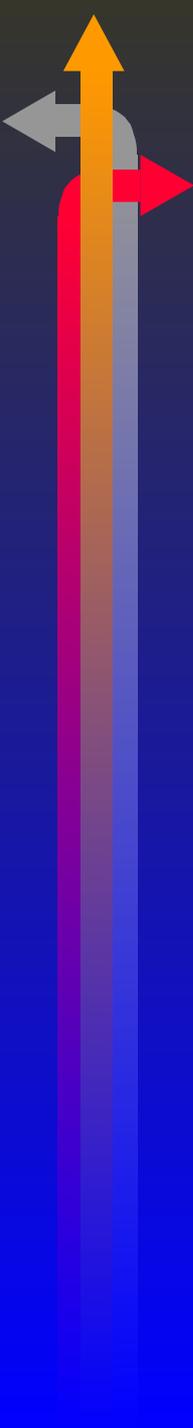


Biblical Counseling

Lesson #2

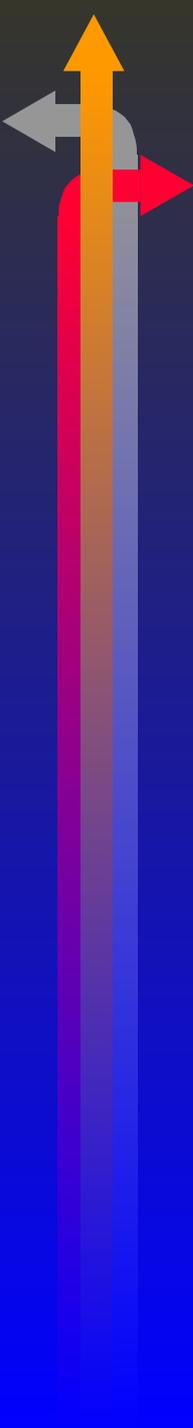
Comparison of Counseling Models &
Introduction to the Process of Change



Guidelines for Evaluating Counseling Models:

- What is their epistemology?
 - Intuition – feelings, “you just know its true”
 - Reason – logic, humanist ideology, statistics
 - Empiricism – discoveries of human studies, observation, scientific discoveries
 - Revelation – what God reveals
 - General – creation & conscience (Rom. 1:20, 2:19)
 - Special – Scripture (2 Tim. 3:16-17)

Epistemology is essential because it usually reveals the counselor's presupposition, or “starting point” for developing their counseling model

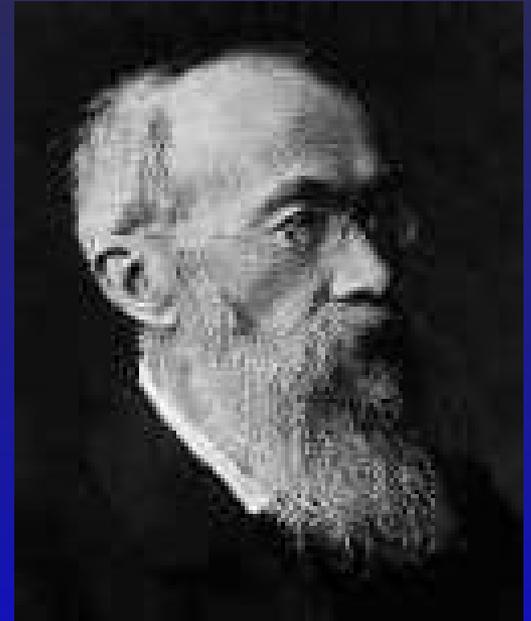


Guidelines for Evaluating Counseling Models:

- What is their anthropology?
- What is the problem defined?
- How is the problem solved?
- What is the goal of counseling?
- What is the role of the counselor?

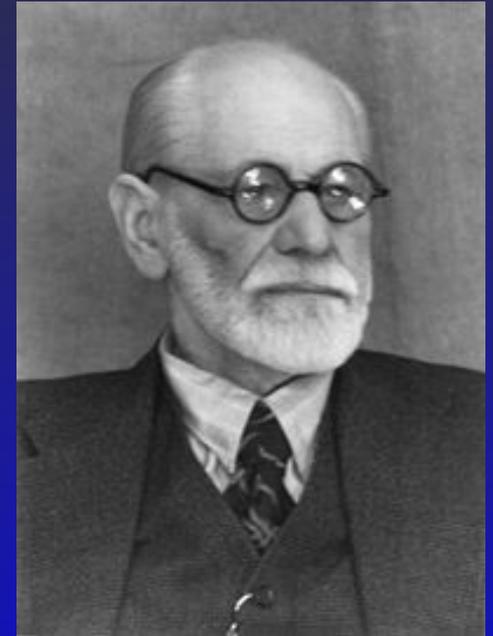
The History of Modern Psychology

- Wilhelm Maximilian Wundt (1832-1920)
 - Considered the “father of psychology”
 - Started the first psychological journal & opened one of the first psychological laboratories



