I.   Counseling Systems as Worldviews:[1]

   A. Definition: _____.

      1. Psychologies as belief systems

   B. Evaluating Worldviews according to Eight S's

      1. Source of Authority

      2. Sin

      3. Salvation

      4. Sanctification

      5. System of Help

      6. Sparring

      7. Self

      8. Stage

[1] Used by permission. Dr. Ernie Baker, The Master's College

C. Biblical Counseling

    1. Source of Authority—God through the Scriptures

        a. Sufficiency (2 Peter 1:3)

        b. Inspiration (2 Timothy 3:16, 2 Peter 1:21)

        c. Inerrancy (Numbers 23:19)

    2. Sin—Man's Depravity (Genesis 3)

    3. Salvation—The gospel (Romans 6:23)

    4. Sanctification—Slow growth in Christlikeness (Ephesians 4:22-24)

    5. System of Help—The church (Hebrews 10:24-25)

    6. Sparring—Apologetics

    7. Self—Sinner
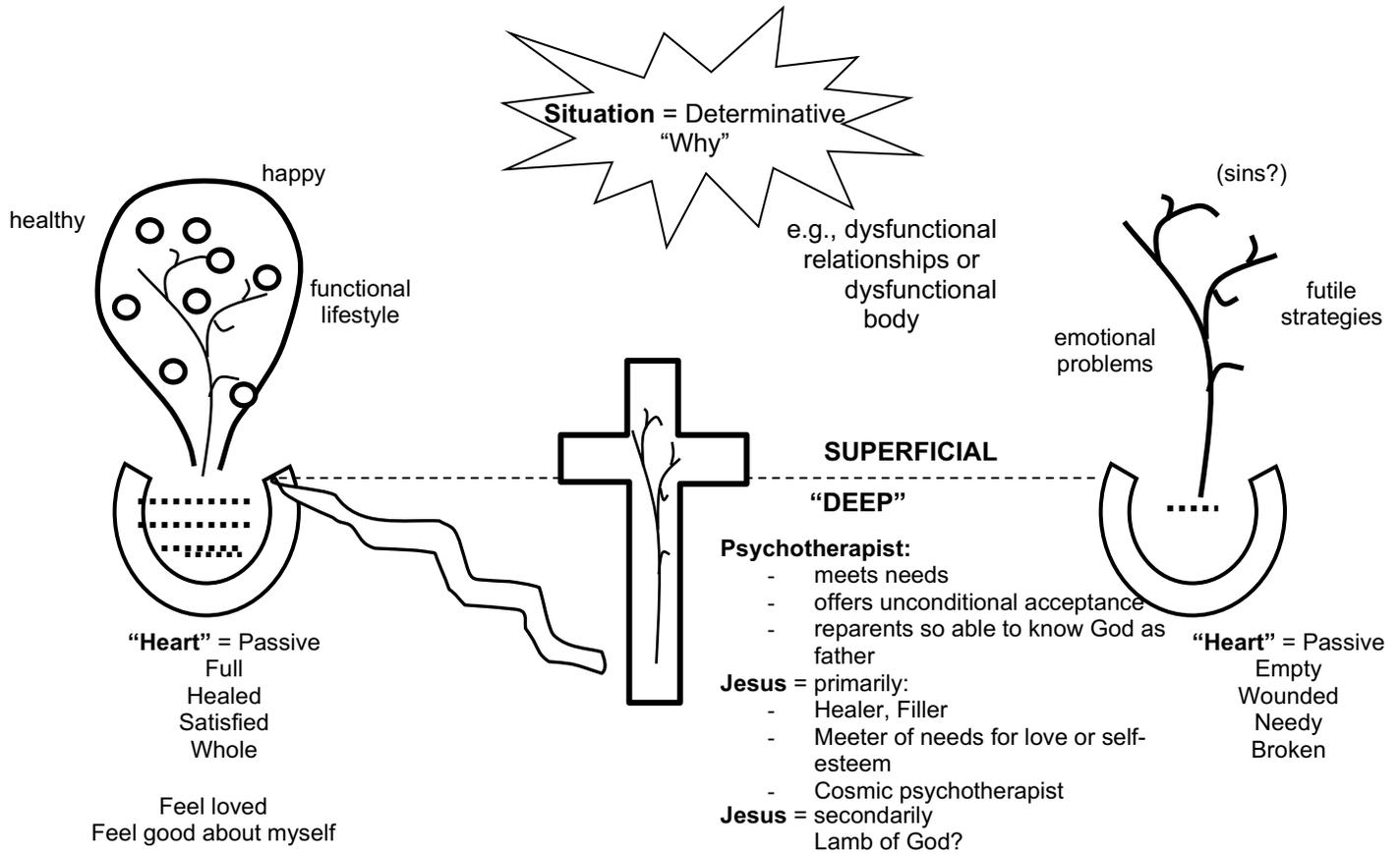
    8. Stage—Worldview

D. Comparison of Secular Models:[2]

	Depth Psychology	Neo-Freudians	Behaviorism	Rational-Emotive Theory
LEADER	Freud	Adler (Horney)	Skinner	Ellis
MAN	-Instinctual animal -Id -Superego -Ego	-Socially governed animal	-Conditioned animal -Blank tablet	-Basically good -Potential within
PROBLEM	-Conflict between Id and Superego	-Born weak & small -Feel inferior because of our limitations determined by age 5-6 years	-Environmental failure	-Victim of flawed irrational beliefs about themselves -Rooted in childhood -Man's belief system is the cause
RESPONSIBILITY	-Not man's	-Not man's but society's	-Not man's (non-moral)	-Not man's
VIEW OF MAN'S GUILT	-Result of imposed standards from others	-Mistakes in thinking and valuing -Lack of confidence	-Not important (no evils)	-Crooked thinking: results in neurotic thinking and behaving
TREATMENT	-Actualize potential -Strengthen the Ego -Make the unconscious conscious -Find source in insight & awareness	-Strive for superiority -Control own fate -Emphasize emotional health and importance of birth order	-Restructure environment -Client – determines what they want -Therapists – determines how it will be changed	-Eliminate self-defeating outlook on life -Acquire a rational view of life -Process of re-education -Practice actively changing self-defeating behaviors
RESOLUTION OF MAN'S GUILT	-Cultural societal values and parents to blame	-Change thinking to feel better and behave better	-Change standard according to client's "needs"	-Reorienting one's thinking, judging, analyzing, doing, and re-deciding
COUNSELOR	-Expert	-Encourager -Adapt to client's "needs"	-Technician	-Teacher and educator -Insight emphasized
PROBLEMS	-Unbiblical anthropology -Promotes self-absorption, narcissism -Victim mentality	-Unbiblical anthropology -Victim mentality -Pride	-Unbiblical anthropology -Manipulates through rewards & punishments --Victim mentality	-Unbiblical identification of beliefs -Substitution of therapist's beliefs for counselee's belief system.

[2] Dr. Stuart Scott, The Southern Baptist Theological Seminary

	Third Force	Family Systems	Biblical
LEADER	Rogers	Ackerman	GOD
MAN	-Basically good -Potential within -Mature like a flower	-Product of flawed relationships in the family	-Created by God to glorify God
