

INTERVIEW QUESTIONNAIRE - INTRODUCTION TO BIBLICAL COUNSELING

INSTRUCTIONS: Ask ten everyday Christians, not professionals, if they would help you complete an assignment for a seminary course by answering... questions about Christian counseling. Simply record their answers as Yes or No.

1. Do you think there is any significant difference between Christian counseling and professional counseling? Yes No
2. Have you read any book about Christian counseling theory? Yes No
3. Does the Bible address such issues as kleptomania, clinical depressions, or anxiety attacks? Yes No
4. Is co-dependency a condition which the Bible recognizes? Yes No
5. The Bible condemns alcoholism. Yes No
6. Since all truth is God's truth, we can learn truth about man's psyche from psychology. Yes No
7. The Bible teaches that man is the product of his environment. Yes No
8. The Bible teaches that we can trust our feelings in relationships. Yes No
9. Psychotherapy and the Christian faith are compatible. Yes No
10. It is true that immaturity accounts for many of man's sinful behaviors. Yes No
11. The assimilation of secular psychologies is a dominant part of contemporary Christian counseling. This is as it should be since it makes the best of the Bible and Science. Yes No
12. Man's basic needs are security and significance. Yes No
13. Inner healing and the healing of memories is a legitimate part of Christian counseling. Yes No
14. Temperaments are part of the Biblical teachings about the nature of man. Yes No
15. We must learn to love ourselves before we can learn to love others. Yes No

PREFACE

Welcome to Introduction to Biblical Counseling!

The material in this Syllabus will provide you with a step by step outline by which you may follow the lectures in this course. There are diagrams and work sheets which you will find helpful and useful as you begin to practice Biblical Counseling.

Last evening, in a counseling session, a man said to me regarding a homework assignment which he had had as a standing assignment for four weeks, "I've got that whipped! And you know, changing this practice which has been a part of my life since being a teenager has given me hope that 'we can change'". As you learn how to counsel Biblically, this is what you can expect to hear. God, through His Word and by the power of the Holy Spirit, will use you to transform people's lives. You can anticipate seeing families move toward harmonious relationships. You can anticipate seeing depressed people become joyful. God is still in the business of changing lives!

In this course you will learn how to take responsibility to function Biblically and how to teach others to function responsibly through God's Word.

No part of this syllabus may be reproduced in any manner. This includes all diagrams and worksheets.

A CD, "Biblical Counselor's Tool Kit", is available through Growth Advantage Communications, 641 Mt. View Lake Road, Sylacauga, AL 35150, or by calling (256) 245-1488. You may use this CD to reproduce and use the forms for your own personal counseling. Also, this CD contains the material in the course syllabus in much greater detail as well as other helpful information.

INTRODUCTION TO BIBLICAL COUNSELING

BC7501-Introduction to Biblical Counseling

Professor: Dr. Howard A. Eyrich

Class Hours: 2

I. Qualifying Your Person

A. Proving yourself - I Tim. 3: 1-7

1. Check your desire 3:1
2. Check your ability 3:2 “able to teach”
3. Check your life 3:2-7
4. Check your performance 1 Tim. 4:12; I Thes. 1:2-6; Phil. 4:9; I Cor. 11:1
5. Check your credibility Titus 2:7-10

B. Protecting yourself

1. Your faith I Tim. 1:18-19
 - a. Fight the good fight
 - b. Keep faith
 - c. Keep good conscience
2. Your conscience
 - a. Sensitive (I Tim. 4:2, Heb. 5:14)
 - b. Clear (I Pet. 3:16-17, II. Cor. 1:12, Matt. 7:1-5)
 - c. God Derived (I Sam. 8:19-22, Psalm 119:128, Matt. 19:3-5)

II. Qualifying Your Professionalism

A. Relationship to Professional Code (NANC)

B. Relationship to legal authority and church authority

1. Legal authority
 - a. Responsibility to Code of Conduct
 - b. Responsibility to legal code – when to break confidentiality
 - 1) Person is at risk – suicidal
 - 2) Others are at risk – homicidal
 - 3) Abuse or threatened abuse
 - 4) Criminal intent or action

2. Church responsibility
 - a. Keep lines of authority and responsibility clear.
 - b. Do not discuss cases with other Pastors and other counselors without signed permission.
 - c. Respect church orientation.
- C. Responsibility for referral and collaborative counseling.

III. Qualifying Your Teaching

A. The Content

1. The options
 - a) The *INTEGRATIONISTS* view
 - b) The *ECLECTIC* view
 - c) The *NOTHING BUTISM* view
 - d) The *BIBLICAL ABSOLUTE/BIBLICAL PRINCIPLE* view
2. The challenge – I Tim. 4:2-11; II Tim. 4:2-4

B. The Goal of Counseling

1. Secular goal - Kottler/Brown – “A process that influences clients toward constructive change”
2. Biblical goal – Col. 1:28-29
3. Biblical goal summarized

C. Methodology

1. Pragmatic but not pragmatism
2. Biblical in intent
 - a. Importance of data gathering Prov. 18:2, 13, 15; I Thes. 3:11 ff
 - b. Differential –
 - c. Directive
 - d. Authoritative
 - e. Practical
 - f. Varied
 - g. Compassionate

IV. Presuppositions Are Common to All Counselors

- A. Theology – What does he believe about God?
- B. Anthropology –
 - 1. About the nature of man?
 - 2. About the nature of man's responsibility?
 - 3. About the etiology of man's problems?
 - 4. About the solutions to man's problems?
- C. Axiology – What are his values?
- D. Role of the Counselor
 - 1. Indirective
 - 2. Directive Role depends on system
 - 3. Insight guide
 - 4. Teacher

Survey of Modern Schools of Psychology & Their Presuppositions:

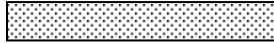
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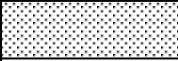

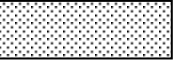
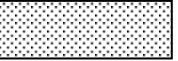
FREUDIAN SCHOOL



BEHAVIORISM



HUMAN POTENTIAL MOVEMENT

School of Thought	 Freud	 Ego Psychologist	 Rogers	 Skinner	 Existentialist	 Third Force
Man	Self gratifying animal	Basically good	Basically good	Man is a zero	Man is absurd	Man has great potential
Problem	Inner anxiety-Eros and Thanatos drives create conflict between the id and super ego	Weak Ego	Inhibition and anxiety	Environmentally programmed improperly	Anxiety (angst) from dealing with own absurdity	The awareness of not reaching his potential
Responsibility	Person is responsible to live out his drives without societal conflict	Same as Freud	Person is responsible for not being himself, i.e., free	Society, not the individual	Rest with the counselee	Rest with the counselee
Guilt	Result of the super ego's having had society's values forced upon it or the conflict between the id and super ego	Same as Freud	No guilt, but rather incorrect learned, negative evaluation	No such thing	Man	Bad feelings for not having achieved potential
Treatment	Gratification of desires in society in socially acceptable way	Strengthen ego through self determination string ego-guiltless - no angst	Reflection and insight	Re-engineer the environment	Projecting a reality (self fulfilled prophecy) - create mood	Change environment-learn how to reach potential
Counselor	Explores the past, where frustrations occur- make advisements and help to exercise according	Guide strengthening process	Mirror reflection	Environmental engineer	One who enables counselee to reestablish hope in projection	Facilitates what is pragmatically closest path to potential

V. Presuppositions and Christian Counseling

A. Theology – God is Sovereign/man is responsible

B. Anthropology

1. Nature of man

a. Image of God – man created in God’s image

intuitive, cognitive, rational, emotional, etc.

b. Fallen – all men, personal and nature

c. Restore – to be restored and become three dimensional (time, space, eternal) and able to move toward God given potential

d. Accountable

Gen. 3; I Cor. 6:9-11

2. Nature of Man’s Problems

a. Etiology

1) Physical – organically based

2) Spiritual – sinful responses to pressures of life

3) Demonic - I John 5:18

b. Solvable – man by God’s grace can solve his problems.

