

## LECTURE #7

### A BIBLICAL EVALUATION OF PREVALENT THEORIES OF COUNSELING

#### I. THE SCRIPTURES CLAIM TO BE \_\_\_\_\_.

##### A. What did God intend Scripture to do?

1. Scripture is intended to teach us how to relate to \_\_\_\_\_ and \_\_\_\_\_.
2. Scripture is intended to \_\_\_\_\_ us and \_\_\_\_\_ us (2 Timothy 3:14-17).
3. Everything needed for \_\_\_\_\_ is found in our knowledge of Christ revealed in the Scriptures (2 Peter 1:3).
4. All of these passages deal with \_\_\_\_\_ people, which is what counseling is all about.

##### B. Why should we use the Scriptures in counseling?

\*\*The Bible is a counseling textbook because it is \_\_\_\_\_ to be understood for the purpose of changing people.

##### C. Why have Christians abandoned the Bible and gone to other sources for help?

1. Often, the Scriptures have not been interpreted with its \_\_\_\_\_ in mind.
2. Often, we have not used Scriptural \_\_\_\_\_ to diagnose the counselee's problems.
  - a. The \_\_\_\_\_ you use will determine the solutions you propose.
  - b. Using biblical language will connect you to the real source of \_\_\_\_\_ for change.
  - c. EVERY COUNSELING PROBLEM IS A \_\_\_\_\_ PROBLEM!

## II. SCRIPTURES ALONE ARE SUFFICIENT TO INTERPRET THE

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(i.e. "Why is he doing that?")

A. Secular psychological systems cannot interpret counselees because they have a \_\_\_\_\_ anthropology.

1. Freudian -- Man's problem is \_\_\_\_\_.

a. We don't know why man does what he does until we \_\_\_\_\_.

b. A \_\_\_\_\_ must use psychoanalysis and psychotherapy as methods of change.

2. Rogerian -- Man is basically \_\_\_\_\_.

a. Man's problem is that he is not \_\_\_\_\_-actualized.

b. He needs non-\_\_\_\_\_ therapy, never confrontation.

3. Skinnerian -- Man is the highest form of \_\_\_\_\_.

a. Man does what he does because of his \_\_\_\_\_.

b. Counseling must deal with his \_\_\_\_\_ response to his environment.

B. The biblical counselor can interpret the counselee because the Bible provides a \_\_\_\_\_ and infallible anthropology (Hebrews 4:12).

1. It describes the \_\_\_\_\_ person (Eph. 4:17-19).

2. It describes the \_\_\_\_\_ person (Eph. 4:22-24; James 1:13-15; 4:1-3; Romans 6:15-22).

3. It describes the \_\_\_\_\_ of change (Romans 8:28-29; Galatians 5:22-23).

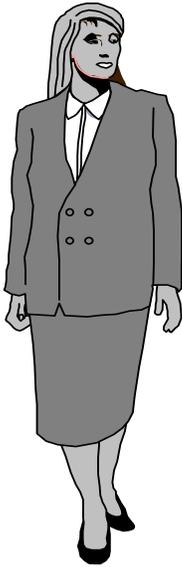
4. It prescribes the \_\_\_\_\_ of change (Eph. 4:22-24; Colossians 3:5-14; Luke 9:23).

5. Biblical counseling is also the only system that can explain adequately man's \_\_\_\_\_ and how he should respond to it (Rom. 5:3-5; Heb. 12:5-11).

C. If you really want to understand people then you must understand the

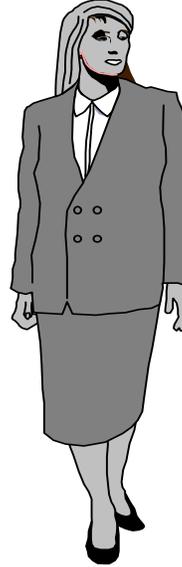
**The Medical Model of Counseling**  
(for the theory of mental illness)

**Medical Science**



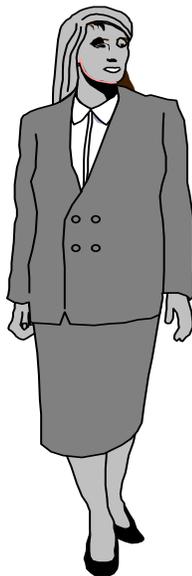
Flu  
Illness - Medical  
External  
Not her fault  
Excuse behavior  
RX - Expert