The History of Modern Psychology

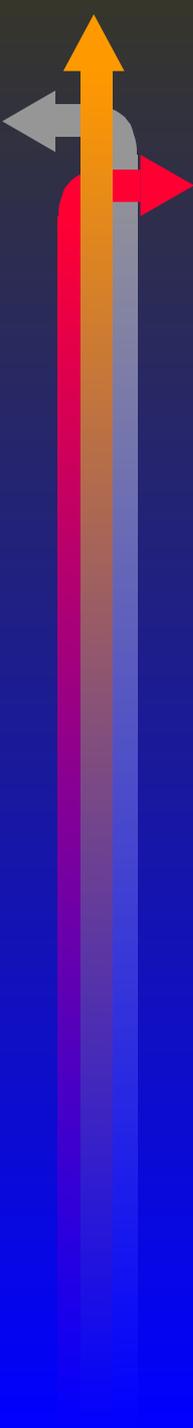
- Sigmund Freud (1856-1939)
 - Founder of psychoanalysis
 - Believed all religion to be neurosis



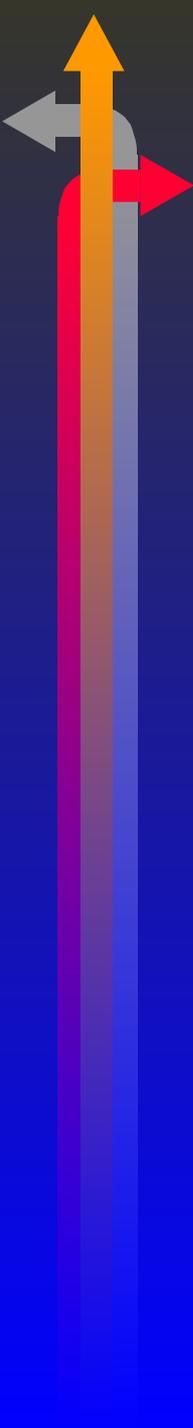
The History of Modern Psychology

- Carl Jung (1875-1961)
- Alfred Adler (1870-1937)
- B.F. Skinner (1904-1990)
- Carl Rogers (1902-1987)
- Albert Ellis (1913-2007)



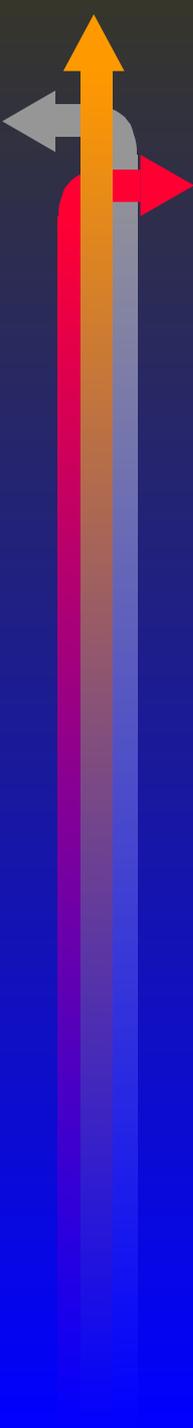


Comparison of Counseling Models



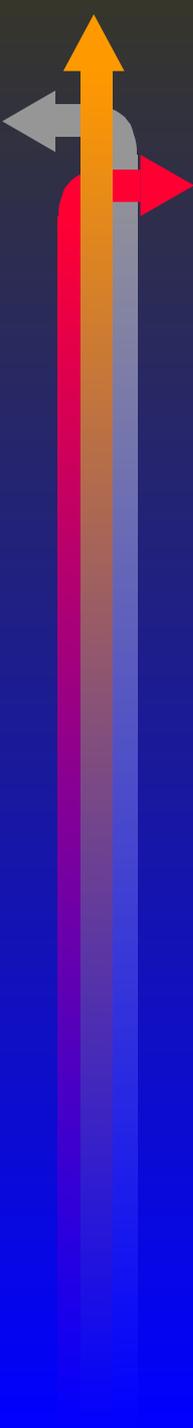
Depth Psychology

- Leader – Freud
- Man – instinctual animal, (id, superego, ego)
- Problem – conflict b/t id & superego
- Responsibility – no man's
- Guilt – result of imposed standards, false
- Treatment – actualize potential, make unconscious conscious, strengthen ego
- Counselor – expert
- Problems?



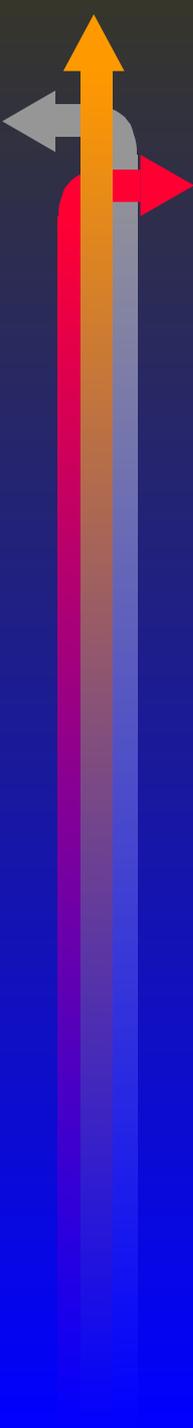
Neo-Freudians

- Leader – Alfred Adler
- Man – socially governed animal
- Problem – feel inferior b/c of limitations
- Responsibility – society's
- Guilt – lack of confidence
- Treatment – strive for superiority, control fate, emotional health, birth order
- Counselor – encourager
- Problems?



