

# Christian Counseling: An Integrated and Biblical Approach

© Richard Winter

# The Greeks

- Psycho-therapy = Soul-servant
- Philosophers - physicians of the soul.
- Therapy of the word - persuading, challenging and guiding

# Jews and OT

- *The law shall not perish from the priest, nor counsel from the wise, nor the word from the prophet. Jer 18:18*
- Wise men: Solomon, Proverbs...
- Priests
- Prophets
- Shepherds
- *Exhort as prophets, mediate as priests, pastor as shepherds and bring godly wisdom to those in need. David Benner.*

Psychotherapy and the Spiritual Quest

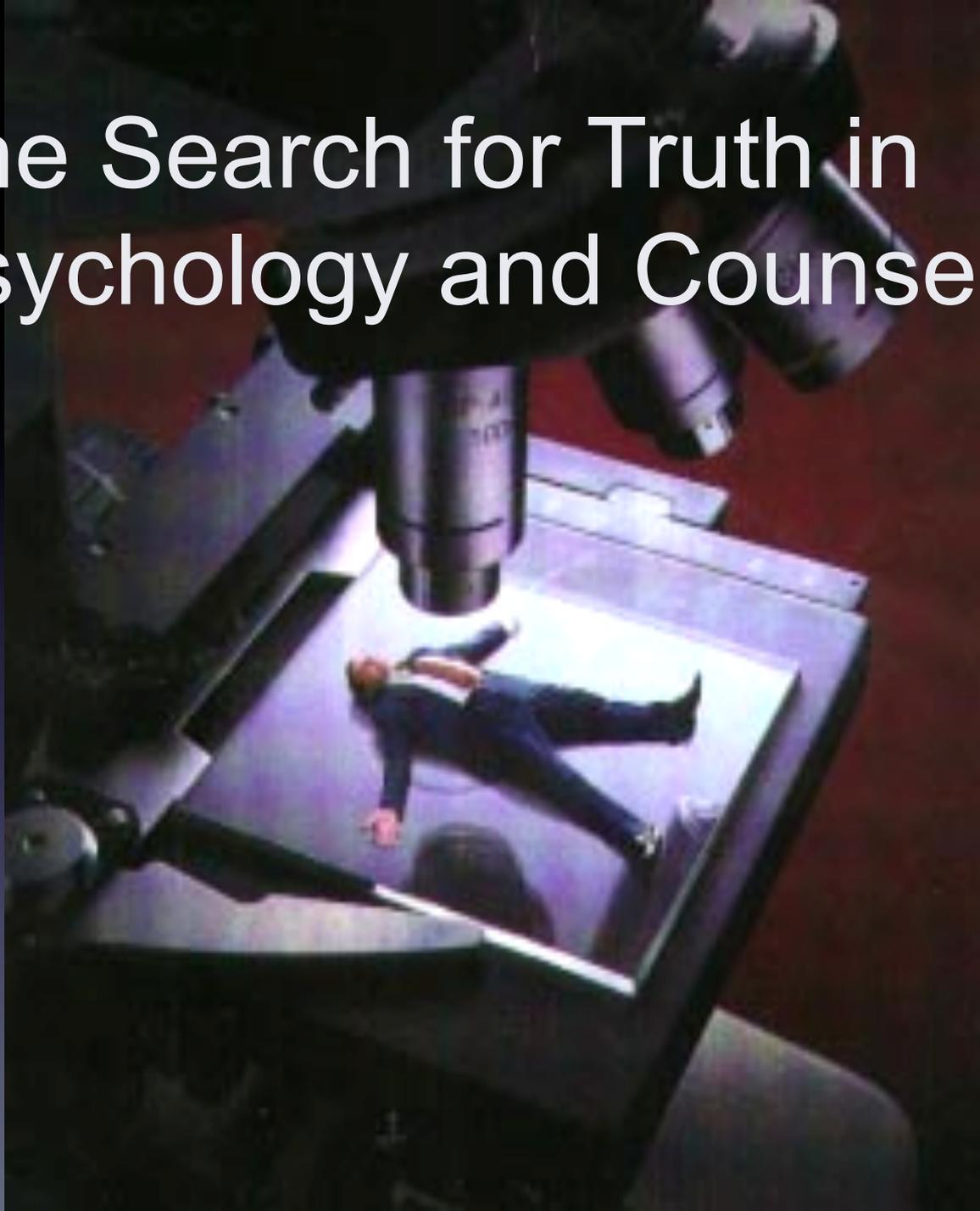
# Christians

- Early Church Fathers - John Chrysostom, Gregory the Great...
- Augustine *Confessions*
- Thomas Aquinas *Summa Theologiae*
- Reformers
- Puritans - Richard Baxter *Christian Directory*

# Demise of religion and rise of science

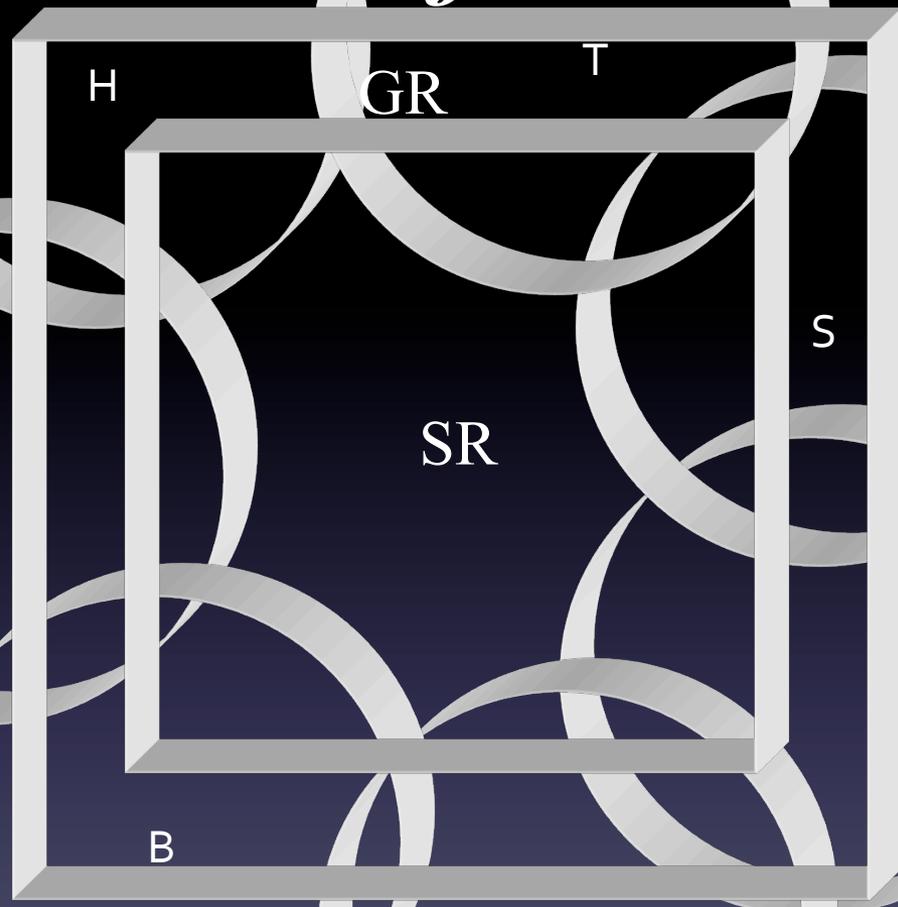
- *The cure of sinful souls was recast as the cure of (sick) minds.* Thomas Szasz
- *...the human psyche was wrested from the faltering hands of organized religion and was situated in the world of nature as a subject for scientific study.* Jacob Needleman

