A Clinician’s Thoughts on Christian Counselling

This presentation will consider some of the necessary components of Christian counselling. Broadly, we need an understanding of who God is, what it means to be human, and how those two factors relate. We need a clear and deep understanding of evil and suffering, how they injure human beings, and what care for them and health truly look like. One of the foundational aspects of our study and our work should be that both the work of counselling and *the person of the therapist* are transformed. The character of the therapist matters profoundly. Knowledge, skill, and interventions are needed, but those necessary components must be present in one who bears a likeness to Christ.

**Diane Langberg** is globally recognized for her 47 years of clinical work with trauma victims. She has trained caregivers on six continents in responding to trauma and to the abuse of power. She also directs her own counseling practice in Jenkintown, PA, Diane Langberg, Ph.D. & Associates, which includes seventeen therapists with multiple specialties. Dr. Langberg’s newest book is *Redeeming Power: Understanding Authority and Abuse in the Church*. Other books include *Counseling Survivors of Sexual Abuse*, *On the Threshold of Hope* (with accompanying workbook), *In Our Lives First: Meditations for Counselors*, and *Suffering the Heart of God: How Trauma Destroys and Christ Restores*. Dr. Langberg is the recipient of the Distinguished Alumna Achievements from Taylor University., the American Association of Christian Counselors Caregiver Award, The Distinguished President’s award, and the Philadelphia Council of Clergy’s Christian Service Award. She is married and has two sons and four grandchildren.

1. The Context
   1. As a Counselor
   2. Within the context of Christian psychology
2. What are the Necessary Components of Christian Psychology?
   1. An understanding of who God is
   2. An understanding of who “man” is
      1. An image bearer
      2. Relationship with God
   3. An understanding of evil, sin, and suffering
   4. An understanding of the Word made flesh
   5. How our Christian faith shapes our work and our person