I Cor. 10:14

C. Role of the Counselor (this section is omitted in the audio lectures, you will not be responsible for it)

1. Indirective

2. Directive

3. Advice giver

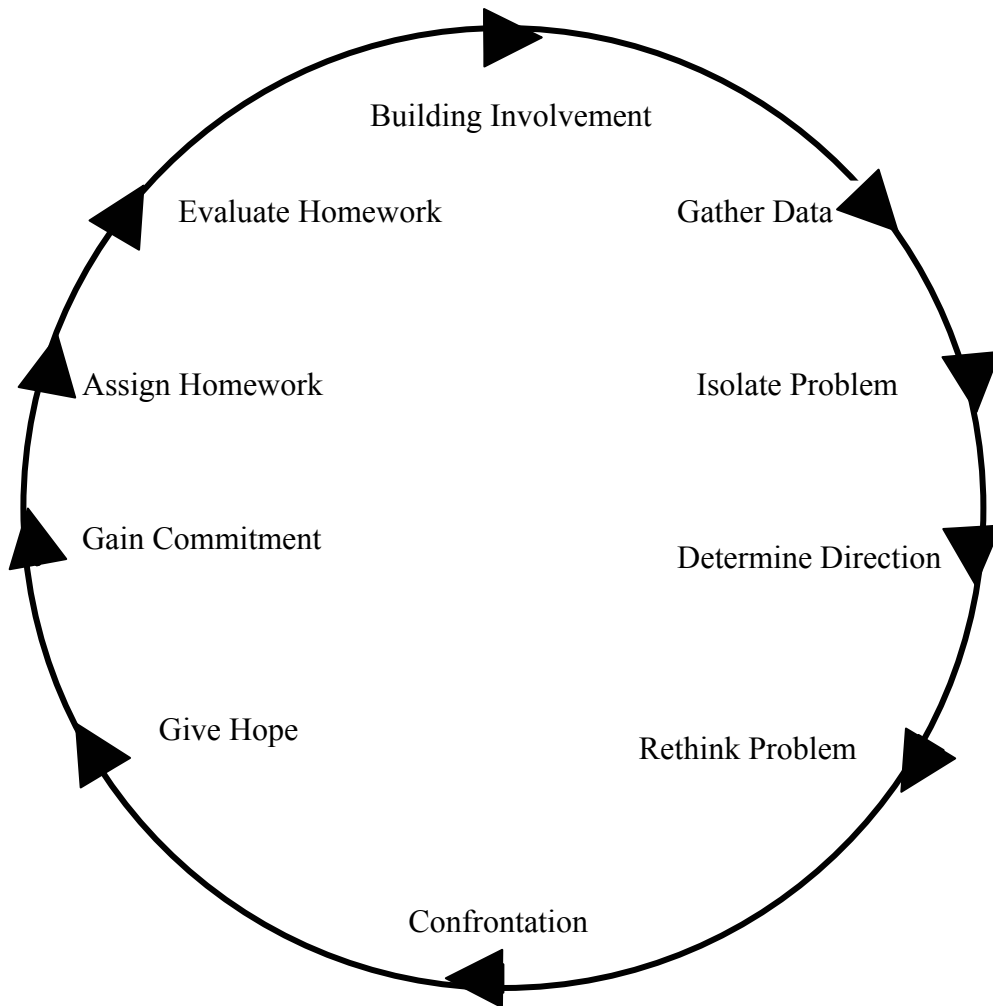
4. Insight/guide

5. Teacher

6. Confronted

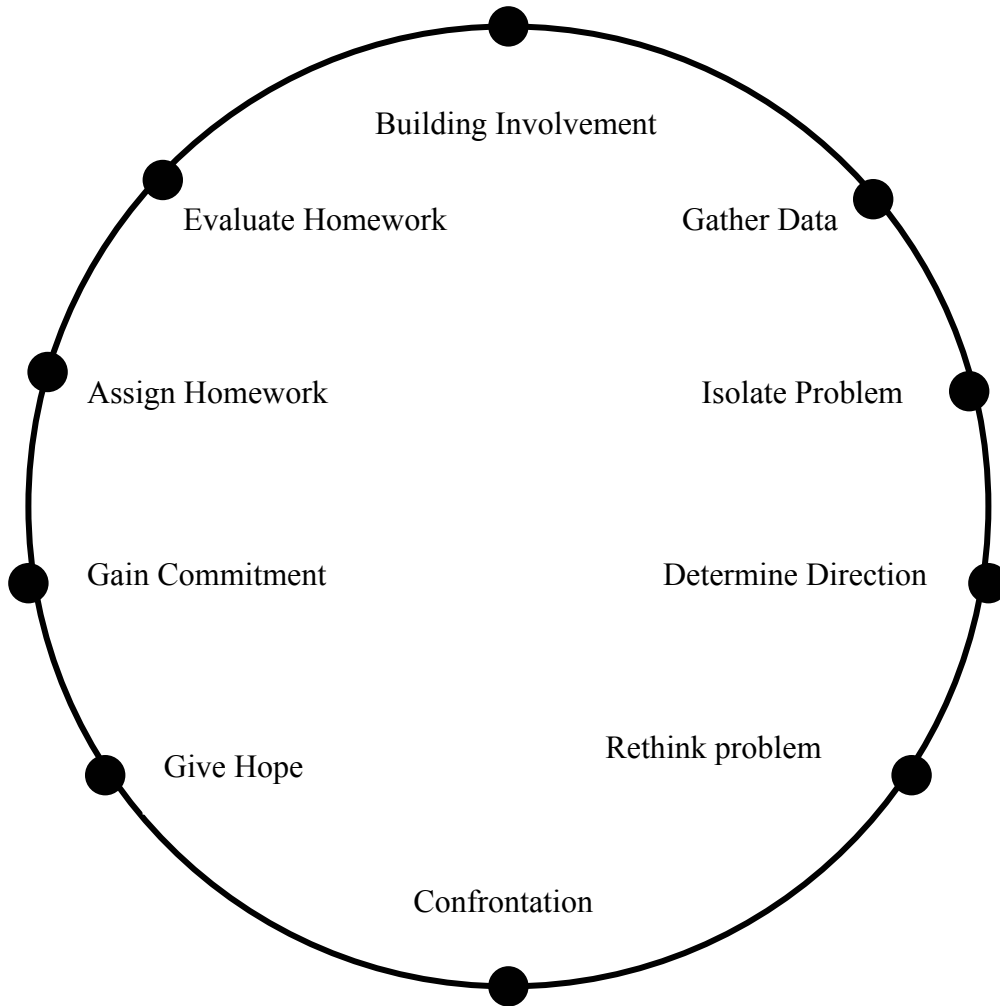
FUNCTIONAL DYNAMICS OF THE PROCESS MODEL

The Linear Process



FUNCTIONAL DYNAMICS OF THE PROCESS MODEL

The Multidimensional Process



VI. Building Involvement

A. Through Self-disclosure

1. Rom. 12:3 – sound judgement about self – not high or low. Not proud, not self put-down; not perfect.
2. I Cor. 2:1-4 – Don't display your learning. Just be a person – one whom God has called, gifted and taught – but just a person.
3. II Cor. 7:5-7 – Commonness of problems
4. Gal 1:6 – You can show amazement
5. I Thess 2:4-7 – Honestly have God's glory and benefit of others as your goal.