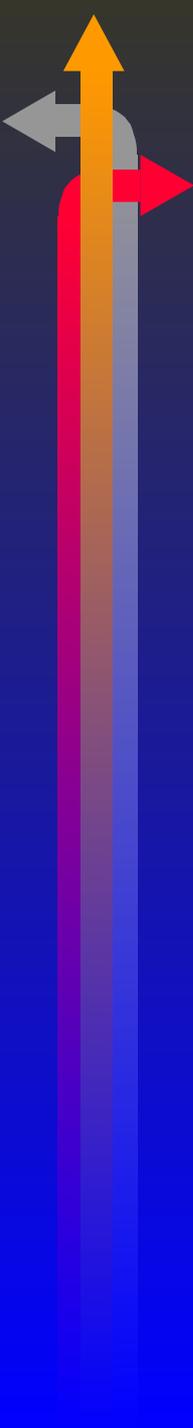
Behaviorism

- Leader – B.F. Skinner
- Man – blanket tablet, conditioned animal
- Problem – environmental failure
- Responsibility – not man's (non-moral)
- Guilt – not important
- Treatment – restructure environment
- Counselor – technician
- Problems?



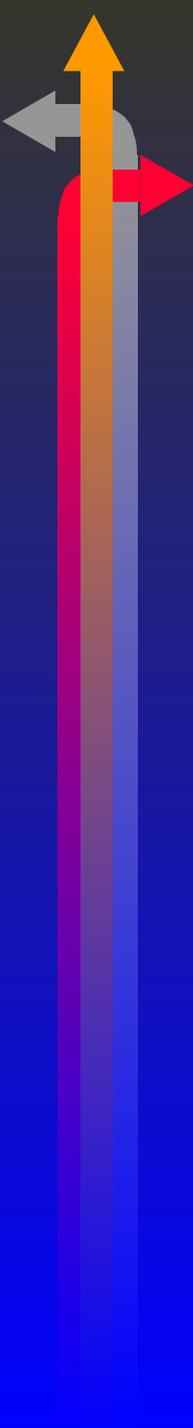
Rational-Emotive

- Leader – Albert Ellis
- Man – basically good, potential within
- Problem – victim of irrational beliefs
- Responsibility – Not man's
- Guilt – crooked thinking = neurotic thinking
- Treatment – eliminate self-defeating outlook on life – re-education – change behaviors
- Counselor – teacher & educator
- Problems?



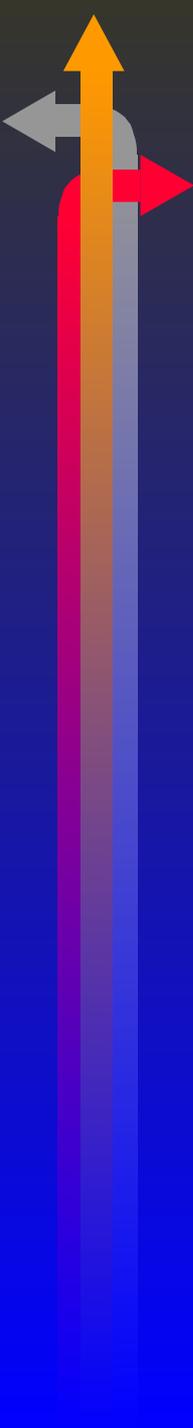
Third Force

- Leader – Carl Rogers
- Man – basically good, potential, needs to mature
- Problem – environment hinders
- Responsibility – not man's
- Guilt – not important
- Treatment – realize potential, solution within, focus on feelings, not facts
- Counselor – mirror
- Problems?



Family Systems

- Leader – Nathan Ackerman
- Man – product of flawed family relationships
- Problem – system is faulty
- Responsibility – not man's
- Guilt – non-pathological – problems in living
- Treatment – system as a whole – alter how relationships are carried out
- Counselor – mental health expert & healer
- Problems?

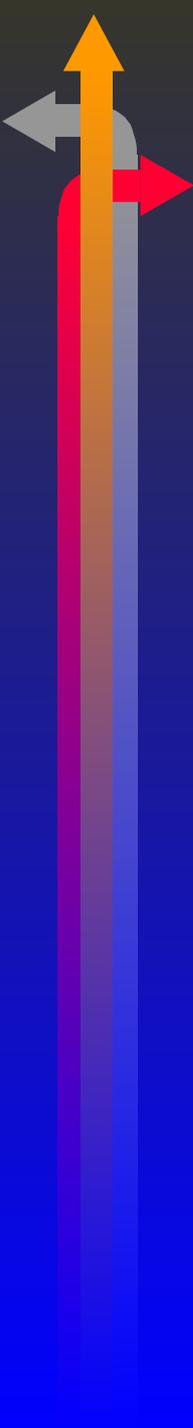


Chemical Imbalance Theory

- “Psychiatric medication is *not* treating a verifiable chemical imbalance in the brain. Contrary to public perception, psychiatric medications are not chemical bullets that target one particular brain chemical. They are more like chemical blitzkriegs, strafing chemical sites in the brain and hoping for the best.

