



Faith Fellowship Biblical Counseling Training Syllabus



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Course Syllabus

COURSE PURPOSE

The purpose of the Faith Fellowship Biblical Counseling Training Course is to provide a course of study through the Faith Fellowship Biblical Counseling Center (FFBCC) that provides orientation to Biblical nouthetic counseling, critical reflection on various theories and models of secular and integration counseling, interaction with case studies including a personal project, and provides opportunity for observation of counseling.

COURSE OBJECTIVES

1. Learners will become familiarized with the dynamics of Biblical nouthetic counseling.
2. Learners will be able to critically reflect on various theories in counseling, and understand what makes Biblical counseling biblical.
3. Learners will learn how to apply a Biblical counseling model to husband/wife relationships, parent/child relationships, and various other issues frequently encountered in counseling.
4. Learners will understand the difference between and relationship of Biblical counseling issues to medical issues.
5. Learners will participate in discussion of practical case studies, and complete a personal self-counseling project.
6. Learners will observe Biblical counseling through live observation of counseling sessions.
7. Learners will become familiar with the work of Biblical counselors who are leaders in the field.

COURSE INSTRUCTORS

Instructors of the Biblical Counseling Training Course will be Level 1 or Level 2 NANC Certified with ongoing experience in Biblical counseling, or will be approved as teachers of the Word of God by the FFC Elders. Of the 32 hours of instruction, at least 28 hours will be taught by NANC certified instructors.

COURSE REQUIREMENTS

In order to facilitate achieving the purpose and objectives, learners are expected to attend 90% of the instructional sessions, participate by completing the blanks in their binders. (90% attendance will include emergencies wherein personal initiative is taken to obtain a CD and the materials handed out in class, listen to the CD, and fill in blanks.) One thousand pages of reading in required texts are required, with 300 of those pages coming from required Theology textbooks. Brief summaries of the required reading are required. The completion of a personal self counseling project and the observation of at least 10 hours of biblical counseling are also required.

All communication regarding requirements for the Biblical Counseling Training course is handled by the FFBCC Administrative Director, who can be reached at 759-0591. (Please do not ask FFC biblical counselors or pastors for help or information.)

INSTRUCTIONAL DESIGN

The course is divided into three instructional seminars per year (Friday evening and all day Saturday). The first seminar, focusing on issues of the heart, is offered in January. The second seminar, focusing on issues of the home, is offered during FFC's

annual “Family, Love, and Life Conference” in March. The third seminar, focusing on hope, is offered in October. The three seminars can be attended in any order.

As well as attendance at seminars that teach the content of Appendix A, further instruction is offered through a reading assignment as per Appendix B, a self-counseling project as per Appendix C, and the observation of ten hours of biblical counseling. Fulfillment of these requirements precedes completion of the Faith Fellowship Biblical Counseling Training Course.

This syllabus is the only place where the reading requirement and the self-counseling project are assigned. Completers of the Faith Fellowship Biblical Counseling Training Course take personal initiative and responsibility for fulfillment of all syllabus requirements.

SUBMISSION OF REQUIRED READING ASSIGNMENT AND SELF-COUNSELING PROJECT

Once two seminars have been attended, the FFBCC Administrative Director will accept completed reading requirement assignments and completed self-counseling projects. The projects must be submitted together in one envelope, and will be accepted once two seminars have been attended. No exceptions will be made, in order to encourage personal initiative and self discipline, both of which are necessary qualifications for biblical counselors.

OBSERVATION

Upon but not limited to the completion of two seminars (Appendix A), the required reading assignment (Appendix B), and the self-counseling project (Appendix C); observation of biblical counseling sessions will be scheduled. The observation of a minimum of 10 hours of biblical counseling by NANC certified counselors at FFBCC is required for completion of the Biblical Counseling Training Course. After satisfactory completion of all pre-observation assignments, FFBCC’s Administrative Director will schedule the observation of biblical counseling sessions. Counselors who counsel at FFBCC will segue way from observing into being observed as they counsel (along with NANC Phase Two mentoring); prior to handling cases on their own.

