

Legacy International Seminary

Counseling Principles

Legacy International Seminary
P.O. Box 212
Greer, SC 29652

A Word of Thanks ...

We are thankful to Calvary Baptist Theological Seminary for donating their DVD courses to Legacy International Seminary. In 2015, Calvary Baptist Theological Seminary in Lansdale, Pennsylvania closed after 35 years of ministry. We are using their biblically based courses to offer a distance learning seminary for you.

How to Use the Video Course and the Course Syllabus (Notes) ...

Please refer to this syllabus for the requirements of the course. At times, the professors on the video will refer to requirements for this course. The requirements for Legacy International Seminary are, many times, different than that of Calvary Baptist Theological Seminary.

Please follow along with the professor on the video. In most cases, the syllabus (notes) will closely follow the video. There are times when blanks in the syllabus (notes) should be filled in; so listen intently to the professor. The test will come from the class syllabus (notes). There are review question to help direct your study for the tests.

Since Calvary Baptist Theological Seminary closed in May of 2015, the professors are no longer at the seminary. They are now ministering in other areas of the country. Legacy International Seminary was given permission to use the courses for educational purposes only. These professors are not on staff at Legacy International Seminary. Please do not attempt to contact the professors.

***Counseling Principles* is taught by Professor SAMUEL L. HARBIN.**

President, Chair and Professor of Pastoral Theology

B.A., Indiana Baptist College; M.Div., Calvary Baptist Theological Seminary;

D. Min., Dallas Theological Seminary; Certification in National Association of Nouthetic Counselors, Faith Baptist Counseling Center.

Pastoral ministry, 11 years.

Chaplain, Calvary Baptist Theological Seminary, 1995-2005.

Professor, Calvary Baptist Theological Seminary, 1995-2015.

President, Calvary Baptist Theological Seminary, 2006-2015.

This video course was taught at:
Calvary Baptist Theological Seminary
1380 South Valley Forge Road
Lansdale, PA 19446

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Counseling Principles

I. Course Description

An introduction to biblical counseling aimed at developing student confidence in the sufficiency of the Scriptures for addressing human problems. Various counseling models (secular, Christian eclectic, and nouthetic) are examined in light of basic theological principles that inform counseling philosophy. Lecture and case studies are utilized to present a five-stage model for biblical counseling.

II. Course Contribution to Institutional Purpose

"As a professional, graduate-level school, our mission is to prepare individuals for ministry as godly servant-leaders of local churches worldwide by combining instruction in the Scriptures with training in ministry skills."

PC501 *Counseling Principles* lays a foundation for applying the student's theological and exegetical knowledge in the "real world" of human problems commonly encountered in local church ministry. Servant leadership is stressed through encouragement for the leader to be actively involved in helping hurting people in his or her local congregation.

III. Course Goals and Learning Objectives

- A. Goal:** Understand the uniqueness of a biblical counseling model as compared to secular and Christian eclectic models.
 - Objective:** Students will read current literature from the field of biblical counseling.
 - Objective:** Students will receive lectures contrasting various secular and Christian models with a biblical approach.
- B. Goal:** Adopt a personal philosophy of counseling.
 - Objective:** Students will receive lectures regarding the theological foundations of the biblical counseling model.
 - Objective:** Students will articulate through writing their personal philosophy of pastoral counseling.
- C. Goal:** Demonstrate basic knowledge of key terms, theology and methodology for biblical counseling.
 - Objective:** Students will prepare for and complete a final exam covering the basics of biblical counseling.

IV. Course Text

Introduction to Biblical Counseling: A Basic Guide to the Principles and Practice of Counseling by John F. MacArthur, Jr., and Wayne A. Mack (Word Publishing, Inc., 1994), 408 pp.

V. Reading requirements

Read the course text and compose a one-page (double-spaced) response paper, including:

1. One paragraph summary of the book's argument
2. One paragraph summary of strengths and weaknesses you observed in the book
3. One paragraph summary of perceived applications to your life and ministry

VI. Course Project

Counseling Philosophy Paper

1. Write a paper articulating your philosophy for biblical counseling in local church ministry. Write it as though you are responding to a pulpit committee that requests detailed information regarding your view of counseling as a pastor or pastor's wife.
2. Answer such questions as: what theological principles underlie your view of counseling? What Scripture passages determine your counseling methodology? How do you feel about Christians going to professional counselors, psychologists, etc.? Also answer practical considerations, like: can laymen counsel? How much of your time will you devote to counseling? Will you counsel women? Etc.
3. The paper should be seven pages in length (not counting bibliography) and should be "informal." Think of this as a discussion with a pulpit committee over coffee, not a formal research assignment.
4. Rely on the course text to help write the paper.
5. The paper should be typed, double spaced, 1" margins, 12 point Times New Roman. Please include a title page with the course title, title of the paper, your name, and the date. At least one academic source (course text or other source) should be consulted and cited in the body of the paper (no footnotes). Include name, title, and page number.
Ex. (Erickson, Christian Theology, 236.)
6. Please email the paper when completed. Please email (as an attachment) the paper to: legacyseminary@gmail.com.
7. The paper may also be mailed to:

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Greer, SC 29652

VII. Tests

A test is given after a section of notes. You may not use the notes to take the test. The test should be taken after the notes have been studied. Most tests are 20 to 25 questions long. If you are taking the course on-line, the tests are on the website. If you are taking the course by DVD, the tests are in the test booklet.

VIII. Course Grading

A. Viewing the DVDs or videos:	10%
B. Reading and Response paper:	20%
C. Philosophy paper:	30%
D. Tests:	40%

IX. Counseling Resources

A. A helpful annotated bibliography of counseling resources is included in *The Journal of Biblical Counseling*, Volume XII, Number 2, Winter 1994 and was compiled by David Powlison.

B. Other works with which you should be familiar:

Hurt People Hurt People: Hope and Healing for Yourself and Your Relationships by Sandra D. Wilson (Discovery House Publishers, 2001), 255 pp.

Modern Psychotherapies: A Comprehensive Christian Appraisal by Stanton L. Jones and Richard E. Butman (NP: 1991).

Keep Believing: God in the Midst of Our Deepest Struggles by Ray Pritchard (Moody Press: 1997).

When People Are Big and God is Small: Overcoming Peer Pressure, Codependency, and the Fear of Man by Ed Welch (P & R: 1997).

Blame it on the Brain: Distinguishing Chemical Imbalances, Brain Disorders, and Disobedience by Ed Welch (P & R: 1998).

C. Periodicals you should check out:

1. *The Journal of Biblical Counseling*

Christian Counseling and Educational Foundation
1803 East Willow Grove Avenue
Glenside, PA 19038
(215)884-7676

2. *Online articles provided by the National Association of Nouthetic Counselors*

nanc.org
3600 W. 96th Street Indianapolis, IN 46268-2905
Phone: (317) 337-9100
Fax: (317) 337-9199

3. *The Journal of Modern Ministry*
Dr. Jay Adams, General Editor
Institute for Nouthetic Studies
201 Batesview Drive
Greenville, SC 29607
www.nouthetic.org

D. Books and Tapes Lists

1. *Sound Word Associates*
P.O. Box 2035
Michigan City, IN 46361
(This organization tape records all of the sessions at the annual NANC conference and has a catalog of the tapes they make available for purchase.)
2. *Discernment Publications*
Mrs. Debbie Dewart
4650 Von Karman
Newport Beach, CA 92660
3. *Biblical Counseling Center*
3233 North Arlington Heights Road
Arlington Heights, IL 60004
4. *Atlanta Biblical Counseling Center*
5529 Old National Highway
College Park, GA 30349
(404)767-5513

E. Internet Resources

1. NANC.org
This is the website of the National Association of Nouthetic Counselors - an organization which exists to train biblical counselors and provide professional credentials for counselors. A helpful catalog of online articles is included.
2. CCEF.org
This is the website of Christian Counseling and Educational Foundation, the counseling center connected with Westminster seminary in Philadelphia. Here you can learn all about printed, on-line, and other educational resources available for biblical counselors.

Counseling Principles

Review Questions

Test #1 (Pages 11-18 in the notes)

1. Know the terms and information related to the definitions of counseling.
2. Know information related to the necessity of biblical counseling.
3. Know information related to letter “H” under historical context of biblical counseling.
4. Know information related to the “Qualifications for Effective Biblical Counselors.”
5. Know information related to the greatness of God.

Test #2 (Pages 18-22 in the notes)

1. Know information related to the goodness of God.
2. Know information related to “Who is man?”.
3. Know information related to “Should the Bible be our textbook for counseling?”.

Test #3 (Pages 22-31 in the notes)

1. Know information related to the diagrams and notes concerning progressive sanctification.
2. Know information related to “Why is life in this world filled with trouble?”.
3. Information concerning the “Two-Book” and “No-Book” approaching will not be on the test.
4. Know information related to the “Rule-Book” approach.
5. Know information related to II Timothy 3:15-17 and Ephesians 4:22-24.