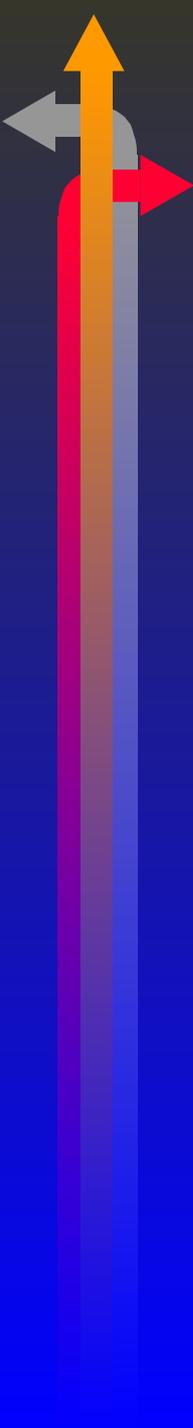
- The brain is simply too complex and is sustained by too many chemicals for us to be able to pinpoint chemical imbalances with our current level of knowledge. The most we can reliably say is that psychiatric medication may minimize some symptoms, but it is not necessarily treating a chemical deficiency.” – Ed Welch, *Blame it on the Brain*, 109-110.

- Counselor – medical doctor
- Problems?



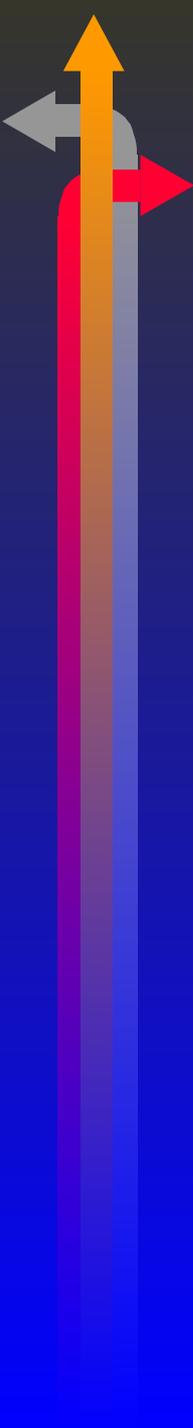
Theophostic Counseling

- Leader – Agnes Sanford
- Man – product of emotional experiences
- Problem – injured/damaged emotions
- Responsibility – not man's, others
- Guilt – product of damaged emotions
- Treatment – visualize & re-imagine experience with Jesus as helper
- Counselor – Visualization assistant
- Problems?



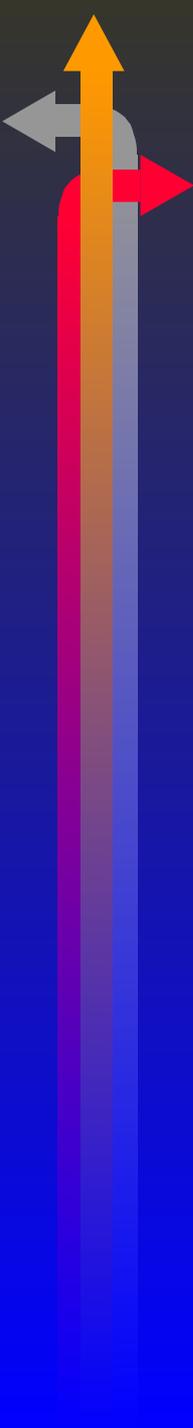
12 Step (AA)

- Leader – Bill Wilson & Bob Smith
- Man – victim of illness
- Problem – a disease or illness
- Responsibility – not man's
- Guilt – product of disease
- Treatment – follow 12 steps, share with others who are struggling
- Counselor – none – counseling not allowed
- Problems?



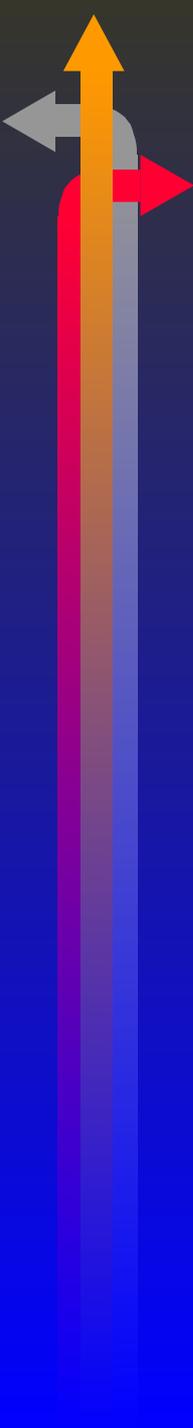
The Psychological Gospel

- Leader – Various “Christian” counselors
- Man – passive, victim
- Problem – needs not met, wounded, low self-esteem
- Responsibility – not man’s
- Guilt – result of being unloved and feeling negative
- Treatment – Jesus meets needs, fills “cup”
- Counselor – Christian psychotherapist
- Problems?



