

Foundations Lesson 4

The Biblical View of Man

Five Major Philosophies of Secular Counseling

I. Why study secular counseling models?

A. Because our society is permeated with p_____, not s_____ that come from the field of psychology. It is helpful for us to understand the nature of those beliefs so that we can be informed witnesses to the world (Acts 17:22-31) B. Because many pastors, Christian counselors, and believers (either knowingly or unknowingly) a_____ the beliefs of psychology as true. It is important for us to be able to recognize the false teachings of psychology when they are presented and discern truth from error. (Acts 17:11, 1 John 4:1, 6; 1 Thessalonians 5:20-21; 1 Corinthians 14:29; Colossians 2:8) C. When a believer understands the r_____ and philosophical nature of psychology, it increases his/her confidence in the Scriptures. • We can be better w_____. • We need to be able to d_____. • Our own c_____ in Scripture will increase. D. God's Word is attacked on many fronts • Satan – God is keeping you from joy (Eve in the garden, "You won't die") • Wisdom from inside the church and in our Christian schools • Wisdom from outside the church • Critics – Jesus Seminar – rejected 80% of Jesus' words as not being accurate • Cults – all reject Scripture and embrace revelation from a special person • Charismatics – continuing revelation, i.e., "a word of knowledge" • Culture – post modernists tell us we're bigots; there's no such thing as absolute truth

II. Five Major Schools of Secular Psychology

The following five schools of psychology have a profound influence on our culture and on the thinking and behavior of millions in our society including the church. I want to make it clear that this is exactly the kind of false religion that the Bible warned us against.

- Depth Psychology
- Behaviorism

- Positive Potential
- Integrity Therapy
- New Age Philosophy
- Bio-psychiatry

A. Depth Psychology - Sigmund Freud (1856 - 1939); Carl Jung (1875 - 1961).

Freud was an atheist, antagonistic toward _____. He developed his beliefs from the philosophical assumptions of Charles Darwin (1809 - 1882), Haeckel (1834 - 1919), Lamarch (1744 - 1829), and 18th century European Enlightenment thinking with its faith in the power of human reason. Gary Almy, M.D., in his book *How Christian Is Christian Counseling?* has observed six fundamental pillars of Freud's psychoanalysis

1. Environmental D _____: Human mental and emotional difficulties are the result of improper external e _____ influences. The Bible would say these difficulties are a result of s _____ r _____ in a sinful world.
2. Psychic D _____: there exists in each person a "dynamic u _____" that determines and controls our every thought and action. The Bible's description would be the h _____.
3. I _____: Access to the unconscious is essential and fully possible. To reach maturity, we must discover and understand the content of our unconscious to control its influence over us. The Bible would say that it is G _____ who has the insight.
4. The E _____: A specially trained and experienced (and expensive) therapist is needed to assist the patient in the quest for insight. Romans 15:14 claims that we (s _____ brothers) are all able
5. Self - _____: People can solve their own problems without the help of God or any other supernatural source. The Bible makes it clear that it is G _____ who holds the a _____ (Isaiah 9:6; Psalm 73:1; Psalm 121)
6. The P _____ Principle: Freedom from guilt, shame, fear, anxiety, and suffering is the goal of psychotherapy. Suffering and discomfort are to be avoided at all costs —

pleasure is to be pursued at all costs. The Bible tells us that pleasure is not the answer (Ecclesiastes 12:7-11) and that we are to live our lives f_____ H_____ g_____ (2 Corinthians 5:9 and 1 Corinthians 10:31) These six foundational pillars run throughout all forms of I_____ oriented psychotherapy. **Some Kernels of truth:**

B. Behaviorism - Ivan Pavlov (1849 - 1936); John Watson (1878 - 1958); B.F Skinner (1904 - 1990)

Some general comments about B.F. Skinner (known as an atheist): Rather than analyzing dreams or searching for hidden events in the brain (Freud), he went into the lab and experimented with mice and pigeons. He said it is time to demythologize psychology. Concepts like mind, attitudes, freedom, dignity, etc. not only impede progress but also are spooky language and should be eliminated. A truly scientific approach acknowledges the existence only of what can be o_____ and m_____, namely, behavior (something which Paul also ran into as described in 1 Corinthians 2:9). The following is a list of just some of the basic tenets of Skinner and the biblical response to his views and in some cases the kernels of truth which exist as they often do in p_____. Behaviorism, introduced in the U. S. by John Watson, is dramatically opposed to Freudian depth psychology. Behaviorism teaches that instead of studying a person's life history, their unconscious mind and thought processes, psychologists should only study and seek to change observable b_____.

1. B.F. Skinner: Man is just another a_____ (the highest yet in existence). He simply responds to the way he was p_____ or conditioned. So you train him the same way you would a dog (immediate rewards vs. long range rewards). The Bible says: We are made in His image. God is not a dog or cat. Animals are not called to repentance and faith in Jesus Christ and cannot be persuaded by the Holy Spirit to live according to His Word.

Kernel of truth: The Bible has much to say about learning and training. In fact, one of the few things we are told to do for our children as parents, is to "train them up in the way they should go." And, though we have certainly learned to respond in certain ways due to parental training and modeling, had we not had the sinful nature in the first place, what would need to be unlearned or reprogrammed? The issues of life spring from the h_____ and it is the heart that needs to be r_____, not reprogrammed.

2. B.F. Skinner: Man is the product of his e_____ and he is strictly d_____ by it. He is not free in any sense of that term. So, man cannot be held responsible when he is simply a result of the environment that he was raised in. The solution is to rearrange the environment so as to reprogram the counselee's responses through rewards and aversive controls. Behaviorists tell us that they can make about any sort of man that they wish, starting with genetic manipulation and setting up the desired environmental contingencies (i.e., the movie Trading Places). The Bible says: Simply put, man is held r_____. (Romans 6:23; Luke 16) Kernel of truth: Are we saying that man has no influence upon man? No. The environment — sinful as it is — has much influence on man. What we are trying to cue in on is the idea of determinism. Though we are affected, the environment does not determine us. However, making changes in the environment may be useful in counseling. Reward and punishment are biblical concepts. But, if we are trained like an animal we will gravitate towards avoidance of suffering and gain of pleasure. (See Hebrews 11:13, 24-26 — immediate gratification is unsatisfying). What's missing for Skinner and Christian counselors who buy into Skinner's methods is s_____. It is our desire to grow in Christ and into His likeness as we respond when He prompts our hearts. Suffering and sacrificing of pleasure are part of the believer's sanctification.

3. Final Point: How is it that Christians have been duped into the acceptance of this unbiblical teaching? The answer is this: when we do not think th_____, we can be duped into a_____. So many people have been put into positions of counseling without any and/or enough theological training so that they have compromised perhaps without even knowing it. Many of the self-help books found in the Christian bookstore are littered with weak exegesis of scripture, (i.e., you have to love yourself before you can love others; a low self esteem is why the child behaves poorly; Boundaries) Since Skinner is an atheist, how can he even understand the visible environment without an understanding of who God is? So, how can he possibly make good on his claim to control man by controlling his environment? Practically speaking, Jay Adams put it this way, "It makes no sense that God would frustrate His own plans and purposes by designing a plan for governing all His creatures, and all their actions, that would destroy their moral responsibility and accountability."