Evaluation of Integration Models

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Identification of Model: _____Levels of Explanation Approach_____

Epistemology

___2_____ There is a comprehensive view of Scripture and the avoidance of either a tendency to ignore
          Scripture or to proof text.
___3.5____ Psychological theory and research are reviewed and integrated into this model.

Comment:
This approach does not emphasize Scripture, it is more of an integration of spirituality into counseling as one of the components that affect human behavior; while the biological, psychological, social and spiritual influences on behaviors are important they may not always be equal in their contribution to the presenting problems (Greggo & Sisemore, 2012, p.67).

Appreciation for Science of Psychology

___5__ A specific theory is easily identified (e.g., Freudian, Adlerian, Behavioral, Cognitive,
          Neuroscience, etc.) or model is clearly identified as eclectic.
___5____ The author is conversant with research and does not use psychological "proof-texting."

Comment: Myers approach defined psychology as the science of behavior and mental processes, and
          that his work in scientific psychology did not defer him from spiritual practice (Greggo &
          Sisemore, 2012., p.23).

Relationship of Psychology and Theology

___3_____ A specific family of theology is easily identified (e.g., Reformed, Wesleyan, Evangelical,
          Charismatic, etc.) or the model is clearly identified as eclectic.
___4_____ The author's use of the term "integration" is clearly explained.

Comment:
While the author speaks on counseling and Christianity, this approach does not seem to be identified by a specific family of theology, as terms such as "spiritual factor" are not only limited to Christianity, and this approach is more of an integration of other facets of humanity.

View of Humanity

___3_____ The model considers a Biblical view of humanity.
___3.5_____ This view is informed from both theology and psychology.

Comment: This approach helps in understanding human behavior through the integration of biological,
          psychological, social and spiritual to understanding and helping improve human functioning.
          Considering these four aspects of humanity can help in developing appropriate intervention
          strategies; the bible is not the sole source in this approach.

Role of Christ and Holy Spirit

___2.5____ The role of the cross of Christ is clearly delineated.
___2.5__ The role of the Holy Spirit is addressed.

Comment: The role of the cross of Christ and Holy Spirit does not seem to be addressed in this
          approach, as spirituality is an added facet that may be a contributor to a problem or disorder

and not the sole source of influence. Spirituality is address in context of how the client experiences their spiritual needs.

Nature of Health and Disorder
__3__ The goal of growth includes both psychological health and spiritual maturity and these goals are clearly defined.
_ 2___ A distinction between spiritual and psychological suffering is made.
__1_ Disorder is clearly explained (e.g., A view of sin versus psychopathology is clearly articulated)
_3.5___ A place is given for physical symptoms (and appropriate medical referrals are suggested).

Comment: This approach is broad in the sense that it focuses on spirituality as part of the problem a client may be facing and that there are other factors to consider. Part of this approach speaks to incorporating discovery, detachment, discernment and direction as a way to find purpose in their spiritual journey.

Nature of change
___4__ The model makes use of psychological techniques, biblical truth and spiritual disciplines.
___3____ The role of the counselor is clearly delineated.
___3____ The contrast between symptom reduction, positive mental health and spiritual maturity is addressed in a cohesive fashion.

Comment:
Spirituality can help in achieving a sense of calling, vocation and purpose through spiritual aspects such as forgiveness, gratitude and charity; these things can help one learn to be gracious to themselves and others (Greggo & Sisemore, 2012., p.77).

Use of Religious Techniques and Practices
___3_____ If the use of religious or spiritual techniques with clients is recommended, this is done within a framework of professional ethics.
___3_____ The model clearly describes whether these techniques are used for psychological or spiritual goals.

Comment:

Overall Assessment
___3_____ This model can be easily incorporated into clinical practice? (Which, if any, settings would be more difficult?)
___3_____ I would refer my mother to a therapist using this model.

Comment:
This model has some evidence-based work which makes it easy to incorporate for clinical practice, being that it can incorporate an array of interventions and helps a counselor prioritize an intervention to address the serious and immediate issues a client may be dealing with.

Identification of Model: _____ Integration Approach _____

Epistemology

____3_____ There is a comprehensive view of Scripture and the avoidance of either a tendency to ignore
          Scripture or to proof text.

___4_____ Psychological theory and research are reviewed and integrated into this model.

Comment: This approach incorporates psychology, theology and spirituality as an integrative model
          which requires adaptability from the counselor to discern which of three components should
          be considered for the treatment process.

Appreciation for Science of Psychology

___3__ A specific theory is easily identified (e.g., Freudian, Adlerian, Behavioral, Cognitive,
          Neuroscience, etc.) or model is clearly identified as eclectic.

___3_____ The author is conversant with research and does not use psychological "proof-texting."

Comment: This approach does incorporate appreciation for the science of psychology as it does use
          various assessments (SAD PERSONS) and test that can help determine the clients diagnostic.