B. Through Sincere Concern

1. Acts 20:17-19, 23
2. Phil 1:3-8, 12
3. I Thess. 2:7,8,11

C. Through Significant Prayer

1. Eph. 1:5
2. Phil 1:9-11
3. James 5:13-16

D. Through Projection of a Solution Orientation

1. Don't ignore problems
 - a. I Cor. 1:10-11; 3:1-3; 5:1
 - b. Gal 6:1, 5:7
 - c. Phil 4:2,3
 - d. I Thess 4:1-3; II Thess 3:6
2. Do give specific direction
 - a. I Cor 5:3
 - b. I Thess 4:3ff

E. Through the Supply of Hope

1. Importance of hope

a. Gen 3:13

b. Deut 30:1-6

2. Methods

a. Refuse to minimize

b. Maintain control

c. Establish responsibility

d. Be positive and teach counselee to be positive

e. Don't be fooled or allow counselee to be fooled

f. Explain and teach about habit capacity

g. Model – self, others, Scripture

h. Promises of God (I Cor. 10:13)

i. Length of counseling process

j. Gain commitment

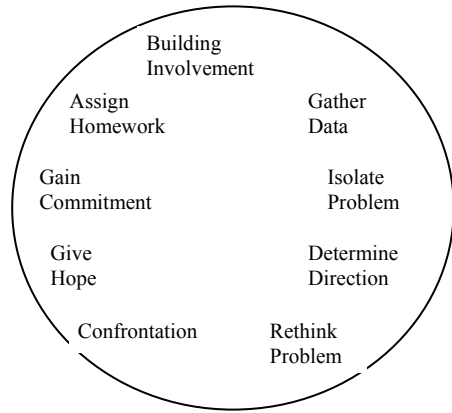
k. Take counselee seriously (believe until he gives you good evidence not to believe, but don't be manipulated.)

VII. Data Gathering

A. Recording Data

WEEKLY COUNSELING RECORD

Name _____
Date _____
Session # _____
Counselor _____
Next Session _____



1. Review last week's homework

AGENDA

To be explored later:

2. Gather further data

Hope

Problem list

Homework

B. Methods and Means of Gathering Data

1. Objective data
 - a. PDI (See attached example)
 - b. Homework (see uncooperative husband)
 - c. Third party data (see appendix)
 - d. Interview
2. Subjective data [Methods of Gathering]
 - a. listening to voice tone, manner of expression, inter-couple responses, etc.
 - b. body language
 - c. testing your intuitions/hypothesis

VIII. Isolating the Problem

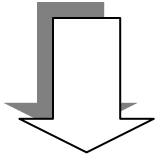
IX. Determining Direction (See chart on next page)

Diagnosing a person's problem may be a complicated process. Humans are complex beings; their problems are no less complex. Yet these problems are common to all men and the scripture provides a wide diversity of categories in which to place behaviors. The chart suggests a good starting point through which many problems can be understood. Mastering these prepares the biblical counselor in the development and refining of the diagnostic process. The diagnosis determines the direction in which the counselor will direct the process.

X. Rethinking the Problem

A. Through Recognizing and Projecting the Bible as a Practical Book

1. II Timothy 3:15-17
2. II Peter 1:3
3. Psalms 119:73, 105
4. Proverbs 4:20-27
5. Proverbs 8:32-36



FOUR LEVELS OF PROBLEMS

Downward Spiral

Upward Spiral

PERCEPTION LEVEL; WHERE THE PROBLEM BEGINS

Mind-set, Belief, Established Attitude, Values. Often a conscious choice to adopt a certain manner of thinking. Interpretation of Reality. Idols of the Heart.

PRECONDITIONING LEVEL

Learn Patterns: unconscious, absorbed patterns from various influences in our lives including sinful choices which have become regularized behavior.

PERFORMANCE LEVEL

This is the “doing level”. Ask what, when, how and who questions to discover “why” this behavior is characteristic of the counselee.

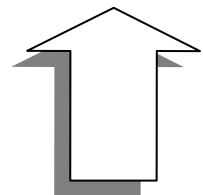
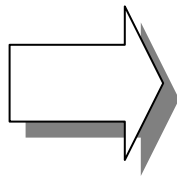
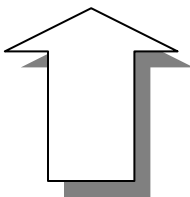
Performance includes a variety of behaviors such as: brooding, slander, perversion, short-tempered, overeating, slamming doors, holding grudges, critical, clamming up, masturbation, cheating, lying, etc.

PRESENCES LEVEL

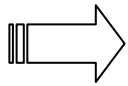
What is felt: this includes what a person projects – constant frown, rigid muscle tone – and what he feels and talks about feeling. Severely depressed, listless, confused, fearful, drug dependent, poor interpersonal relationships, unable to control anger, suicidal.

DEVELOPING SPIRITUAL DIMENSIONS

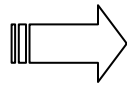
How to deal with these levels through Biblical Constructs



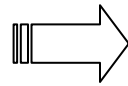
Think



Idea

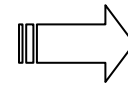


Fiction

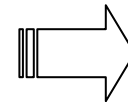


Habit

Character



Destiny



B. Through Directing Counselees to Passages Appropriate to Their Problems

1. Fear
 - a. Proverbs 10:24; 29:25
 - b. II Timothy 1:7
 - c. I Peter 3:13-14
2. Loneliness
 - a. II Timothy 4:9-18
 - b. Matthew 27:46
 - c. II Corinthians 1:3; I Thess. 4:18 (Comfort from God and God's people)
 - d. James 4:2-3
3. Inferiority
 - a. Genesis 1:26; 9:6
 - b. John 3:16; Romans 3:23-24; 5:8; I Peter 3:18
 - c. Romans 12:3; I Peter 2:9-11
4. Self-Pity
 - a. Psalms 73
 - b. Psalms 37:1-3, 8
 - c. I Kings 19:1-4
5. Anxiety
 - a. Phil 4:6-9
 - b. Matthew 6:20-34
 - c. I Peter 5:5-7
6. Pride
 - a. Proverbs 8:13
 - b. Proverbs 13:10

c. Proverbs 27:1

7. Terminal Illness

a. Psalm 139:16

b. Psalm 23

c. Psalm 16

C. Through Teaching Counselor the Three Factored Nature of Christian Change
(note the pattern of put off/put on renew mind)

1. Eph. 4:25-32

a. Lying

a. Truth telling

b. Anger

b. Settled relationship

c. Stealing

c. Working/giving

d. Attacking speech

d. Sharing speech

2. Psalms 37:1-8

a. Fret not

a. Trust the Lord

b. Envy not

b. Do Good

c. Depart from evil

c. Delight in Lord

d. Cease from anger

d. Rest/wait patiently

3. Phil 4:6-9

a. Be anxious not

a. Pray

b. Don't dwell wrong

b. Direct mind

4. Romans 13:14; II Timothy 2:22

a. Carousing, drunkenness

a. Put on Lord Jesus-behavior
commensurate with his
character

b. Flee youthful lust

b. Pursue righteousness

5. Romans 6:13

a. Stop presenting

a. Start presenting

D. Through Teaching counselees How to Implement Biblical principles in Life Situations

1. Phil 4:4-9

a. Rejoice in the Lord

b. Stop!

c. Start thinking properly

d. Act correctly

2. Romans 12:17-21

a. Commitment not to be vindictive 17

b. Work at being peacemaker 18

c. Commit to justice of God 19

d. Plan and perform good to enemy 20

e. Confront offender with evil by doing good 21

E. Through Coaching counselees in “Training in Righteousness”

1. Capacity for habitant is God-giving

a. Prov. 19:19

b. Jer. 13:23 (22:21)

c. I Cor. 8:7

2. Capacity of Habituation is “Programmed” by Practice

a. I Cor 8:7

b. Eph. 4:22 (Berkley)

c. Hebrews 5:14

d. II Peter 2:14

3. Capacity May Be “Programmed” with righteousness Through Ministry of the Holy Spirit and Self-Discipline
 - a. Is. 1:16,17
 - b. Phil 2:12-15
 - c. Heb 5:13-14
 - d. Col. 3:5-17
4. “Re-programming: Requires Coaching Until New Patterns of Living Become Habituated.

