

Curriculum Guide

The following courses are required for the Certificate Program in Biblical Counseling. Most of the texts are available from: Evangelical Bible Book Store, 800-450-5858 or Timeless Texts, 800-814-1045.

I. Introduction to Biblical Counseling

Prerequisite: Admission to the Basic or Certificate program

Content: Overview of the basic steps in biblically consistent counseling applied to typical problems such as depression, fear, worry and anger. Distinctions between psychotherapy, Christian psychology and biblical counseling are presented and illustrated.

Texts:

Adams, J. 1970. *Competent to Counsel: Introduction to Nouthetic Counseling*. Grand Rapids: Zondervan, OR:

MacArthur, J. & Mack, W. 1994. *Introduction to Biblical Counseling*. Online: Word.

Adams, J. 1973. *Christian Counselor's Manual*. Grand Rapids: Zondervan.

Adams, J. 1974. *The Christian Counselor's Casebook*. Grand Rapids: Zondervan.

Assignments:

1. Interaction Paper: Read the first two required texts and write a two-page interaction paper for each book. Produce a paper that reflects your agreement or disagreement on important issues, suggest areas that need clarification and react to the style of teaching.
2. Position Paper: Write a ten-page paper which presents a biblical position on the relationship between the Bible and psychology.
3. Case Studies: Review two cases from *The Christian Counselor's Casebook*: one from Part One, one from Part Two. Avoid cases covered in class. Use the following format:
 - a. Significant Data: What do you have and why is it significant?
 - b. Data Needed: What additional information is required to counsel?
 - c. Problems: Answer the questions under this section in the text.
 - d. Homework: Give assignments to the counselees. (Be sure to address these to the fictional counselee, not to the professor, i.e., use imperatives.)
4. Final exam: Give concise answers to the NANC exam essay questions in your syllabus. Your answers should show a biblical understanding and should include Scripture proofs.
5. Type all assignments and submit within two months after the conclusion of class. Send a portfolio of all required work to the La Mesa office. All assignments are graded on a pass/fail basis only.

II. Observation of Biblical Counseling

Prerequisite: Introduction to Biblical Counseling

Content: Observation of actual counseling cases, followed by seminars with the counselors and other students. The principles and practices presented in the Introduction course will be applied to people with real problems typical of those faced in any church.

Texts:

Adams, J. 1986. *Handbook of Church Discipline*. Grand Rapids: Zondervan.

Blanchard, J. 1971. *Right with God*. Carlisle: The Banner of Truth Trust.

Kinneer, J. 1981. *How to Grow in Christ*. Phillipsburg: Presbyterian and Reformed.

Miller, J. 1980. *Repentance and 21st Century Man*. Fort Washington: Christian Literature Crusade.

Assignments:

1. Attend ten weekly counseling sessions and discussion groups.
2. Write a brief statement of purpose for participation and submit at second meeting.
3. Submit your "Observer's Organizer" at each class.
4. Keep a weekly journal of what you learn. Submit at last seminar.
5. Write a two-page reaction paper on what you have learned about counseling and yourself. Submit at last seminar. This class is graded on a pass/fail basis only.

III. Marriage and Family Counseling

Prerequisite: Introduction to Biblical Counseling

Content: Biblical perspective on marriage and family as God-ordained institutions will be presented. There will be special treatment of childhood problems in education and discipline. Techniques and homework assignments for family counseling will be explained.

Texts:

Adams, J. 1972. *Christian Living in the Home*. Phillipsburg: Presbyterian and Reformed.

Adams, J. 1980. *Marriage, Divorce and Remarriage in the Bible*. Grand Rapids: Zondervan.

Adams, J. 1983. *Solving Marriage Problems: Biblical Solutions for Christian Counselors*. Grand Rapids: Zondervan.

Mack, W. 1977. *Strengthening Your Marriage*, Phillipsburg: Presbyterian and Reformed.

Mack, W. 1980. *Homework Manual for Biblical Living: Volume 2, Family and Marital Problems*. Phillipsburg: Presbyterian and Reformed.

Ray, B. 1978. *Withhold Not Correction*. Phillipsburg: Presbyterian and Reformed,
OR:

Tripp, T. 1995. *Shepherding a Child's Heart*. Wapwallopen: Shepherd Press.

Scipione, G. 1993, 2002. *The Sword and the Shovel*. La Mesa: IBCD

Assignments:

1. Interaction Paper: Read the required texts and write an interaction paper for each book.
2. Case Studies: Review two cases from *The Christian Counselor's Casebook*: one from Part One, one from Part Two. Avoid cases covered in class. Use the following format:
 - a. Significant Data: What do you have and why is it significant?
 - b. Data Needed: What additional information is required to counsel?
 - c. Problems: Answer the questions under this section in the text.
 - d. Homework: Give assignments to the counsees.
3. Ministry Paper: Write a 15-page paper on an approved topic relating to marriage and family life.
 - a. Definition: Describe the problem with biblical categories and terms.
 - b. Solution: Give biblical solutions to the problem.
 - c. Accountability: List homework assignments for the problem.
4. Final Exam: Complete the exam printed in your syllabus.
5. Type all assignments and submit within three months after the course. Send a portfolio of all required work to the La Mesa office. Graded on a pass/fail basis only.

IV. Advanced Seminar on Biblical Counseling

Prerequisites: Introduction, Marriage and Family

Content: Personal Christian growth of counselors is a primary concern in this course. Special topics such as bizarre behavior, sexuality, life-dominating problems, and the secular mental health system will also be covered.

Texts:

Adams, J. 1979. *A Theology of Christian Counseling: More than Redemption*. Grand Rapids: Zondervan.