Relationship of Psychology and Theology

___3_____ A specific family of theology is easily identified (e.g., Reformed, Wesleyan, Evangelical,
          Charismatic, etc.) or the model is clearly identified as eclectic.

___4_____ The author's use of the term "integration" is clearly explained.

Comment:
This approach is integrative in that it specifies the function of psychology, theology and spirituality
while not neglecting to focus on identifying the presenting concerns

View of Humanity

___4_____ The model considers a Biblical view of humanity.

___3_____ This view is informed from both theology and psychology.

Comment: The biblical view of humanity is connected to the image of God, which is the best example
          of a fully functioning human the closeness to God's truth which can be seen in a functional
          view.

Role of Christ and Holy Spirit

___3_____ The role of the cross of Christ is clearly delineated.

__3__ The role of the Holy Spirit is addressed.

Comment: The role of the Cross is presented, there is more emphasis on the functional view of the
          image of God, how the human individual carries that image (Greggo & Sisemore, 2012., p.
          96).

Nature of Health and Disorder

__3.5__ The goal of growth includes both psychological health and spiritual maturity and these goals are
          clearly defined.

_ 3___ A distinction between spiritual and psychological suffering is made.

__3_ Disorder is clearly explained (e.g., A view of sin versus psychopathology is clearly articulated)
_5__ A place is given for physical symptoms (and appropriate medical referrals are suggested).

Comment: This identifies through assessments the presenting problems, while it incorporates
psychology and spirituality, it does have a distinction between the two through a structural
intervention and schema-focused strategies to help client find meaning.   This approach
explores functional, structural and relational issues for treatment.

Nature of change
_3_ The model makes use of psychological techniques, biblical truth and spiritual disciplines.
_4__ The role of the counselor is clearly delineated.
_3__The contrast between symptom reduction, positive mental health and spiritual maturity is addressed
in a cohesive fashion.

Comment: The role of the counselor is to maintain their ethical and legal obligations to their client,
through assessment helping client identify their goals for treatment and help guide the goals
into a deeper growth overtime. In the nature of change in a spiritual aspect is the idea of
sanctification, so the counselor while doing their professional work can also help deepen
their awareness of self with relation to God and others (Greggo & Sisemore, 2012., p. 88).

Use of Religious Techniques and Practices
____4____ If the use of religious or spiritual techniques with clients is recommended, this is done
within a framework of professional ethics.
____4____ The model clearly describes whether these techniques are used for psychological or spiritual
goals.

Comment: This model is clear in that the three components may be important in helping the client
however, the three do not need to serve equally in the treatment process. Religious or
spiritual techniques must be incorporated in an ethical manner and must be aligned to the
primary presenting concern/problem.

Overall Assessment
___3.5_____ This model can be easily incorporated into clinical practice? (Which, if any, settings would
be more difficult?)
___3.5_____ I would refer my mother to a therapist using this model.

Comment:
This model like most require training and discernment as to what aspects of the model must be
addressed first in order of client's needs. I may refer my mother to this approach as its sole focus is not
the spiritual aspect but gives room to account for mental disorders and other symptoms that may require
a scientific approach.

Identification of Model: _____ Christian Psychology Approach _____

Epistemology

____4____ There is a comprehensive view of Scripture and the avoidance of either a tendency to ignore Scripture or to proof text.

___4____ Psychological theory and research are reviewed and integrated into this model.

Comment: This approach calls for the traditional Christian view which is studying the soul from a Christian worldview, this is done through research and be biblically rooted (Greggo & Sisemore, 2012., p. 28).

Appreciation for Science of Psychology

___3__ A specific theory is easily identified (e.g., Freudian, Adlerian, Behavioral, Cognitive, Neuroscience, etc.) or model is clearly identified as eclectic.

___3____ The author is conversant with research and does not use psychological "proof-texting."

Comment: This approach is more in the appreciation of theology in psychology, application of the Word of God into life problems.

Relationship of Psychology and Theology

___3_____ A specific family of theology is easily identified (e.g., Reformed, Wesleyan, Evangelical, Charismatic, etc.) or the model is clearly identified as eclectic.

___4_____ The author's use of the term "integration" is clearly explained.

Comment:

This approach is integrative in that it specifies the function of psychology, theology and spirituality while not neglecting to focus on identifying the presenting concerns.

View of Humanity

___4____ The model considers a Biblical view of humanity.

___3_____ This view is informed from both theology and psychology.

Comment: The biblical view of humanity is connected to building relationship and empathy; focusing on the client's issues and how they can grow from there.

