

**TITUS BAPTIST SEMINARY
LAGRANGE, GA.**

INSTRUCTOR: DR. RAYMOND SORRELLS

COURSE NAME- BIBLE BASED COUNSELING I Pages 1-22

These outlines and notes are taken directly from the textbook unless otherwise stated. They have been prepared to be a help to those that are taking this course in locations where they are unable to purchase textbooks. (RS)

**TEXTBOOK-THE PSYCHOLOGY OF COUNSELING
AUTHOR-CLYDE M. NARAMORE**

To whom it may concern:

The fact that certain books are used as textbooks for classes does not mean that Titus Baptist Seminary necessarily endorses their contents from the standpoint of morals, philosophy, or religious or scientific theories.

Acceptable textbooks in certain fields are very difficult to find, therefore it is sometimes necessary to use textbooks whose contents we do not wholly approve. (RS)

Professional techniques for Pastors, Teachers, Youth leaders, and all who are engaged in the incomparable art of counseling.

The first 26 chapters of the book present the basic concepts and techniques of counseling with interesting and appropriate illustrations. A further chapter gives a thorough-going and inspiring presentation of the effective use of scripture in counseling. Here the reader is challenged to use the Word of God and is shown how to use it effectively. This comprehensive chapter concludes with a list of the most appropriate Scripture portions to be used with some 20 different types of personality and spiritual problems. Another section of the book deals with four particular areas of counseling: Counseling with Teenagers, Counseling with the Emotionally and Mentally Ill, Marriage Counseling. Realistic situations in each of the above categories are pointed up. Interesting case studies are presented to illustrate the problem; then basic guides in counseling are suggested. Probably no other book contains a more meaningful chapter on terms that counselors should know than does Dr. Narramore's comprehensive work. Each term is defined, explained, amplified, and in many instances, illustrated with appropriate reference to spiritual concerns.

This quote is from...
Wayne A. Mack
Program Director and Professor of Biblical Counseling

A belief in Biblical inerrancy entails an affirmation of Scripture's sufficiency for understanding and resolving the non-physical problems of man. Counseling that is truly Christian must be Christ-centered, church-centered, and Bible-based. Various contemporary approaches to counseling question the sufficiency of Scripture, in affirming that the traditional biblical resources for dealing with man problems are not enough. They fail to take into account, however, the finiteness of man's knowledge, the depravity of human nature, and the sufficiency of Scripture.

INTRODUCTION-Christian Counseling connects Biblical Doctrine with practical living. No matter what the problem is, no matter how greatly sin has abounded, the Christian counselor's stands on the far-more-abounding nature of the grace of Jesus Christ in redemption. What a difference this makes in counseling! As a child of God we are on the winning side. For Christian counseling to occur, the people doing the counseling must be individuals who are Christian in their outlook on life. Truly Christian counseling is done by people who have experienced the regenerating work of the Holy Spirit.

COUNSELING I -CHAPTERS 1-26 PAGES 11-129----- TOTAL 118 PAGES

COURSE GUIDE & HOMEWORK

OUTLINES AND NOTES

WEEK 1	- Read Page 11-23	Pages 1-3
WEEK 2	- Read Page 23-42	Page 4
WEEK 3	- Read Page 43-57	Page 5-6
WEEK 4	- Read Page 58-71	Page 7
WEEK 5	- Read Page 72-88	Page 8-10
WEEK 6	- Read Page 89-104	Page 11-15
WEEK 7	- Read Page 105-121	Page 15-19
WEEK 8	- Read Page 122-129	Page 19-21

WEEK ONE OUTLINE

This first chapter talks about the importance of counseling, and it is very important, but I want to make it clear that I am not suggesting that it takes the place of preaching. (Nothing takes the place of preaching)

1Co 1:18 For the **preaching** of the cross is to them that perish foolishness; but unto us which are saved it is the power of God.

CHAPTER 1-THE IMPORTANCE OF COUNSELING:

- I- It focuses on the needs of the individuals.
- II- It enables one to work on highly personal problems
- III- Counseling is important because it is two-way communication.
- IV- It has a dept aspect...

CHAPTER 2-TO WHOM DO THEY TURN?

- I- People usually turn to someone they know.
- II- People take their problem to someone they like.
- III- People take their problem to someone they respect.
- IV- People are most likely seeking help from Christian leaders who indicate their interest in counseling.
- V- People turn for counseling to someone whom they feel is competent.
- VI- People take their problems to someone who observes professional ethics.
- VII- People turn to the counselor who knows God.