# The Search for Truth in Psychology and Counseling



# *The Search for Truth*

Deifying



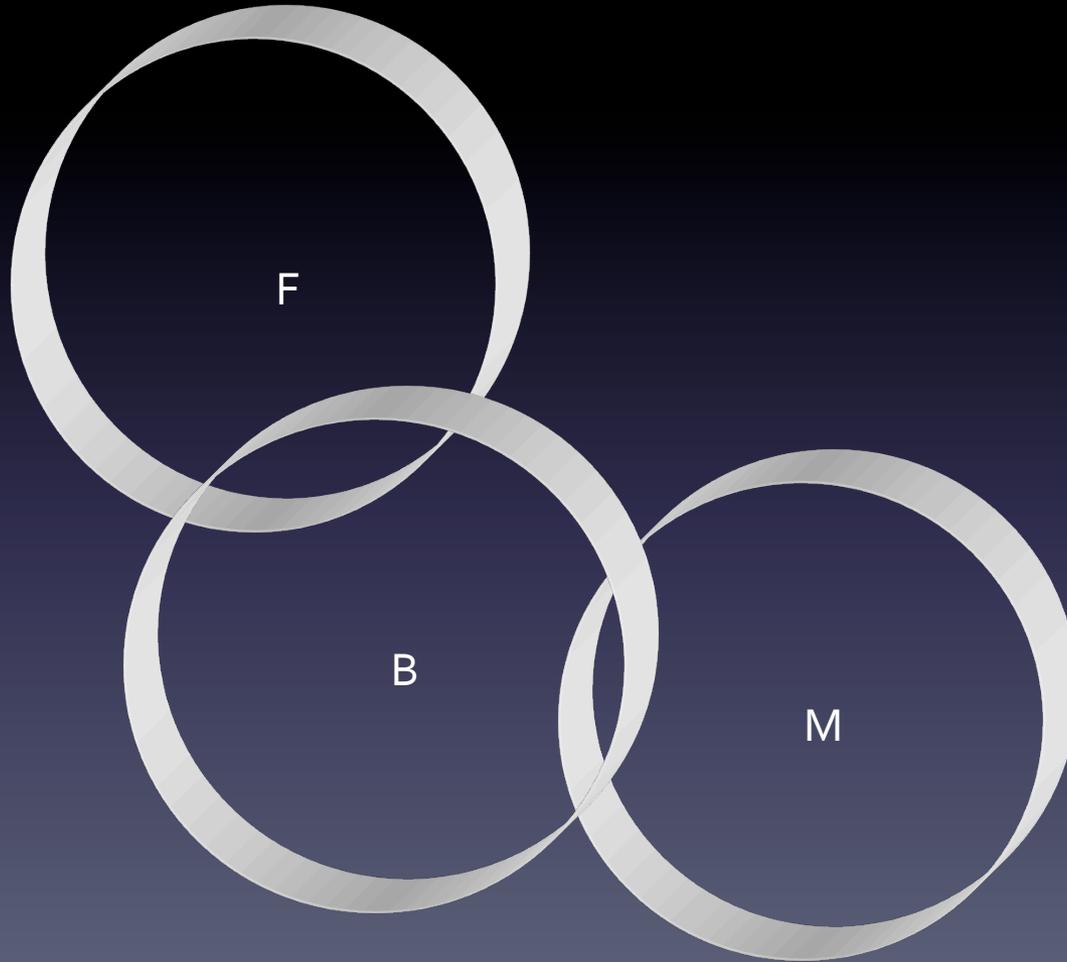
Dehumanizing

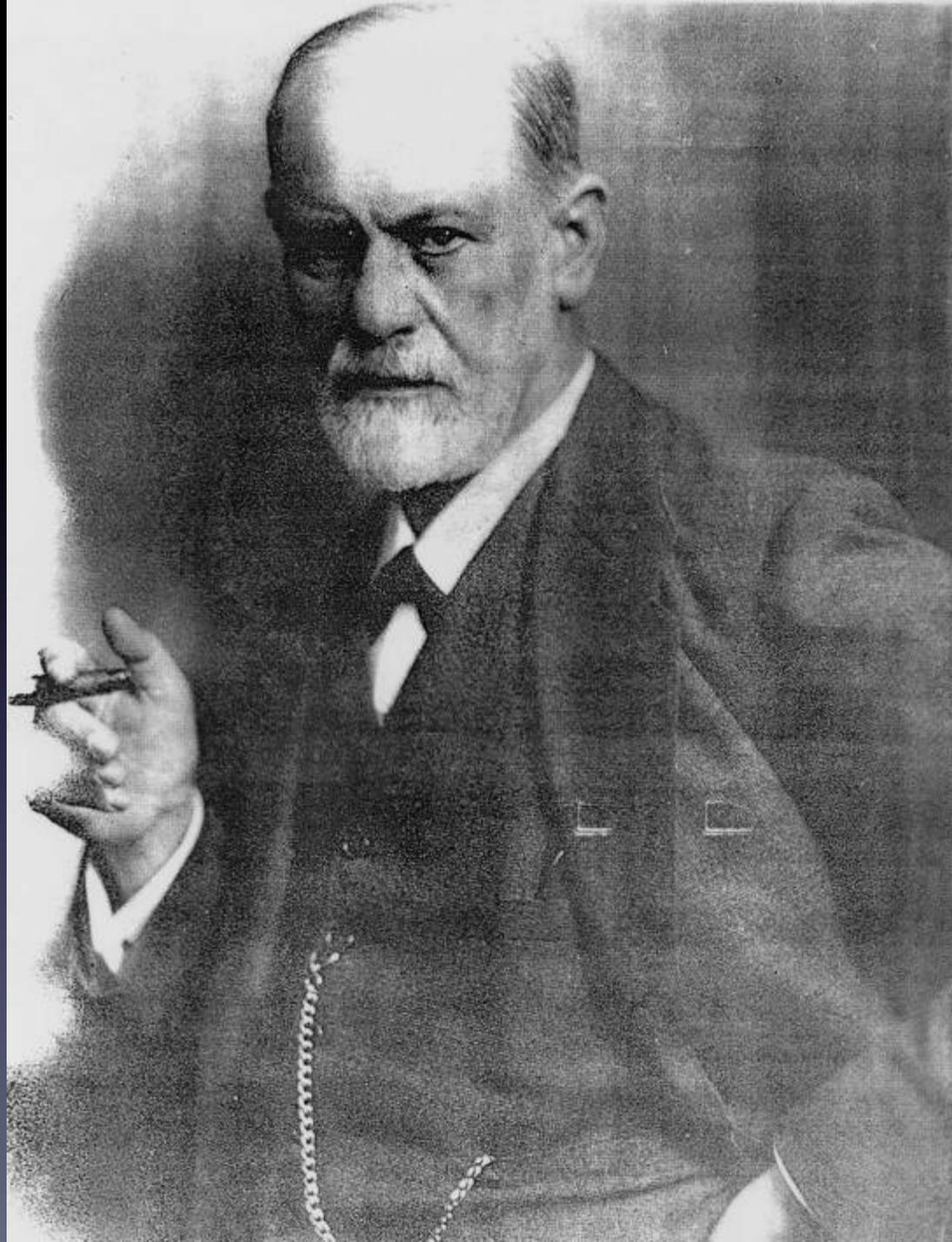


# Humanist manifesto

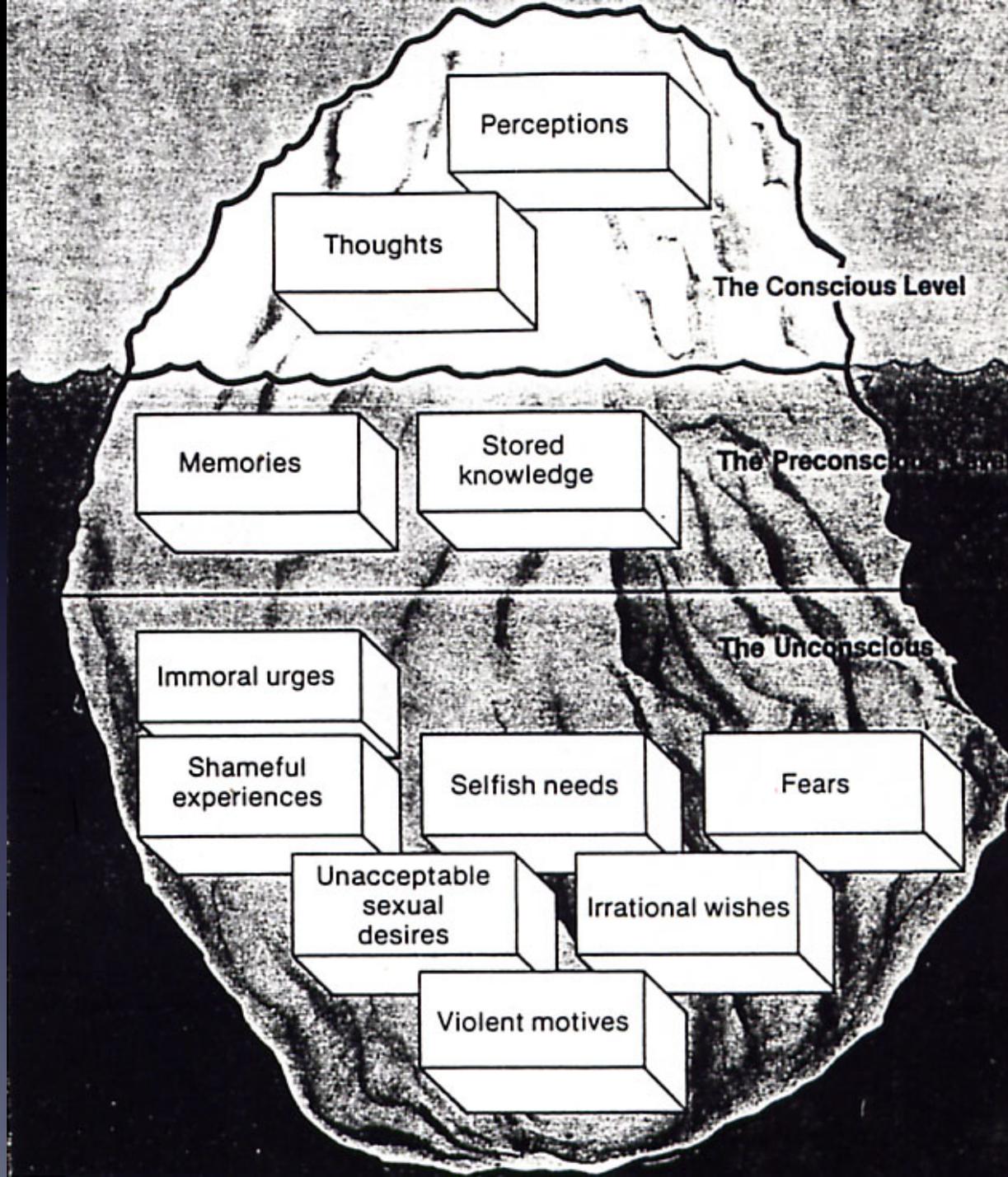
- “We begin with humans not God, nature not deity... no divine purpose or providence... no deity will save us... we must save ourselves.”

# *The Search for Truth*









# Partial truths within a false framework

- Alienation
- Unconscious
- Defense mechanisms
- Biology and childhood
- Relationship with father

# Psychoanalysis/Psychodynamic

- Make unconscious conscious
- Early relationships
- Transference

# Post Freudian Psychoanalysis

- Adlerian
- Jungian
- Object relations
- Self psychology - Kohut
- Ego psychology - Erikson

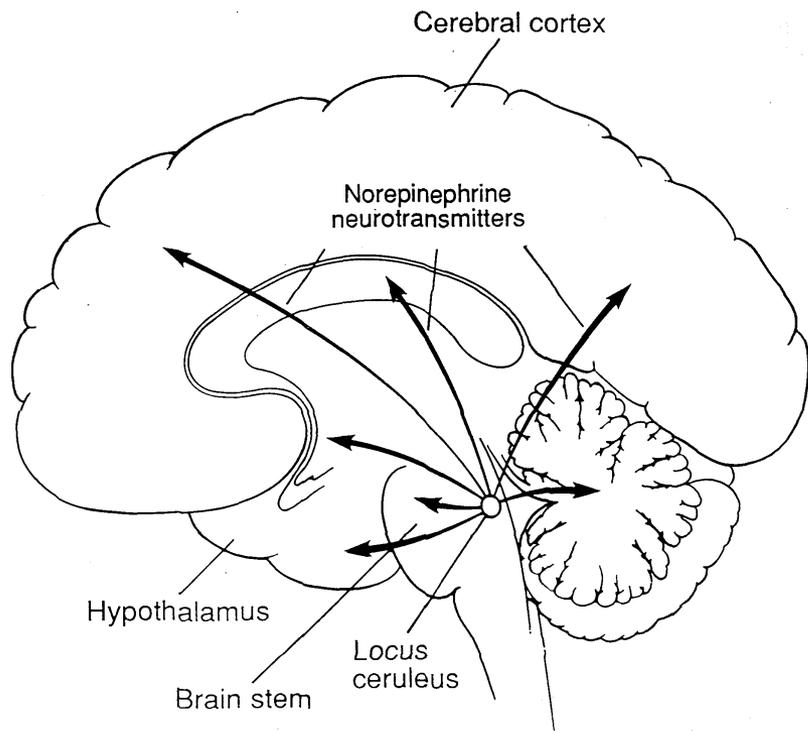
B. F. Skinner



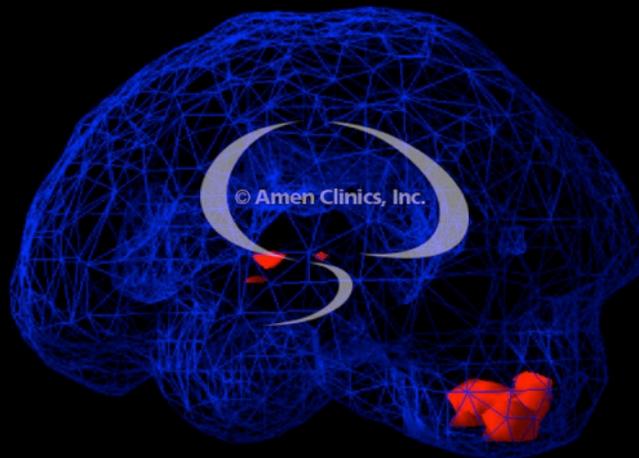
Man, we once believed was free.

# Partial truths

- Biological
- Like animals
- Conditioned by environment
- Useful treatments



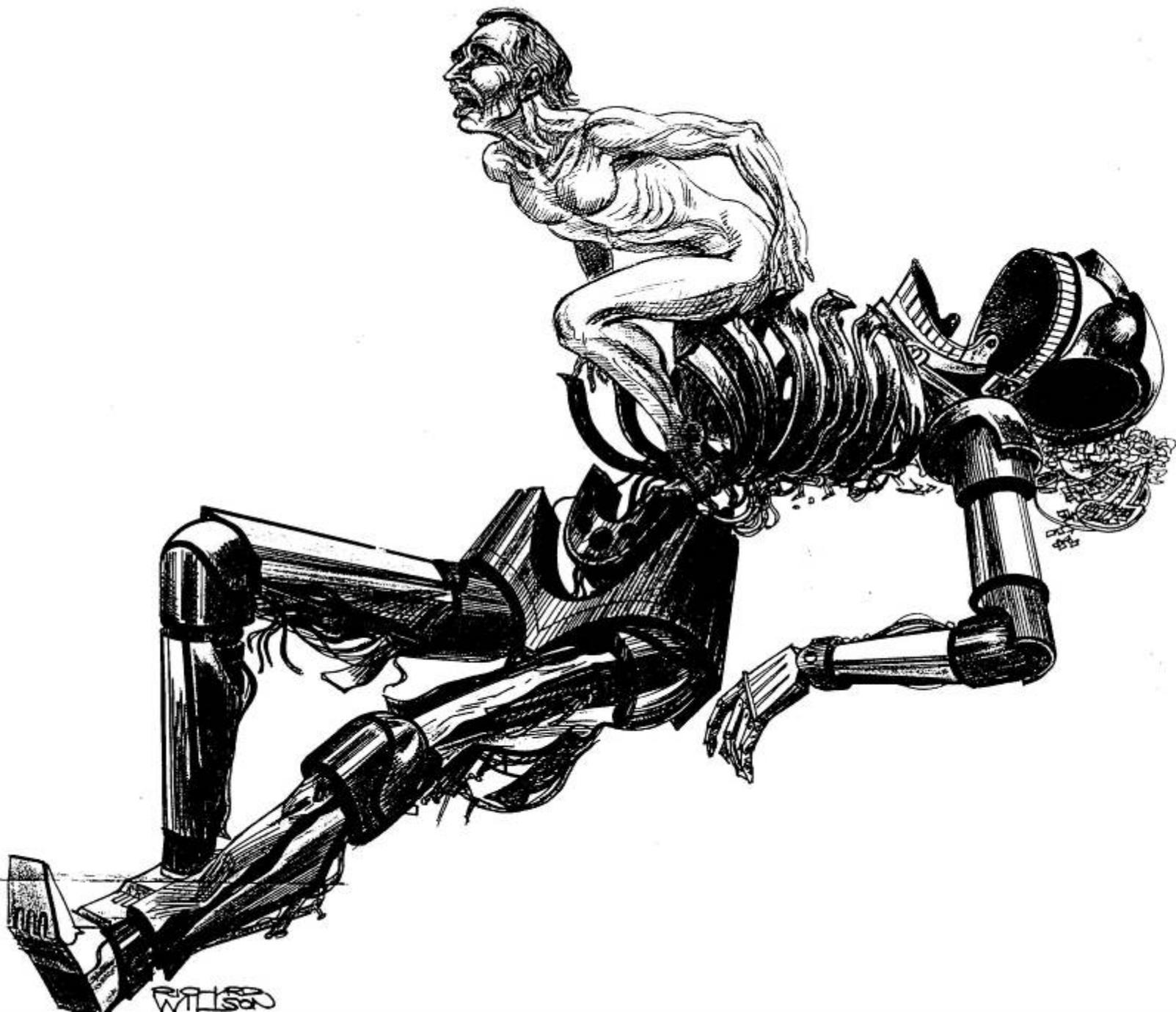
# Organic/Medical



# Carl Jung



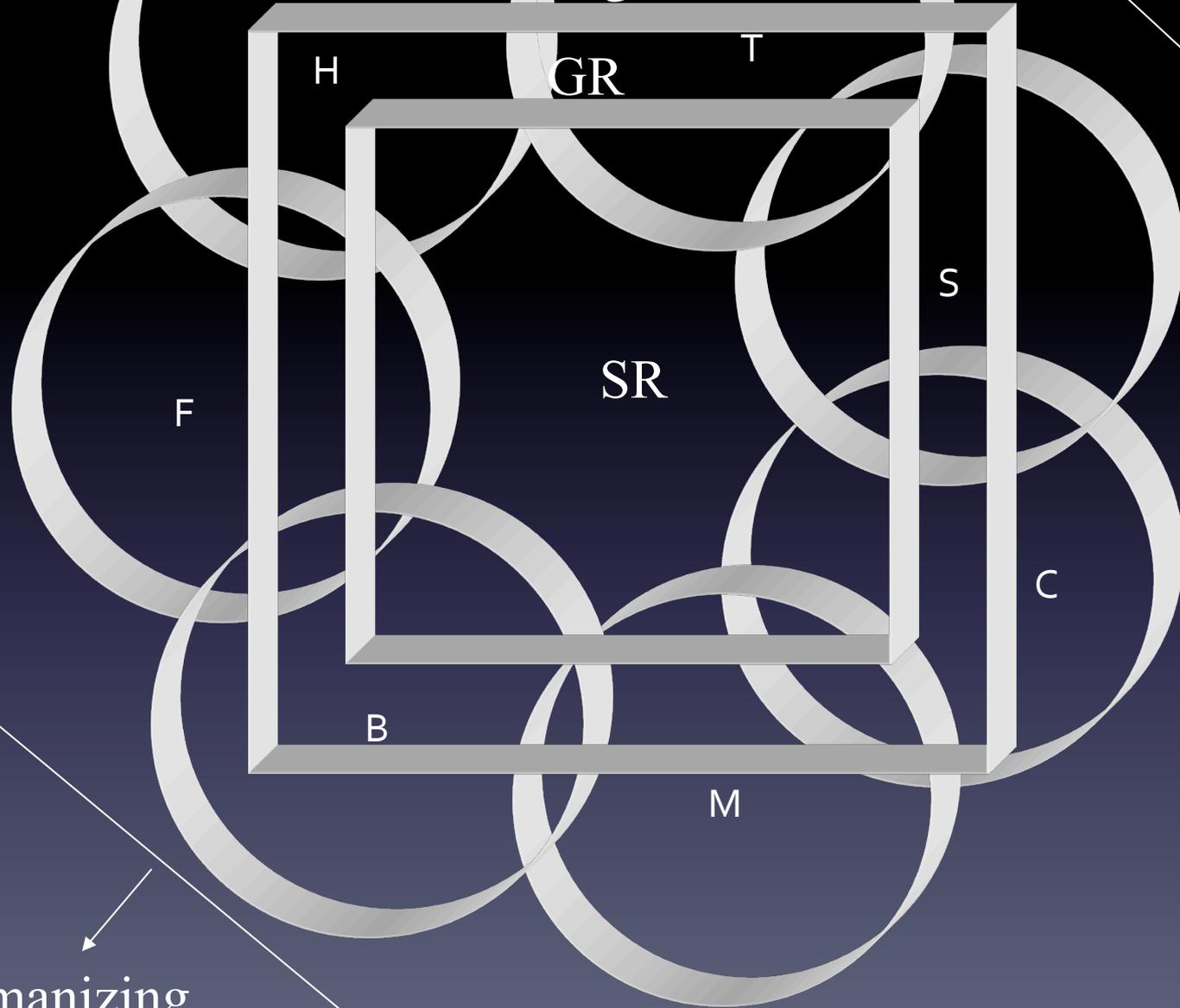
- Disagreed with Freud on:
  - - the primacy of sex
  - - his pessimistic view of human nature
  - - his negative view of the unconscious
  - - his strong atheism



WILSON

# *The Search for Truth*

Deifying



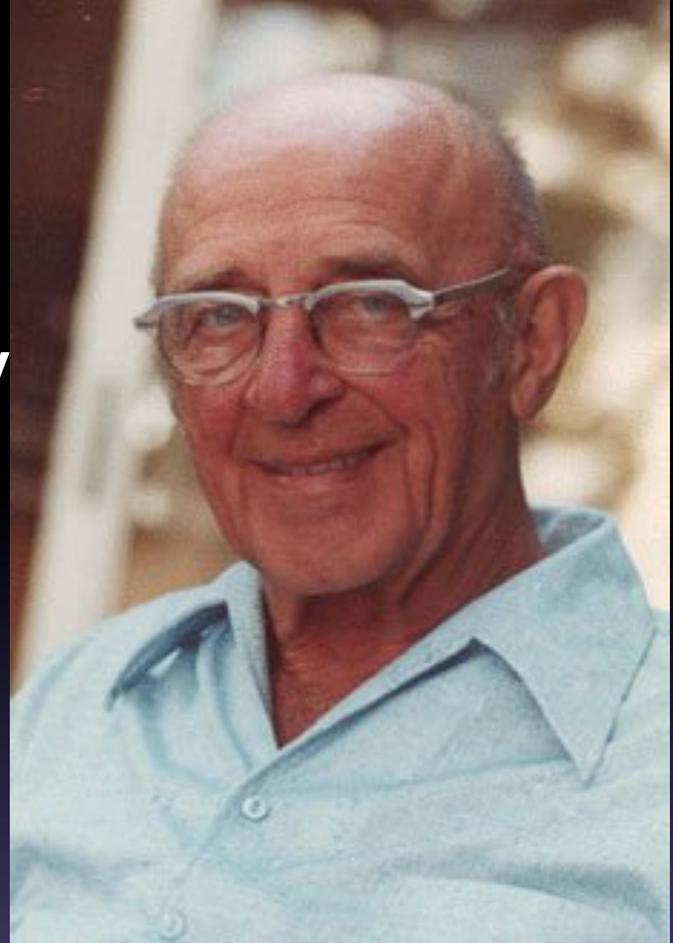
Dehumanizing

# Humanistic Psychology

Carl Rogers

Client Centered

Person Centered



# Humanistic Psychology

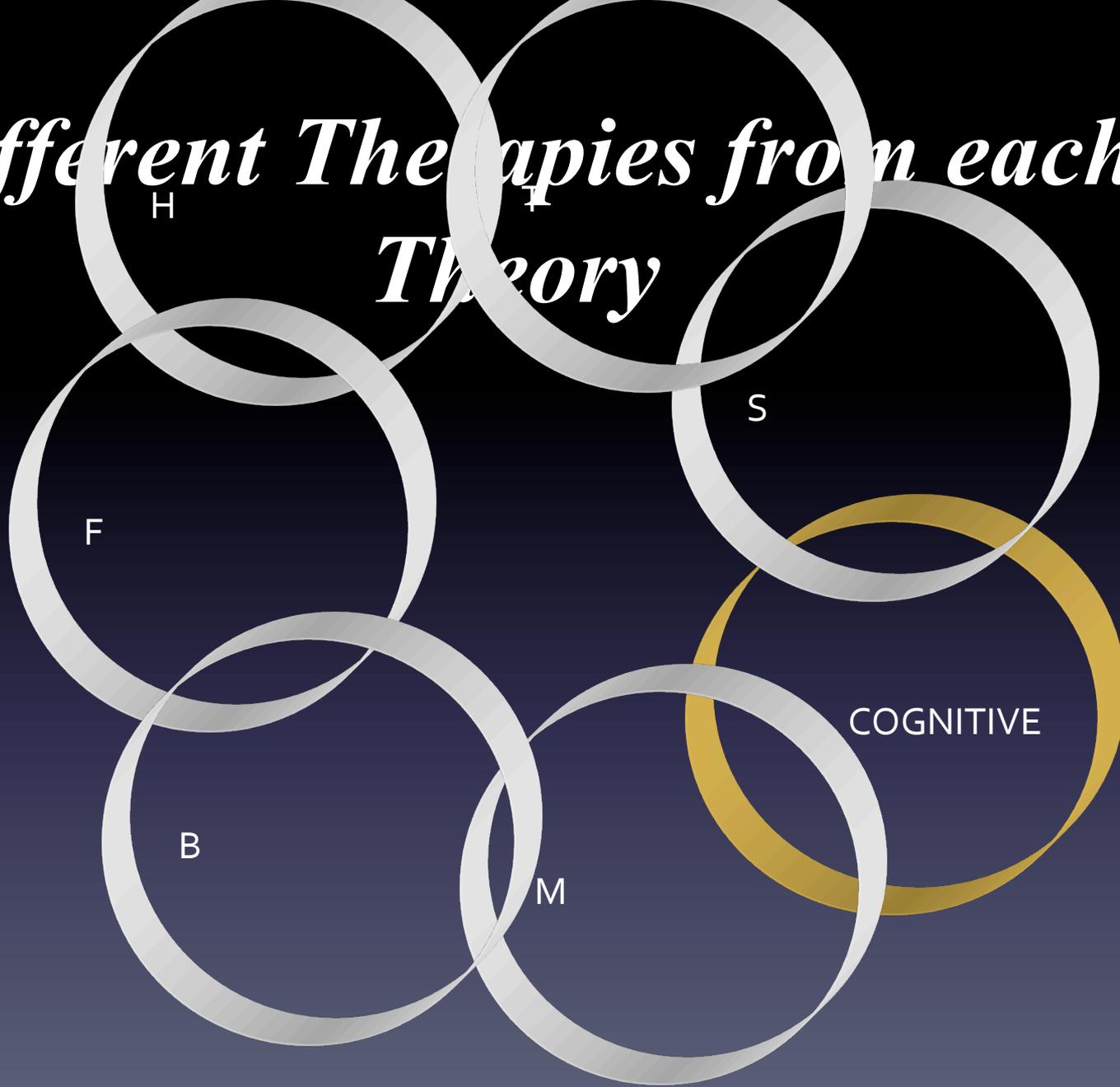
- Different from animals
  - *It is not nature but we ourselves who are responsible for making ourselves distinct from the beasts...man is a self-defining animal...* John Shotton
  - *Man is nothing else but that which he makes of himself. That is the first principle of Existentialism.* J.P. Sartre