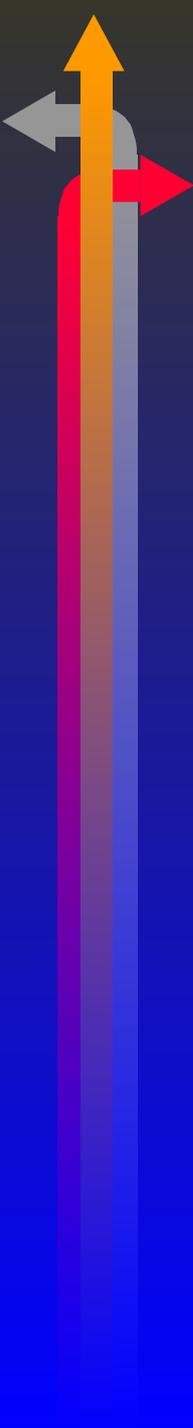
Popular Eclectic

- Leader – Oprah, Dr. Phil, Dr. Laura, any women’s magazine, etc.
- Man – varies
- Problem – varies
- Responsibility – varies
- Guilt – varies
- Treatment – whatever works
- Counselor – varies
- Problems?



Biblical Counseling

- Leader – God
- Man – created by God to glorify God
- Problem – fallen sinner by choice
- Responsibility – man's
- Guilt – result of sin, real
- Treatment – justification by faith, progressive sanctification by means of the Spirit through the Word
- Counselor – biblical discipler



Presuppositions of Secular Theories

1. Atheism vs. Theism
2. Naturalism vs. Holisticism
3. Reductionism vs. Constructionism
4. Individualism vs. Others-directedness
5. Relativism & Pragmatism vs. Absolutism
6. Hedonism vs. Obedience
7. Victimism vs. Responsibility
8. Gnosticism vs. God-knowledge

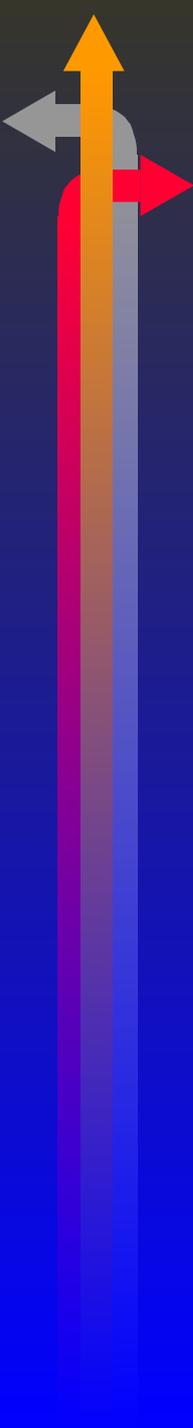
A decorative graphic on the left side of the slide. It features a vertical arrow pointing upwards, colored with a gradient from blue at the bottom to yellow at the top. A red arrow points to the right from the middle of the vertical arrow. A grey arrow points to the left from the top of the vertical arrow.

Is There a Place for Psychology?

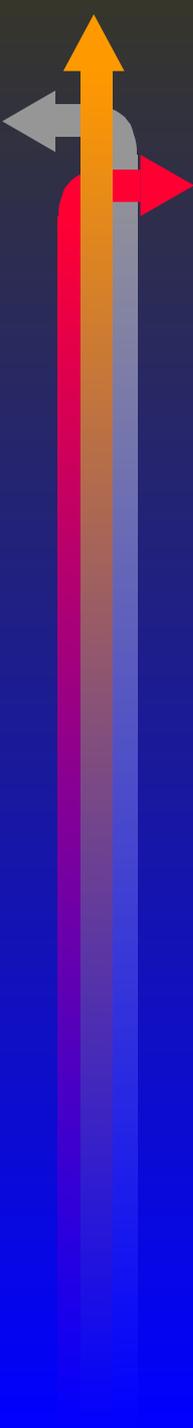
- “Psychology should be a legitimate and very useful neighbor to the pastor. Psychologists may make many helpful studies of man (e.g., on the effects of sleep loss). But psychologists – with neither warrant nor standard from God by which to do so – should get out of the business of trying to change persons. It can tell us many things about what man does, but not about what he should do” – Jay Adams, *Competent to Counsel*, p. 12

Like the other sciences, the problem with psychology is both the worldview it presents & resultant conclusions that it brings

- But it must be stressed that psychology is not *needed* for life and godliness (2 Pet. 1:3).