CHAPTER 3-THE COUNSELOR

To be a good counselor we must be the right of people ourselves. We must let the Lord take charge of our lives. When we do we will have the wisdom from above. **James 3:17**

- I- This wisdom is first pure
- II- His wisdom is also peaceable.
- III- Godly wisdom is also gentle.
- IV- Godly wisdom is full of mercy
- V- Godly wisdom is full of good fruits.
- VI- It is without partiality.
- VII- It is without hypocrisy

WEEK TWO OUTLINE

CHAPTER 4- PROFESSIONAL ETHICS

- I- Confidential treatment of all personal information.
- II- The handling of written information.
- III- Case material for illustrations.
- IV- A counselor does not discuss others with whom he is now counseling or has counseled.
- V- Counselors should not touch a counselee unnecessarily
- VI- Be sure you counsel in an appropriate place.
- VII- A counselor should recognize his limitations.

CHAPTER 5- COUNSELING ARRANGEMENTS

- I- Setting the appointment
- II- Preparing the interview
- III- Beginning the interview
- IV- Determining the length of the interview
- V- Closing the interview
- VI- Recording the interview
- VII- Handling persistent cases

CHAPTER 6-THE COUNSELING PROCESS

Counseling is a process not a lecture. Why does counseling require so much time? You and the counselee must have a thorough understanding of the problem.

- I- What is the problem?
- II- What are the ramifications?
- III- Who are the people involved?
- IV- What are the true causes of the problem?

CHAPTER 7- YOUR BEST ATTENTION

There are many embarrassing moments in life. But one of the most humiliating comes to the counselor when he is caught short because he has failed to give the counselee his undivided attention. His mind wanders a little and a few minutes later he is left guessing what the counselee has or has not said! It has happened to everyone, even to experienced counselors.

- I- Give the counselee complete attention
- II- Do not counsel with people that come to you after a meeting
- III- The counselor must concentrate on the counselee

WEEK THREE OUTLINE

CHAPTER 8-THE VALUE OF DISCUSSION

There is an old saying that talk is cheap. But this is not always true. Sometimes talking can be therapy.

- I- Talking is thinking
- II- Talking is sifting
- III- Talking is clarifying
- IV- Talking is release
- V- Talking is therapy

CHAPTER 9-ACCEPTING THE COUNSELEE

One hurdle which every counselor faces is his own attitude toward the person he is counseling. Counselors are often prone to judge others rather than patiently gain an understanding of the forces working in their lives. Until a counselor eliminates condemnatory attitudes, he cannot possibly offer his best. Blaming a person is no solution. What is some of the attitudes that one must erase before can counsel effectively?

- I- He Should Have Known Better.
- II- If He Had Stayed Away from the Wrong Crowd, He Would Not Be in Trouble.
- III- A little plain common sense would have prevented this trouble
- IV- The right kind of discipline would have straightened him out
- V- He is just a trouble maker
- VI- He got what he deserved
- VII- He was just weak and easily led
- VIII- He is only trying to get sympathy
- IX- There is something physically or mentally wrong with him
- X- He's just low class
- XI- Why doesn't he snap out of it
- XII- He must be lacking in good spiritual training
- XIII- A good lecture should straighten him out
- XIV- Why didn't someone help him long ago

CHAPTER 10-WAITING FOR THE REAL PROBLEM

People often hesitate to divulge their basic problems when they first talk to a counselor. They may begin with one thing, when actually they came to talk about something quite different. The wise counselor is conscious of this tendency and is willing to wait for the real problem to rise to the surface.

- I- They may not know just how to begin
- II- They may not know what the problem actually is
- III- They may be unsure whether you are competent to handle their particular difficulty
- IV- They may find it too painful to discuss
- V- They may want to be certain that the counselor is confidential
- VI- They may not be sure of your attitude

CHAPTER 11 RECOGNIZING THE THERAPEUTIC PROCESS

Extracting information hurts. It not only hurts the one with whom you are counseling; it also damages your relationship to him. There is a comfortable sequence in counseling that differs with each individual. Hurrying information out of people destroys the therapeutic process which is so vital in helping them gain insights. After the counselee has taken the first step in seeking help with a problem, the next step is to feel comfortable about discussing it. But in this desirable therapeutic process he does not talk about just any part of the problem. He selects, session by session, those segments which are easiest for him to think about and discuss.