Appendix A

COURSE CONTENT: BRIEF SYNOPSIS OF EACH SEMINAR

HEART SEMINAR JANUARY	
Biblical Counseling and the Church	Discover how the Bible teaches us to make personal investment in lives at the heart level, and how the ministry of God's Word through counseling is central to His plan for church.
How does a Biblical Counselor think about growth?	This class will increase ability to truly help people learn and grow by providing accurate awareness of the four types of sanctification spoken of in Scripture.
Qualifications of a Biblical Counselor	Learn how the Biblical counselor recognizes the Bible as foundational, authoritative and sufficient in Biblical counseling, and operates with God's love by God's grace in power of Holy Spirit in order to effectively minister hope at the heart level.
Heart issues in Biblical Counseling	This class will provide context for the purpose of trials, consider the cause of sin and conflict, the consequences of conflict, and the cure for conflict in light of our humility and God's sovereignty.
Definition and Goal of Biblical Counseling	Come to a relevant understanding of how Satan's discrediting of God's Word, and the consequences of subsequent sin affects hearts, in light of God's goals and purposes for man's existence. Define Biblical (nouthetic) counseling.
Physical Illness and Biblical Counseling	Discover how to help those who are discouraged by physical illness to respond from a biblical perspective through applying biblical counseling principles.
Depression and Biblical Counseling	Consider current views on causes and treatments of depression, and be challenged to counsel depressed counselees through Biblical principles, with consideration of both spiritual and physiological perspectives.
Addictions and Biblical Counseling	This class will provide an overview of how to help people overcome addictions, through defining addictions, identifying signs of addictions and the role deception plays in addictions, and recognizing the One True God and how idolatry impacts addiction. The role of the church in overcoming addictions and the necessity of total restructuring will be considered.
Key Elements in Helping Hurting Heart: Pt. 1 Know	Learn the importance of listening well through gathering data, the necessity of discerning problems biblically.
Key Elements in Helping Hurting Hearts: Pt. 2 Love	Study ways to gain opportunity to meet needs by establishing involvement with counselees as you enter their world at the inner man level, opening a door to give hope.
Key Elements in Helping Hurting Hearts: Pt. 3 Speak	Consider the importance of biblically accurate instruction that is appropriate to the person's problem, spiritual condition, and learning style.
Key Elements in Helping Hurting Hearts: Pt. 4 Do	How homework extends help from the counseling room into the life of the counselee: reasons, mechanics, and examples of homework.
HOME SEMINAR March Family, Love & Life Conference	

(Topics covered by plenary session speakers and seminar classes)

God's Purpose for Marriage	Gen 1:31, 2:18, Rev. 19, Eph. 5:22-26 1. Marriage is given by God and is very good. 2. Marriage provides companionship (opportunity to serve, glorify God). 3. Marriage is a growing relationship (leave, cleave, weave). 4. Marriage depicts heaven, church, Christ's love.
Biblical Sexuality	Gen 1:31, Heb. 13:4, 1 Cor. 7:1-5, Pr. 5:18-19 1. Sex in marriage is pure & holy. 2. Sex is not the first basis of marriage, the goal of sex is giving. 3. God created man/woman to satisfy each other. 4. Pleasure of sex in marriage is assured & encouraged in Scripture. 5. Sexual relations in marriage are to be continuous.
Role of Husband	1 Peter 3:7, Eph. 5:25, Matt. 20 1. Learner who understands 2. Lover who sacrifices, sanctifies, and satisfies. 3. Leader who fulfills his God given responsibility.
Role of Wife	Eph. 5:22-24, 1 Peter 3:1-6, Titus 2:4-5 1. Submission 2. Fitting helper 3. Respect/reverence 4. Priorities
Communication	Eph. 4:1-32 1. Humility, gentleness, patience, love 2. Unity of the body 3. Biblical obligations for communication and the basis for them: Rule 1. Be honest, Rule 2. Keep current, Rule 3. Attack problem not person, Rule 4. Act don't react.
Goal in Parenting	Reflect on Biblical goals in parenting, with particular emphasis on how they impact helping children handle anger.
Biblical Parental Training	Learn to counsel parents regarding various aspects of biblical training: modeling, loving, motivating, instructing, and disciplining.
Counseling Parents of Teens in Trouble	Find out how to help parents of teens in trouble, through exhorting instead of exasperating. Consider key issues for teenagers, with a focus on motivating through knowing the heart of a teen.
Practical Case Discussion/Observation	
HOPE SEMINAR OCTOBER	
Hopeful Counseling	Learn to prioritize God's purposes, taking guilt as seriously as He does and considering the responsibility of the counselee from a biblical perspective, while recognizing the necessity of Scripture, prayer, and Holy Spirit.
The Process of Change that Brings Hope	Discover how to view guilt and shame from a biblical perspective, and learn God's process for change (5 C's) that eternally move the guilty one from shame to hope.
Hope in Trials and Suffering	Find out how to offer hope based on a Biblical perspective of the origin of trials, while considering responses to trials and learning of resources for those in trials.
Biblical Counseling and other Counseling Theories	Consider historical psychological and integrated theories in comparison to biblical counseling from a standpoint of God's Word as sufficient and authoritative.
Hope through Forgiveness	Learn why forgiveness matters, a biblical definition of forgiveness, 4 promises of forgiveness, the dangers of not forgiving biblically, and the difference between attitudinal and transactional forgiveness.
Overcoming Fear and	Discover the differences between fears that are right and fears that are wrong.

