



Offering Biblical Counseling

Ministry Wives On-Line Meeting: January 30, 2020 **OFFERING BIBLICAL COUNSELING**

(Note: This on-line meeting is not meant to train us in Biblical Counseling. This time is to give us some handles on what it is and how it can be used effectively in your setting. If you are interested in further training, please seek the additional resources suggested!)

What Biblical Counseling is...

All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. (2 Timothy 3:16-17)

- ◆ Ministry of the local church.
- ◆ Communicating biblical wisdom in relationships.
- ◆ Evangelize the lost and to disciple those who are saved.
- ◆ Solving people's problems by applying biblical principles.

What Biblical Counseling is not:

- ◆ Using the Bible as tool rather than the main source.
- ◆ Emotion focused.
- ◆ Giving the counselee a list to follow to "fix" the problem.
- ◆ Not behavior modification, but heart transformation.

A Biblical Counselor should be:

- ◆ Believer, actively in the Word and desiring to grow in Christ.
- ◆ Obedient to God's Word because we believe God knows all things.
- ◆ Actively memorizing scripture.
- ◆ Consistent in prayer.

What are the basic rules/ principles of Counseling?

- ◆ Be aware of body language during session.
- ◆ Be open and honesty with the counselee.
- ◆ Don't make the session about you.
- ◆ Don't focus just on emotions.
- ◆ Put off; and put on concept.
- ◆ Teach the counselee to not think in a self-center way; teach them to focus on glorifying Christ daily with thoughts and actions.



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Is there a specific format you recommend?

First Session: Gather data about the counselee. Get the Counselee's agenda; "What is their goal?" Come up with a plan of how to reach that goal.

Continual Sessions: Spend time in prayer, discuss previous homework, continue on with reaching the goal discussed, give out next homework.

What rules should we know about confidentiality?

- ◆ Follow Church rules and regulations for confidentiality and security.
- ◆ Show the counselee respect and trust to a certain point.
- ◆ Safety first when harm could occur to the counselee or others.

What boundaries should be kept in place?

- ◆ Establish leadership in the first session, keep control of the sessions.
- ◆ Don't discuss sessions outside of meetings, keep it confidential.
- ◆ Respect the counselee and their family.
- ◆ Never give medical advice; you are not a doctor.

How do you decide how many times to meet with someone?

- ◆ Wisdom; case by case.
- ◆ First Session could be last.
- ◆ Recommend meeting no more than an hour, and no more than one day a week.
- ◆ Possibility to end sooner if counselee is not cooperating.

When should you refer someone on to a professional?

- ◆ Already meetings with multiple counselees.
- ◆ Remember, no case is too difficult to counsel. Some might just take longer to resolve.
- ◆ IF I recommend to someone else I locate a Biblical Counselor on the ACBC website.
- ◆ IF a medical issue arises I would encourage them to seek a medical doctor

Verses about Counseling

Ephesians 2:1-10 — Who I am In Christ?

Galatians 5 — The Heart Issue



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Recommended Resources

Website/Programs

ACBC Website (Association of Biblical Counseling) — Lots of resources, podcasts ... even offering different certification programs

CCEF — Christian Counseling and Educational Foundation — <https://www.ccef.org/counseling/new-england-office/>

Books

- ◆ Counseling by the Book, John Babler
- ◆ Competent to Counsel, Jay Adams
- ◆ Homework Manuals, Wayne Mack
- ◆ Get Out of Your Head, Jennie Allen
- ◆ Side by Side: Walking with Others in Wisdom and Love, Edward T. Welch
- ◆ When People are Big and God is Small, Edward T. Welch
- ◆ Feelings and Faith, Brian S. Borgman
- ◆ Counseling the Hard Cases: True Stories Illustrating the Sufficiency of God's Resources in Scripture, Edited By: Stuart Scott, Heath Lambert

On-Line Meeting Facilitators

Melissa Busby
melissabusby@gmail.com

Courtney Chambers (certified Counselor)
courtneychambers028@gmail.com