A counselor may help a counselee discover and follow his own unique pattern by observing the following

- I- Provide a place and atmosphere conducive to uninterrupted discussion
- II- Encourage the counselee to talk and express himself freely
- III- Reflect and restate what the counselee says thereby encourage him to clarify his own thoughts and to say more
- IV- Do not register surprise at any information which the counselee reveals
- V- Refrain from censoring or judging what the counselee says
- VI- Encourage the counselee to suggest and discuss his own solution
- VII- Maintain a confidential attitude toward all discussion

WEEK FOUR OUTLINE

CHAPTER 12 THE SIGNIFICANCE OF PAUSES

Through the centuries wise men have been telling us the value of silence. An old German proverb says, “The art of silence is as great as that of speech.” It was Thomas Carlyle who said, “Silence is more eloquent than words.” Another ancient proverb states that “speech is silver; silence is golden.”

- I- These are especially true in counseling. A vital part of counseling is the pauses—the quiet moments when both the counselor and the counselee remain silent.
- II- These silences are not only golden, they are moments that pay off in excellent results. Unfortunately some people seem to think of counseling as a talking contest. They feel that every moment must be packed with words.
- III- They measure their effectiveness by the amount of talk. But this is the badge of an amateur or a poor counselor.

CHAPTER 13 PROBLEMS AND THEIR SETTINGS

A problem seldom stands alone. It is surrounded by a setting. It may include people, financial concerns, strong feelings, and other contributing factors. These tie-ins are like tributaries that feed into a river.

Unfortunately, the tributaries in a problem are not always obvious. That is why the counselor encourages the counselee to explore the context of his situation. Eliminating its tributaries may reduce a great river to a mere trickle. So it is in counseling. By properly dealing with the setting, one may erase the problem itself. Like explorers, the counselor and counselee search together for the sources of confusion and distress.

- I- What is the context of this problem
- II- Who are the persons involved
- III- Which environmental factors are contributing to the difficulty
- IV- What other conditions are impinging upon the situation

CHAPTER 14 TRACING THE ORIGINS

An experienced counselor knows that serious problems, like mature trees, have long, persistent roots. In fact, the root systems may be much larger than the branches above ground. The extensive roots of problems often wind their ways back into early childhood. The counselor must be on the lookout for three main types of information.

- I- Other symptoms
- II- The setting of the problem
- III- The source of the problem

WEEK FIVE OUTLINE

CHAPTER 15 PHYSICAL CAUSES

Today, men with professional training in medicine, psychology, religion and related fields are recognizing the value of the team approach. They know that their combined efforts bring about the best results. This team effort is based upon the fact that causes are multiple. There are usually a number of factors that create a problem. Any one or any combination of these causes may bring about illness, maladjustments and various serious problems.

When people bring their troubles to a counselor, they are often unaware that these difficulties may stem from physical causes. Thus, it is the responsibility of the counselor to consider the possibility of medical or physical origins. Until recently certain physical causes have remained virtually hidden. But research has uncovered some of these. Now we know that a physical problem may be disguised in mental, emotional or even spiritual attire.

Neurological impairments do account for many problems seen in children, teen-agers and adults. Even marriage problems are sometimes traced to brain injuries sustained by one spouse. So counselors are becoming more sensitive to possible physical causes of behavior problems and they are making referrals to physicians when they suspicion such difficulties.

Another frequent cause of maladjustment and undesirable behavior is a chemical imbalance of the body caused by endocrine malfunction. More and more we are beginning to recognize the relationship of proper endocrine balance to good physical, mental, and spiritual health. A balanced group that works harmoniously. Endocrine disturbance in one gland can upset the whole system, thus causing more than one gland to be malfunctioning. Children with poor endocrine systems frequently are unable to withstand stresses and strains of childhood diseases without resulting glandular dysfunction. Puberty is a particular time of stress, and endocrine disturbances occur frequently in the 9-13 age group. Stress may be mental, physical, or emotional. Physical stress may be caused by factors such as surgery, infections, or by changes associated with puberty. What are some of the basic personality characteristics of children with endocrine dysfunction? Namely these:

- I- Short attention span
- II- Poor memory
- III- Poor coordination
- IV- Instability of IQ test scores
- V- Emotional instability