Worry	Define worry and gain a biblical perspective on worry. Learn keys to overcoming sinful fear and worry.
Hope through Dealing with Guilt.	Understand guilt, the price tags for unresolved guilt, and how to deal with guilt thoroughly and biblically. Recognize when guilt is felt incorrectly, and why some feel no guilt.
Ministering Hope to those in Sexual Sin.	Study the breeding grounds and enhancers of sexual temptation that lead to disobedience, with the inevitable result of death. Learn how to minister hope regarding preventing and overcoming sexual sin.
Hope for the Short Fused	Become aware of common faulty perceptions of anger, and learn how to view anger biblically by using its energy to attack problems.
Practical Case Discussion or Practical Observation Video	

Appendix B

READING REQUIREMENT ASSIGNMENT

A minimum of 300 pages of reading from your choice of these systemic theology texts is required for course completion:

1. *Systematic Theology* by Louis Berkhof
2. *The Moody Handbook of Theology* by Paul Enns
3. *Christian Theology* by Millard Erickson
4. *Systematic Theology: An Introduction to Biblical Doctrine* by Wayne Grudem
5. *Basic Theology* by Charles Ryrie
6. *Systematic Theology* by A. H. Strong

And a minimum of 700 pages of reading from your choice of these texts is required for course completion:

7. *Competent to Counsel* by Jay Adams
8. *Instruments in the Redeemer's Hands* by Paul Tripp
9. *The Christian Counselors Manual* by Jay Adams
10. *A Theology of Christian Counseling* by Jay Adams
11. *Counseling – How to Counsel Biblically* by John MacArthur
12. Various Articles in the *Journal of Biblical Counseling* edited by David Powlison (CCEF)
13. *Seeing With New Eyes* by David Powlison (CCEF)

Submit to the Administrative Director of the FFBCC at least 1,000 pages of reading by following the format below:

Date and time of reading	Pages read	Topics read about

A short summary paragraph (less than 200 words) for each chapter read is to accompany the submission of the above documentation of the required reading.

RESOURCES FOR THE REQUIRED READING, AND OTHER HELPFUL READING RESOURCES, CAN BE OBTAINED FROM:

- Faith Fellowship Church Library (subject to availability)
- www.amazon.com
- Focus Publishing (www.focuspublishing.com) -----800-91-FOCUS
- Resources of Faith (www.fbclafayette.org/resource) ----- 800-800-8141
- Journal Articles: CCEF (www.CCEF.org)-----800-318-2186
- Resources for Changing Lives (tapes & books: www.ccef.org/rcl/index.html)-----800-318-2186
- NANC Annual Conference tapes are available from Sound Word Associates (NANC tape library: www.soundword.com) -----
www.soundword.com-----219-548-0933

Appendix C

PROJECT FOR BECOMING A BIBLICAL COUNSELOR: A LOOK AT ME THROUGH THE EYES OF THE BIBLE

OVERVIEW OF THE PROJECT

1. Read through the entire project before you begin or complete any forms.
2. Spend a week praying each day, asking the Lord to direct your choice of the problem for this project.
3. Do not begin the project until you have completed the first four series of instructional classes. Review your notes from the classes you have completed, and the reading from your reading assignment, to refresh your mind about the biblical constructs you have learned.
4. Schedule at least one hour per week to counsel yourself. Complete the first session only after filling out the Personal Data Inventory (PDI).
5. Determine the Scripture passages you will be using for the 21 day assignment.

