



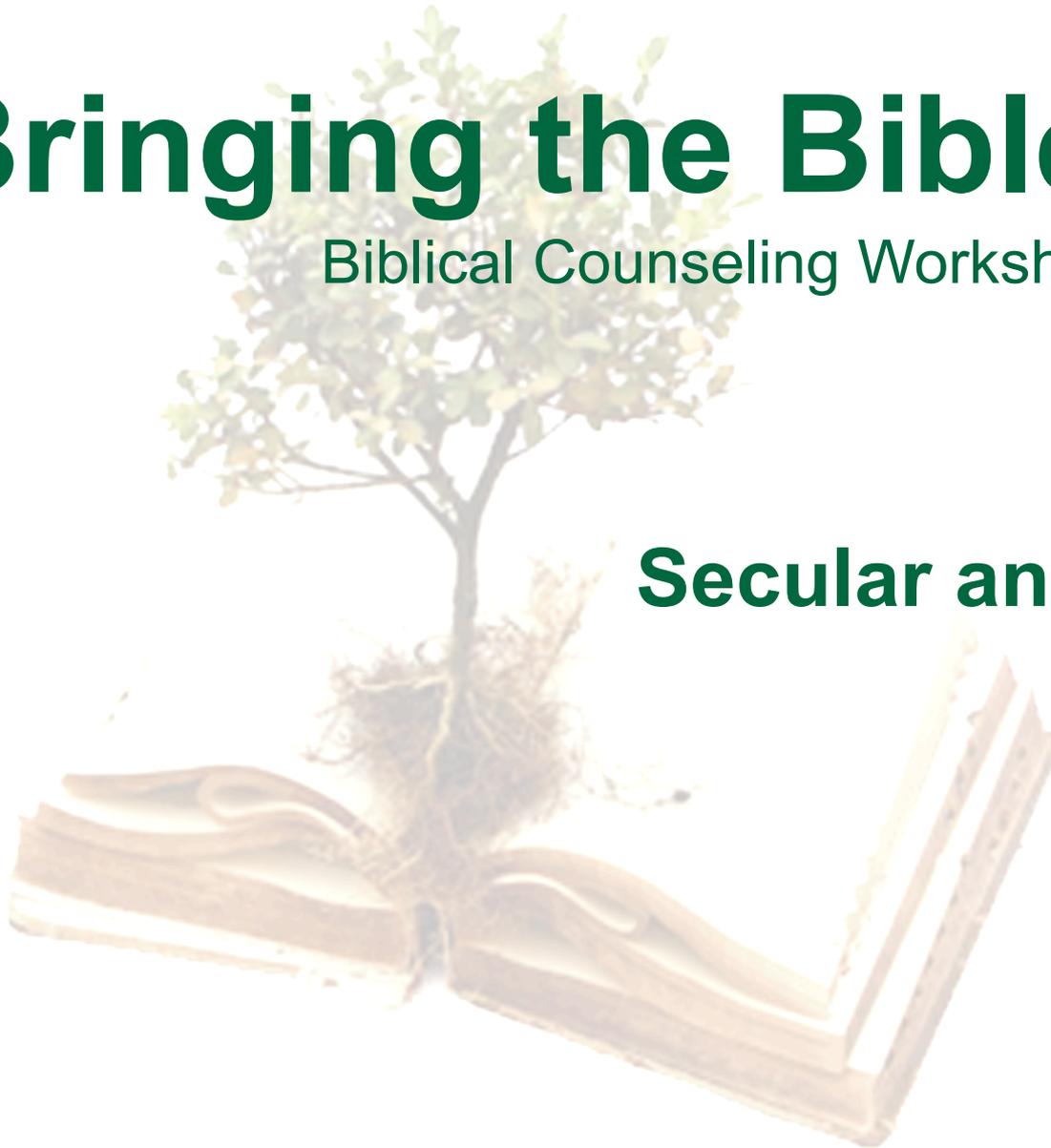
Bringing the Bible to Life

Biblical Counseling Workshops

**Secular and Integration
Theories**

Track II.10

Kevin Martin





Introduction

Guidelines for evaluating various theories

1. 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



2. Anthropology?
3. How is the problem defined?
4. How is the problem solved?
5. What is the goal of counseling?
6. What is the role of the counselor?



The purpose of this lecture is for you to know enough about other theorists to make informed decisions like:

- 1) Is my counseling different from (blank) down the street and, if so, how?
- 2) Can I refer to other counselors and, if so, how?
- 3) How careful should I be when I'm "cutting and pasting?"



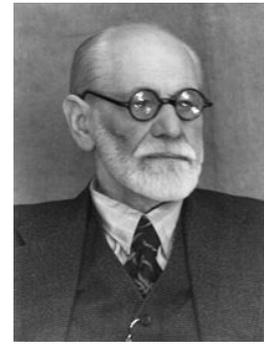
The History of Modern Psychology

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





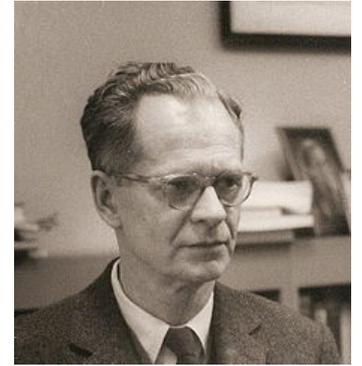
Depth Psychology



- Leader - Freud (1856-1939)
- 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?



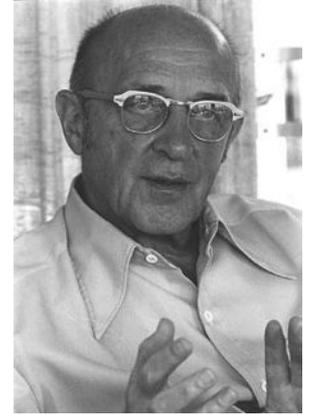
Behaviorism



- Leader - B.F. Skinner
(1904-1990)
- Man - blank tablet, conditioned animal
- Problem - environmental failure
- Responsibility - not man's (non-moral)
- Guilt - not important
- Treatment - restructure environment
- Counselor - technician
- 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?



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?



USE OF THE MEDICAL MODEL FOR THE CONCEPT OF MENTAL ILLNESS

Flu



Medical



- Illness is medical, physical, external
- Not his fault
- Excuse behavior
- Treatment by an expert

(fill in the blank)



Mental



- Illness is mental, physical, external
- Not his fault
- Excuse behavior
- Treatment by an expert

Sinful thoughts,
actions



Biblical



- Moral Issue
- Irresponsible
- Internal due to sin
- Personally responsible
- No excuse
- Treatment - Confession of sin
- Biblical change



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



IMPLICATIONS OF BIBLICAL COUNSELING

- --Based on and growing out of the biblical view of man

1. All counseling is God-oriented.

Psalm 73:25; Romans 11:36

2. Guilt is taken seriously

Psalm 51:4, 32:1, 2



3. Responsibility of counselee is recognized.

Ezekiel 18:4; Romans 14:10, 12;
Jeremiah 31:29, 30

4. Behavioral change can occur now.

Ephesians 4:22-24; 2 Corinthians 5:17

5. Counselee is accepted as a person God created.

Luke 6:27, 28, 32-35



	Depth Psychology	Behaviorism	Third Force	Biblical
LEADER	Freud	Skinner	Rogers	GOD
MAN	-Instinctual animal -Id -Superego -Ego	-Conditioned animal -Blank tablet	-Basically good -Potential within -Mature like a flower	-Created by God to glorify God
PROBLEM	-Conflict between Id and Superego	-Environmental failure	-Environment hinders	-Fallen sinner by choice
RESPONSIBILITY	-Not man's	-Not man's (non-moral)	-Not man's	-Man's
VIEW OF MAN'S GUILT	-Result of imposed standards from others	-Not important (no evils)	-Not important	-Result of sin -Real
TREATMENT	-Actualize potential -Strengthen the Ego -Make the unconscious conscious -Find source in insight & awareness	-Restructure environment -Client – determines what they want -Therapists – determines how it will be changed	-Help him realize potential -Solution within -Focus on feeling	-Justification by faith -Progressive sanctification -Spirit and Word -Focus on objective data
RESOLUTION OF MAN'S GUILT	-Cultural societal values and parents to blame	-Change standard according to client's "needs"	-Take whatever steps necessary to achieve the goal of being comfortable with oneself	-Deal with sin -Deal with response
COUNSELOR	-Expert	-Technician	-Mirror	-Biblical Discipler/ Counselor
PROBLEMS	-Unbiblical anthropology -Promotes self-absorption, narcissism -Victim mentality	-Unbiblical anthropology -Manipulates through rewards & punishments -Ignores man as spiritual being -Victim mentality	-Unbiblical anthropology -Solution is within rather than in Christ -Victim mentality	-NONE that can't be overcome by God, His Word, and His obedient children



Is There a Place for Psychology?

- Psychology can be a helpful discipline when its aim is to discover true medical (organic) problems
- Psychology can be a helpful discipline in the observations it makes about human behavior
- 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).



“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



Homework

- Summarize your main take-aways from this session, especially noting any areas that were either unclear to you or that you might disagree.



Going Deeper

- Audio Tape Series: *Science, Psychology and Culture* William P. Smith
- Book: *Psychology & Christianity: Four Views*, David Powlison
- Book: *Mind or Body*, Robert L. Taylor
- Book: *Is All Truth God's Truth?*, Jay Adams



Next Classes

- II.11 *Physical Illness and Biblical Counseling*
- II.12 *Medicine and Biblical Counseling*



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