

Positive Potential (humanism) - Carl Rogers (1902-1987); Erich Fromm (1900-1980); Abraham Maslow (1908-1970)

Positive Potential is also called “third force psychology” and it received its name because it rejects behaviorism (because it denies man's freedom and turns control over to the environment) and Freudianism (because it focuses too much on the individual apart from society).

1. Humanism teaches: Man is essentially g_____ at the core and perfectible. He just needs to live up to his p_____. Society and culture are the real culprits and responsible for evil. Man's environment has hindered his inner goodness from maturing and developing. From Carl Rogers: “For myself, though I am very well aware of the incredible amount of destructive, cruel, malevolent behavior in today's world — from the threats of war to the senseless violence in the streets — I do not find that this evil is inherent in human nature.” And, “e_____ leads me to believe that it is cultural influences which are the major factor in our evil behaviors.” From Erich Fromm: “The Christian interpretation of the story of man's act of disobedience as his ‘fall’ has obscured the clear meaning of the story. The biblical text does not even mention the word ‘sin’; man challenges the supreme power of God, and he is able to challenge it because he is potentially G_____.” From Abraham Maslow: “As far as I know we just don't have any i_____ i_____ for evil.” The Bible says: Before Christ, man is called a child of the d_____ and worthy of death. Also, look on page 20 of your manual and read I., A-H. Kernel of truth: Whatever potential man has is wrapped in what Christ can do in and through those who are his children. The power of sin is broken in the life of the believer so it is true that he now can overcome. But, it is o_____ in Christ that that can happen and only through the power of the Holy Spirit, not man's power — it is His power in us, not me.

2. Carl Rogers: Counseling should be non-d_____. You just repeat back and get the counselee to come up with the answers through the goodness and potential that he has in himself. A typical Rogerian counselor would reflect back to the counselee that "You feel that such and such should be done," or, "You feel that this and that are true." The Bible says: These words are serious mistakes because they confuse meanings and muddy the waters when trying to unravel and then give direction. Rogers has a fundamental orientation towards f_____ . He thus confuses thoughts, opinions, beliefs, convictions, and

attitudes with feelings. They are not feelings. This is serious error. If I say I feel inferior or stupid, what can you say to change that “feeling”? Nothing, because it is not a feeling. It is a judgment or conviction or belief. So, what should you do? Simply restate, “Why do you think you are stupid or inferior?” What reasons do you have to think that?

Bible-counseling is directive. Nouthesia implies scriptural direction — to give advice or direction, warn (Romans, 15:14; 1 Thessalonians 5:14). Therefore, we must know the W_____ and develop those skills by which we may confront others (gently, in love) directly in deep concern (Galatians 6:1). Kernel of truth: Certainly, asking questions and listening to a counselee is important (Proverbs 18:13). However, the answers are not found inside us. They are found in Him (2 Pet 1:3,4) and His Word. The Point: Often being able to distinguish between the emotion and the conviction or judgment that triggers the emotion is what brings about the solution to one's problems.

3. Carl Rogers’ view of biblical counseling: He would consider biblical counseling. to be d_____ because it stresses worthlessness (though it leads to repentance on the part of the sinner) and because it makes the Christian a totally dependent person. The Bible says: Man was made for God (Revelation 4:11) and dependent upon Him (Acts 17:28). Man was created as a dependent being. Any attempt to transform him into an a_____ being, not only constitutes rebellion against the Creator, but is bound to fail. God sustains us. We could have no existence at all without Him; we are in the palm of His hand. Our every heartbeat was decreed by Him from all eternity. “In Him we live and move and exist.” (Acts 17:28) Kernel of truth:

4. Self is the cure: Self-a_____ is the goal. Abraham Maslow states, “This occurs when a person is in touch with his i_____ g_____. This ‘inner goodness’ is relative. To a self-actualized person, ‘notions of right and wrong and of good and evil are often not the conventional ones. From Carl Rogers: "Since man is essentially good at the core; man needs what he calls unconditional positive self-r_____.”

The bottom line for the Christian regarding self-concept, self-esteem, etc.: A Christian will never be satisfied within himself until he is in the proper relationship with Christ, having a clear conscience before God and men.

D. Integrity Therapy - Positive Potential - Hobart Mowrer

1. Hobart Mowrer also was not a believer in the existence of a personal God and so, does not believe in the existence of sin against God. Like Rogers, Mowrer believes that man has the potential to solve problems on his own but more in the g_____ s_____. The group holds the answers, and they must be shared. It is stressed that one is honest, open and willing to confess when needed (telling one's story).

The Bible says: See Positive Potential, a., The Bible says

Kernel of truth: f_____ and c_____ have their place.