PROJECT INSTRUCTIONS

You play the role as both counselee and counselor in this educational and insightful experience. All materials needed to complete the project are your Bible and this syllabus. Complete the PDI for yourself as the Counselee. Sign the Terms of Counseling Forms as both Counselor and Counselee. Complete the first session per "First Session" form. Then complete at least 4 future sessions, one per week. Keep a record of completed homework assignments you give yourself, and bring them in with the completed project. The last thing you complete is the "A Look at Me Testimony" and the "Evaluation" forms.

Submit the completed project together with the required reading assignment to the FFBC Administrative Director after the first five instructional series and assessment tests have been completed.

PERSONAL DATA INVENTORY

(Completely fill out this form prior to your first session.)

Identification Data

Name: _____ Date: _____

Address: _____ (street, city, & zip)

Sex: _____ Date of Birth: _____ Age: _____

Home phone: _____ Cell phone: _____

Work phone: _____ OK to contact at work? Yes No

Education (last year completed): _____

Other training: _____

Referred by: _____

Personal History

Parents: Name Age(if living) Occupation Marital Status

Father _____

Mother _____

Guardian: _____ (if applicable)

Relation to you: _____ Reason for Guardianship _____ Date _____ to _____

Which applicable, which parent raised you? _____

Siblings: _____

Name _____ Age(if living) _____ Occupation _____ Marital Status _____

More than five? Yes _____ No _____

What is your position in the birth order of your brothers and sisters? _____

Would you rate your home-life growing up as well adjusted _____, average _____, or poor _____.

Has there been a death of a close member of your family? _____

If so, what relationship were they to you and when did they die?

Indicate which might have applied during your childhood and/or adolescence:
 School problems: _____ Family Problems: _____ Medical Problems: _____
 Drug/Alcohol problems: _____ Social problems: _____ Legal problems: _____

Please explain: _____

Describe relationship with your father _____

Describe relationship with your mother _____

Marital History

Marital status:

Single Engaged Married Remarried Separated Divorced Widowed

Your present marriage (if applicable):

Spouses name: _____ Age _____ Occupation: _____

Spouses religious background: _____ Education: _____

Date of marriage _____

Have you ever been separated from your present spouse? _____

If yes, please specify when: 1) _____ to _____ 2) _____ to _____

Children:

Name Relationship (son, step-son, etc) Living at Home Age Marital status Occupation

Date of marriage _____ Length of dating _____

Give a brief statement of circumstances of meeting and dating _____

Your previous marriages (if applicable)

Date _____ to _____
 _____ to _____
 _____ to _____
 _____ to _____
 _____ to _____

Children from this marriage

Spouse's previous marriages (if applicable)

Date _____ to _____
 _____ to _____
 _____ to _____
 _____ to _____
 _____ to _____

Children from this marriage

Health History

Do you have any current health problems? _____ If 'yes', please specify? _____

Have you had any of the following physical problems? Please check.

Heart problems _____	Bulimia _____	Menstrual irregularities _____
Liver problems _____	Anorexia _____	Kidney problems _____
Visual problems _____	Hallucinations _____	Head injury/concussion _____
Sensory distortion _____	Change in sex drive _____	Stroke _____
Weakness _____	Seizures _____	Fatigue _____
Problems walking _____	Brain tumor _____	Heat/cold sensitivity _____
Unusual hair loss _____	Multiple Sclerosis _____	Rashes _____
Parkinson's disease _____	Bowel/bladder _____	Memory problems _____
Blackouts _____	Nausea/vomiting _____	Episodic distortions _____
Amnesia _____	Weight change _____	Tremors _____
Impotence _____	Personality change _____	Thyroid dysfunction _____
Physical change _____	Déjà vu _____	Diabetes _____
Constant hunger _____	Food cravings _____	Hypoglycemia _____
Changes in consciousness _____	Lung problems _____	Fever _____
Headaches _____	Allergies _____	Pneumonia _____
Dizziness _____	Cancer _____	Stiff neck _____
Speech problems _____	High Blood Pressure _____	Incoordination _____

List previous surgeries (those which required anesthesia):

List all prescription and over-the-counter medications: Include diet pills, laxatives, birth control pills, cold and allergy medicines, aspirin:

What is your average daily caffeine consumption? Include coffee, tea, chocolate, stimulants, and caffeinated soft drinks:

How many hours of sleep do you average each night? Have there been any recent changes? Is this sleep restful?