# Humanistic Psychology

- Unique with freedom and dignity
- Unlimited potential for self perfection and goodness
- Optimistic
- Meaning and values subjective

- *Experience is for me the highest authority... It is to experience that I must return again and again to discover a closer approximation to the truth as it is becoming in me. Neither the Bible nor the prophets, neither Freud nor research, neither the revelations of God or man, can take precedence over my own direct experience. Carl Rogers*

# *Different Therapies from each Theory*



Albert Ellis  
Rational-Emotive  
Therapy



# Rational Emotive/Cognitive Therapy

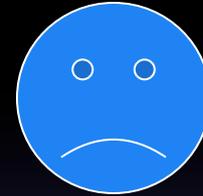


• Activating event - situation

+

• **Belief**

Catastrophizing  
Awfulizing  
All or Nothing



• **Consequence**

- emotional

• **Disputation**

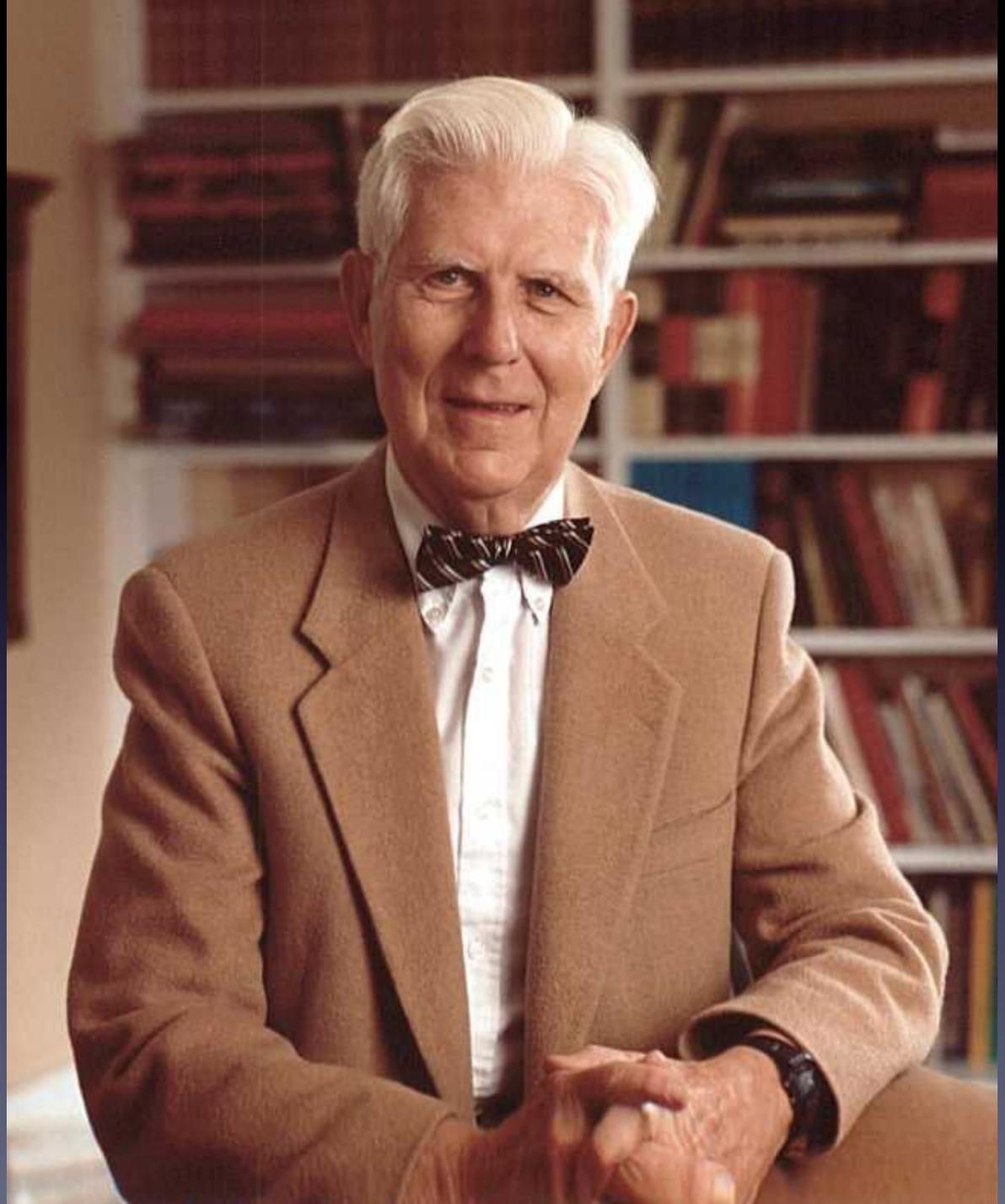
What am I saying to myself?

Is it true?

What evidence for this belief?



Aaron Beck  
Cognitive  
Therapy  
and CBT



# Renewed thinking

- Why are you downcast, O my soul? Why so disturbed within me? Psalm 42:5
- Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:2
- You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds...  
Ephesians 4:22-23

# Positive Psychology

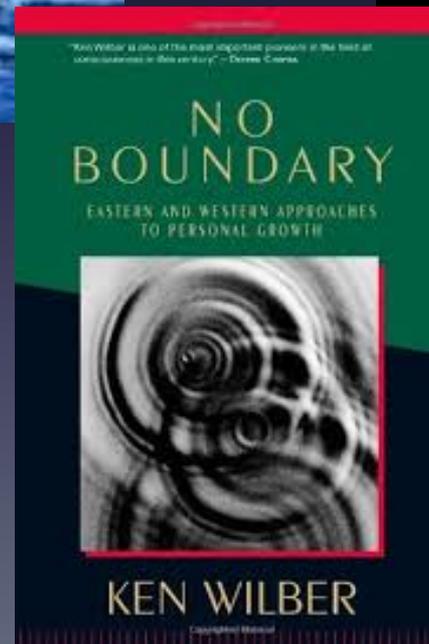
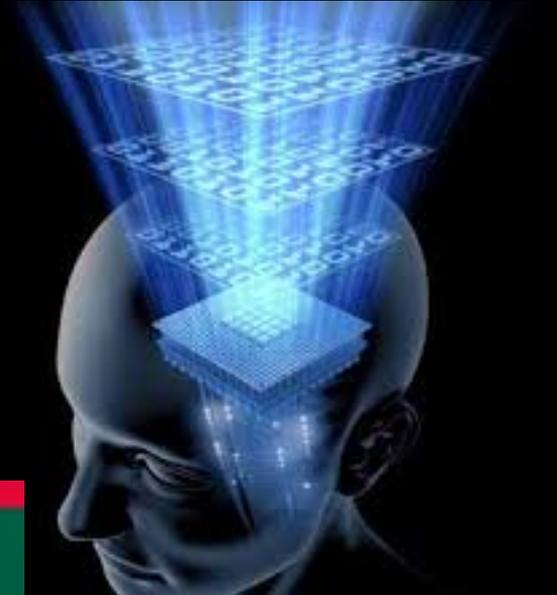
- Martin Seligman
- Corrective balance to “negative psychology” with its focus on abuse, trauma, illness and pathology
- Cultivate virtues and character strengths

# Systems and Family Therapy

# Postmodern Therapies

- Solution focused therapy
- Narrative therapy

# Transpersonal Psychology



# Abraham Maslow

Toward the further  
reaches of human  
nature



# Valuable truths

- Spirituality
- Holistic
- Interaction of mind/spirit and body

Cosmic consciousness

Collective unconscious

Unconscious

Conscious

COMING THIS FALL

State of the Art 2011

SEE PAGE 48

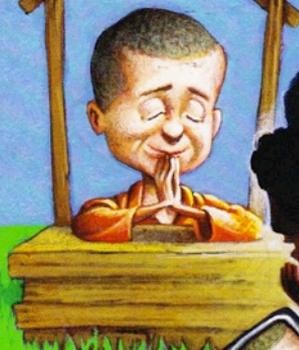
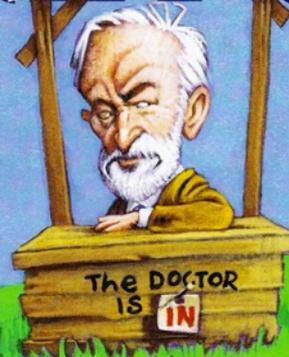
September/October 2011

\$6.00 U.S./\$6.00 Canada

# PSYCHOTHERAPY NETWORKER

PSYCHOTHERAPY

ENLIGHTENMENT



*The*  
**Mindfulness  
Movement**  
*Do we even need  
psychotherapy anymore?*

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RICHARD WINTER  
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PSYCHOTHERAPY