Role of Christ and Holy Spirit

___3____ The role of the cross of Christ is clearly delineated.

__3__ The role of the Holy Spirit is addressed.

Comment: The role of Christ is that He became flesh, like us which is how we know that He understands and that is the beginning point to therapy, accepting the truth of Christ and what he wants to teach us (Greggo & Sisemore, 2012, p. 113)

Nature of Health and Disorder

__3.5__ The goal of growth includes both psychological health and spiritual maturity and these goals are clearly defined.

_ 3.5___ A distinction between spiritual and psychological suffering is made.

__3_ Disorder is clearly explained (e.g., A view of sin versus psychopathology is clearly articulated)

_5__ A place is given for physical symptoms (and appropriate medical referrals are suggested).

Comment: The counselor relies on Christ in this counseling process, it is a combination of spiritual gathering and secular research to help bring application and awareness to the client of their spiritual and psychological needs.

Nature of change
_3_ The model makes use of psychological techniques, biblical truth and spiritual disciplines.
_4__ The role of the counselor is clearly delineated.
_4__The contrast between symptom reduction, positive mental health and spiritual maturity is addressed in a cohesive fashion.

Comment: The counselor's role is to build a relationship with the client help identify goals and formulate a treatment plan. Not solely focused on a diagnosis or sin rather the awareness of the client to know who God is and how that can help create change.

Use of Religious Techniques and Practices
____4____ If the use of religious or spiritual techniques with clients is recommended, this is done within a framework of professional ethics.
____4____ The model clearly describes whether these techniques are used for psychological or spiritual goals.

Comment: This model has spiritual techniques and can be useful in helping clients who have face trauma, through the study of who Jesus is in one's life.

Overall Assessment
___3_____ This model can be easily incorporated into clinical practice? (Which, if any, settings would be more difficult?)
___3_____ I would refer my mother to a therapist using this model.

Comment:
This model may be difficult to incorporate in clinical practice, the easy part is the focus on building a therapeutic alliance as all counselors should attempt to form some engagement with clients however, I do not think it would be a model I'd refer my mother to as it can be difficult to grasp the practical application.

Identification of Model: _____Transformation Approach_____

Epistemology

___4_____ There is a comprehensive view of Scripture and the avoidance of either a tendency to ignore Scripture or to proof text.

___4____ Psychological theory and research are reviewed and integrated into this model.

Comment:

This approach emphasizes on the effort of integrating psychology and Christianity through incorporating spiritual work in the clinical practice.

Appreciation for Science of Psychology

___4__ A specific theory is easily identified (e.g., Freudian, Adlerian, Behavioral, Cognitive, Neuroscience, etc.) or model is clearly identified as eclectic.

___4____ The author is conversant with research and does not use psychological "proof-texting."

Comment: This approach focuses on inclusivism; the science of psychology is important with models such as BASIC-ID are incorporated with spirituality and emphasizes is made on not only the transformation of the client but also the counselor.

Relationship of Psychology and Theology

___4_____ A specific family of theology is easily identified (e.g., Reformed, Wesleyan, Evangelical, Charismatic, etc.) or the model is clearly identified as eclectic.

___4_____ The author's use of the term "integration" is clearly explained.

Comment:

This approach is a Christian worldview where the integration is on who Christ is and how that relationship leads to change.

View of Humanity

___4____ The model considers a Biblical view of humanity.

___3_____ This view is informed from both theology and psychology.

Comment: This approach considers that people are most healthy the closer then are aligned to God and that counseling is needed when there is a maladaptive function with any or all aspects of the person (Greggo & Sisemore, 2012., p.143).

Role of Christ and Holy Spirit

___4____ The role of the cross of Christ is clearly delineated.

__4__ The role of the Holy Spirit is addressed.

Comment: The goal of this approach is for transformation to occur through the Trinity, knowing God, Jesus and the Holy Spirit can help in understanding the love of God and become more aware of our spirituality.

Nature of Health and Disorder

__3.5__ The goal of growth includes both psychological health and spiritual maturity and these goals are clearly defined.

_ 3___ A distinction between spiritual and psychological suffering is made.
__3_ Disorder is clearly explained (e.g., A view of sin versus psychopathology is clearly articulated)
_4__ A place is given for physical symptoms (and appropriate medical referrals are suggested).

Comment: This approach has a roulette of wheels to consider which part of its essence is identifying the client's presenting problem which impacts the intervention that would be used to reach the goals in the counseling process. This approach while giving importance to the spirituality also focuses on ensuring empirically the techniques can be supported through research as well giving place for physical symptoms.

Nature of change
___4__ The model makes use of psychological techniques, biblical truth and spiritual disciplines.
___4___ The role of the counselor is clearly delineated.
___4__The contrast between symptom reduction, positive mental health and spiritual maturity is addressed in a cohesive fashion.