CHAPTER 16 MULTIPLE PERSPECTIVE

It is human nature to favor one's own side of a situation. This is even more true when a person is distressed or emotionally disturbed. When he is carrying a heavy burden such as a marriage problem, conflicts with parents or employment difficulties, a counselee is likely to see only one major side — his own. He looks at it from his own viewpoint, his own experience. Since he is emotionally upset everything seems exaggerated. This results in his side looking (to him) like the only side. But a full, adequate perspective may be lacking. To see the complete picture, a counselor makes sure that:

- I- He does not permit himself to be emotionally moved by the counselee.
- II- He seeks to interview the several parties concerned in the problem.
- III- He does not think of himself as a referee
- IV- He does not disregard the clear teaching of the Word of God

CHAPTER 17 MOTIVES FOR DISCUSSION

The reason people say what they do is often more revealing than what they actually say. This is because motives are more basic than verbalization. Keeping this in mind, a skilled counselor listens carefully. Then he looks behind the psychological curtain for the impelling factors which motivate the counselee to say what he does. Until the motives are clearly understood, the picture remains hazy.

- I- Why is he saying this?
- II- Does he really feel this way?

CHAPTER 18 FOCUS ON THE CLIENTS PROBLEM

It has been suggested that the best counselors do not have problems of their own. This sounds good, but it is quite unrealistic. Even the best adjusted people, including counselors, because they are members of the human race, are not exempt from problems. But, by and large, if a counselor is to function at his best he should not be struggling with serious problems himself. Counselors who are contending with unresolved conflicts of their own have this serious handicap: they often attempt to work out their personal problems through and at the expense of the counselee. Unless they are careful, they will use the counselee and the counseling session to resolve their own difficulties. Those who have serious problems themselves should not attempt to counsel others because their own maladjustments are prone to interfere with the therapeutic process.

- I- The counselor should be careful not to use the problems of the counselee to solve his own problems.
- II- Minor problems need not interfere with successful counseling.
- III- Can a counselor know when he is focusing on his own problems rather than his client's?

If we wish to help others we must first be willing to bring our own problems and sins to God. He asks us to cast all our care upon Him; for He cares for us (I Peter 5:7). If we do this sincerely He will cleanse us and heal us. It will not be necessary for us to try to solve our own problems, especially while counseling others. When we have committed every detail of our lives unto God, then we will be able to focus our attention on the client — not on ourselves.

WEEK SIX OUTLINE

CHAPTER 19- ENCOURAGING SELF-RELIANCE

The counseling process is a maturing process. It leads a counselee away from over-dependency to greater self-reliance and independence.

One of the responsibilities of a counselor is to help the counselee put away his crutches and stand on his own two feet. This is sometimes referred to as inner-direction. It does not mean “without Christ,” but rather, “through Christ I will be a mature, responsible person.” This is the “growing up” or maturing process about which God speaks in His Word:

Controls from within are truly the best ones because they do not require continual assistance from other people. A man who cannot discipline and regulate his own life is dependent upon others to regulate it for him. The inner controlled person stands independently, but the man who has not developed self-reliance has to lean on others.

- I- People come to a counselor for a solution to their problems. But they do not need your solution.
- II- You do not need to keep the counselee dependent on you.
- III- The counselor should always ask the question, am I helping him gain his own insights? Am I giving him enough or too much?

CHAPTER 20 HANDLING DIRECT QUESTIONS

Mr. Cleveland was a friendly young psychologist, newly employed in a large elementary school district, as he talked with various teachers and administrators they often turned to him for answers:

“Do you think I should just ignore Dick’s behavior?”

“Why do you think Stevie comes to my office each morning complaining of headaches?” inquired the nurse.

“What makes Rose wander around the room all day?”

“What would you do,” the principal asked, “if a boy openly defied you in front of the class?”

“Is there any way to teach a girl like Gertrude how to read a third grade teacher wanted to know.

“What’s the best thing to do for a highly gifted child?” asked the vice-principal.

“What can I do to help a boy like Jimmy who is mentally retarded?” questioned the playground director.

And so it went all semester. Direct questions, like swift arrows, kept flying toward the psychologist.

“Man alive,” said Mr. Cleveland to the head of the guidance department, “I didn’t know people could ask so many question And I’m supposed to have all the answers!”

People ask questions for different reasons.

- I- They may want to talk and this opens the door
- II- They may be trying to pry out the attitude of the counselor
- III- What they really want is an opportunity to think and talk. They are not looking for a direct answer to their direct questions.

