

# 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)

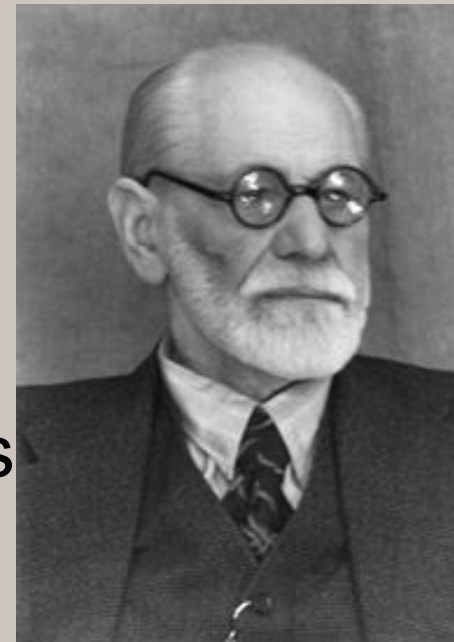
# Why Talk about Counseling Theories?

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?

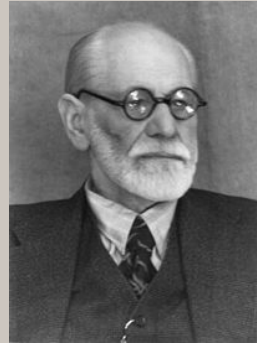
# The History of Modern Psychology

- 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



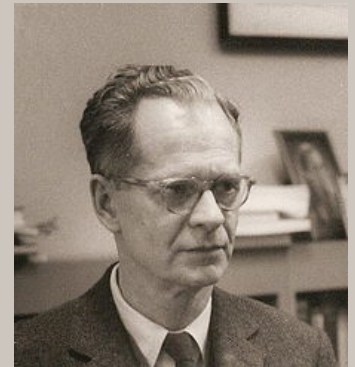
# Depth Psychology

- 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

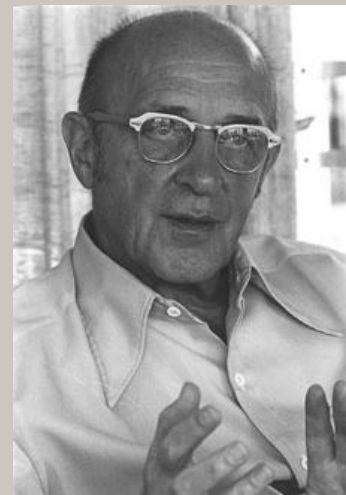
- Leader – B.F. Skinner (1904-1990)
- Man – blank tablet, conditioned animal
- Problem – environmental failure
- Responsibility – not man's (non-moral)
- Guilt – not important
- Treatment – restructure environment
- Counselor – technician
- Problems?





# 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

|                                  | <b>Depth Psychology</b>   | <b>Behaviorism</b>   | <b>Third Force</b>   | <b>Biblical</b>  |
|----------------------------------|---|--|--|--|
| <b>LEADER</b>                    | Freud   | Skinner  | Rogers   | GOD  |
| <b>MAN</b>                       | -Instinctual animal<br>-Id<br>-Superego<br>-Ego   | -Conditioned animal<br>-Blank tablet   | -Basically good<br>-Potential within<br>-Mature like a flower                              | -Created by God to glorify God   |
| <b>PROBLEM</b>                   | -Conflict between Id and Superego   | -Environmental failure   | -Environment hinders   | -Fallen sinner by choice   |
| <b>RESPONSIBILITY</b>            | -Not man's  | -Not man's (non-moral)   | -Not man's   | -Man's   |
| <b>VIEW OF MAN'S GUILT</b>       | -Result of imposed standards from others  | -Not important (no evils)  | -Not important   | -Result of sin<br>-Real  |
| <b>TREATMENT</b>                 | -Actualize potential<br>-Strengthen the Ego<br>-Make the unconscious conscious<br>-Find source in insight & awareness | -Restructure environment<br>-Client – determines what they want<br>-Therapists – determines how it will be changed             | -Help him realize potential<br>-Solution within<br>-Focus on feeling                       | -Justification by faith<br>-Progressive sanctification<br>-Spirit and Word<br>-Focus on objective data |
| <b>RESOLUTION OF MAN'S GUILT</b> | -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<br>-Deal with response  |
| <b>COUNSELOR</b>                 | -Expert   | -Technician  | -Mirror  | -Biblical Discipler/Counselor  |
| <b>PROBLEMS</b>                  | -Unbiblical anthropology<br>-Promotes self-absorption, narcissism<br>-Victim mentality                                | -Unbiblical anthropology<br>-Manipulates through rewards & punishments<br>-Ignores man as spiritual being<br>-Victim mentality | -Unbiblical anthropology<br>-Solution is within rather than in Christ<br>-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](https://www.youtube.com/watch?v=G9STDM_JOgs)
- Critiquing Modern Integrationists – by David Powilson

# Next week (Feb 6<sup>th</sup>) and Beyond

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

# The Medical Model and the Concept of Mental Illness