F. Through Recognizing Factors Influencing the Habituation Process

1. Feeding Factors to be Eliminated
 - a. People
 - b. Places
 - c. Practices
2. Favoring Factors to be Encouraged
 - a. People
 - b. Places
 - c. Practices

XI. Confrontation

XII. Give Hope

(Covered under VI – E)

XIII. Gain A Commitment

(Through Leading the Counselee to a Decisive Commitment to Employ Christian Solutions

A. Three Common Reasons for Counselee Failure

1. Lack of knowledge: what is expected; that God speaks to the issue
2. Lack of understanding: how to implement what God expects and provides

3. Lack of commitment: problem of will; problem of comfort (comfortable with discomfort); problem of frustration resulting from commitment without know-how.

B. Commitment as an Essential Element of Problem Solving Pervades the Bible

1. Romans 6:11-12
2. Exodus 32:26
3. Acts 21:8-14

C. Lack of Commitment May Result From

1. Unregenerate heart
2. Repeated failure
3. Feeling orientation
4. Unbelief “it won’t work anyway”
5. Lack of desire “a man committed against his will is a man of the same opinion still”
6. Inaccurate concept of Christian life
7. Bitterness
8. Laziness
9. Lack of ownership – counselor must lead counselee to own the plan. The goals and the process so that each constituent part become his.

D. Securing a Commitment

1. You may assume it from the counselee’ attitude
2. Ask for it (John 5:6; Is. 6:8)
3. Establish a covenant

Example: Because I desire to glorify God (Love God and others) and because I desire to become a (dependable, happier, kinder, loving

husband, responsible mother, etc.) (use the appropriate word or words). I purpose by the enabling of God and my counselor's guidance to: 1) express love for my wife/husband through the following specific acts (list them) for the next 10 weeks. 2) have my family in devotional time _____ times per week. 3) invest _____ time _____ days per week with each child. 4) This may be any specific function necessary to help this individual with his/her problems(s).

4. By working through a Christian decision-making process,

XIV. Assign, Use and Evaluate Homework

A. Through Understanding and Vitalizing Homework

1. Benefits for counselor
 - a. Sets pattern for action and change
 - b. Clarifies expectations
 - c. Eliminates the professional counselee
 - d. Helps gather data
 - e. Sustains momentum between sessions
 - f. Shortens counseling period
 - g. Forces counselor and counselee to be specific and concrete
 - h. Provides a measure for gauging counselee understanding and progress
 - i. Failure in homework provides opportunity for data gathering, evaluation and challenge
 - j. Provides good starting position for the next lesson.
2. Benefits for Counselee
 - a. Decreases counselee dependence upon counselor

- b. Builds confidence in counselee as he discovers God's solutions to his problems.
- c. Precipitates permanent, biblical change - -pressures counselee to implement God's Word
- d. Provides a problem solving record for future review
- e. Provides material which counselee can use to help others.

C Construction of Good Homework

- 1. Biblical in nature
- 2. Specific in character
 - a. Counselor should be specific when assigning
 - b. Homework should call for specific action
- 3. Practical orientation
(Teach counselee how the homework will help him.)
- 4. Flexible in Organization
 - a. Tailor assignments to counselee
 - b. Negotiate what to say, when to say it, how to say it
 - c. Don't give too much, but give enough to effect change
- 5. Prepared materials (books, tapes, studies, etc.) These are good, but be sure to personalize them

E. Evaluation of Homework

- 1. Did it achieve its goal? If not:
- 2. Was it clearly presented?
- 3. Was it too much?
- 4. Did counselee resist doing it?

F. Evaluating counseling Through Homework

1. Is counselee committed?
2. Did counselee make an effort?
3. Does counselee need instruction?
4. Does counselee need encouragement?
5. Does counselee need a tutor?
6. Has ineffective homework suggested the counselor has not understood the counselee?

PERSONAL DATA INFORMATION FORM

This form must be completed in full before
the first counseling session.
All information is confidential.

IDENTIFICATION DATA:

Name _____ Phone _____

Address _____ City _____, Zip _____

Occupation _____

Phone (H) _____ (W) _____

Sex: (M) _____ (F) _____ Birthdate _____ Age _____

Referred here by _____

HEALTH INFORMATION:

Rate your health (check): Very Good _____ Good _____ Average _____ Declining _____ Other _____

Height _____ Your approximate weight _____ lbs. Weight changes recently: (+ -) _____

List all important present or past illnesses or injuries or handicaps:

Date of last medical examination _____

Report: _____

Your physician _____

Address _____

Are you presently taking medication: Yes _____ No _____ What? _____

Have you used drugs for other than medical purposes? Yes _____ No _____

What? _____

Have you ever been arrested? Yes _____ No _____

Are you willing to sign a release or information form so that your counselor may write for social, psychiatric, or medical reports? Yes _____ No _____

Have you recently suffered the loss of someone who was close to you? Yes _____ No _____

Explain:

EDUCATION:

Education (last year you completed) _____ (grade)
Other training (list type and years) _____
(Include any degrees) _____

MARRIAGE AND FAMILY INFORMATION

Marital Status: Single ___ Going Steady ___ Engaged ___ Married ___ Separated ___
Divorced ___ Widowed _____

Name of Spouse _____
Address _____
Occupation _____
Phone (H) _____ (W) _____

Your spouse's age _____ Education (in years) _____
Religion _____

Is spouse willing to come for counseling? Yes ___ No ___ Uncertain ___

Have you ever been separated? Yes ___ No ___ When? from _____ to _____

Has either of you ever filed for divorce? Yes ___ No ___ When _____

Date of marriage _____ Your ages when married: Husband ___ Wife ___

How long did you know your spouse before marriage? _____

Length of steady dating with spouse _____ Length of engagement _____

Give brief information about any previous marriages:

Information about children:

PM* Name Age Sex Living? Years/Education Marital Status

(*Check column if child is by previous marriage)

RELIGIOUS BACKGROUND:

Denominational preference: _____ Member
of _____ (church)

How often do you attend per month? (circle) 0 1 2 3 4 5 6 7 8 9 10+

What church did you attend as a child? _____ Baptized? _____

Religious background of spouse (if married) _____ Baptized? _____

Do you consider yourself a religious person? Yes ___ No ___ Uncertain ___

Do you believe in God? Yes ___ No ___ Uncertain ___

Do you believe Satan exists? Yes ___ No ___ Uncertain ___

Have you ever “dabble” with the “Occult”? Yes ___ No ___ Uncertain ___

(Seances, devil worship, witchcraft, etc.)

Do you pray to God? Yes ___ No ___ Never ___ Occasionally ___ Often ___

Would you say you are a Christian? Yes ___ No ___; or would you say you are still in the
process of becoming a Christian? _____

How often do you read the Bible? Never ___ Occasionally ___ Often ___

Do you have regular devotions? Yes ___ No ___ Not sure what you mean ___

Explain recent changes in your religious life, if any

PERSONALITY INFORMATION:

Have you ever had any psychotherapy or counseling before? Yes _____ No _____

If yes, list counselor or therapists and dates:

What was the outcome?

As you see yourself, what kind of person are you? Describe yourself.

What, if anything, do you fear?

Is there any other information that would help us to help you? _____

Have you recently suffered a loss from serious social, business, or other reversals, etc.?

