

Biblical Counseling Training 101 **Class 4 – Live Counseling Video**

I. What Should I Have Gotten Thus Far?

- A. If you have questions, see first three session notes online or the physical copies.
- B. Why should there be Counseling in a local church?
You should remember some details about our assignment as a church (and as individuals), how well we are doing that job, and how our daily lives affect it.
- C. What is Biblical Counseling? How is it distinct from 'common' Medical Model?
You should know several things we addressed, but a great deal of it surrounds the sufficiency of scripture, the character/intent of the counselor, and the superiority of God's word over man's efforts.

II. Homework Discussion (Tables)

Your memory verse from last week

Grace and peace be... **2 Peter 1:2**

Speaking the truth in love... **Ephesians 4:15** (Try it again this week, to see if you still/now have it)

III. Watch Counseling Video

Jot down all the things you notice about what the counselor does and how he/she does it, as well as what you think about it. Don't write so much that you can't focus on the process, but write enough to be able to remember what you saw and what you thought about it.

Discuss Observations Made During the Video (Class)

IV. Homework for the week leading to Sunday January 7, 2018

- A. Memorize 2 Peter 1:3, phrase or clause at a time. If you want to, you may leave off the phrase at the end of the verse, "*who called us by His own glory and excellence.*"
- B. Read the **two page summary of the counseling method** we are going to be teaching in this course. You will find it on **pages three-four** of these notes. As you read the "six steps" we are teaching, you will find a spot to write one example of each one of those steps that you saw in the live counseling video. You may not remember a specific example of each of those six steps, but if you wrote some good notes during the video, and if you got anything from the class discussion of the video, you'll probably come pretty close. Be ready to share with your table next week.
- C. Finally, during this week, **pray daily that God will show you someone** who runs across your path who shows a particular need that you imagine could use some counseling. I am **not** asking you to start counseling them. What I am asking is that you write down enough of an observation about them so that you can remember that person and their situation that might have benefited from biblical counseling for the next two months. We will call them, "**Imaginary Counselee**" (or "Joe/Sally"). I don't want you to use any identifying information where others could guess who it is. **I'll show you how we will use their situation to help you apply what you will be learning.**

Overview of Six Steps of Biblical Counseling

Remember these steps do not occur in a strictly linear fashion – as in, step one, step two, step three, etc. At times I am tempted to call them *elements of biblical counseling*.

But the reason I stick with this title and the idea of “steps” is that there really is a sense of “steps.” These six things are distinct from each other and they do progress in a distinct direction from Step One to Step Two to Step Three and so on.

However, what you do in Step One, you will still be doing by the time you have met five or six times. What you will learn to do in Step Five will still be followed at times by what was in Step Two. With those “caveats” being made, we will step out.

Step One – Gaining Involvement

This first step is where you gain the privilege of being allowed into someone’s life. It happens as you listen to them, care for them, accept them and get them to agree to open up to you and to be open to God’s counsel in their life. It is in this stage that you help them understand that the counseling component of the relationship is for a limited period of time, and that it has a goal of helping them grow to know and follow the Lord more and more personally and faithfully while it helps them overcome or learn to manage the life challenge they are bringing forward for counseling.

This stage is addressed as an entire class by itself. As you can imagine, it looks different when the counselee is a child of yours or a spouse (obviously not a classic counseling situation), when it is a good friend or when it is a formal counseling relationship assigned to you from church.

What were some things that he said or did that might have been part of his gaining involvement?

Step Two – Giving Hope

This second step is where your hope for them is expressed in such ways that they are actively reminded of the hope that is in Christ and that is available to you and them as you work together to see what God has for you. As you will see when you study this step, God always is our necessary source of hope in any circumstance in which we find ourselves. Having hope and sharing hope with them that is based on Christ, His sufficiency and your confidence in the Word does several things for this counseling relationship. It helps you know that your hope is not in your experience or knowledge or skill, but in the Lord and His Word. It helps the counselee start to put her or his hope in the Lord and not in you. It helps the counselee not become unduly discouraged in what is often hard work. Also, it helps both of you be reminded throughout the experience of your need to search the scriptures and grow in faith.

What were some things that he said or did that might have given hope to them and put them and himself on the right ground?

Step Three – Gathering Data

This is the step that most people associate with counseling. It is the stage where you develop your listening skills. In this step, you ask questions, clarify, write down things that help you remember. In this stage, you find out what is the matter – why they needed help. You are listening for internal clues (what is happening inside), circumstantial clues (how, why, when, where and to whom what happened), relational clues (how do they think about themselves, God, others). This is a very involved stage in which you discover meaning to their complaints or thoughts:

What is important to them, how do they think, what do they commonly do? From this step, you will come to your conclusions as to what sort of help is needed, and what order you would like to address it with them. When this is done well (and it grows with experience), you will be able to design a play and put words in the actors' mouths such that if you showed it on a stage, the counselee would say, "Yes! That is exactly what happened!"

What were some things the counselor did to gather accurate information?

Step Four – Identifying the Problem Biblically

There are two equally important parts to this. First is identifying the problems you will be focusing on during your counseling relationships. Second is identifying those problems by using biblical language. The main reason is that when you use biblical language, you can see how the Bible addresses the problems. When you call it what the world calls it, the tendency is to think, "Wait, I don't think the Bible talks about that!" Then as counselor or counselee, we can lose confidence that God has addressed in the Bible all He needs to address for people to find hope in Christ and direction. For example, "affairs" are adultery, addiction is "besetting sin" and co-dependency is the fear of man or idolatry.

How did the counselor identify or address problems by names that are familiar to us from the Bible?

Step Five – Instruct the counselee in a biblically accurate, clear and concise, cohesive, practical way.

Biblical Counseling requires that we hear them and identify with them, understanding their plight accurately. It also involves our understanding God's perspective on that problem. But at some point in every counseling situation, you will teach what God says. To do so clearly (understandably), biblically accurate (faithful to the text), concisely, practically and cohesively (tied together) is not easy. Each time we counsel or watch someone else counsel, or each time we read a good book on it, we have the chance to grow in this regard. It is a very important part of biblical counseling.

Can you remember any example of biblical teaching practiced by the counselor?

Step Six – Give well-targeted, doable, accountable and biblical homework.

This step grows with experience and learning from others, but it is the place that we direct them to *do something* that is a *practical and biblical* means of learning what they need to learn for their lives.

What is an example used by the counselor?