Adams, J. 1982, 2002. *Insight and Creativity in Christian Counseling*. Woodruff: Timeless Texts.

Adams, J. 2003. *The Practical Encyclopedia of Christian Counseling*. Woodruff: Timeless Texts.

Kruis, J. 1988. *Quick Scripture Reference for Counseling*. Grand Rapids: Baker Book House.

Mack, W. 1979. *Homework Manual for Biblical Living, Vol. I*. Phillipsburg: Presbyterian and Reformed.

Scipione, G. 1975, 2000. *Timothy, Titus and You*. Woodruff: Timeless Texts.

Assignments:

1. Interaction Paper: Read the first three required texts and write a two-page interaction paper for each book. Complete *Timothy, Titus and You* (a workbook) and present the highlights in a two-page paper.
2. Case Studies: Write two-page reviews of two counseling cases of your own: a success and a failure. Incorporate material from each of the above texts.
3. Ministry Paper: Write a 15-page paper on an approved topic related to special issues in biblical counseling.
 - a. Definition: Describe the problem with biblical categories and terms.
 - b. Solution: Give biblical solutions to the problem.
 - c. Accountability: List homework assignments for the problem.
4. Improvement Plan: Present a plan to improve your counseling over the next six months and a two-year program to continue your training.
5. Complete the NANC theology exam, printed in your syllabus.
6. Type all assignments and submit within three months after the course. Send a portfolio of all required work to the La Mesa office. Graded on a pass/fail basis only.

V. Methodologies of Psychological Counseling

Prerequisites: Introduction, Marriage and Family, Advanced

Content: A Christian view of the human condition will be outlined. With the biblical perspective in mind, various secular and Christian integrationist theories of counseling will be evaluated.

Texts:

Adams, J. 1986. *The Biblical View of Self-Esteem, Self-Love, Self-Image*. Eugene: Harvest House.

Corsini, R. & Wedding, D. 1995. *Current Psychotherapies* (Fifth Edition). Itasca: Peacock.

Crabb, L. 1987. *Understanding People*. Grand Rapids: Zondervan.

Machen, J. G. 1937. *The Christian View of Man*. Carlisle: The Banner of Truth Trust.

Assignments:

1. Paper #1: Describe and critique the theory and practice of a major theorist or school of secular psychology in a ten-page paper.
2. Paper #2: Describe and critique the theory and practice of a major Christian "integrationist" psychologist or therapist in a ten-page paper.
3. Reaction Dialogues: Imaginary discussion about counseling with a secular psychologist.

4. Final Exam: Demonstrate a mastery of important facts and critique of theories along with biblical alternatives. Closed-book portion taken last hour of class. Open-book portion due one week after completion of course.
5. Type all assignments and submit within three months after the course. Send a portfolio of all required work to the La Mesa office. Graded on a pass/fail basis only.

VI. Role Play Counseling

Prerequisites: Introduction, Observation, Marriage and Family, Advanced, Methodologies and Interview with Staff

Content: Application of biblical principles to a simulated problem.

Materials: Syllabi and texts from previous courses. Blank video tapes.

Assignments: Role-play counseling will be done with the instructor or another student who will simulate a counselee. The thirty-minute session will be videotaped for review by the student. Instructor and observers will complete an evaluation form for each session. The student will lead a discussion on the counseling at the subsequent class meeting. Each student will counsel the simulated counselee for three sessions. Graded on a pass/fail basis only.

VII. Tutorial Counseling

Prerequisites: Introduction, Observation, Marriage and Family, Advanced, Methodologies, Role Play and Interview with the staff

Content: This course is offered to those who have successfully completed all of the courses listed above, have demonstrated gifts for counseling, have completed an interview by the staff and are living exemplary Christian lives. The tutorial includes supervision of counseling with actual cases from the center's caseload or cases brought by the student. Staff will observe student's counseling and give feedback after each session. In addition, evaluation of other cases outside of the IBCD context will be required, until a total of fifty hours of supervised counseling has been completed.

Materials: Blank audiotapes.

Assignments: Maintain case files for all cases. Discuss with supervisor. Graded on a pass/fail basis only.

VIII. Electives

The following two courses are electives. They are *not* required, but we highly recommend that you take both courses if you plan to become a Biblical counselor. These classes are available only on tape. All the videotapes and syllabi can be purchased from IBCD. (See our Resource Catalog.)

A. Legal Issues in Biblical Counseling

Content: Ken Sande, attorney and Director of Peacemaker Ministries, presents two seminars on legal matters. The first presentation covers topics such as legal risks, confidentiality and reporting sexual abuse. The second outlines specific procedures that should be followed by every church to resolve conflict biblically and reduce legal liability.

Assignments:

1. Watch "Biblical Counseling and the Law" (3 1/2 hours), and read the syllabus.
2. Write a 5-page paper summarizing the seminar.
3. Watch "Managing Conflict in Your Church" (6 hours), and read the syllabus.
4. Write a 5-page paper summarizing the seminar.
5. Write a 10-page paper setting policies to ensure legal protection for yourself and your church in regard to Biblical Counseling.

B. Medical Issues in Biblical Counseling

Content: Five physicians and an Assistant Professor of Social Work present a total of 17 hours of lectures designed to help you counsel people struggling with physical and spiritual problems, including depression, fatigue, ADHD and substance abuse. Advice is given on working in conjunction with medical professionals.

Assignments:

1. Watch the lectures on videotape and read the three syllabi.
2. Write a 5-page paper summarizing the content of the tapes.
3. Read *The Christian Counselor's Medical Desk Reference*, by Dr. Robert Smith (Timeless Texts, 1-800-814-1045).
4. Write a 10-page paper comparing and contrasting a purely medical protocol for a medical/physical problem with a biblical approach to that same problem.