**Mental Illness**



Schizophrenia  
Illness - Mental  
External  
Not her fault  
Excuse behavior  
RX - Expert

**Biblical View of the Problem**



Life disruptive problems  
are a result of sinful thoughts  
and deeds. These may be so  
pervasive they cause  
physiological problems.  
Internal - Sin  
Her fault - personal  
responsibility  
No excuse or room to  
blame shift  
RX - Confession of sin  
and Biblical change

### Survey of Counseling Methods

	Depth Psychology	Behaviorism	Third Force	Biblical Counseling
<b>Leader</b> □	Freud □	Skinner □	Rogers □	Adams □
<b>Man</b> □	ID- Basic instincts given by evolution. <u>Superego</u> - Society and culture conscience. <u>Ego</u> -Synthesis between above two. Reality oriented decision maker. "What man needs is ego strength!"	John Locke was his inspiration. Man is a blank slate. Experience marks the slate. Environment is the enemy. Man is a conditioned animal.	Man has everything within himself to mature. Basically good with human potential. Matures like a flower.	Created by God in the image of God. Man has been corrupted by sin. His desire and passion dominate him. He is in essence egocentric. Man's only hope is Jesus Christ, dramatic redemption and walking by the truth.
<b>Problem</b> □	Conflict between ID and Superego □	Environment □	Social environment hinders realizing potential. □	Depraved and fallen sinner □
<b>Responsibility</b> □	Not Man's □	Not Man's □	Not Man's	Man's - Choice!
<b>Guilt</b> □	False □	Unnecessary □	Unnecessary □	Real □
<b>Treatment</b> □	Free ID - Do whatever the ID would have you do. Always side with ID. Expression of inner most thoughts is necessary. Label <u>guilt</u> as false. Shift blame. Ignore it and free the ID	Since man is a composite of reality..."all truth is relative." Restructure environment. Desensitize counselee (like allergy shots). Guilt - change standards.	Solution is within Non-directive. Liberal theology has adopted this. Man has a spark of divinity in him, all it needs is to be fanned. Help him realize his potential. Reflect - focus on feeling.	Since the source of man's non-organic problems is sin, he must be confronted with his responsibility to confess and repent, then train himself in righteousness (Psa. 38:17-18; James 5:16). Justification by faith. Sanctification and Biblical change by the Spirit and Word. Guilt - focus on facts, deal with sin.
<b>Counselor</b> □	<b>Expert:</b> Knows how to shift blame. Knows how to free ID. Can dig into the past. <b>Method:</b> Psychoanalytic procedure – nothing is to be suppressed and nothing selected. Lie down, relax, allow no distractions – just reflect.	<b>Technician:</b> White-coat clinical approach to counseling.	<b>Mirror:</b> Non-directive Psychotherapeutic counseling. "Effective counseling consists of definitely structured <u>permissive relationship</u> which <u>allows the client</u> to gain an understanding of himself to a degree which <u>enables him to take positive steps</u> in the light of his new orientation."	<b>Nouthetic:</b> Loving-confronter who motivates others to practice love and good deeds. (Galatians 6:1-2; Colossians 3:16; Hebrews 10:24)

**Psychiatric Theory vs Christian Theology**  
 adapted from Dr. Kathern Crispen

	<b>Psychiatry</b>	<b>Scripture</b>
<b>1. View of Man</b>	Sees man as...	Sees man as sinful (Rom. 3:23)
<b>2. Responsibility</b>	Practices...	Man is accountable (Rom. 14:12)
<b>3. Assertiveness</b>	You should...	Believers are to be meek; sacrificial (Gal. 6:2; II Tim. 2:24-25)
<b>4. Self-esteem</b>	Advocates that we...	Teaches us to esteem God and others better than self. (Matt. 22:37-38)
<b>5. Expression of Anger</b>	Advocates _____ expression of anger	The emphasis is upon control of your spirit (Prov. 14:29; 16:32; 19:11; 25:28)
<b>6. Reason vs Feeling</b>	Tends to focus on...	Commands rational use of our mind; discerning, testing, and trying (I John 4:1)
<b>7. Alienation/ Isolation</b>	Man is alienated from his "_____"	Alienated from God (Rom. 6:23)
<b>8. Ethics &amp; Absolutes</b>	Everything is...	Absolutes of right and wrong (John 14:6)
<b>9. Goal of Therapy</b>	The goal is...	Conformed to the image of Christ; being God-pleasers! (II Cor. 5:9)