Yes ___ No ___ Explain: _____

Circle any of the following words which best describe you now:

Godly Ethical Hypocritical Strict Angry Unreasonable Abusive Irresponsible Cruel
Uneducated Proud Embarrassing Active Ambitious Self-confident Persistent Nervous
Hardworking Impatient Impulsive Moody Often-blue Excitable Imaginative Calm
Serious Easy-going Shy Good-natured Introvert Extrovert Likable Leader Quiet
Hard-boiled Submissive Lonely Self-conscious Sensitive Humorous Sloppy
Well-groomed Self-disciplined Whiner Selfish Lots of Friends Failure Success
Other _____

FAMILY AND CHILDHOOD INFORMATION:

If you were reared by anyone other than your own parents, briefly explain:

How many older brothers _____ sisters _____ do you have?
How many younger brothers _____ sisters _____ do you have?
Are you on good terms with your Mother _____ Father _____ Brother _____ Sisters _____?
List the people that you hate or are extremely angry with, and the reasons:

What kind of home did you grow up in? (Check all that apply)

- ___ Traditional (Father, Mother, Kids)
- ___ Authoritarian (Father or Mother made all the rules without discussion. Would not allow for other opinions.
- ___ Divorced (Who did you live with? ___ Mom ___ Dad Other _____)
- ___ Alcoholic (___ Skid row ___ Functional, but affected ___ Dysfunctional effect on family)
- ___ Drug Affected (___ Cocaine ___ Heroin ___ Marijuana ___ Other _____)
- ___ Perfectionist (Everything had to be done just right to please ___ Mom ___ Dad ___ Both
- ___ Critical (One or both parents could only remark about the negatives. Little praise for good things).
- ___ Affectionate (___ Demonstrative with hugs, kisses, etc. ___ Affection there, but not openly shown).
- ___ Emotional (___ Crying allowed, but controlled. ___ Anger, screaming freely allowed).
- ___ Repressed (___ Emotions not allowed to show. ___ Parents showed emotion, but kids not allowed to do so).
- ___ Religious (___ In name only ___ Strict, negative ___ Hypocritical ___ Genuine Happy Experience).
- ___ Step-family (___ Which of parents remarried? _____ ___ Had to live with step-brothers or step-sisters)
- ___ Abusive (In what way? ___ Sexual ___ Physical Beatings ___ Emotional ___ Other: _____)

FAMILY AND CHILDHOOD INFORMATION CONTINUED:

What kind of home did your Father grow up in?

- Traditional (Father, Mother, Kids)
- Authoritarian (Father or Mother made all the rules without discussion. Would not allow for other opinions.
- Divorced (Who did you live with? Mom Dad Other _____)
- Alcoholic (Skid row Functional, but affected Dysfunctional effect on family)
- Drug Affected (Cocaine Heroin Marijuana Other _____)
- Perfectionist (Everything had to be done just right to please Mom Dad Both
- Critical (One or both parents could only remark about the negatives. Little praise for good things).
- Affectionate (Demonstrative with hugs, kisses, etc. Affection there, but not openly shown).
- Emotional (Crying allowed, but controlled. Anger, screaming freely allowed).
- Repressed (Emotions not allowed to show. Parents showed emotion, but kids not allowed to do so).
- Religious (In name only Strict, negative Hypocritical Genuine Happy Experience).
- Step-family (Which of parents remarried? _____ Had to live with step-brothers or step-sisters)
- Abusive (In what way? Sexual Physical Beatings Emotional Other: _____)

What kind of home did you Mother grow up in?

- Traditional (Father, Mother, Kids)
- Authoritarian (Father or Mother made all the rules without discussion. Would not allow for other opinions.
- Divorced (Who did you live with? Mom Dad Other _____)
- Alcoholic (Skid row Functional, but affected Dysfunctional effect on family)
- Drug Affected (Cocaine Heroin Marijuana Other _____)
- Perfectionist (Everything had to be done just right to please Mom Dad Both
- Critical (One or both parents could only remark about the negatives. Little praise for good things).
- Affectionate (Demonstrative with hugs, kisses, etc. Affection there, but not openly shown).
- Emotional (Crying allowed, but controlled. Anger, screaming freely allowed).
- Repressed (Emotions not allowed to show. Parents showed emotion, but kids not allowed to do so).
- Religious (In name only Strict, negative Hypocritical Genuine Happy Experience).
- Step-family (Which of parents remarried? _____ Had to live with step-brothers or step-sisters)
- Abusive (In what way? Sexual Physical Beatings Emotional Other: _____)

FAMILY AND CHILDHOOD INFORMATION CONTINUED

Circle the appropriate words:

Would you characterize your Father as: Godly Ethical Hypocritical Strict Angry
Unreasonable Abusive Irresponsible Cruel Uneducated Proud Embarrassing Active
Ambitious Self-confident Persistent Nervous Hardworking Impatient Impulsive Moody
Often-blue Excitable Imaginative Calm Serious Easy-going Shy Good-natured Introvert
Extrovert Likable Leader Quiet Hard-boiled Submissive Lonely Self-conscious Sensitive
Humorous Sloppy Well-groomed Self-disciplined Whiner Selfish Lots of Friends Failure
Success
Other _____

Would you characterize your Mother as: Godly Ethical Hypocritical Strict Angry Unreasonable
Abusive Irresponsible Cruel Uneducated Proud Embarrassing Active Ambitious Self-
confident Persistent Nervous Hardworking Impatient Impulsive Moody Often-blue
Excitable Imaginative Calm Serious Easy-going Shy Good-natured Introvert Extrovert
Likable Leader Quiet Hard-boiled Submissive Lonely Self-conscious Sensitive Humorous
Sloppy Well-groomed Self-disciplined Whiner Selfish Lots of Friends Failure Success
Other _____

Where did you grow up? ___ Urban Area ___ Suburban Area ___ Small Town ___ Rural
___ Farm City, State _____ Population _____

What was your family's economic situation when you were a child?
___ Extremely poor ___ Poor ___ Lower Middle Income ___ Middle Income ___
Higher Middle Income ___ Wealthy ___ Extremely wealthy

Were you ever sexually abused by anyone? ___ No ___ Yes
(Please detail: ___ Were you abused by a relative? ___ Were you abused by a stranger?
___ A neighbor? How old were you at the time? _____ Was the person who abused you ever
prosecuted? _____)

What was your happiest memory as a child? _____

What was your unhappiest memory as a child? _____

Did you experience a major trauma when you were a child? Detail:
___ At Home _____
___ At School _____
___ At Neighbor's Home _____
___ At Relative's Home _____
___ Other: _____

TELEVISION & ENTERTAINMENT

How much television do you watch each day? _____ hrs.

List your favorite programs: _____

What is your favorite type of music? _____

List your favorite entertainers: _____

BIO-PSYCHOLOGICAL INFORMATION

Have you ever felt people were watching you? Yes _____ No _____

Do people's faces ever seem distorted? Yes _____ No _____

Do you ever have difficulty distinguishing faces? Yes _____ No _____

Do colors ever seem too bright? Yes _____ No _____

Are you sometimes unable to judge distance? Yes _____ No _____

Have you ever had hallucinations? Yes _____ No _____

Are you afraid of being in a car? Yes _____ No _____

Is your hearing exceptionally good? Yes _____ No _____

Do you have problems sleeping? Yes _____ No _____

PERSONAL BEHAVIORAL HABITS

1. Do you drink coffee or other caffeinated drinks? Yes ___ No ___ How much per day? _____

2. Do you smoke? Yes ___ No ___ How much? _____

3. Do you explode when you get angry? Yes _____ No _____

4. Do you withdraw when you get angry or hurt? Yes _____ No _____

5. Do you frequently argue with significant other people? Yes _____ No _____

WOMEN ONLY

Have you had any menstrual difficulties? _____

Do you experience tension, tendency to cry, other symptoms prior to your cycle? Please explain:

Is your husband willing to come for counseling? _____

Is he in favor of your coming? _____ If no, explain _____

BRIEFLY ANSWER THE FOLLOWING QUESTIONS

1. What is your problem?

2. What have you done about it?

3. What can we do? (What are your expectations in coming here?)

4. Is there any other information we should know?

PROBLEM CHECK LIST: (Check those which are current)

- | | | |
|--|--|-------------------------------------|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Envy | <input type="checkbox"/> Appetite |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Fear | <input type="checkbox"/> Memory |
| <input type="checkbox"/> Apathy | <input type="checkbox"/> Gluttony | <input type="checkbox"/> Moodiness |
| <input type="checkbox"/> Bitterness | <input type="checkbox"/> Guilt | <input type="checkbox"/> Rebellion |
| <input type="checkbox"/> Change in Lifestyle | <input type="checkbox"/> Health | <input type="checkbox"/> Sex |
| <input type="checkbox"/> Children | <input type="checkbox"/> Homosexuality | <input type="checkbox"/> Sleep |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Impotence | <input type="checkbox"/> Wife Abuse |
| <input type="checkbox"/> Deception | <input type="checkbox"/> In-laws | <input type="checkbox"/> A Vice |