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# Brain Science

- Daniel Siegel
- *Anatomy of The Soul*  
Curt Thompson



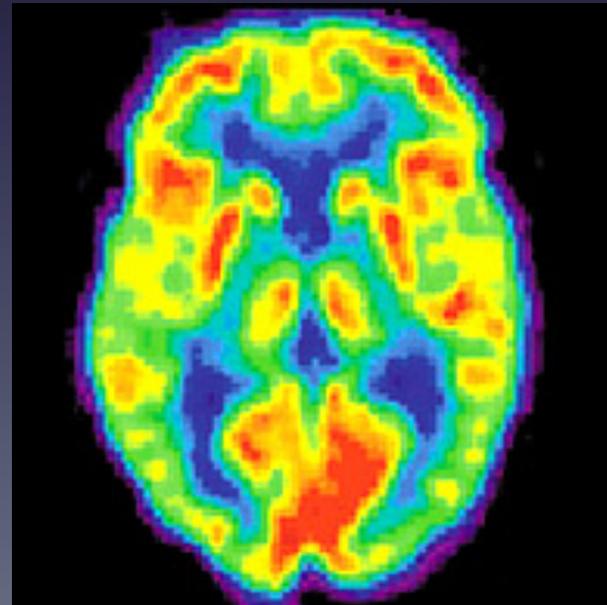
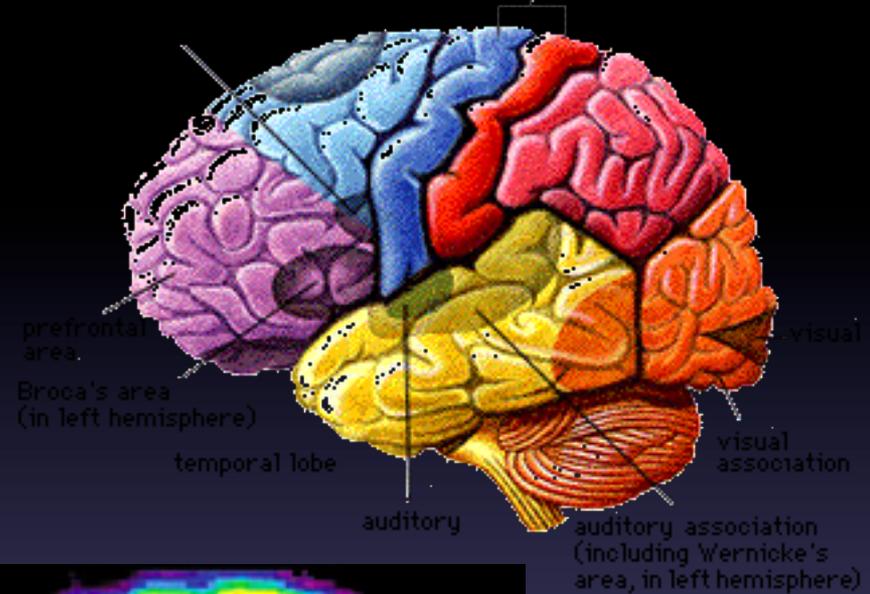
# Black box!

- Psychoanalysis
- Behavior therapy
- Medication
- Cognitive therapy...



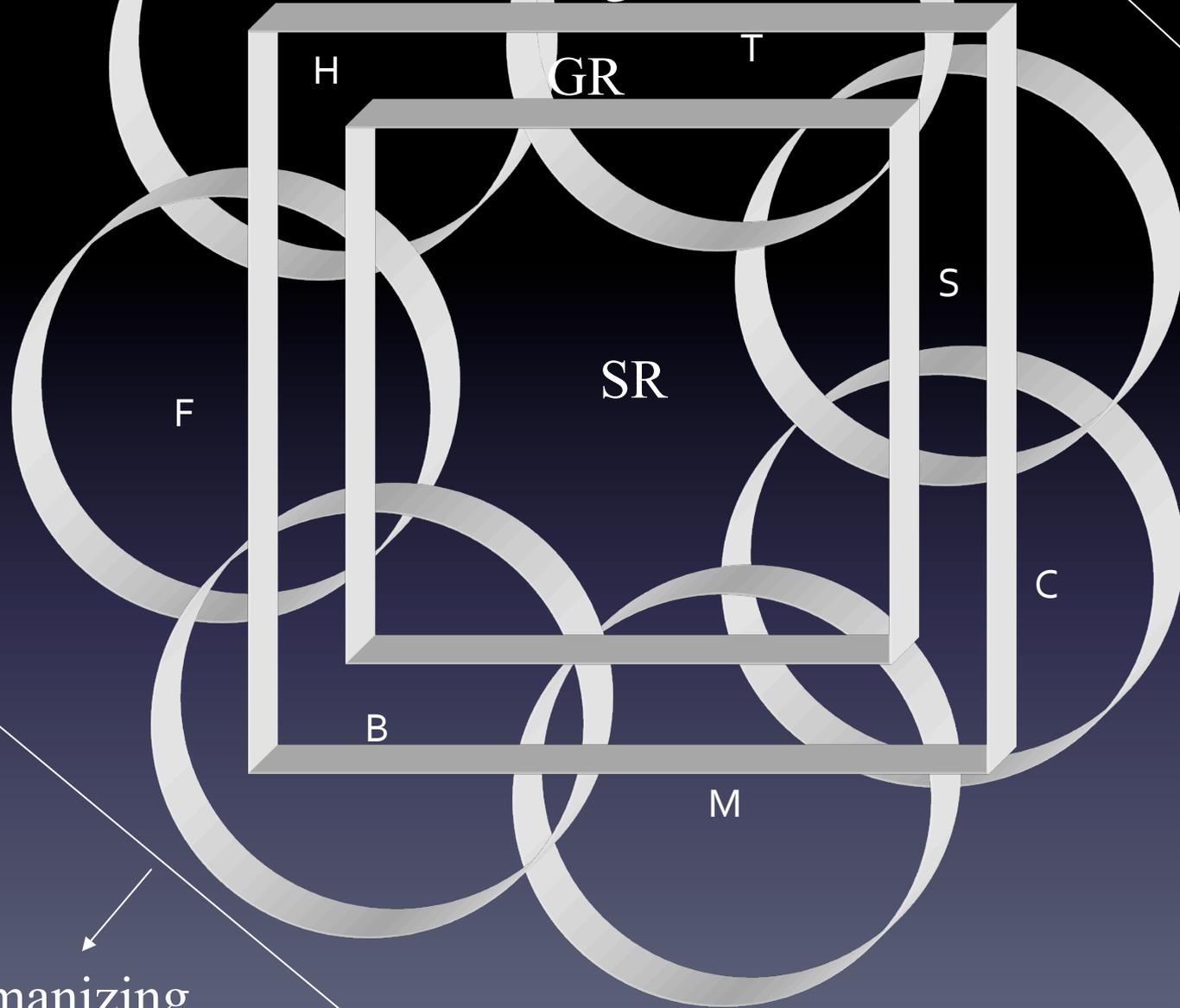
# Neuroscience/brain science

- Brain scans
- Neuroplasticity
- Implicit/explicit memory
- Neurogenesis
- Mirror neurons
- Retraining the brain
- Holistic treatment



# *The Search for Truth*

Deifying



Dehumanizing

# *The Search for Truth*

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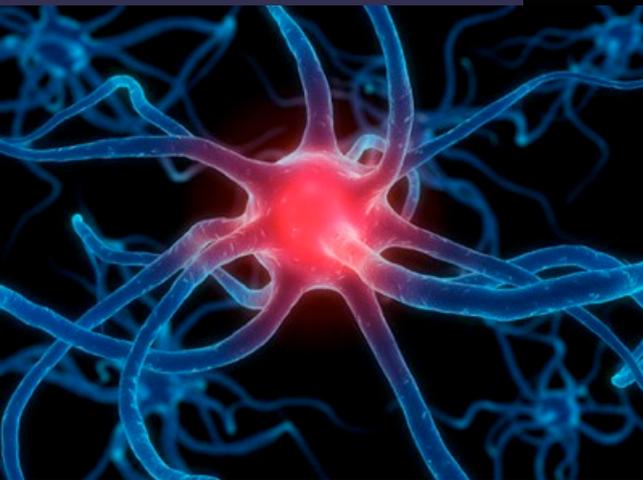
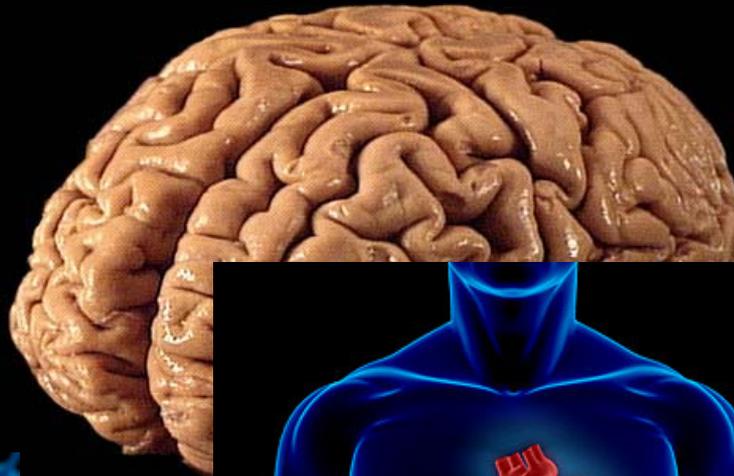
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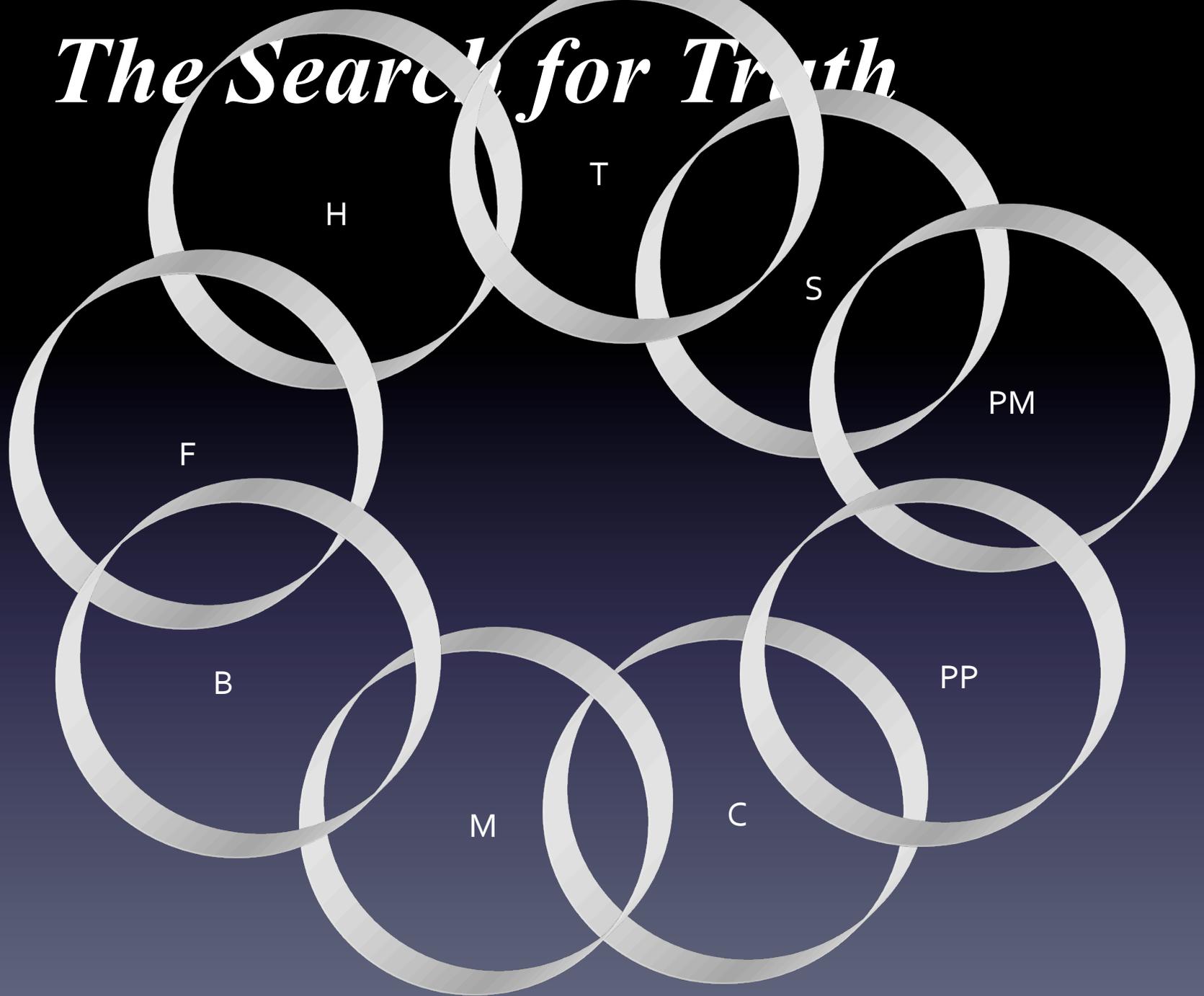
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# Evolutionary Psychology



