

**BIBLICAL COUNSELING MINISTRIES
SYLLABUS OUTLINE**

BASIC SKILLS 101: INTRODUCTION TO BIBLICAL COUNSELING

Instructor: Sue Nicewander, M.A.B.C.

- I. What Biblical Counseling is NOT:
 - A. Secular Models of Counseling
 - B. Christian Counseling/Integration
 - C. Dangers of Counseling
- II. What is Biblical Counseling
 - A. The Goals of Counseling
 - B. Issues of the Heart
 - C. Qualifications of the Counselor
- III. Key Elements of Biblical Counseling
 - A. Involvement
 - B. Investigation
 - C. Interpretation
 - D. Instruction
 - E. Intention
 - F. Implementation
 - G. Integration

**COURSE REQUIREMENTS
INTRODUCTION TO BIBLICAL COUNSELING**

1. Attend all classes.
2. Read Wayne Mack and John MacArthur's *Introduction to Biblical Counseling*. Keep track of your reading time and pages read on the form provided.
3. Weekly quizzes on reading material and class notes.
4. (Required for college credit*) Complete self-exam and write a three-page paper concerning what you learned about your qualifications for discipling others in your church.

**College credit is given by application only to those students who have completed all four BCM counseling classes and meet all requirements for college credit.*

**BIBLICAL COUNSELING MINISTRIES
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BASIC SKILLS 102: SKILL-BUILDING IN BIBLICAL COUNSELING

Instructor: Sue Nicewander, M.A.B.C.

- A. Biblical Thinking
- B. Listening Skills
- C. Gathering Data
- D. Structuring Sessions
- E. Involving the Church Effectively
- F. Methods
- G. Practicum

**COURSE REQUIREMENTS
SKILL-BUILDING IN BIBLICAL COUNSELING**

1. Attend all classes.
2. Read Jay Adams' *How to Help People Change*. Keep track of your reading time and pages read on the form provided.
3. Do all weekly assignments.
4. (Required for college credit*) From Jay Adams' book *The Christian Counselor's Case Book*, choose a case study that has not been addressed in class or in our seminars.
 - a. Analyze the data and outline a plan for your next counseling session.
 - b. Write a 2500-word paper detailing a Biblical approach to the primary problem you face in your case study.

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**BIBLICAL COUNSELING MINISTRIES
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BASIC SKILLS 201: THEOLOGY OF COUNSELING

Foundations of Biblical Counseling

Instructor: Jeff Newman, Faith Baptist Bible College

- A. Hermeneutics: What to do on Thursday
- B. The Importance of Theological Study
 - 1. Theology
 - 2. Anthropology
 - 3. Epistemology
 - 4. Hamartology
 - 5. Soteriology
 - 6. Pneumatology
 - 7. Ecclesiology
 - 8. Eschatology

**COURSE REQUIREMENTS
THEOLOGY OF BIBLICAL COUNSELING**

1. Attend all classes.
2. Read Jay Adams' *What to do on Thursday*. Keep track of your reading time and pages read on the form provided.
3. (Required for college credit*) Choose a theological question related to counseling and write a 2500-word paper. Your teacher must approve the subject before the paper is written.
4. (Required for college credit*) Final exam.

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**BIBLICAL COUNSELING MINISTRIES
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BASIC SKILLS 301: TOPICAL APPLICATIONS OF BIBLICAL COUNSELING

Instructor: Sue Nicewander, M.A.B.C. and Area Pastors

- A. Anger
- B. Depression
- C. Fear/Worry/Anxiety
- D. Guilt and Forgiveness
- E. Physical Problems
- F. Crisis Counseling
- G. Life Dominating Problems
- H. Marriage
- I. Parenting
- J. Self Issues

**COURSE REQUIREMENTS
TOPICAL APPLICATIONS OF BIBLICAL COUNSELING**

1. Attend all classes.
2. Read Paul David Tripp's *Instruments in the Redeemer's Hands* and Jay Adams' topical brochures¹. Keep track of your reading time and pages read on the form provided.
3. Weekly quizzes from reading assignments and class notes.
4. (Required for college credit*) Choose a problem in your own life. Keep a Journal of Upsets for five weeks. During that time, search Scripture for God's solution to your problem and seek to implement that solution faithfully. Write a three-page paper describing the work of God in your life during that time. Hand in your Journal of Upsets, your Scripture search notes, and your paper.
5. (Required for college credit*). Final exam.

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¹ Jay Adams' topical brochures include: (1) What do you do when you become depressed? (2) What do you do when your marriage goes sour? (3) What do you do when fear overcomes you? (4) What do you do when anger gets the upper hand? (5) What do you do when you know that you're hooked? (6) What do you do when you worry all the time? (P&R Publishing, ISBN #0-87552-049-9)