COUNSELING INFORMATION AND BIBLICAL COUNSELING RELATIONSHIP

1. Diagnostic Tools: We use helpful counseling forms such as this Personal Data Information Form, the Problem Pattern Analysis form, and other aids to gain an understanding of the central problems a person is experiencing. The Bible is our frame of reference to understand and change human behavior.
2. Intent Listening: We encourage the counselee to speak his mind in an appropriate fashion and to discuss his thoughts, anxieties, resentments, and fears so that the counselor will have a clear understanding of the central problems.
3. Team Counseling: There are times when a counseling situation may call for a team approach. In this event, we may have more than one counselor involved in a session. The counselors share insights and opinions with one another which pertain to the case. Team Counseling can be especially helpful in marital counseling; a husband and wife team can help put both counsees at ease.
4. Assignments: Counsees make more rapid progress when they are required to study or to perform specific informational or behavioral assignments which pertain to the problem. We tailor these assignments to the individual counselee and the circumstances.
5. Accountability: We are not interested in wasting the time of the counselors or the counsees. We are interested in believers learning how to experience the peace and joy that result from a walk of obedience to God's Word, and we hold the counsees accountable for doing the assignments on schedule.

HOW LONG DOES BIBLICAL COUNSELING TAKE?

Biblical Counseling will vary in the amount of time required according to the individual, his motivation, and the particular problem. On the average, however, Biblical counseling requires far less time than conventional secular counseling. One reason is that Biblical counselors are not interested in prolonging the number of sessions in order to increase their income. Simple problems are often solved in one session. Severe problems may require a longer period. Marital counseling may require as many as 12 to 18 sessions. Substance abuse problems may require many more sessions, with intensive accountability and follow-up.

HOW MUCH DOES IT COST?

Your counselor will discuss this issue with you.

ABOUT CONFIDENTIALITY

We are careful to protect each counselee's confidentiality. There are times, however, when a counselor must consult with other counselors for advice. If information is revealed in counseling which indicates a genuine potential for harm to a counselee or others, the counselor may have to share that information with the appropriate authorities or family members.

COUNSELING CONTRACT

I, (name) _____, affirm the accuracy of the personal information provided herein, and have read the information above and agree to the conditions set forth therein. I hereby agree to the following conditions:

1. I am committed to changing my life by coming into obedience to the Word of God.
2. I will keep the appointment time, or will call to cancel in advance with a legitimate excuse.
3. I will fulfill the weekly assignments or the session will not be held.
4. I will attend church each Sunday while I am in counseling.
5. I understand that confidentiality cannot be guaranteed in the case of information as indicated above.

