

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

(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).

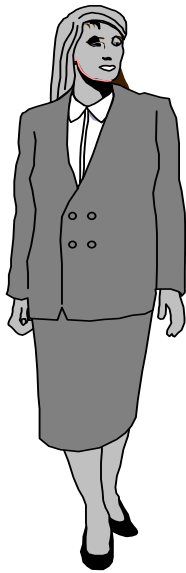
4. It prescribes the _____ of change (Eph. 4:22-24; Colossians 3:5-14; Luke 9:23).

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

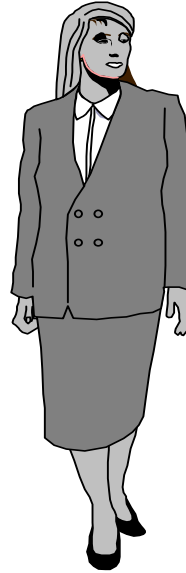
The Medical Model of Counseling (for the theory of mental illness)

Medical Science



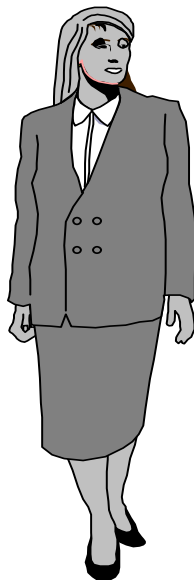
Flu
Illness - Medical
External
Not her fault
Excuse behavior
RX - Expert

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
Leader □	Freud □	Skinner □	Rogers □	Adams □
Man □	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.
Problem □	Conflict between ID and Superego □	Environment □	Social environment hinders realizing potential. □	Depraved and fallen sinner □
Responsibility □	Not Man's □	Not Man's □	Not Man's	Man's - Choice!
Guilt □	False □	Unnecessary □	Unnecessary □	Real □
Treatment □	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.
Counselor □	Expert: Knows how to shift blame. Knows how to free ID. Can dig into the past. Method: Psychoanalytic procedure – nothing is to be suppressed and nothing selected. Lie down, relax, allow no distractions – just reflect.	Technician: White-coat clinical approach to counseling.	Mirror: 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."	Nouthetic: 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

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