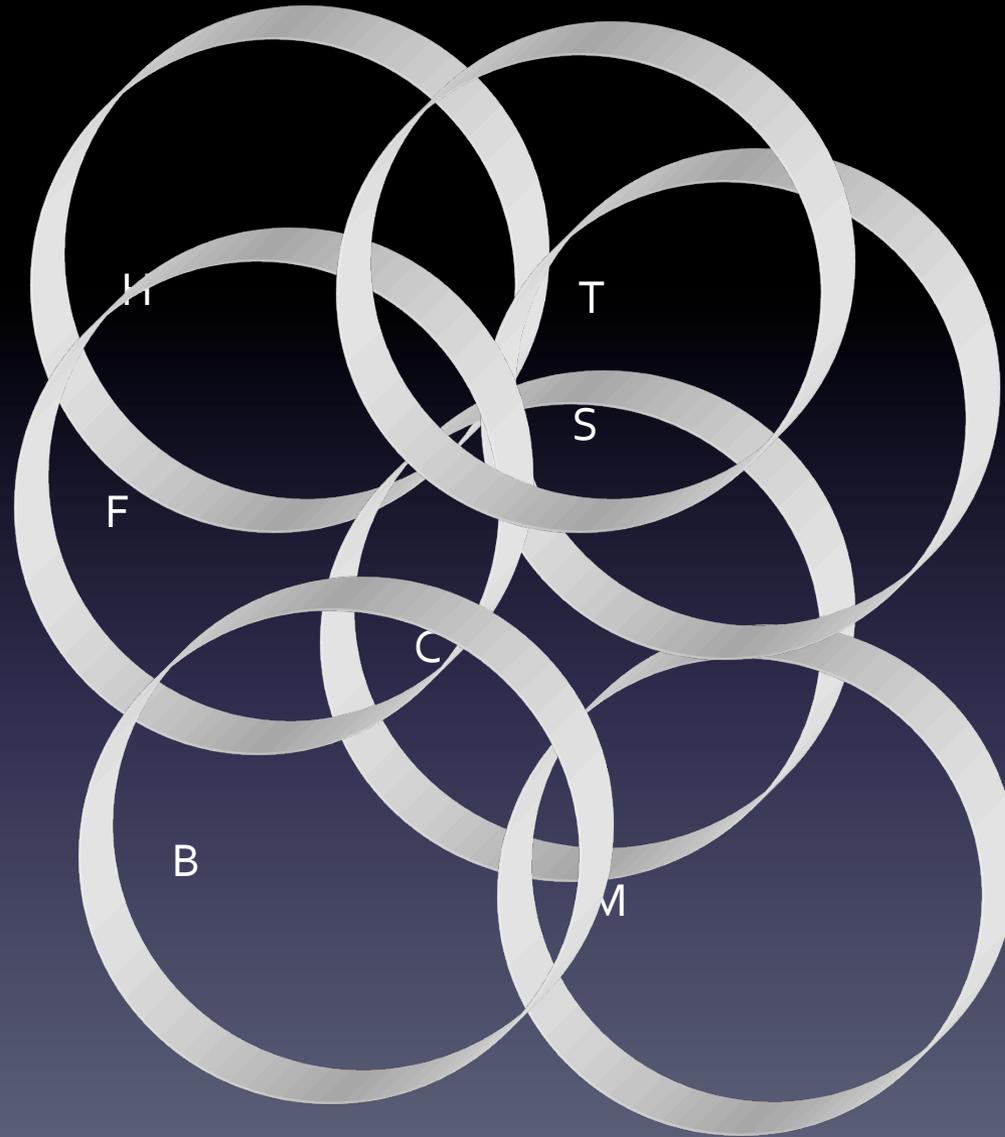
# *The Search for Truth*



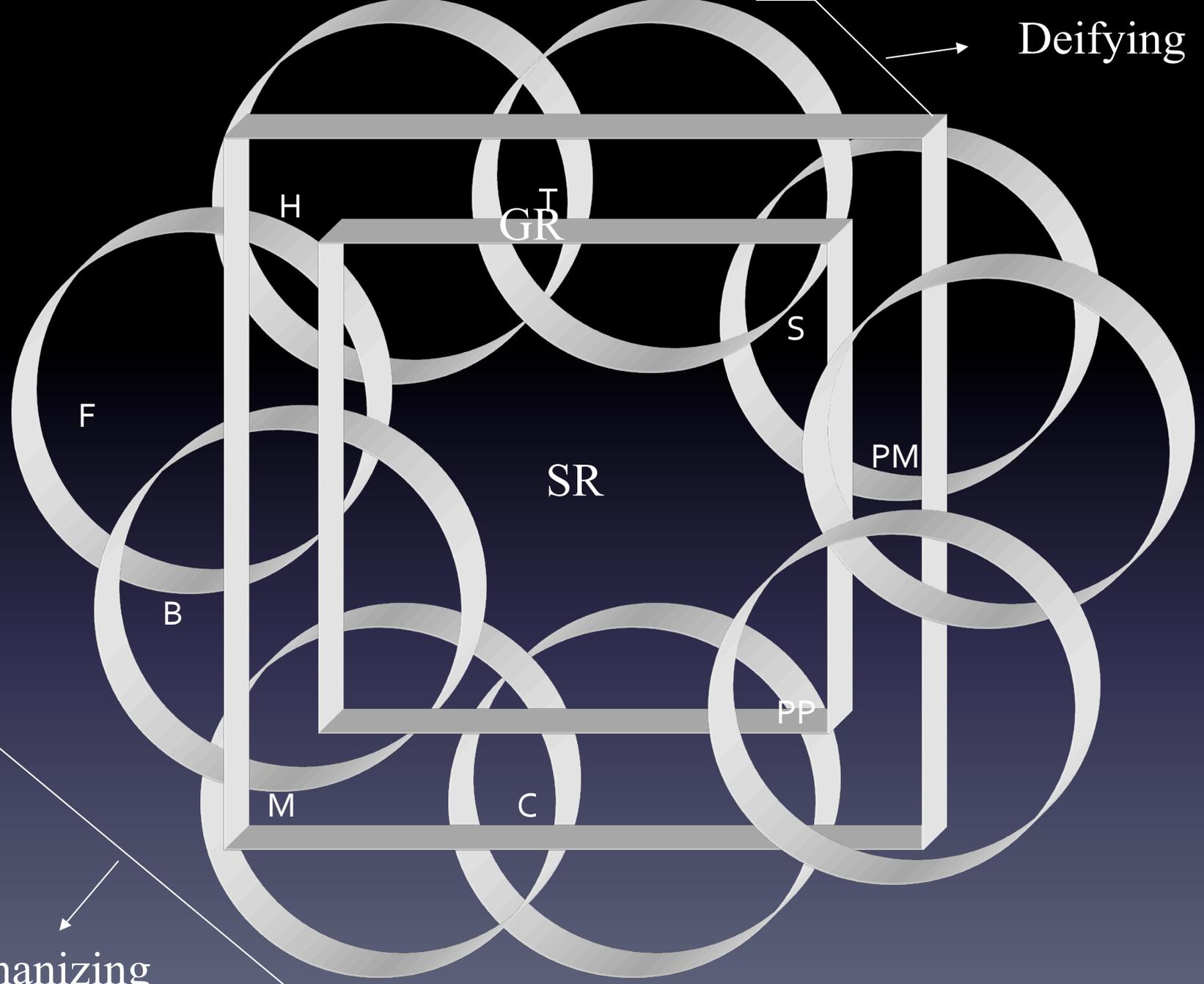
# Postmodern Eclecticism

- No sure answer to the Big Questions
- Mix and match!

# *Postmodern Eclecticism*



Deifying



Dehumanizing

# Christian – Special Revelation

Origins: Creation by personal God for relationship and dominion; universe material and immaterial; “man” is spirit and matter

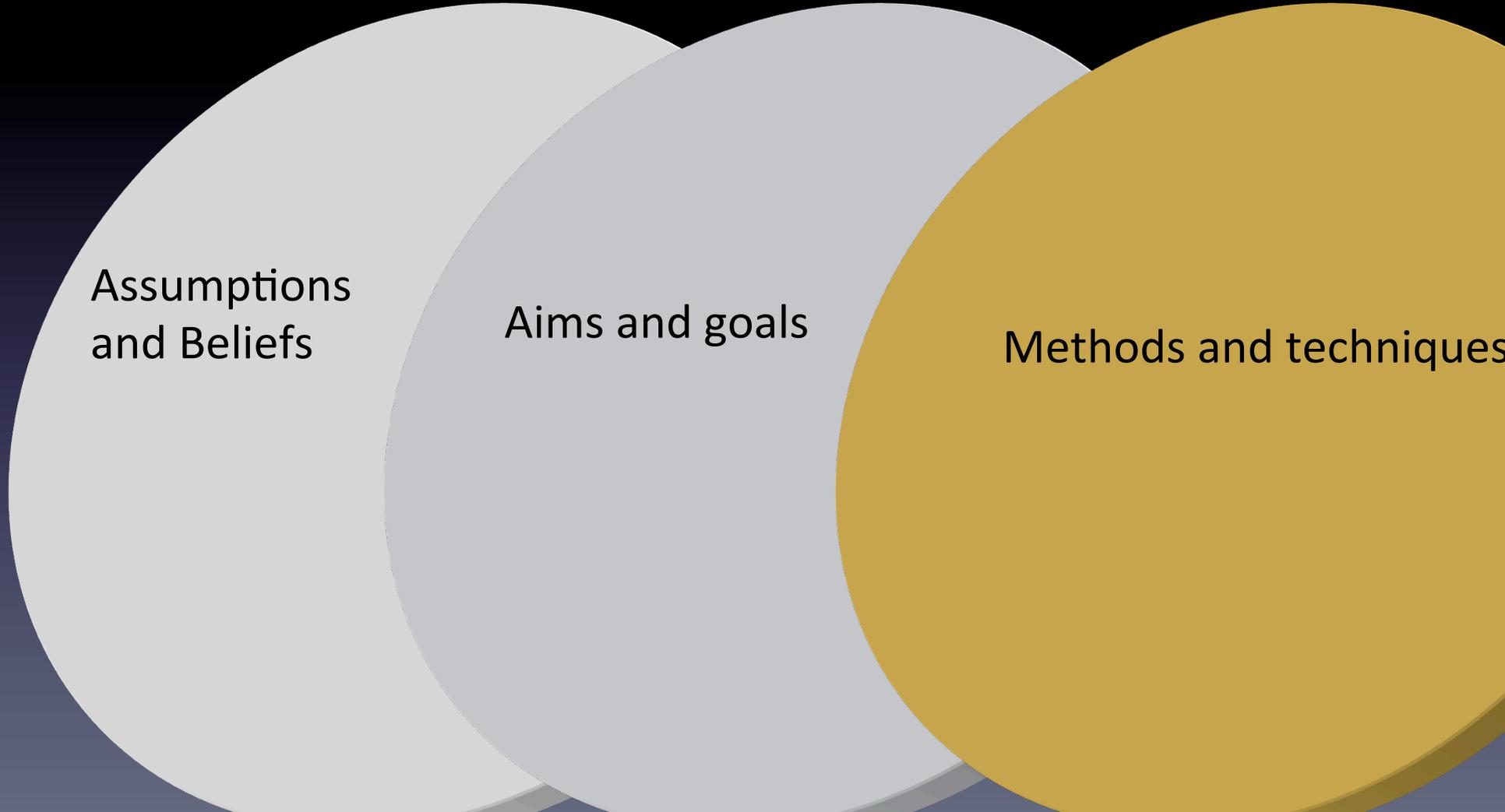
Present state: Alienation and brokenness