PROBLEM	-Environment hinders	-System is faulty; causality circular and multi-directional -Individual is simply fulfilling a function within the system	-Fallen sinner by choice
RESPONSIBILITY	-Not man's	-Not man's	-Man's
VIEW OF MAN'S GUILT	-Not important	-Non-pathological; simply problems in living	-Result of sin -Real
TREATMENT	-Help him realize potential -Solution within -Focus on feeling	-System as a whole (key principle) -Focus is on the function the believer serves and removing the need in order to allow the behavior to be unnecessary -Alter how the various relationships are carried out	-Justification by faith -Progressive sanctification -Spirit and Word -Focus on objective data
RESOLUTION OF MAN'S GUILT	-Take whatever steps necessary to achieve the goal of being comfortable with oneself	-Change family relationships by differention of individual selves; the more "differentiated" the better adjusted -Reconstructive family organization -Change dysfunctional transactional patterns	-Deal with sin -Deal with response
COUNSELOR	-Mirror	-Mental health expert and cultural healer -Alters how the various relationships are carried out	-Biblical Discipler/Counselor
PROBLEMS	-Unbiblical anthropology -Solution is within rather than in Christ -Victim mentality	-Unbiblical anthropology -Promotes irresponsibility and self-focus -Victim mentality	-NONE that can't be overcome by God, His Word, and His obedient children

II. The Psychologized Gospel[3]

Situation = Determinative "Why"

e.g., dysfunctional relationships or dysfunctional body

healthy

happy

functional lifestyle

(sins?)

futile strategies

emotional problems

SUPERFICIAL

"DEEP"

Psychotherapist:
- meets needs
- offers unconditional acceptance
- reparents so able to know God as father

Jesus = primarily:
- Healer, Filler
- Meeter of needs for love or self-esteem
- Cosmic psychotherapist

Jesus = secondarily Lamb of God?

"Heart" = Passive
Full
Healed
Satisfied
Whole

Feel loved
Feel good about myself

"Heart" = Passive
Empty
Wounded
Needy
Broken

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[3] Dr. Stuart Scott, The Southern Baptist Theological Seminary

III. Is there a Place for Psychology?

    A. Empirical Research

        1. Psychology can be a helpful discipline when its aim is to discover true physical (organic) problems

        2. Psychology can be a helpful discipline in the observations it makes about human behavior

            a. _Diagnostic and Statistical Manual of Mental Disorders, 5th. Edition_. DSM-V a useful tool in classification.

            b. Use in conjunction with *The Christian's Guide to Psychological Terms* by Marshall & Mary Asher

    B. *Jay Adams*, Competent to Counsel: "Psychology should be a legitimate and very useful neighbor to the pastor. Psychologists may make many helpful studies of man (e.g., on the effects of sleep loss). But psychologists—with neither warrant nor standard from God by which to do so—should get out of the business of trying to change persons. It can tell us many things about what man does, but not about what he should do" (p. 12).