Test #4 (Pages 31-34 in the notes)

1. Know the five “Stage models of biblical counseling” and the information related to the stages (p. 31).
2. Know information related to stages one and two of the model of biblical counseling.

Test #5 (Pages 34-43 in the notes)

1. Know information related to stages three, four, and five of the models of biblical counseling.
2. Know information related to a typical counseling session.
3. The section titled “Criticisms of the Biblical Counseling Movement” will not be on the test.

Counseling Principles

Course notes by

Dr. Sam Harbin

Fall 2005

Calvary Baptist Theological Seminary Lansdale, Pennsylvania

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Course Outline

I. Section One: An Introduction to Biblical Counseling

- A. A definition of Biblical counseling
- B. The necessity of Biblical counseling
- C. The historical context of Biblical counseling
- D. Qualifications of effective Biblical counselors

II. Section Two: Key Theological Issues Related to Biblical Counseling

- A. Our view of God
- B. Our view of man
- C. Our view of the Scriptures
- D. Our view of sanctification
- E. Our view of life and trouble

III. Section Three: The Relationship of Biblical Counseling to Secular Psychology

- A. The two-book approach
- B. The no-book approach
- C. The rule-book approach

IV. Section Four: A Methodology for Biblical Counseling

- A. Building relationship I sharing hope
- B. Data gathering
- C. Data assessment
- D. Biblical instruction
- E. Assimilation of truth

V. Section Five: Contemporary Criticisms of the Biblical Counseling Movement

- A. Counseling centers vs. local church ministry
- B. The danger of "proof texting"
- C. The negative image of Biblical counselors

Introduction to Biblical Counseling

I. A definition of Biblical counseling

A. Counseling may be generally defined as communication between two or more people by which one person attempts to facilitate beneficial change in the other person related to a problem or problems.

B. A contemporary understanding of counseling normally includes the element of "professional" help. Consider this definition from Webster's Collegiate Dictionary (Tenth Edition):

counseling or **counselling** n (1927): professional guidance of the individual by utilizing psychological methods esp. in collecting case history data, using various techniques of the personal interview, and testing interests and aptitudes.

C. The Bible presents no such exclusive view of the act of counseling. Rather, counseling is viewed as quite a normal interaction among believers. Paul's appraisal of the Roman believers is typical:

"And I myself am persuaded of you, my brethren, that ye also are full of goodness, filled with all knowledge, able also to admonish one another."
(Rom. 15:14)

J.B. Phillips' expanded rendering is helpful:

"For myself I feel certain that you, my brothers, have real Christian character and experience, and that you are capable of keeping one another on the right road."

D. The word translated ... admonish" in the AV (v. 14) is key to our understanding of Biblical counseling.

νουθετέω (noutheteo) - to warn or admonish

The verb form consists of the noun: νους - mind

and the verb: τίθημι – to put or place

The idea is closely related to teaching, yet includes the concepts of correction, discipline, and admonition. A fuller translation might be, "to correctively counsel by confrontation".

E. Dr. Jay Adams has coined the term "nouthetic" to describe his counseling approach. His usage implies a directive placing of Biblical truth in the mind of the counselee so as to effect change in their life.¹

¹Refer to the footnote at the bottom of page 51 in our text.

F. Another equally important NT word that sheds light on the act of counseling is:

παρακαλέω - to call alongside for comfort and encouragement

παρα - alongside

καλέω – to call

1. A form of this word is the title given to the Holy Spirit (see John 14:16-17; 15:26; 16:7).
2. This is used of the ministry of believers one to another, and is one of the gifts to the church (Rom. 12:8).
3. This is vitally linked to the truth of the Scriptures (Rom. 15:4).

G. A more precise definition of nouthetic counseling or biblical counseling would be communication between two people by which one person endeavors to effect change for one or more persons through the power of the Holy Spirit by means of the Word of God.

H. Biblical counseling should be viewed not as a separate discipline, but as an integral part of Christian discipleship (Mt. 28:18-20). As we endeavor to teach converts the commands of Jesus Christ, we will discover certain areas where they are struggling more than in others. Biblical counseling is then specific discipleship that addresses these needy areas.²

²For further reading, see chapter N in *Competent to Counsel* by Dr. Jay Adams, "What is Nouthetic Counseling?" (Zondervan, 1970).

II. The necessity of Biblical counseling

If only our churches had the right kind of preaching, wouldn't the need for counseling just disappear?

Consider these dynamics which conspire to make personal counseling a critical ministry of the church in our day:

- A. Our changing cultural milieu
- B. The limitations of preaching (even good preaching)
- C. The psychologization of our society
- D. The balanced example of personal ministry in the Bible