2. Hobart Mowrer: Man's problems stem from bad behavior (violation of one's conscience usually by wronging another person) towards others, which has lead to clashes with those others. He therefore feels a sense of guilt for his actions and so now must confess his guilt and make restitution. Bodily contact and "reaching out" to touch another is involved. The small group environment is embraced. More ex_____ of em_____ is encouraged. The Bible says: Counselees will never achieve a peace under this counseling because they are not taught to direct their behavior towards the God they have offended and seek restitution from Him. The Integrity Group Therapy will often have people who have graduated from the group continue to hang around the edges of the group. They are still searching. They still lack something. What they lack is true forgiveness from God Himself, once and for all. They lack the r_____ ch_____ that the Bible calls the n_____ b_____. Kernel of truth: It is not good for man to be alone. Let us not forsake the assembling of ourselves together. We need to provoke one another to love and good works and to encourage one another (Hebrews 13:24).

3. Hobart Mowrer — with Carl Rogers — the counselee does it himself with a small assist from a wall-like counselor off of whom he bounces his own ideas. With Mowrer he does it himself along with others who are doing it th_____ and who will put the pressure on him to do it, and to do it y_____, their way.

The Bible says: There is no biblical mandate to alter your view of yourself other than to deny it.

Kernel of truth: In terms of change, the believer is not passively waiting around for God to change

his behavior. Sanctification is seen as a two-person experience for life. God prompts our hearts and we respond obediently. Real change occurs in the heart of the Christian, performed by God. We simply respond to that prompting.

E. New Age Philosophy - Marianne Williamson (1952 - present); Shirley MacLaine

1. U_____ can be achieved if people evolve past their present pain and into an awareness of their higher consciousness or their own g_____ - _____. Fourth force psychology can hasten the evolution of all mankind to a collective godconsciousness and ensure the perfect health of everyone.

2. Higher consciousness is the key to m_____ h_____. We suffer physically and emotionally because we have not reached a state of "higher consciousness" which is attained when we contact and commune with the g_____ within us. Shaki Gawain: "Every time you don't trust yourself and don't follow your inner truth, you decrease your aliveness and your body will reflect this with a loss of vitality, numbness, pain, and eventually, physical disease." Shirley MacLaine: "Somewhere way underneath me are the answers to everything that caused anxiety and confusion in the world."

3. M_____ - The means of attaining higher consciousness. What is God? A New Age children's book: "And if you really want to pray to God, you can just close your eyes anywhere, and think about the feeling of God, that makes you part of everything and everybody. If you can feel that feeling of God, and everybody else can feel that feeling of God, then we can all become friends together, and we can really understand who God is. So, if you really want to feel God, you can close your eyes now, and listen to your breath go slowly in and out, and think how you are connected to everything, even if you are not touching everything." People can also reach states of higher consciousness through practices such as channeling (spirits speaking to and through an individual engaged in meditation), astrology, fire walking, ouija boards, visualization, séances, or hypnosis.

III. Additional Observations

A. All the major schools of psychology (not biopsychiatry) are based on a _____/p_____ views of God and e_____ views of man.

Positive Potential theories are based on humanism, the belief that man is essentially g_____ and p_____.

B. Most counselors today do not hold strictly to one of the above schools to the exclusion of the others. Most counselors "c_____ and p_____" or "p_____ and ch_____" a little from each school and form their own unique philosophy of counseling.

C. Many Christian counselors a_____ these secular models into their philosophy of counseling. That is why they are called i_____. Bruce Narramore, *You're Something Special*: "Under the influence of humanistic psychologists like Carl Rogers and Abraham Maslow, many of us Christians have begun to see our need for self-love and self-esteem. This is a good and necessary focus."

D. A review of these models reveals that philosophical assumptions form the foundation of all psychology. The core issues of theology, anthropology, ethics, etc. at psychology's foundation lie beyond the pale of s_____ inquiry. Therefore, counseling is not an application of s_____ and m_____ but an application of a philosophical w_____.

IV. God's Word

A. God's counsel began in the G_____ and has continued throughout history.

B. Instead of being the products of evolution, we are directly and uniquely created by God in His image. The goal of our life is to p_____, g_____, and e_____ God. However, man is fallen by nature and by choice.

C. We have problems because we are s_____ -_____ living in a sin-cursed world. Our desires, aims, goals, thinking, reasoning, intuition, actions, behaviors, attitudes, have all been effected by our sinful nature and the sinful world in which we live. We are responsible for our attitudes and actions. Guilt is to be taken seriously, and is the result of sin.

D. We help others by first bringing them into a r_____ with God through Jesus Christ. We do not help people by justifying or excusing their sinful behavior. Instead, we

have them embrace their guilt, confess their sin, and receive forgiveness through faith in the death and resurrection of Jesus.

E. After a person is born-again, we help them g_____ and become more like Jesus Christ in their attitudes and actions. We use God's Word through the power of the Holy Spirit to help them change their thinking and behavior to live pleasing to God and be conformed to the image of Christ.