(Signed) _____ (Date) _____

PEOPLE GENERALLY REMEMBER

LEVELS OF ABSTRACTION

10% of what they read

20% of what they hear

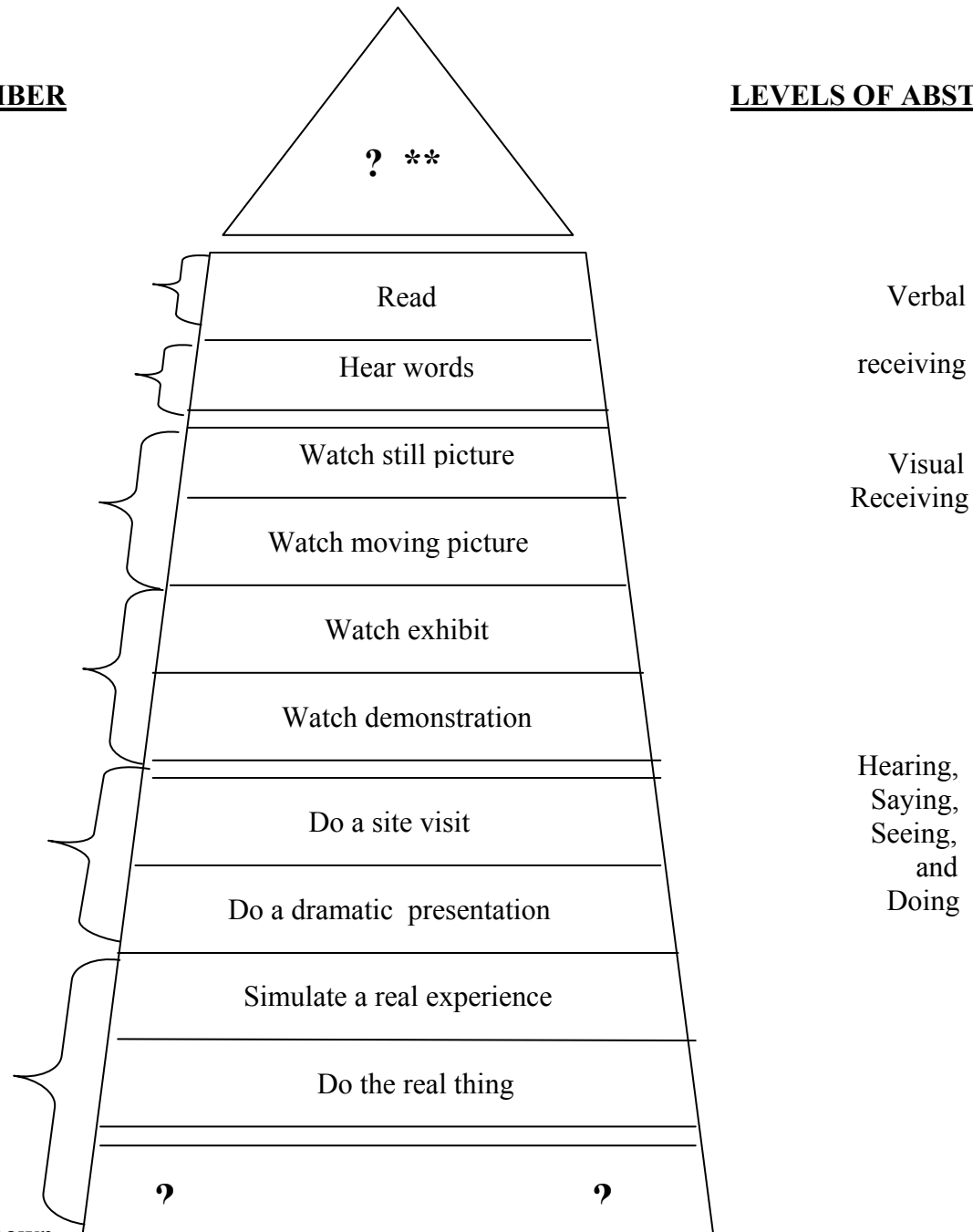
30% of what they see

50% of that they hear and see

70% of what they say or write

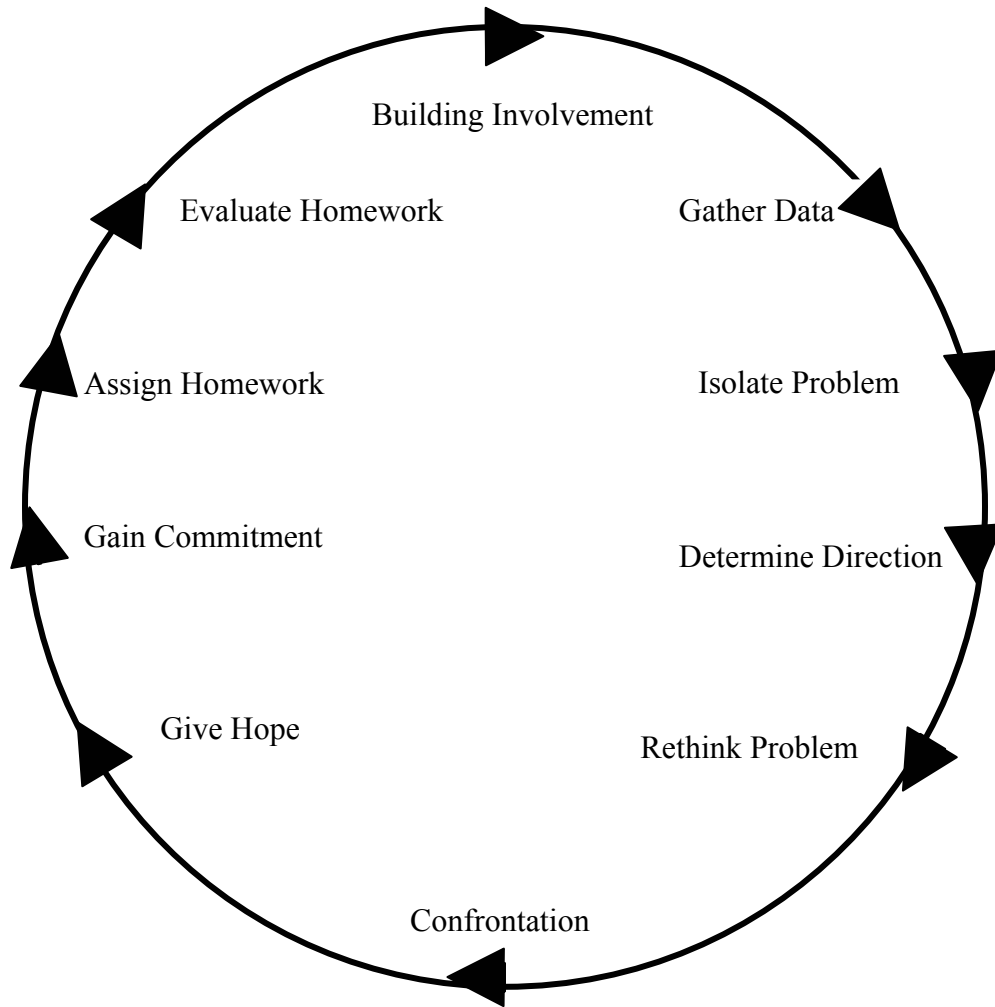
90% of what they say as they do a thing

** Question marks refer to the unknown



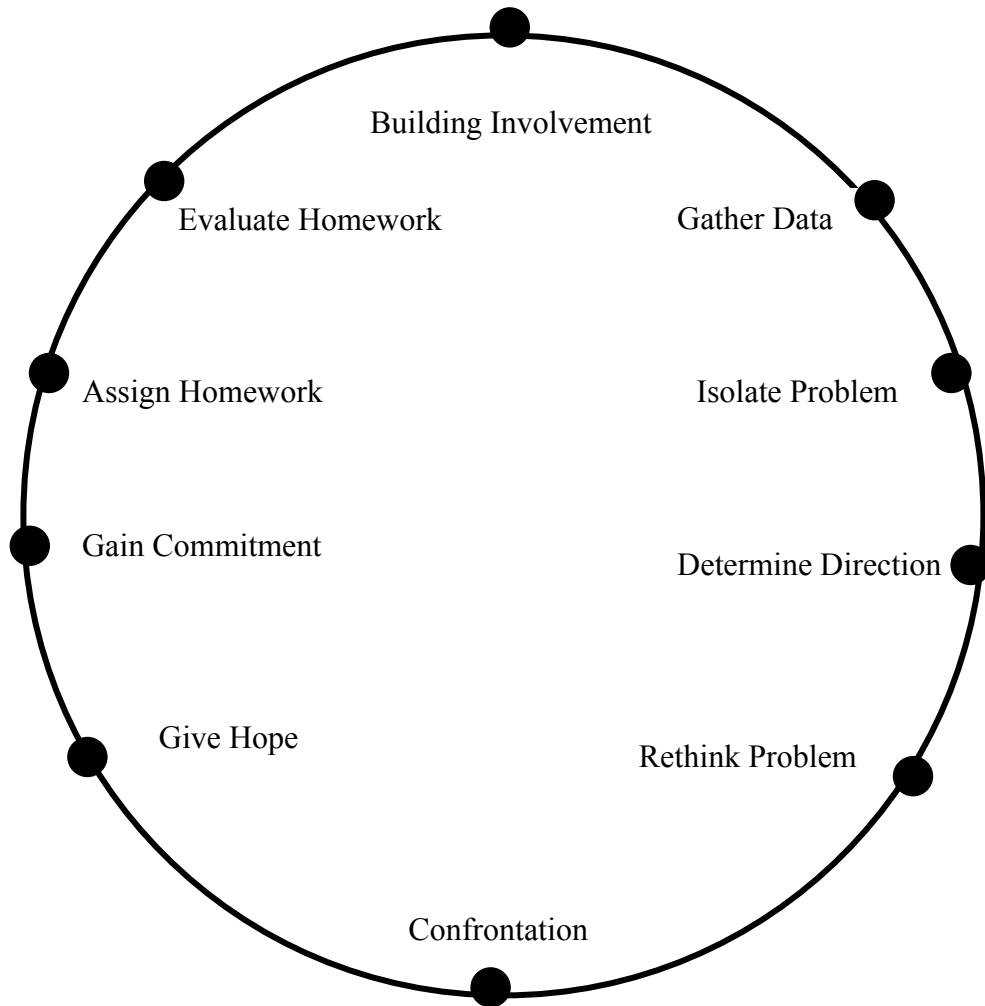
FUNCTIONAL DYNAMICS OF THE PROCESS MODEL

The Linear Process



FUNCTIONAL DYNAMICS OF THE PROCESS MODEL

The Multidimensional Process



WEEKLY COUNSELING RECORD

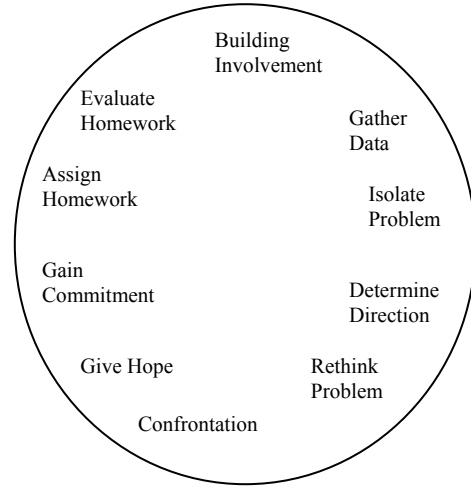
Name _____

Date _____

Session # _____

Counselor _____

Next Session _____



1. Review last week's homework

AGENDA

To be explored later:

2. Gather further data

Hope

Problem list

Homework

Survey of Modern Schools of Psychology & Their Presuppositions:

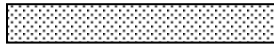
KEY:









FREUDIAN SCHOOL



BEHAVIORISM



HUMAN POTENTIAL MOVEMENT

School of Thought	 Freud	 Ego Psychologist	 Rogers	 Skinner	 Existentialist	 Third Force
Man	Self gratifying Animal	Basically good	Basically good	Man is a zero	Man is absurd	Man has great potential
Problem	Inner anxiety-Eros and Thanatos drives create conflict between the id and super ego	Weak Ego	Inhibition and anxiety	Environmentally programmed improperly	Anxiety (angst) from dealing with own absurdity	The awareness of not reaching his potential
Responsibility	Person is responsible to live out his drives without societal conflict	Same as Freud	Person is responsible for not being himself, i.e., free	Society, not the individual	Rest with the counselee	Rest with the counselee
Guilt	Result of the super ego's having had society's values forced upon it or the conflict between the id and super ego	Same as Freud	No guilt, but rather incorrect learned, negative evaluation	No such thing	Man	Bad feelings for not having achieved potential
Treatment	Gratification of desires in society in socially acceptable way	Strengthen ego through self determination string ego-guiltless - no angst	Reflection and insight	Re-engineer the environment	Projecting a reality (self fulfilled prophecy) - create mood	Change environment-learn how to reach potential
Counselor	Explores the past, where frustrations occur- make advisements and help to exercise according	Guide strengthening process	Mirror reflection	Environmental engineer	One who enables counselee to reestablish hope in projection	Facilitates what is pragmatically closest path to potential

Structuring Conduct for Change

Discuss behavior problems in your home and determine the three most urgent problems. List them in the column to the far left and begin to structure for change.