- man and God
- man and man/woman
- man and himself
- man and nature

Redemption and restoration

Destiny: Eternal glory or grief

# Need to recognize:



Assumptions  
and Beliefs

Aims and goals

Methods and techniques

# *The Search for Truth*

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Deifying  
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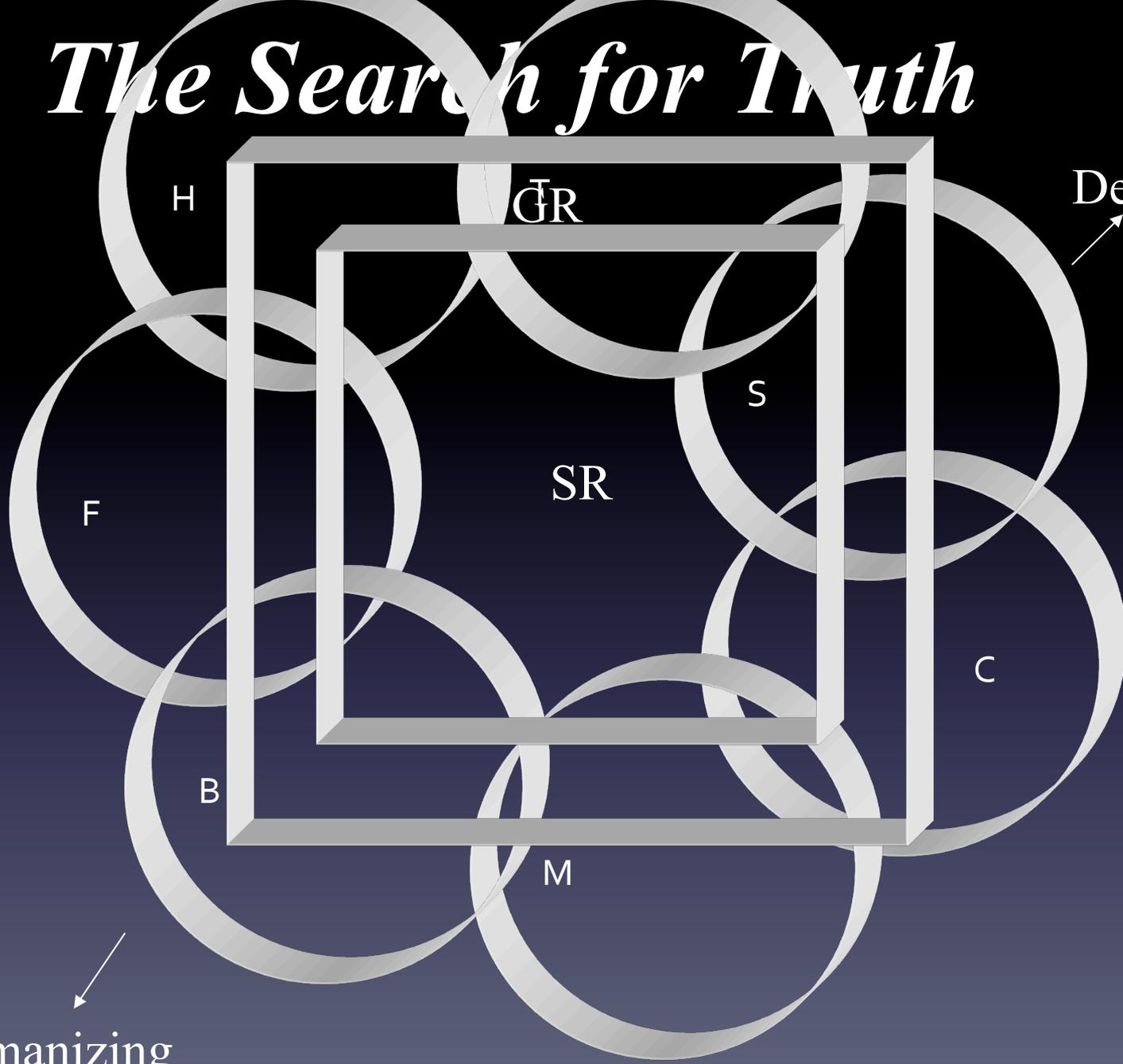
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Dehumanizing





Special Revelation

# General Revelation

# General Revelation

Romans 1:19-20, Psalm 19:1-4

- For since the creation of the world God's invisible qualities - his eternal power and divine nature – have been clearly seen, being understood from what has been made.
- The heavens declare the glory of God; the skies proclaim the works... they pour forth speech...they display knowledge...Their voice goes out into all the earth...

# General Revelation

- Creation. Romans 1:19-20, Psalm 19:1-4

- Law of God in our hearts.

Romans 2:14-15

- Laws of nature. Proverbs 6:6, Is 28:23-29

# General Revelation

Isaiah 28:23-29

- When a farmer plows for planting...levels the surface...Does he not plant wheat in its place, barley in its plot...His God instructs him and teaches him the right way...All this comes from the Lord Almighty, wonderful in counsel and magnificent in wisdom.

# General Revelation

- Creation. Romans 1:19-20, Psalm 19:1-4
- Law of God in our hearts. Romans 2:14-15
- Laws of nature. Proverbs 6:6, Is 28:23-29
- Sayings of the wise. Eccl 12:9,10, Jer 18:18

# Common Grace

- God cares for all creation and all benefit.
  - *He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.*  
Matthew 5:45
- Unbelievers can do good things. Matt 5:46
  - but not to earn salvation
- God restrains evil and sin and promotes good directly and through government Romans 13:3-4
- Common Grace Wisdom

# A Christian Counseling Spectrum

## Psychology and Scripture

|                 |                     |              |          |                        |           |            |
|-----------------|---------------------|--------------|----------|------------------------|-----------|------------|
| Psychology only | Equal but different | Tossed salad |          | Spoiling the Egyptians | Nouthetic | Bible only |
| Excluding       | Compartmentalized   | Chaotic      | Careless | Creative               | Careful   | Excluding  |

Perspectival .....Integrationist.....

Bobgans  
 Hunt  
 Bulkley

Foreword  
DAVE HUNT

# PSYCHO HERESY

Martin and Deidre Bobgan

The Psychological Seduction of Christianity

# CHRISTIAN PSYCHOLOGY'S WAR ON GOD'S WORD

THE  
VICTIMIZATION  
OF THE  
BELIEVER

Jim Owen

# Why Christians Can't Trust Psychology

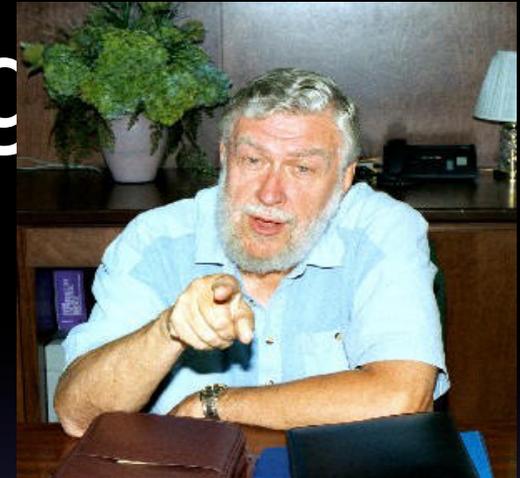
Ed Buckley, Ph.D.

*Why Christians Can't  
Trust Psychology*

"Stop Voodoo Psychology" and Author Edward Buckley

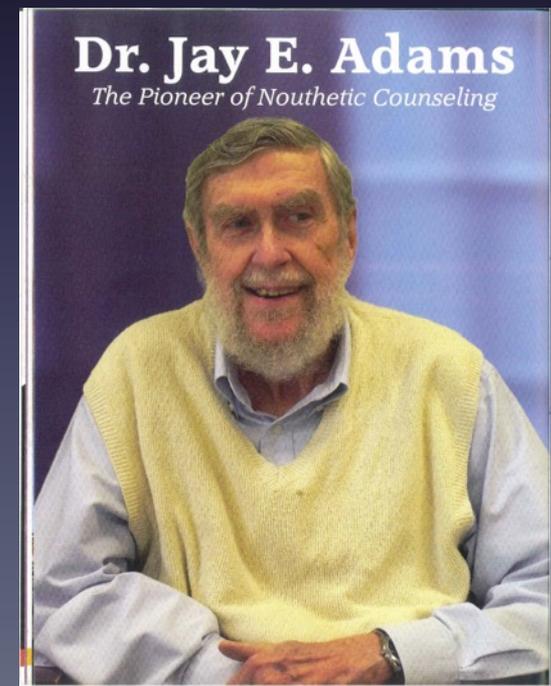


# Nouthetic Counseling



- *To put it simply, nouthetic counseling consists of lovingly confronting people out of a deep concern in order to help them to make those changes that God requires.* Jay Adams, 2004

- <https://www.youtube.com/watch?v=Cz2DDQfwWQA>



# Nouthetic Counseling

- Nouthesia
  - Admonish, confront, warn, teach
- Sufficiency of Scripture
  - 2 Peter 1:3 *His divine power has given us everything we need for life and godliness...*
  - 2 Timothy 3:16-17 *All Scripture is God breathed and is useful for teaching, rebuking, correcting and training in righteousness...*

# Nouthetic Counseling

## Traditional “Biblical Counseling”

Usually under-emphasizes:

- Biological factors
- Psychological factors - especially the damaging effects of others sin
- The value of General Revelation
  - Minimal value in studying secular psychology

# Nouthetic Counseling

## Traditional “Biblical Counseling”

- Usually under-emphasizes
- The importance of Common Grace
  - Cannot counsel unbelievers
- The time it takes to change deeply rooted patterns of sin