Have you or others noticed any changes in your personality (anger, mood swings, withdrawal) thinking and memory, or work habits?

Are you bothered by nervousness of any kind (trouble sleeping, upset stomach, jittery feelings, etc.)? _____

Have you ever had a severe emotional upset? Yes _____ No _____

Explain: _____

Have you ever been arrested? Yes _____ No _____

Explain: _____

Have you ever received counseling? _____ Presently? _____

If 'yes', please specify when and with whom: _____

Are you willing to sign a release of information form so that your counselor may write for social, psychiatric, or medical reports?

Yes _____ No _____

Women Only

Have you had any menstrual difficulties _____

Do you experience tension, tendency to cry, or other symptoms prior to your cycle; please explain

Is your husband willing to come to counseling _____

Is he in favor of your coming _____ If no, explain _____

Occupational History

What jobs have you held in the past? _____

What is your job title? _____

How long have you been involved in this job? _____ Present annual income: _____

Does your present work satisfy you? If not, please explain. _____

Religious Background

Church presently attending (Name & address): _____

Phone: _____

Pastor: _____

Permission to consult with pastor: Yes No

Do you believe in God? Yes _____ No _____ Uncertain _____

Do you consider yourself born again? Yes _____ No _____ Uncertain _____ Not sure what you mean _____

How often do you attend church? _____ Are you actively involved? _____

In what ways do you serve in your local church? _____

Do you read the Bible: daily _____ occasionally _____ never _____

Do you pray: daily _____ occasionally _____ never _____

Does your family have family devotions: daily _____ occasionally _____ never _____

If you were to die and stand before God and He asked you why He should permit you to enter Heaven, how might you respond? _____

How would you describe your relationship with God? _____

About yourself

CIRCLE any of the following words which best describe you *now*: active ambitious self-confident persistent nervous hardworking impatient impulsive moody kindly often-blue excitable imaginative calm serious easy-going shy good-natured introvert extrovert likeable leader quiet hard-boiled submissive spiritual self-conscious lonely sensitive other _____.

Have you ever felt people were watching you? Yes _____ No _____

Do people's faces ever seem distorted? Yes _____ No _____

Do you ever have difficulty distinguishing faces? Yes _____ No _____

Do colors ever seem too bright? Yes _____ No _____

Are you sometimes unable to judge distance? Yes _____ No _____

Have you ever had hallucinations? Yes _____ No _____

Are you afraid of being in a car? Yes _____ No _____

Is your hearing exceptionally good? Yes _____ No _____

Do you have problems sleeping? Yes _____ No _____

- PROBLEM CHECK LIST
- | | | | | | |
|------------------|-----------------|-----------------|---------------------------|-------------|------------------|
| _____ Anger | _____ Envy | _____ Appetite | _____ Anxiety | _____ Fear | _____ Memory |
| _____ Apathy | _____ Gluttony | _____ Moodiness | | | |
| _____ Bitterness | _____ Guilt | _____ Rebellion | _____ Change in lifestyle | | |
| _____ Health | _____ Sex | _____ Children | _____ Homosexuality | _____ Sleep | _____ Depression |
| _____ Wife abuse | _____ Deception | | | | _____ Impotence |
| _____ In-laws | _____ A vice | | | | |

Please take your time in answering the following questions:

State in your own words the nature of the main problem(s) that bring you for Biblical counseling:

When did your problems begin? Please specify a date if possible.

Please describe any significant events occurring at that time:

What have you done to try to resolve your problem(s):

What would you like us to do for you? What kind of help do you expect?

Is there any other information we should know?