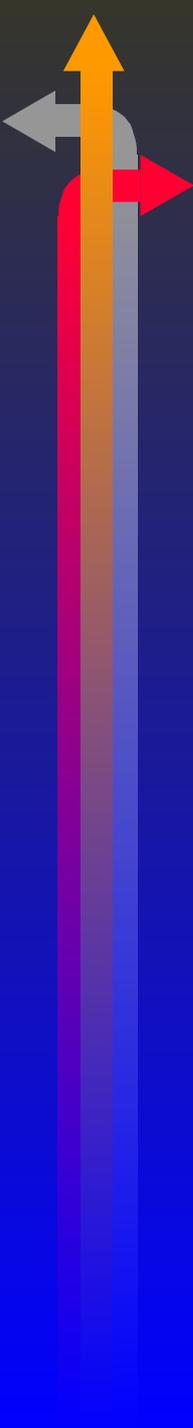


The Biblical Process of Change



Sanctification

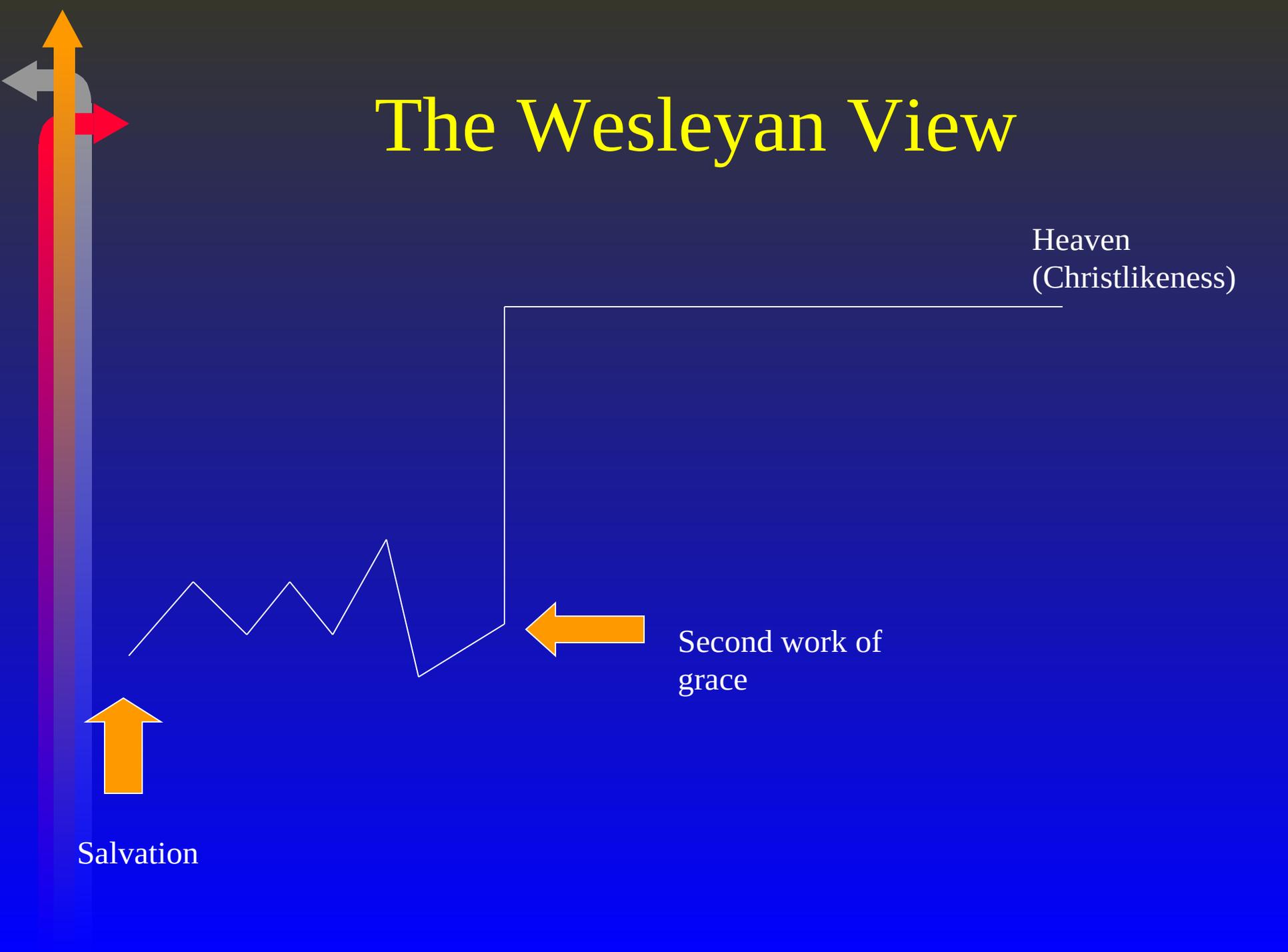
- The doctrine of spiritual growth is called progressive sanctification
- Sanctification has four aspects:
 - Preparatory – Work God does in bringing you to Christ (Regeneration) – John 3:5
 - Positional – Work God does when you come to Christ (Justification) – 1 Cor. 1:2, Heb. 10:10
 - Progressive – Process over time of becoming like Christ – Rom. 6:19, 1 Thes. 4:3
 - Prospective – Being perfectly like Christ in heaven (Glorification) – Phil. 3:21, 1 Cor. 15:23



Three Views of Sanctification

- Wesleyan View – A second work of grace translates a believer into a state of sinlessness, sometimes called "entire sanctification." Sin is redefined to mean only things done "intentionally" against the law of God. The believer grows by performing good works.
- Keswick View - A post-salvation commitment allows the believer to begin a victorious and consistent life of obedience. Sanctification is primarily accomplished through passive trust in the work God, sometimes referred to as "letting go and letting God."
- Holiness Pentecostal View – A definite, post-salvation, second work of grace (usually accompanied by speaking in tongues) removes original sin entirely and makes it easier to live a holy life.

The Wesleyan View

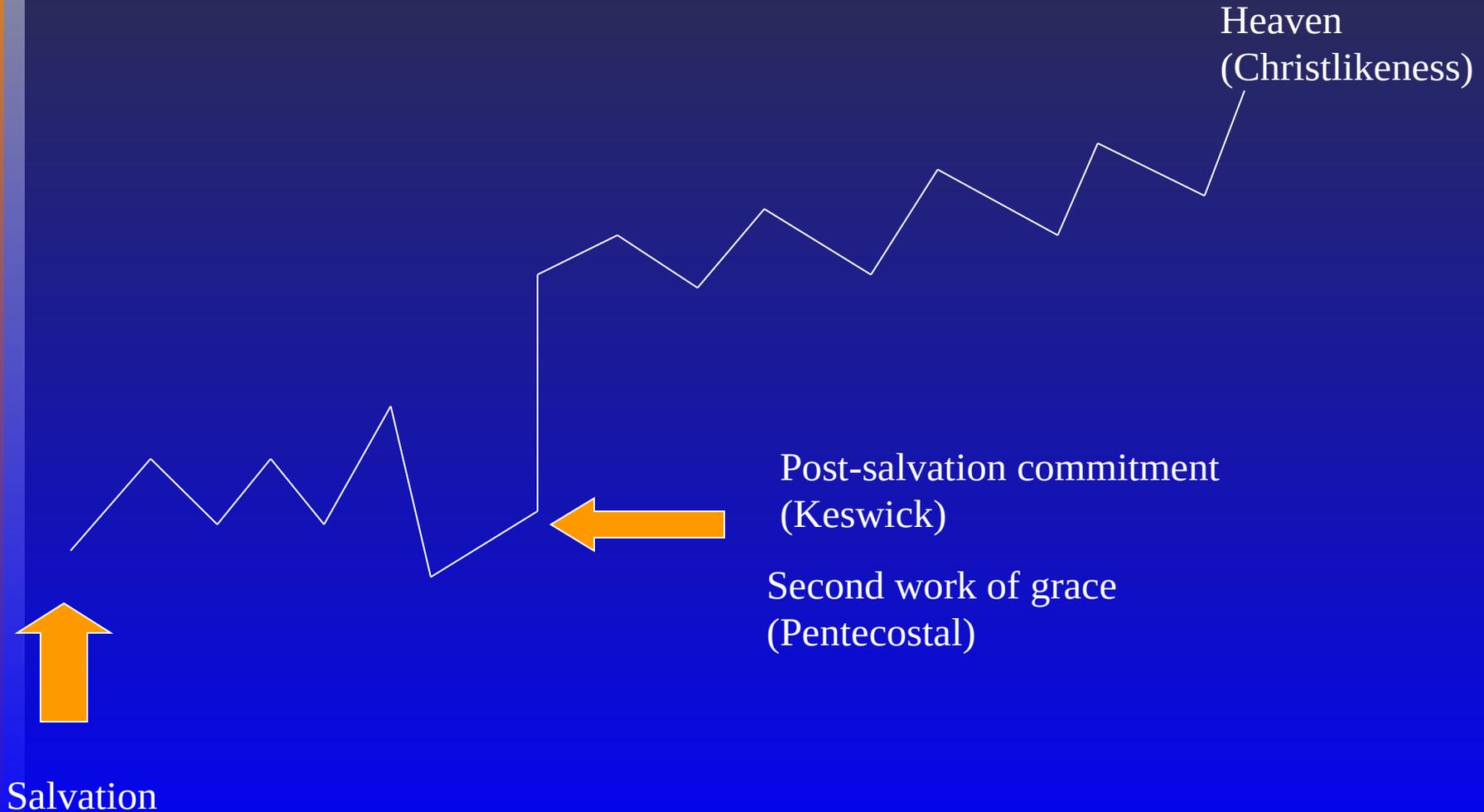


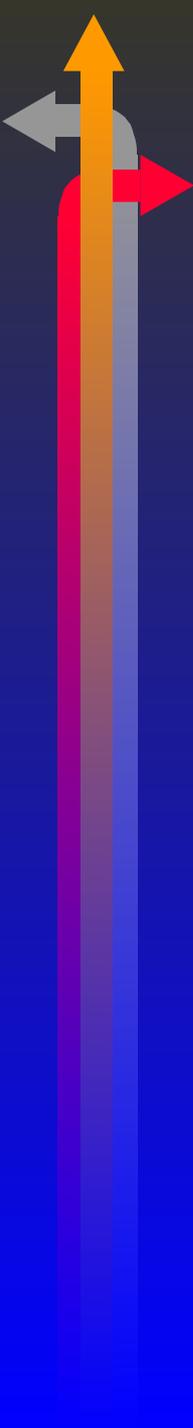
Heaven
(Christlikeness)

Second work of
grace

Salvation

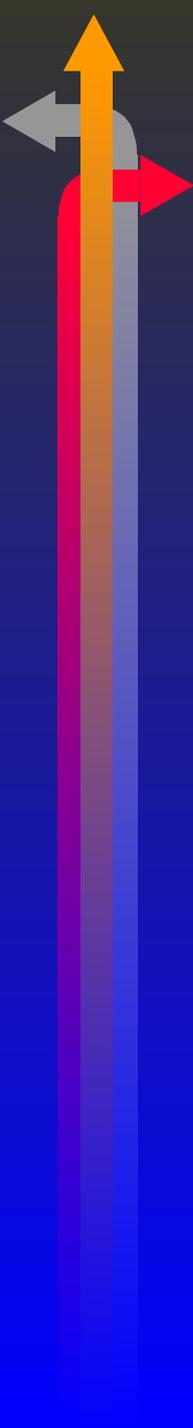
The Keswick/Pentecostal View





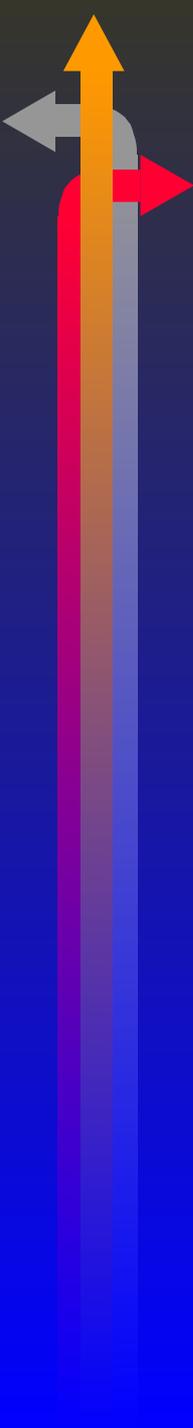
Views of Sanctification

- Many believers lean toward these views when they seem to be waiting for some divine event or experience that will take away the strongest pulls of sin and eliminate the need for concentrated self-discipline
- They lean toward the Wesleyan view when they admit that they sin “all the time” but seldom confess it or ask for forgiveness
- They lean toward the Keswick view when they “let go and let God” by thinking that the absorption of Scriptural teaching alone, without its practice, will change them



The Biblical View of Sanctification

- A lifelong cycle of sin, repentance, renewal, and growth toward Christlikeness that will only be complete when believers meet the Lord in glory. The Bible teaches that sanctification is both the work of God and the work of a believer (Phil. 2:12-13). The believer grows in Christlikeness as he renews his mind and pursues active discipline, trusting that the Holy Spirit is energizing his efforts (Rom. 12:1-2, 1 Tim. 4:7, Rom. 6, etc.). While God alone produces the ultimate growth and gets the glory for Christ-like change, the believer is none-the-less actively and continuously involved in the pursuit, effort, and obedience of God's Word.

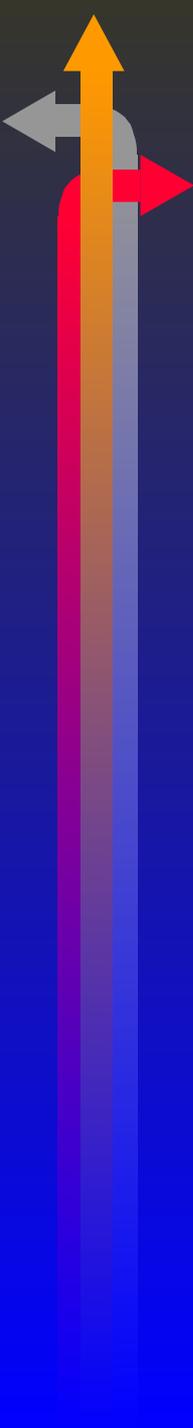


The Biblical View of Sanctification

- Does not result in perfection in this life (Phil 3:12)
- Is not passive, but active (Phil. 2:12, Rom. 6-8, 12:1-2, Eph. 4:22-23)
- Is God's work & man's responsibility (Phil. 2:12-13)
- 3 P's – Pattern, Progress, not Perfection (1 John 2-3)

The Biblical View of Sanctification





Homework

- Read MacArthur, chs. 2-3, and Tripp, ch. 2
- Memorize 2 Cor. 5:9
- Extra: Listen to “How Believers Grow and Change,” in *Foundations of Biblical Counseling* Sermon Series