Misbehavior	Discipline	Whom By and When	Reward for Perfect Week	Things to Remember
				1. Discipline should be commensurate to infraction
				2. Don't use extended discipline. You are a policeman.
				3. Dirty duties are good discipline for forgotten chores
General Disobedience				

The author was stimulated by Jay Adams' "Code of conduct." However, the nomenclature of this format focuses upon discipline as a construct of change rather than punishment for past failure. It also incorporates the Biblical construct of reward.

POSITIVE BEHAVIOR MODIFICATION PROGRAM

1. Each day and each activity will be worth 10 points. (30 per day, 150 per week.)
2. Minimum points to accumulate to qualify. (500)
3. Point levels to achieve maximum input from parent. (1000)
4. Perfect score (1,500) earns bonus from parents.
5. Duration of program: 10 weeks.

Date	Getting Up	Practicing Music	Completing Reading

FAMILY CONFERENCE: HOW TO SET UP A CONFERENCE TABLE*

PLACE

Agree upon an area in which daily conferences may be held without interruption. Chose a table, preferable one that is not used frequently for other purposes. Hold all conferences there. If problems arise elsewhere, whenever possible wait until you reach home to discuss them – at the conference table, of course. Before conferring, read Ephesians 4:17-32 and review the basic rules of Godly communication.

Place _____

Time _____

PURPOSE

The conference table is a place to confer, not argue. Speak all the truth in love. Do not allow any concern to be carried over into the next day. Not all problems can be solved at one sitting. You may find it necessary to make up an agenda and schedule the work over a period of time according to priorities. Direct all your energies toward defeating the problem, not toward the other person. Your goal is to reach Biblical solutions, so always have Bibles on the table and use them to the best of your ability. (If you cannot cite Biblical references to base solutions upon, make a note of these gaps.) It helps to record the results of your work on paper.

The husband as head of the home should be the chairman. The wife should be the secretary. An accurate written log will help your counselor sort out difficulties. Especially not proposed solutions, and one or the other's objections. Open and close with prayer.

PROCEDURES

If any conferee argues, "clams up" or does anything other than confer at the table, the other(s) must rise and stand quietly. This pre-arranged signal means, "In my opinion we've stopped conferring." Whether he was right or wrong in this judgment does not matter and ought not to be discussed at the moment. The person seated should then indicate his willingness to confer, and invite the other(s) to be seated again.

FAMILY BASIC RULES OF COMMUNICATION

Rule #1 Stop lying and start truth-telling (vs 25)

Rule #2 Keep current (Remember the relationship, not necessarily the issue, is to be settled before retiring.)

Rule #3 Assault the issue. . . not your mate (or son or daughter) (vss 29-30)

Rule #4 Love-act . . . don't re-act (vss 31-32)

*Adapted from Jay E. Adams The Christian Counselors Starter Packet

SECURING MEDICAL INFORMATION

(Developed by Robert Smith, M.D.)

Date:

Dear Dr. _____;

Your patient, _____, is being seen (in the Christian Counseling Center, or by me) to receive help with some behavior problems. We recognize that such problems may be partially or totally due to organic disease or they may be completely non-organic in nature. Before we are able to effectively deal with his behavior, we need to know if there is an organic condition affecting it. Therefore, your evaluation of his physical condition is very important. As soon as you can possibly do so, would you please take a medical history, do a physical examination, fill out the form enclosed with this letter and return it in the self-addressed stamped envelope which is enclosed for your convenience, Please perform any laboratory examinations that in your opinion are necessary for this evaluation. Mr. _____ understands that this examination is his financial responsibility.

Also enclosed is a form signed by him authorizing you to wend this information to us. Thank you very much for your assistance.

Sincerely,

Counselor.

RELEASE OF INFORMATION

DATE:

TO:

ADDRESS:

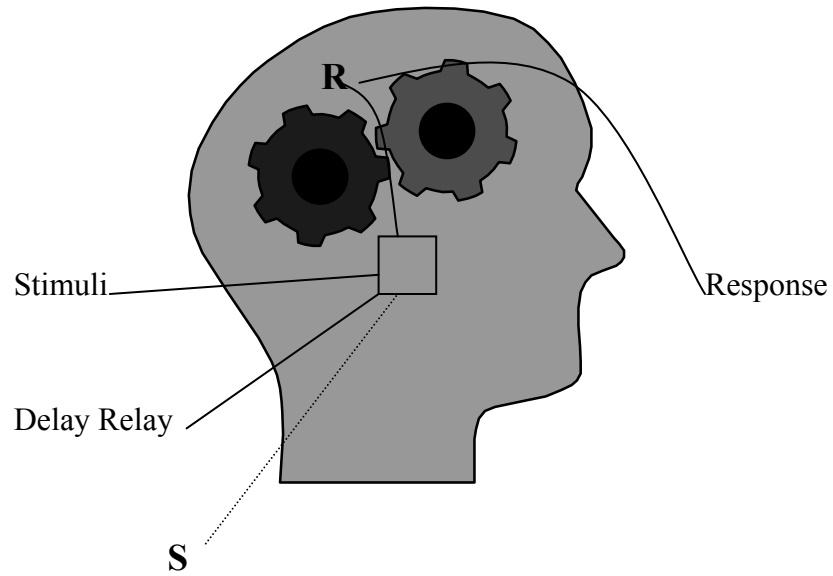
I hereby authorize you to release the information requested in the accompanying letter and form to:

Signed:

Address:

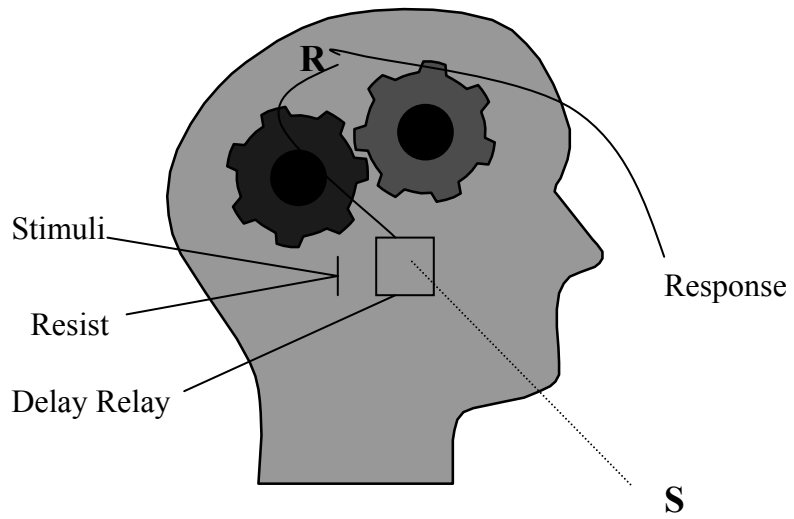
PLACE A CHECKMARK IN THE APPROPRIATE BOX, RATING A-F ON EACH ITEM

	A	B	C	D	E	F
CLEANING						
Kitchen Floor						
Kitchen Cabinets						
Bathrooms						
Floors						
Toilets						
Carpets						
Woodwork						
Windows						
Laundry						
General Appearance						
MEALS						
Variety						
Time						
Tasty						
Planned						
FOLLOWING MY LEADERSHIP						
Accepts my answers without Question						
Waits of me to initiate Lovemaking						
Accepts my decisions with giving an alternative						
RESPECT						
Not calling at work						
Leaving me alone when I first come home						
Not forcing her affection on me						
Not cutting me down in front of others						
Being a good listener						
Not commenting negatively about my work						
Not reacting to what I say						
Talks less						
SHOWING LOVE						
Accepting me as I am						
Giving me freedom to enjoy other people						
Being a better steward of our money						
Being considerate of what is important to me						
PERSONAL APPEARANCE						
Around house						
In public						
Hair						
Breath						
Clothes						



RESIST

RESTRAINT



EPH. 4:31