CHAPTER 21 INVOLVEMENT

Mrs. Lance, the minister’s wife, called upon Muriel, a teenage girl from the church. But Mrs. Lance was not prepared for the unfortunate condition she found in the home. During the visit Muriel’s story came to light. She was unwanted and unloved by her godless father and step-mother, and now that she had become a Christian, they made life even more miserable for her. When the father was under the influence of liquor he would curse

and beat the girl. As Mrs. Lance was leaving the home, Muriel stepped outside with her, then broke down in pitiful crying. “I don’t know what to do,” she sobbed. “Oh, I wish I could die!”

Even after Mrs. Lance returned home, Muriel’s pathetic crying kept ringing in her ears. The more she thought about it, the worse it seemed. Mrs. Lance could not eat much dinner that evening — she wasn’t hungry. In fact, she felt ill as she thought of the heart-breaking situation she had witnessed that afternoon. However, as she discussed the situation with her husband, Mrs. Lance began to realize that she could not possibly help the girl if she allowed the problem to disturb her to this extent.

This is true in most counseling. We dare not identify so closely with problems that we become ill ourselves. Yet, counselors do need to be sympathetic. There is little place in Christian counseling for cold, calculating attitudes.

Our Lord was sympathetic. He had compassion for the sick and mercy for the sinful. In God’s Word we read that when Christ saw the multitudes, “He was moved with compassion’s (Matthew 9:36). We read again that He is “touched with the feeling of our infirmities” (Hebrews 4:15). He wept when He came to the grave of His friend, Lazarus (John 11:35), and He mourned for the city of Jerusalem as He poured out His heart over its wayward, indifferent condition (Matthew 23:37).

We, too, should “bear one another’s burdens” (Galatians 6:2). This is especially true in counseling. God instructs us to “comfort the feebleminded, support the weak, be patient toward all men” (I Thessalonians 5:14). We also read through the pen of Isaiah, “Comfort ye my people, saith your God” (Isaiah 40:1).

Indeed, Christians are to be sympathetic and understanding toward one another. When a counselor is kind, the counselee is comforted by realizing that someone understands how he feels. This sympathetic relationship paves the way for free discussion of the counselee’s problem. People often become reserved or defensive when they feel that others do not understand.

Sympathy is communicated by a gentle approach and kind words. Yet a counselor cannot afford to let his heart run away with his reason. He is of little effect if he becomes so involved in a counselee’s problem that he, himself, becomes ill. This only aggravates the situation. In such cases the counselor, as well as the counselee, needs help.

To prevent becoming too deeply involved in someone else’s problem, the counselor should consider the following:

I. Focus your attention on the counseling process.

During each interview concentrate on the therapeutic process. For example, ask yourself such questions as, “Why is he saying this? Does he understand the causes of his behavior? Is he accepting responsibility for his problem? What is his depth of spiritual understanding?” This will turn your attention to the counseling process rather than the emotional involvement.

- II. Realize that a person's unfortunate situation is not unfamiliar to him. In all probability his problem has developed over a long period of time and has gradually become what it is. Therefore, it is not especially traumatic to the counselee. It may be a shock to you but not necessarily to him. He has undoubtedly seen his problem develop and has conditioned himself to it. Although it may be unpleasant and indeed difficult to bear, he has become somewhat accustomed to it. He has built up defenses against it so that it is probably not a shocking experience to him.
- III. Realize that objectivity is seldom achieved through too close identification. Only as a person remains some distance from an object can he discern its true perspective its comparative size. So in counseling, a friendly distance allows more accurate judgment. As a counselor reads books and delves into the art of counseling he will gain valuable insights. He will clearly see his unique roll as a counselor. And through continued experience he will learn to be more objective, remaining a friendly yet healthy distance from the problem.
- IV. Commit the problem to the Lord. He knows and understands and He is able. Worrying about a problem is an indication that the counselor may not be trusting the Lord to meet the needs of the counselee. The Christian counselor can maintain the right attitude toward cases by praying about them and committing them to God.

CHAPTER 22 - RESPONSIBILITY FOR REFERRALS

A minister or a Christian worker is often expected to counsel with people who represent a great variety of problems. Yet he may have neither the time nor the training to handle some of the situations. In spite of this, some pastors seem to feel that it is their duty to work with every case.