They would say that we under-emphasize sin and the sufficiency of Scripture

# The Sufficiency of Scripture

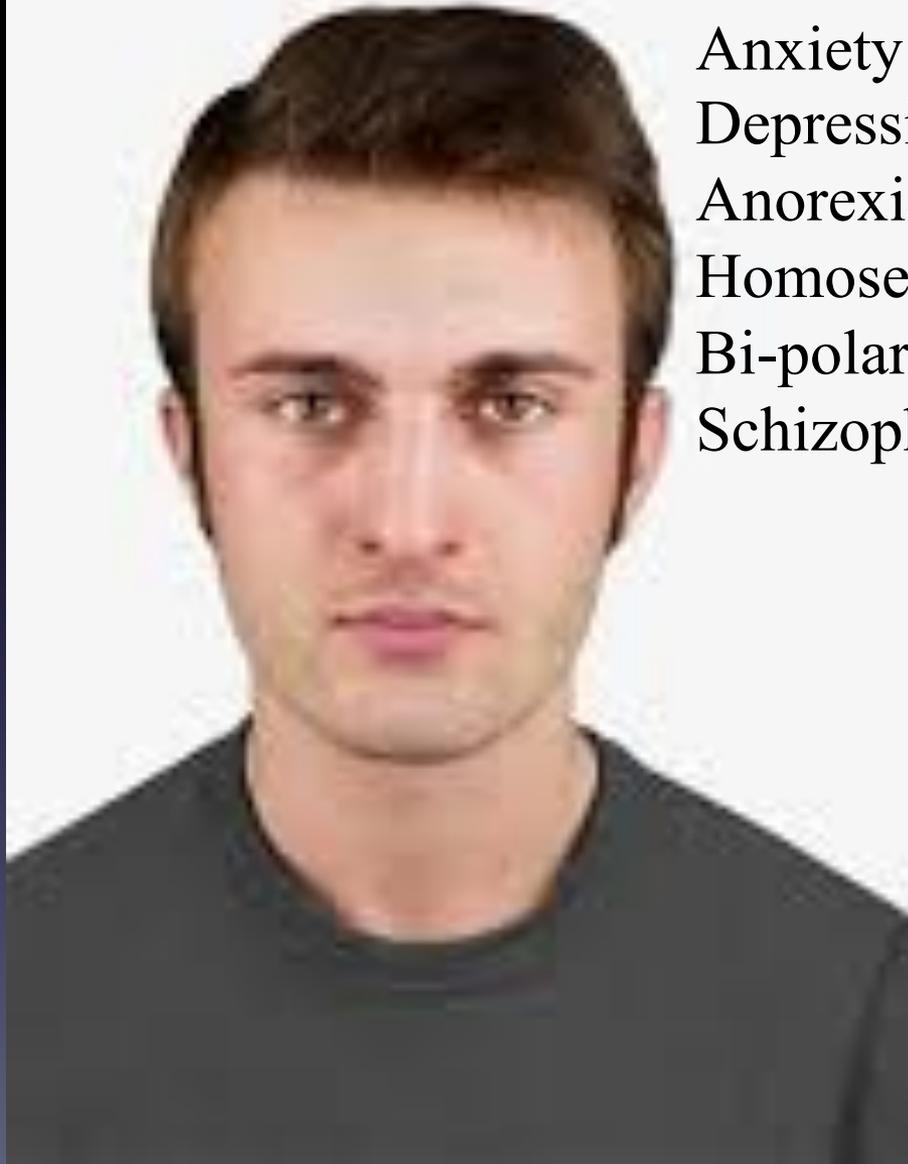
- The Bible is sufficient because it provides either direct information or authoritative categories for answering all questions...
- Whenever the Bible is not explicit... biblical categories provide a framework for thinking through an adequate response.

# Sufficient but not Exhaustive

- “As I seek to develop a model of counseling, I begin with the conviction that my study of God's written Word must be allowed to control my thinking more than any other data. Where the bible speaks, it speaks with authority. Where it doesn't speak, we may look to other sources of information for help.” Larry Crabb

Examples of Common Ground discovered  
through General Revelation  
Common Grace Wisdom

- Divorce
- Forgiveness
- Self-esteem
- Spirituality and health



Anxiety  
Depression  
Anorexia nervosa  
Homosexuality  
Bi-polar disorder  
Schizophrenia...



# Special Revelation

- Scripture is senior because it is propositional and direct... creation is subordinate because it is non-verbal and distorted since the fall. Creation must be interpreted by Scripture... theology and psychology are sciences organizing human thoughts about God's revelation. As human products they both may contain human errors. (Hurley and Berry, 1997)

# “Biblical Counseling”

- “Neo-Nouthetic” or “Progressive”
- Christian Counseling and Educational Foundation (CCEF)
- Idols of the heart



Mike  
Emlet

David  
Powlison

Paul Tripp

Ed Welch

RESOURCES FOR CHANGING LIVES

DAVID  
POWLISON



SEEING WITH  
NEW EYES

Counseling and the Human Condition  
Through the Lens of Scripture

UPGRADE

THE JOURNAL of

Biblical  
Counseling

On CD-ROM 2003-2005

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A MINISTRY of the CHRISTIAN COUNSELING  
& EDUCATIONAL FOUNDATION

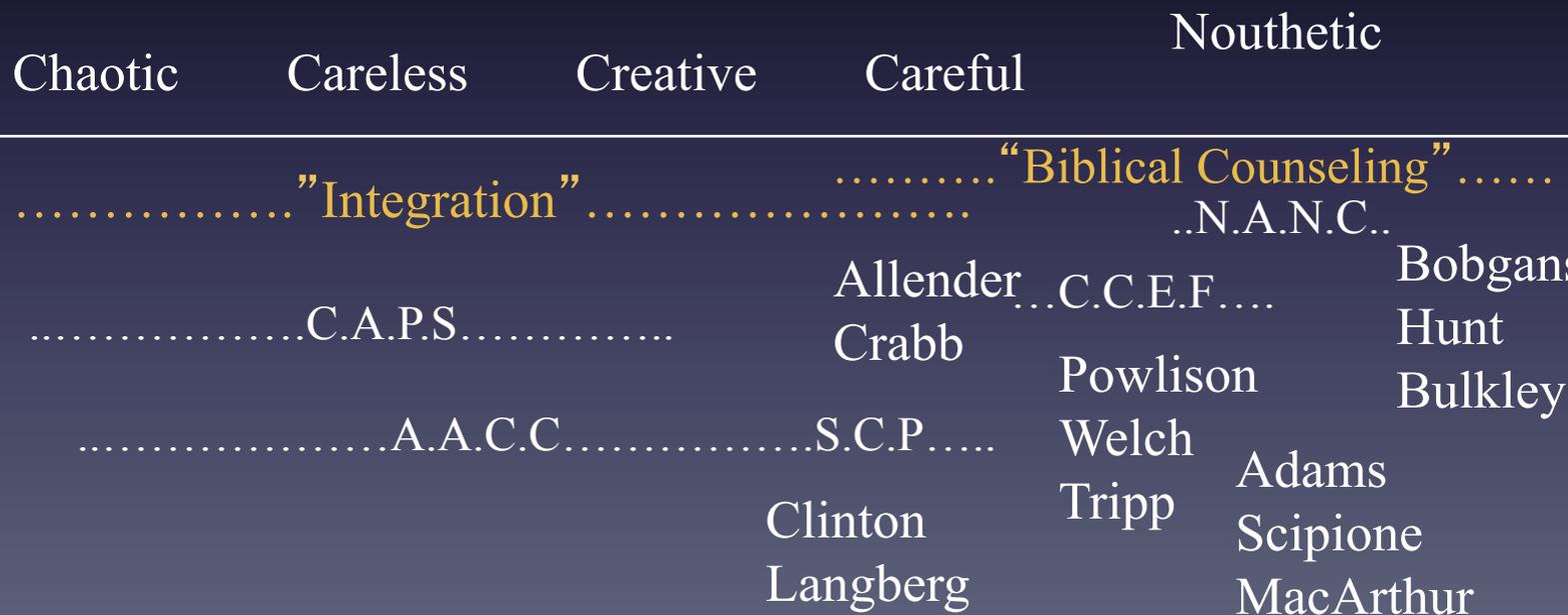
# A Christian Counseling Spectrum

## Psychology and Scripture

|                 |                     |                          |          |                        |         |                |                    |
|-----------------|---------------------|--------------------------|----------|------------------------|---------|----------------|--------------------|
| Psychology only | Equal but different | Tossed salad             |          | Spoiling the Egyptians |         | Nouthetic      | Bible only         |
| Excluding       | Compartmentalized   | Chaotic                  | Careless | Creative               | Careful |                | Excluding          |
|                 | Perspectival        | .....Integrationist..... |          |                        |         | "Biblical" ... |                    |
|                 |                     |                          |          | Allender               | Crabb   | C.C.E.F        | N.A.N.C<br>Bobgans |
|                 |                     |                          |          |                        |         | Powlison       | Hunt               |
|                 |                     |                          |          | .....A.A.C.C....       | S.C.P.  | Welch          | Bulkley            |
|                 |                     |                          |          | Clinton                |         | Tripp          | Adams              |
|                 |                     |                          |          | Langberg               |         |                | Scipione           |
|                 |                     |                          |          |                        |         |                | MacArthur          |

# A Christian Counseling Spectrum Psychology and Scripture

Bible only

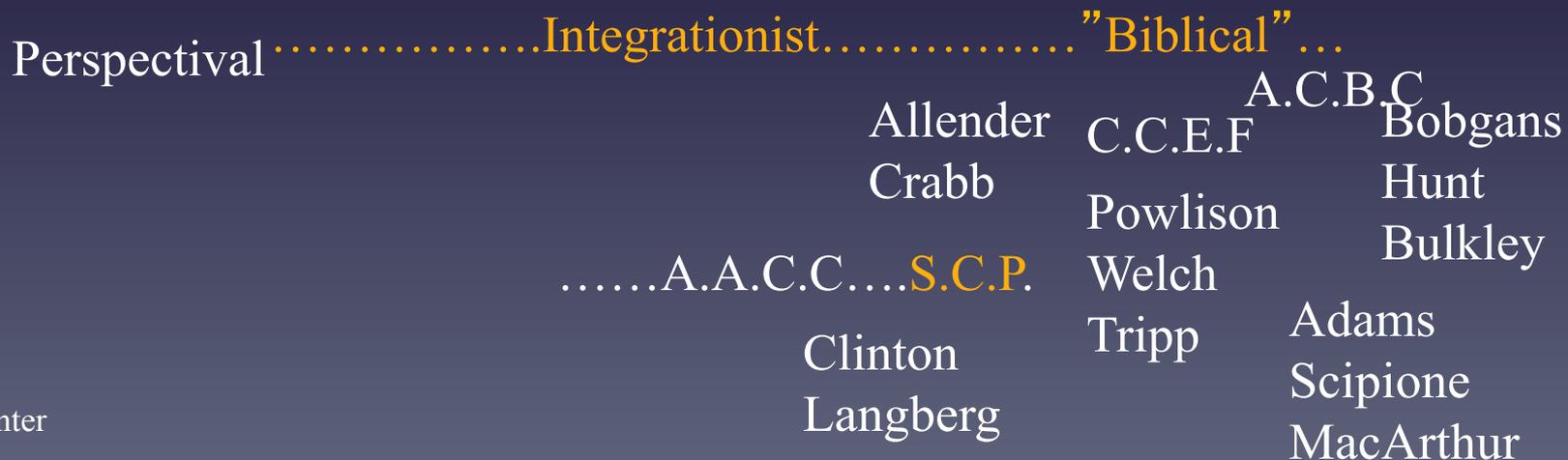




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# EDIFICATION

JOURNAL OF THE SOCIETY FOR  
CHRISTIAN PSYCHOLOGY

Volume 1 • Issue 2 • 2007

Eric  
Johnson



WUE  
r S. Anderson

DE  
ridell

# Europe

- Germany: Werner May Ignis . Christian Psychology <http://emcapp.ignis.de/5/>.
- England: Association of Christian Counselors
- Hungary...

# Christian Counseling: An Integrated and Biblical Approach

© Richard Winter

- What questions or criticisms (or cynicism) do you have in your own heart about counseling?
- What tensions and divisions do you see in the church about counseling?
- What are common grace and general revelation and how and why are they so important in thinking about counseling?

- What is Biblical Counseling?
- What is Integrationist Counseling?
- What does the Bible say about anxiety, depression, homosexuality, cutting, anorexia nervosa, bi-polar disorder?
- How would you find a good Christian counselor in your area - either for yourself or for somebody in your church?