reading – All 4 Textbooks are required reading for certification:

D. *Competent to Counsel* by Jay E. Adams.....5%
The Christian Counselor’s Manual by Jay E. Adams.....5%
How to Help People Change by Jay E. Adams5%
Seeing With New Eyes by David Powlison5%

E. EXAMS

Mid-term Exam (take home, open notes)25%
 Final Exam (comprehensive take home, open notes) due _____.....25%
100 %

TEXTBOOKS

- Competent to Counsel* – Jay E. Adams
- The Christian Counselor’s Manual* - Jay E. Adams
- How to Help People Change* - Jay E. Adams
- Seeing With New Eyes* – David Powlison

Collateral Text (Optional):

- Instruments in the Redeemer’s Hands* – Dr. Paul Tripp
- How Does Sanctification Work* – David Powlison
- From Forgiven to Forgiving* – Jay E. Adams

Bibliography

- Adams, Jay E. *A Call for Discernment*. 1998.
- Adams, Jay E. *Competent to Counsel*. Grand Rapids, Michigan: Zondervan, 1970
- Adams, Jay E. *Critical Stages of Biblical Counseling*. Stanley, North Carolina: Timeless Texts, 2002
- Adams, Jay E. *From Forgiven to Forgiving*. Amityville, New York: Calvary Press, 2005.
- Adams, Jay E. *How to Help People Change*. Grand Rapids, Michigan: Zondervan, 1986.
- Adams, Jay E. *Insights & Creativity*. Woodruff, South Carolina: Timeless Text, 1982.
- Adam, Jay E. *The Christian Counselor's Casebook*. Grand Rapids, Michigan: Zondervan, 1974.
- Adams, Jay E. *The Christian Counselor's Manual*. Grand Rapids, Michigan: Zondervan, 1973.
- Adams, Jay E. *The Practical Encyclopedia of Christian Counseling*. Stanley, North Carolina, 2003
- Adams, Jay E. *What to Do on Thursday: A Layman's Guide to the Practical Use of the Scriptures*. Woodruff, South Carolina: Timeless Texts, 1982.
- Asher, Marshall & Mary (Mack, Wayne). *The Christian's Guide to Psychological Terms*.
- Berger, Daniel R. *Rethinking Depression*. Taylors, SC. Alethia International Publications, 2019.
- Berger, Daniel R. *The Chemical Imbalance Delusion*. Taylors, SC. Alethia International Publications, 2019.
- Buckley, Ed. *Why Christians Can't Trust Psychology*. Eugene, Oregon: Harvest House Publishers, 1993
- Fitzpatrick, Elyse. *Idols of the Heart: Learning to Long for God Alone*. Phillipsburg, New Jersey: P & R Publishing, 2001.
- Ganz, Richard L. *Psycho-Babble: The Failure of Modern Psychology and the Biblical Alternative*. Wheaton, Illinois: Crossway Books, 1993.

Ganz, Richard L. *The Secret of Self Control: What God Wants You to Know about Taking Charge of Your Life*. Wheaton, Illinois: Crossway Books, 1998

Kruis, John G. *Quick Scripture References for Counseling (3rd edition)*. Grand Rapids, Michigan: Baker Academic, 1988.

Owen, Jim. *Christian Psychology's War on God's Word: The Victimization of the Believer*. Stanley, North Carolina: Timeless Texts, 1973.

MacArthur, John F. *Our Sufficiency in Christ*. Wheaton, Illinois: Crossway Books, 1991.

MacArthur, John F & The Master's College Staff. *Counseling: How to Counsel Biblically*. Nashville, Tennessee: Thomas Nelson, Inc., 2005.

Mack, Wayne. *A Homework Manual for Biblical Living. Vol. 1-3*. Phillipsburg, New Jersey: P & R Publishing, 1979.

Mack, Wayne & Joshua. *God's Solution to Life's Problems*. Tulsa, Oklahoma: Hensley Publishing, 2002.

Mack, Wayne. *Strengthening Your Marriage*. Phillipsburg, New Jersey: P & R Publishing, 1977.

Powlison, David. *Seeing With New Eyes*. Phillipsburg, New Jersey: P & R Publishing, 2003.

Smith, Robert D. *The Christian Counselor's Medical Desk Reference*. Stanley, North Carolina: Timeless Texts, 2000.

Tripp, Paul David. *Instruments in the Redeemer's Hands*. Phillipsburg, New Jersey: P & R Publishing, 2002.

Watson, Thomas. *The Godly Man's Picture*. Carlisle, Pennsylvania: The Banner of Truth Trust, 1666.

Journals

The Journal of Biblical Counseling CD-Rom, (referred to as JBC), CCEF

Adams, Jay E. *The Journal of Modern Ministry*. Stanley, North Carolina: Timeless Texts, 2007.

Bible Software

Logos Bible Software 3: Bible Study Library, Logos Bible Software, www.logos.com

Logos Bible Software 3: Scholar's Library, Logos Bible Software, www.logos.com

Logos Bible Software 3: Christian Home, Logos Bible Software, www.logos.com

Logos Bible Software 3: Leader's Library, Logos Bible Software, www.logos.com

Class Schedule

<u>Topic</u>	<u>Date</u>	<u>Instructor</u>	<u>Hours</u>	<u>Time</u>
<u>Basics</u>			4	
1. All Believers Called to Counsel		Beaulieu		
2. The Gospel's Impact on Counseling		Same		
3. Theology and Goal of Biblical Counseling		Same		
4. Qualifications of a Biblical Counselor		Same		
<u>Critical Reflection on Various Theories</u>			2	
5. Survey of Counseling Theories		Beaulieu		
6. What Makes Biblical Counseling Biblical		Same		
<u>Growth and Change</u>			3	
7. Doctrine of Spiritual Growth		Beaulieu		
8. Means of Spiritual Growth		Same		
9. Idolatry and Heart Change		Same		
<u>Key Elements of Biblical Counseling</u>			6	
10. Data Gathering		Beaulieu		
11. Involvement		Same		
12. Interpreting Data		Same		
13. Giving Hope		Same		
14. Providing Instruction		Same		

15. Giving Homework Same

Marital Relationships **5**

16. God's Purpose in Marriage Beaulieu

17. Biblical Role of a Husband Same

18. Biblical Role of a Wife Same

19. Biblical Principles of Sexual Intimacy Same

20. Principles of God Honoring Communication Same

Parent/Child Relationships **3**

21. Parenting Goals Beaulieu

22. Instruction Same

23. Discipline Same

Frequent Issues in Counseling **7**

24. Guilt and Repentance Beaulieu

25. Forgiveness Same

26. Trials and Suffering Same

27. Fear and Worry Same

28. Anger Same

29. Depression Same

30. Sexual Sin and Habitual Sin Same

Medical Issues **2**

31. Psychological Diagnosis, Psychotropic Drugs, and Biblical Counseling

32. Counseling Those with Physical Illness

Total Hours: **32**