Comment:
The client's motivation to change is important in transformational approach, two primary motivators are pain and love. A client has to believe that another person (God, counselor) desires for him or her to be good, so the counselor's role must be to reflect and model some level of the love of the Trinity (Greggo & Sisemore, 2012, p. 144).

Use of Religious Techniques and Practices
___4_____ If the use of religious or spiritual techniques with clients is recommended, this is done within a framework of professional ethics.
___4_____ The model clearly describes whether these techniques are used for psychological or spiritual goals.

Comment: This model does ensure to follow a professional ethics as it means having sufficient training to determine when a symptom or presenting problem may need another intervention (i.e. medical care). It also models phases that follows stages of the client's life to identify ways spirituality can be included.

Overall Assessment
___4_____ This model can be easily incorporated into clinical practice? (Which, if any, settings would be more difficult?)
___4_____ I would refer my mother to a therapist using this model.

Comment:
This model fosters discussions among the counselor and client about key relationships in the client's life, and requires willingness of the client in order to see change however, it because of it has steps on how to enhance those relationships and include God it can be beneficial to those who'd like to incorporate spirituality.

EVALUATION OF INTEGRATION MODELS

Identification of Model: _____Biblical Approach_____

Epistemology
___5_____ There is a comprehensive view of Scripture and the avoidance of either a tendency to ignore
Scripture or to proof text.
___3_____ Psychological theory and research are reviewed and integrated into this model.

Comment:
This approach is mostly directed out of the Scriptures.

Appreciation for Science of Psychology
___1__ A specific theory is easily identified (e.g., Freudian, Adlerian, Behavioral, Cognitive,
Neuroscience, etc.) or model is clearly identified as eclectic.
___1_____ The author is conversant with research and does not use psychological "proof-texting."

Comment: This approach is less scientific and more spiritual, it is easily defined as a Christian
approach as it seeks to integrate Christ, the nature of sin and how it affects human behavior.

Relationship of Psychology and Theology
___4_____ A specific family of theology is easily identified (e.g., Reformed, Wesleyan, Evangelical,
Charismatic, etc.) or the model is clearly identified as eclectic.
___4_____ The author's use of the term "integration" is clearly explained.

Comment:
This approach is a Christian worldview where the integration is on who Christ is and how that
relationship leads to change.

View of Humanity
___4_____ The model considers a Biblical view of humanity.
___3_____ This view is informed from both theology and psychology.

Comment: This approach considers sin as a source of problems while not the sole source it speaks of
humanity and spiritual struggle between sin and one's purpose in Christ; spiritual problems
can affect cognitive, emotional and behavior problems (Greggo & Sisemore, 2012., p.165).

Role of Christ and Holy Spirit
___4_____ The role of the cross of Christ is clearly delineated.
___5__ The role of the Holy Spirit is addressed.

Comment: Biblical counseling appropriates God's truth which leads to change through spiritual
resources such as the Holy Spirit, Scriptures and fellowship.

Nature of Health and Disorder
__4__ The goal of growth includes both psychological health and spiritual maturity and these goals are
clearly defined.
_ 4___ A distinction between spiritual and psychological suffering is made.
__3.5_ Disorder is clearly explained (e.g., A view of sin versus psychopathology is clearly articulated)
_5__ A place is given for physical symptoms (and appropriate medical referrals are suggested).

Comment: While one understands the biblical perspective, the counselor is able to organize the client's
problems identifying the critical and immediate problems first and how the basic spiritual
problems can influence the present issues. This approach also considers if there are other
problems such as medical and physical problems that may require another intervention.

Nature of change
___3.5__ The model makes use of psychological techniques, biblical truth and spiritual disciplines.
___5___ The role of the counselor is clearly delineated.
___3.5__The contrast between symptom reduction, positive mental health and spiritual maturity is
addressed in a cohesive fashion.

Comment:
The role of the counselor is to reflect Christ through their character, message and methods of Christ.

Use of Religious Techniques and Practices
___4_____ If the use of religious or spiritual techniques with clients is recommended, this is done
within a framework of professional ethics.
___4_____ The model clearly describes whether these techniques are used for psychological or spiritual
goals.

Comment: Counseling agendas can be used as a way to address the client's needs through biblical truth
and application.

Overall Assessment
___3_____ This model can be easily incorporated into clinical practice? (Which, if any, settings would
be more difficult?)
___4_____ I would refer my mother to a therapist using this model.

Comment:
This model can be easy to incorporate in a Christian setting; a church that offers counseling may be able
to easily incorporate as it is breaking down Scriptures and helping clients put into practice those spiritual
guides to create change.   Through gaining understanding of the gospel and aiding clients to leading their
hearts to Christ.

Reference

Greggo, S. P. & Sisemore, T. A. (2012). *Counseling and Christianity: Five approaches*. Downers

     Grove. IL: InterVarsity Press.