One pastor said, 'When I was young in the ministry, I often felt that I was failing if I didn't help everyone who came to me. Then I learned that certain kinds of problems required training that I did not have. From then on I was on the lookout for capable (preferably Christian) specialists — counselors to whom I could refer people.'

Actually, we perform a valuable service when we refer counselees to the right person. Many people do not know the kind of specialist they should see, and, of course, there is a difference even among similar specialists. There is a difference in skill, but even more important, a difference in attitude. Some professionally trained men and women are sympathetic toward spiritual things and would not take it upon themselves to destroy the client's faith in Christ.

People's problems tend to stem from one or more of these four areas. Man is more than a spiritual being. He is a physical, intellectual, social and emotional being as well and he has many needs in addition to spiritual ones. Although a person's spiritual condition affects all other aspects of his life, he may need diagnosis and help in these other areas. Therefore, a counselor may need to refer his counselee to the person who can help him most.

I. Sources of Referral

In cases where the nature of the problem is suspected to be physical or medical, it is best to refer to a medical doctor. A physician will decide whether it is necessary to refer further to a given specialist.

II. Following Up Referrals

This keeps your counselee close enough for spiritual help. It shows your continued interest and it tends to improve your relationship with the specialist to whom you referred the client.

The benefits of a referral service often work both ways. Many times a professional person (especially a Christian) to whom you refer will, in turn, refer his patients to you for spiritual help. This opens the door to a ministry that can bring results for eternity.

Your referral service will also result in associations with people in other professions. This will broaden your knowledge and extend contacts so that you may have the opportunity to lead some of your non-Christian professional associates to Christ.

III. Brief Contacts

Some Christian counselors, because of the nature of their work, may not be able to follow through on cases but they can perform a valuable service of referral. After hearing a lecture on counseling an evangelist raised this point: "During your presentation I have been impressed with the fact that counseling takes time. You have mentioned the fact that most problems require several counseling sessions. And I readily agree with this. But my question is this: How can I help people effectively when I am in a community or a city for only a week or so at a time? True, many people will come to me with their problems when they would not see their own pastor or any other Christian in the community. But since I can see them only briefly, how can I best help them?"

The speaker then pointed out that although the evangelist might be limited in time he could, nevertheless, make a valuable contribution. "One of your greatest contributions," he said, "is through referrals. I'm convinced that many people are waiting for someone to encourage them to seek specialized help. They may need to see their pastor, a medical doctor or someone else.

WEEK SEVEN OUTLINE

CHAPTER 23 EXTENDING OUR MINISTRY

Every conscientious Christian leader is faced with the dilemma of “too much to do and too little time in which to do it.” Pressed with over crowded schedules, he sometimes wishes he could be in several places at once. As he sees the many needs about him, he may almost resent his human limitations. How he wishes he could somehow serve in several capacities at the same time. This search for time is especially critical in counseling. The Christian counselor realizes that for every one he sees, there are many others who also need help. But many Christian leaders are learning that they can extend their counseling ministry beyond themselves. This extension is usually made possible in the following ways:

By training leaders in the church to assume responsibility for specific types of counseling.

By conducting discussion and study groups, thereby helping many people at the same time.

Through assistants, associates and other Christian workers, a pastor or another leader may reach out to more people and provide them with much needed counsel. Most Christian workers who have counseling ability are only too happy to assist the pastor in such a responsible service.

REACHING CHILDREN

Many children have problems — some of greater and some of lesser severity.’ Often these boys and girls can be helped by an understanding Sunday school teacher, the leader of a boys’ groups, or a children’s choir director. Many children are being helped every year by dedicated teachers and children’s workers. Interestingly enough, the vast majority of these people have never opened a book on counseling.

Consider how much their effectiveness would increase if they were given the opportunity to attend seminars in the basic techniques of counseling and the handling of common problems. Throughout the year a pastor, Christian education director or Sunday school superintendent should arrange meetings for small groups of children’s workers.

The following are a few suggested topics for discussion.

- I. Children who are emotionally disturbed.
- II. Common problems at various age levels.
- III. Problems of the slow learners.
- IV. Meeting the needs of the gifted child.
- V. Delinquency: Its early signs and solutions.
- VI. How to lead a child to Christ.

REACHING YOUTH

Unwilling to discuss problems with their parents, teen-agers often seek out a youth leader whom they respect and consider their friend. Such leaders can function much better when they are adequately trained. Through books, recordings and discussion groups, they can gain much insight into counseling. The following topics are helpful in preparing youth leaders for the important role of youth counselor.