(Now you are ready to begin your first session)

FIRST SESSION

To be completed as self counsel as if you were with a biblical counselor:

Date of interview: _____

1. What is/are the problems that bring you here?
2. What has counselee done about the problem?
3. Is the problem related to past events or crises? (What, when, where, who)?
4. What are the consequences of the problem (who gets way/who gives in)?
Immediate consequences (peace, fear, relief, anger, hope)
Delayed consequences (guilt, anger, new anxiety, fear)
5. What is the intensity of the problem(s) (chronic, ongoing feud, heated arguments, fights)?

6. What is the frequency of the episodes of problem(s)? How long from one crisis to another?

7. What is the severity of the problem(s)?

8. What is duration of episodes of problem(s) (fights for minutes, hours, days)?

9. Counselee's personal management skills. How does the counselee handle:
 - a. Feelings about self?
 - b. Feelings about others, including God?
 - c. Anger reactions?
 - d. Other – specific and tell how handled.

10. How does counselee handle conflict (fight, flight, or suppress/repress)?

11. Overall assessment of problem behavior:
 - a. Willingness to accept responsibility and change
 - b. Blames others
 - c. Basis of behavior (organic/medical, lack of knowledge, attitude/belief)

12. What is the condition of the heart?
 - a. Willing spirit
 - b. Spiritually dry
 - c. Angry, bitter
 - d. Fearful, anxious

13. Recommended course of action:

14. Homework/Scripture assignments:
 - a. Complete “Dealing with Sin” (next page)

 - b. List other assignments given:

“Dealing with Sin” homework assignment

CONCEPTION OF SIN

James 1:12-15

What am I desiring more than glorifying God, so much that I'm willing to sin to get it? _____

CONVICTION OF SIN

John 16:8-11

How is the Holy Spirit convicting me of sin, righteousness (WWJD), and judgment? _____

CONFESSION OF SIN

1 John 1:5-10

What is my specific confession of sin to God and the people it has affected? _____

CHANGE

Romans 12:1-2; Ephesians 4:21-24; Colossians 3:5-17

What do I have to **put off**? _____

What Scriptures will **renew my mind** regarding this specific sin? _____

What new biblical actions must I **put on**? _____

CONVINCING OTHERS

2 Corinthians 7:11

How will I convince others that I am earnest about changing? _____

How do I evidence that I am eager to clear myself of my sin, not just eager to clear myself of the consequences? _____

How much do I hate my sin, showing indignation toward it? _____

How do I show that I have a phobia to do it again, a fear of sinning again? _____

What is my longing? _____

What evidence shows that I have zeal to do what's right? _____

Am I upset if someone mentions my sin, or do I humbly agree that it was wrong? _____

Would those closest to me say that they are convinced I have truly changed? _____

FUTURE SESSIONS

Complete as if you were with a counselor:

Date of session: _____

1. Review homework
2. Record flow of session = understanding of sinful thinking and behavior, confrontation of sinful thinking and behavior, biblical teaching given.
3. What is the problem on the presenting level:
4. What is the problem on the performance level:

5. What is the problem on the preconditioning level:

6. Record hope given.

7. Record homework given.

Complete at least 4 future sessions, keeping a record of the homework assign and complete to submit with your completed project.

“A LOOK AT ME TESTIMONY”

1. The problem I chose to solve:

2. This problem generated the following failures:

3. This problem impacted others:

4. The following Scriptures solved my problem (record the Scripture and your thoughts).

5. The following changes have blessed my life and others:

6. The following Put Off's and Put On's have been established.

“EVALUATION”

1. I would rate the level of progress in dealing with the problem as (1 = no progress, 10 = beyond expectation):

1 2 3 4 5 6 7 8 9 10

2. Circle the number that suggests your awareness of this problem before you begin this course (1 = little awareness, 10 = very aware).

1 2 3 4 5 6 7 8 9 10

3. Circle the number that indicates your ability to regulate the problem before taking this course (1 = unable to regulate, 10 = completely able to regulate).

1 2 3 4 5 6 7 8 9 10

4. Having completed this project:

_____ I understand my failures to live according to the Scriptures and believe that I can now attain a higher level of spiritual maturity.

_____ This project has not helped me toward successful Christian living.

_____ While I have a lot to learn, I believe this course and project have laid a good foundation for me to begin to counsel and minister to others.

5. Having completed a major portion of the course, I think this biblical counseling training course could be improved. Here are my suggestions: