

Secular and Integration Theories

TGI Biblical Counseling and Discipleship Class

**THE GOSPEL
INSTITUTE**

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Discernment Regarding Theories

1. What is their epistemology?

- Intuition – feelings, “you just know its true”
- Reason – logic, humanist ideology, statistics
- Empiricism – conclusions based on human studies, observation, scientific discoveries
- Revelation – what God reveals
- General – creation and conscience (Rom. 1:20, 2:19)
- Special – Scripture (2 Tim. 3:16-17)
- *Knowing one’s epistemology is essential - it defines presuppositions and starting points for developing the view of man as well as the counseling model.*

Discernment Regarding Theories

2. What is their Anthropology?

- What is their view of man?
 - Dichotomy?
 - Trichotomy?
 - Basically good?
 - Product of his environment?
 - What is normal?
- How is the problem defined?
- How is the problem solved?
- What is the goal of counseling?
- What is the role of the counselor?

Discernment Regarding Theories

3. What is their methodology?

- Psychoanalytical? – biological – psychic determinatism (Freud, Jung, etc.)
- Behavioral? – man is a machine, change the program (Watson, Skinner)
- Humanistic? – man is good – thwarted development needs to be realized. (Rogers, human potential movement)
- Transpersonal ? – man is a spiritual being, but makes his own reality. (Eastern mysticism, TM)
- Cognitive? – man is a thinking computer (Wundt, Ellis, Beck)

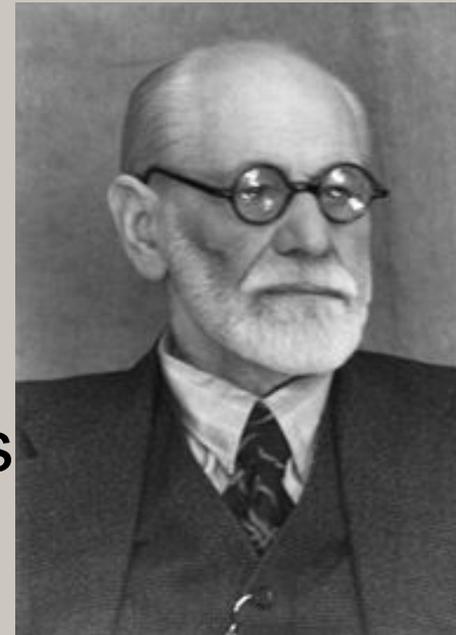
Why Talk about Counseling Theories?

To enable you to discern biblically and wisely...

- Is your counseling different from _____?
- If so, how?
- If you should refer to another counselor and to whom?
- If the thoughts and beliefs of your counselee and your culture are accurately describing the root problems and are offering solid solutions.
- Between sound and unsound resources, teachers, practitioners, etc?

The History of Modern Psychology

- Sigmund Freud (1856-1939) - Founded psychoanalysis
- Epistemology - experience
- Believed all religion to be neurosis
- Developed psychoanalisisist to be “secular priests”
- Instinctual Trichotomous animal, battling within the sub-conscious
 - Id – raw lust, instinctive desires
 - Ego – the “traffic cop” (conscience)
 - Super-ego – society’s imposed standards



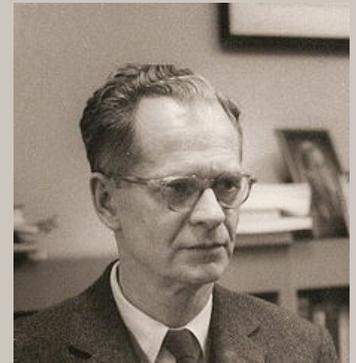
Depth Psychology

- Leader – Freud (1856-1939)
- Man – instinctual animal, (id, superego, ego)
- Problem – conflict b/t id & superego;
- Responsibility – individual was not responsible, environment suppresses instincts
- Guilt – result of imposed standards, false
- Treatment – psychotherapy, psychoanalysis
- actualize potential, make unconscious conscious, strengthen ego
- Counselor – trained expert
- Problems?



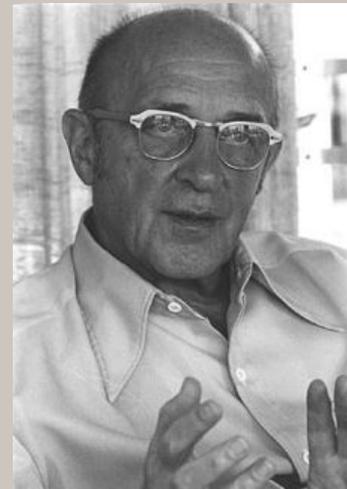
Behaviorism

- 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 Psychologized 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, blogs, magazines, 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 friend/discipler

Our Definition of Biblical Counseling and Discipleship

Biblical Counseling is...

- Gospel-centered (Jn.8:26-29; Rom.1:16-17; (1Cor.2:2)
- Christ-exalting (1Cor.1:30-31; 2Cor.1:20; Col.1:28-29)
- Compassionate burden-bearing (Gal.6:1-1Th.2:7-12)
- Thru the sufficient & authoritative Word (2Ti.3:14-17)
- Empowered by the Holy Spirit & prayer. (Acts 20:20-27; Heb.13:7; 2Cor.3:18; Ja.5:14-16)
- Within the authority & structure of the local church.
(Gal.6:1-2; Eph. 4; 1 Cor. 12; Rom. 12-15; 1 Pet. 4:7-9; Gal. 5; James 5:13-18)

This is a picture of biblical discipleship or biblical friendship. This is the call and culture of the local church.

Goals of Biblical Counseling & Discipleship

Create a culture of compassionate burden-bearing by lovingly nurturing people (1 Thess. 2:7; Rom. 12-15) to fulfill their life's purpose, to ...

Worship, (Mt. 4:10; Jn. 4:22-24)

Glorify, (Rom. 15:1-9; Is. 43:7) and

Please God (Jn. 8:29; 2 Cor. 5:9) as they

Grow (2 Cor. 3:18; Tit. 2:11-14; 2 Pet. 1:3-11),

to be more **like Christ** (Col. 1:28; Eph. 4:13-16).

Implications of Biblical Soul-Care

- Based on biblical epistemology
- Biblical view of God, man, sin, suffering, biblical solutions. (Psalm 73:25; Rom. 11:36)
- Sin and guilt are taken seriously.
(Psalm 51:4, 32:1, 2)
- Responsibility of counselee is recognized.
(Ezek. 18:4; Rom. 14:10, 12; Jer. 31:29-30)
- Change is expected from the heart-level
(Eph. 4:22-24; 2 Cor. 5:17)
- Counselee is accepted as a person created in God's image (Lu. 6:27, 28, 32-35)

Benefits of Secular Psychologies

- Helpful when its aim is to discover scientifically-verifiable pathologies; i.e. known, organic causes of medical problems.
- Helpful in the observations of human behavior.
- Like the other sciences, psychological disciplines that are based on man-centered epistemologies frame worldviews and resultant conclusions that are false, misleading, against God's Kingdom and promote harmful solutions.
- The psychological disciplines and solutions are not *needed* to help God's people fulfill their life-purposes, i.e. to worship, glorify and please God. (2 Pet. 1:3-9; 2 Tim. 3:14-17).

Psychology has Limited Benefits

“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

Psychology has Limited Benefits

"The real test of a theory or way of life, however, is not whether it can relieve pain, but what it says about the pain it can't relieve. And this is where, I believe, psychology lets us down and Christianity supports us, for in psychology suffering has no meaning, while in Christianity it has great meaning."

William Kirk Kilpatrick

	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

Additional Resources

- https://www.youtube.com/watch?v=G9STDM_JOgs
- Critiquing Modern Integrationists – by David Powilson

Next week (Feb 6th) and Beyond

- TOPIC: Psychotropic Drugs and Biblical Soul Care
- TEACHER: Jeff Leman
- February 13th – NO CLASS

The Medical Model and the Concept of Mental Illness