- I. Understanding Young People
- II. Improving Leadership Skills
- III. The Kind of Parents and Teachers Young People Want
- IV. Helping Teen-agers to Become Mature
- V. What Makes a Good Marriage?
- VI. Educational and Vocational Guidance
- VII. Knowing God's Will

As pastors and Christian leaders use this method, they must select their personnel with care. The following are several factors that should be taken into consideration

First, some people seem to have little or no aptitude for counseling. They may habitually, though unintentionally, rub people the wrong way. They mean well but are not sensitive to other people's feelings. Although extensive training may help, such people rarely make good counselors.

Second, Christian leaders are not exempt from having problems of their own. Although they may have a desire to help others, their own problems can distort their understanding, causing actual harm. They need help themselves.

Third, some people tend to become too officious when delegated an important responsibility. They may think they are protecting the pastor when actually they are sidetracking people who should see him personally.

Fourth, the counseling assistants you choose must be scrupulous in keeping confidence. Every Christian leader knows that an unchecked tale bearer can almost ruin an organization. How much more dangerous such a person is when he has access to intimate personal information about other members! Of course, such people should not be church leaders. But a few edge in — so counselors should be carefully selected.

CHAPTER 24 THE GREAT PHYSICIAN

The wise counselor never overestimates his counselee's spirituality. We can never take for granted that people are where they should be spiritually. The basic solution to many difficulties is a closer walk with the Lord Jesus Christ.

Although people may have organic and emotional problems which must be dealt with by medical doctors and other specialists, the great majority of their problems stem from the fact that they are not letting Christ control their thoughts and actions. No one fully realizes what Christ is able to do for him. There are unlimited resources available for a person who truly seeks God.

Undoubtedly the greatest mistake made by counselors is that they fail to utilize spiritual forces. This is an insidious trick of Satan. Too often things of God are discounted or completely left out. We tend to work on a human level rather than on a spiritual level. The Lord Jesus Christ is the center and circumference of all our purpose. Strange to our redeemed hearts that Christ should have to make a beachhead landing on this microcosmic part of His creation in order to rescue us. Strange too, that many do not want to be rescued. Strange that out of this tiny planet He should take His eternal Bride to reign with Him forever. Strange and wonderful that earth should be the crossroads of space and eternity.

After a man has trusted in Christ he needs more than the counselor's good wishes. He needs to develop a strong program for spiritual growth. This carefully considered plan, blessed of God, will bring spiritual results just as a carefully planted field with adequate rainfall will yield an abundant harvest.

Probably nothing a counselor can do, except to lead a person to Christ, is as important as helping the counselee establish a regular program of spiritual development. The keys to this program are clearly outlined in God's Word. They are generally known to Christians, yet they are often overlooked:

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Probably nothing a counselor can do, except to lead a person to Christ, is as important as helping the counselee establish a regular program of spiritual development. The keys to

this program are clearly outlined in God's Word. They are generally known to Christians, yet they are often overlooked:

- I. A daily plan of communication with God. This time alone with God in prayer should probably be established both in the morning and in the evening. It is a time of thankfulness and petition. It is the hour of communion and fellowship with God. As we wait on Him He speaks to us and shows us what is best.
- II. A daily plan of reading God's Word. This is the way to know God's will — seeking His guidance through reading the Bible. This plan should include reading in both the Old and New Testaments. The reading should be orderly and meditative, always asking God to reveal what we need for that particular day. A system of marking special verses and of memorization is essential, too.
- III. A plan of regular church attendance. In the fellowship of believers there is strength not known in any other way.
- IV. A carefully considered plan of witnessing. This is one of the greatest joys in the Christian life. As a believer begins to learn ways of telling others about Jesus, a new brilliance and luster adorns his daily walk. Through personal testimony, printed material and other means of witnessing, he develops into a mature Christian.
- V. A plan of reading Christian literature.

These five procedures combine to make a strong program for spiritual development. But it is the counselor's responsibility to help each counselee enter into such a program, then maintain it. A little time during each session should be devoted to considering each of these five points. If the counselee experiences difficulty in any area, the counselor can help him gain strength. In time the counselee will make great strides in his spiritual growth and he will overcome, as well as prevent, many serious problems in his life. The Great Physician! Oh, how He longs to bring spiritual healing to the creatures whom He fashioned and whom He loves!

CHAPTER 25 SUCCESS IN COUNSELING

The professional counselor must not be discouraged if a certain percentage of his cases seem to be failures. He knows that all people do not respond. However, inexperienced counselors often tend to blame themselves for this lack of response. That is why it is important to look at the reasons why a counselee may not respond to therapy. The following are some of the common causes for seeming failure:

- I. Satan may interfere
- II. A person may not want help
- III. Rehabilitation takes time
- IV. There may be personality conflicts.
- V. It may be an incorrect diagnosis

WEEK EIGHT OUTLINE

CHAPTER 26 GROWING PROFESSIONALLY

One mark of a professional person is the desire to improve his understanding and skill. This search for greater competence comes from the fact that in his chosen field a man desires to do his best. He wants to make his greatest contribution, yet he realizes that no one can be fully prepared for his work by merely taking courses and serving internships. Even if this were possible, he would not continue to be prepared because new developments demand constant study and training. Like a soldier marching with an army, if he does not keep moving forward, he is left behind.

Few fields offer more challenge for professional growth than counseling. This is due, in part, to modern advance in human understanding. New insights continually unfold before us as we gain experience and as we keep pace with the findings of modern research. Also, as Christians, we grow professionally when we develop spiritually. As we gain more spiritual depth, we see life in a truer perspective. It is only as a person increases in godly wisdom that he can work at his maximum ability as a counselor. As he depends completely upon the Lord he gains new insights. But growing professionally is not an automatic process. It is carefully planned, then systematically carried out. The following are ways counselors are able to deepen their understandings and improve their skills:

- I. Taking courses
- II. Attending meetings and lectures
- III. Reading in your field
- IV. Using recordings
- V. Viewing films
- VI. Studying related professions
- VII. Carrying on active research
- VIII. Writing articles
- IX. Teachings
- X. Evaluating our work

.Looking at our mistakes helps us to avoid repeating them. Owning up to our weaknesses allows us to find ways to overcome them. It is a wise counselor who recognizes his need for self- evaluation.

The following questions can serve as a basic guide to help you evaluate your counseling:
Do you prepare for each counseling session by reviewing information about the case?

Realizing that counseling is a process and not a lecture, do you arrange for a sufficient number of appointments with each counselee?

. Do you keep distractions at a minimum so the counselee can make full use of the time?

- Do you devote your complete attention to the counselee?
- Do you let the counselee establish his own pattern of divulging information?
- Do you exert leadership, yet maintain a flexible approach to each new development?
- Do you wait for the counselee's "real" problem to emerge?
- Do you encourage the counselee to rid himself of tensions and fears?
- Do you explore the setting of a person's problem?
- Do you accept the counselee as he is, even though his ideas differ from yours?
- Do you continue to focus on the counselee's problem?
- Do you make an effort to help the counselee grow in self understanding?
- Do you help the counselee find the basic causes of his difficulty?
- Do you keep in mind the fact that many problems have physical causes?

Do you welcome pauses in your counseling sessions?

- Do you endeavor to maintain an objective attitude toward the counselee and his problems?
 - Do you keep in mind the fact that decisions must be emotionally as well as intellectually acceptable to the counselee?
 - Do you approach problems as having several "sides"?
 - Do you help the counselee to accept responsibility for his own problems and solutions?
 - Do you make the counselee aware of his and your joint responsibilities in the counseling relationship?
 - Do you handle direct questions discreetly?
 - Do you recognize problems that are not within your competence or that can most appropriately be handled by others then refer the counselee to an appropriate resource?
- Do you enlist the cooperation of community resources in assisting you with various types of problems?
- Do you keep a brief written summary of each session?
 - Realizing that no counselor is effective with every counselee, do you make allowance for seeming "failure"?
 - Do you gain insight into the counselee's spiritual condition?
- . Do you use Scripture effectively with each counselee?
- Do you help the counselee to set up a definite program for spiritual development?
 - .Do you seek God's guidance and wisdom in each counseling session?

"I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing" (John 15:5).

As we evaluate our own work we find strengths to take advantage of, errors to correct, insights to develop, mistakes to avoid, skills to apply and weaknesses for which to be watchful. Then, with the help of God, we will grow professionally as well as personally and spiritually.

This concludes the course in "Bible Based Counseling I.

These notes are prepared for Titus Baptist Bible College and are taken directly from, "The Psychology of Counseling". (Clyde M. Narramore)

Final Exam Next Week