

Biblical Concepts For Christian Counseling A Case For Integrating Psychology And Theology

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BIBLE TEACHING about CHRISTIAN COUNSELING: Theory and Practice
Biblical Counseling Basics

Cognitive Therapy Techniques in Christian Counseling

Today more people than ever are suffering from emotional distress. Whether they are dealing with depression, anxiety, obsessiveness, fear, worry, or stress, their lives are limited and compromised by the ill-effects. People who suffer from emotional distress often feel isolated and unloved, either by God or by others, and often believe that there is no hope and no way out. There is good news, however! A truly biblical approach to healing emotional distress focuses on a holistic cure that integrates the mind, body, and spirit. Even when we feel truly alone, God is holding us in His hand. Even when we feel truly hopeless, God offers comfort and purpose. And even when we feel like we will never escape the pit of emotional distress, God sets our feet on firm ground and promises to never let us go. No matter what we have been through or what we are going through now, God can bring critically needed healing and transformation into our lives when we adjust what the authors refer to as "stinkin' thinkin'."

Psychology, Theology, and Spirituality in Christian Counseling

As people face addictions, deal with loss and grief, and seek help in restoring broken relationships, where can they turn for

counsel and assistance? The local church has been uniquely blessed with the gift of the gospel and is able to offer hope and counsel that no other institution on earth can. In *Biblical Counseling and the Church*, Bob Kellemen and Kevin Carson have assembled over twenty respected ministry leaders who examine the relationship between counseling and the church. This comprehensive resource, part of the *Biblical Counseling Coalition* series, helps leaders and counselors develop a vision that goes beyond being a church with a biblical counseling ministry to becoming a church of biblical counseling—a church culture that is saturated by “one-another” ministry. Divided into five parts, *Biblical Counseling and the Church* will help church leaders: Unite the pulpit ministry of preaching the Word with the personal ministry of the Word in counseling Offer practical and theological training to equip counselors Launch and lead a counseling ministry, regardless of the size of your church Bring together the relational focus of small group ministry with the ministry of care and counseling Better understand the relationship between biblical counseling, church discipline, and conflict resolution Learn how to use counseling in outreach through “missional” biblical counseling—moving biblical counseling beyond the doors of the church and into the world

Psychology & Christianity

Contributors: W. Wilson Benton Jr, Edward G. Dobson, Howard Eyrich, Ronald E. Hawkins, Ed Hindson, Arnold Hyndman, Wayne A. Mack, Paul Madtes Jr, David Powlison, C. Dwayne Shafer, Chris Thurman, Edward T. Welch Christian counselors agree that the Bible's message of salvation can radically change lives. Scripture can lead even the most unlikely people to faith but when it comes to everyday problems - is the Bible really enough? Here we have more than a dozen highly trained counselors, medical experts and pastors who are highly respected in their fields. Every one has at least one doctorate relevant to the area they examine in this book. Their answers to the question stated above are enlightening, thought provoking and surprising.

Gospel-Centered Counseling

The gospel brings liberty to men, women, and children bound by every conceivable sin and affliction. Psychology provides a tool for applying the power of the gospel in practical ways. Drawing on biblical truths and psychological principles, *Counseling in African-American Communities* helps us—Christian counselors, pastors, and church leaders—to meet the deep needs of our communities with life-changing effect. Marshaling the knowledge and experience of experts in the areas of addiction, family issues, mental health, and other critical issues, this no-nonsense handbook supplies distinctively African-American insights on the problems tearing lives and families apart all around us: Domestic Abuse Gambling Addiction Blended Families Sexual Addiction and the Internet Depression and Bipolar Disorder Divorce Recovery Unemployment Sexual Abuse and Incest Demonology Grief and Loss Schizophrenia Substance Abuse . . . and much

more

Walking on Water When You Feel Like You're Drowning

Master the essentials of effective biblical counseling Christ-Centered Biblical Counseling is a comprehensive resource that will help you understand how to minister from God's truth to change lives. With the cumulative wisdom of almost 40 contributors with exceptional credentials and experience, you'll discover a valuable model for counseling that explains... The Why of Biblical Counseling Why the Bible is sufficient and relevant for addressing every issue we face Why biblical counseling is so effective in helping people face life's struggles in Christ's strength The How of Biblical Counseling How you can lead struggling, hurting people to the hope and strength available only in Christ How to counsel in a way that is Christ-centered and God-glorifying Every chapter provides a wonderful blend of theological wisdom and practical expertise, and is written to be accessible to everyone who wishes to extend Christ's love to others—pastors, church leaders, counseling practitioners, instructors, lay people, and students. In this massively important new book...leading figures in the biblical counseling movement set forth a wealth of wisdom. We have needed this book for a long time. —Dr. R. Albert Mohler Jr., president, Southern Baptist Theological Seminary Christ-Centered Biblical Counseling is warm, personal, gentle, always wanting to listen and know the person, confident in the Spirit's working through the Word of Christ. —Dr. Ed Welch, CCEF faculty, author of Shame Interrupted

The Biblical Basis of Christian Counseling for People Helpers

"What Is Biblical Counseling? In principle, Christians believe that knowing Jesus Christ is the original and abiding 'cure of the soul.' But in practice, the church's provision of personalized care and counsel has often been unthoughtful and unskillful. During the past 150 years, many other practitioners and theorists have filled the gap. Psychiatry and psychotherapy (transliterations of two Greek words for 'cure of the soul' claim to offer the deep truth that explains a human being, and the final word on how we can be cured from the troubles that beset us. Secularized explanations and cures call for no recourse to the Bible or Jesus. Beginning in the late 1960s, a biblical counseling movement sought to reclaim counseling for the church. It aimed to provide a coherently Christian alternative to mainstream psychiatry and psychotherapy. The Biblical Counseling Movement: History and Context is an informative and thought-provoking account of that movement. How did it begin and develop? What were the defining ideas? Where were the tension points and struggles, both internally and with evangelical psychotherapists? David Powlison's historical account combines careful scholarship with a unique, eyewitness insight. This book is an invaluable resource for those who want to understand the biblical counseling movement. The core chapters were originally a Ph. D. dissertation in history of science and medicine (University of Pennsylvania). This new edition adds a lengthy appendix, containing articles by Dr. Powlison. These extend and deepen the history, giving a fine-

grained analysis of developments within the biblical counseling movement and in its relationship to evangelical psychotherapists. The author also freely expresses his point of view and personal convictions regarding the history he has carefully described"--Publisher description.

A Theology of Christian Counseling

Sin. Grace. Christian Counseling. How do these fit together? In Christian theology sin and grace are intrinsically interconnected. Teacher and counselor Mark McMinn believes that Christian counseling, then, must also take account of both human sin and God's grace. For both sin and grace are distorted whenever one is emphasized without the other. McMinn, noting his own tendencies and the temptation to stereotype different Christian approaches to counseling along this theological divide, aims to help all those preparing for or currently serving in the helping professions. Expounding the proper relationship of sin and grace, McMinn shows how the full truth of the Christian gospel works itself out in the functional, structural and relational domains of an integrative model of psychotherapy.

Christian Counseling

Counseling and Christianity

It is amazing how rapidly the Christian counselling movement has spread through churches, teaching that hurts and depressions once considered part of normal life are illnesses to be treated. It implies that for 1900 years the Bible has been insufficient for the woes of God's people, or for their sanctification, but that now we have the 'insights' of anti-Christian psychologists to make good the deficit. In this book medical doctor Ted Williams challenges these claims, giving the most clear-cut and interesting overview of the counselling movement and of the giants of secular psychology who are pillars of its 'faith'.

The Biblical Counseling Movement after Adams (Foreword by David Powlison)

In this comprehensive account of biblical counseling, Jeremy Lelek recounts its history, discusses its beliefs, and provides insight for the future. Valuable for those both inside and outside of biblical counseling, Biblical Counseling Basics draws from a wide range of resources and experts to guide readers through Christian soul care. Book jacket.

Forgiveness Therapy

What does authentic Christian counseling look like in practice? This volume explores how five major perspectives on the interface of Christianity and psychology would each actually be applied in a clinical setting. Respected experts associated with each of the perspectives depict how to assess, conceptualize, counsel and offer aftercare to Jake, a hypothetical client with a variety of complex issues. In each case the contributors seek to explain how theory can translate into real-life counseling scenarios. This book builds on the framework of Eric L. Johnson's *Psychology & Christianity: Five Views*. These include the Levels-of-Explanation Approach, the Integration Approach, the Christian Psychology Approach, the Transformational Approach and the Biblical Counseling Approach. While *Counseling and Christianity* can be used independently of Johnson's volume, the two can also function as useful companions. Christians who counsel, both those in practice and those still in training, will be served by this volume as it strengthens the connections between theory and practice in relating our faith to the mental health disciplines. They will finally get an answer to their persistent but unanswered question: "What would that counseling view look like behind closed doors?"

The Love of God in Biblical Counseling

"Martin Luther formulated his proclamation of the message of Scripture for his contemporaries between the poles of God's voice in the pages of the Bible and the needs and afflictions of his hearers and readers. Marris brings twenty-first century readers into that exchange and demonstrates how Luther's insights into the gospel of Jesus Christ help bring healing and comfort to those struggling with guilt, shame, fear, loneliness, and other spiritual afflictions in our day. This volume provides those who are engaged in conversation with the troubled and distressed rich resources for fostering peace and joy in the midst of such trouble and distress." Robert Kolb, professor of systematic theology emeritus, Concordia Seminary, Saint Louis USA "If all good theology is pastoral in its orientation, then this groundbreaking, practical, biblical study is well worth careful consideration by any pastor or Christian counsellor." John W. Kleinig, PhD, Professor Emeritus, Australian Lutheran College, University of Divinity, Adelaide, South Australia Many Christian counselors and pastors want to bring Christ's Gospel and forgiveness into their soul care, but don't know how. Luther's very Christ-centered theology, based in his desire for care of souls, can provide us with that foundation. Various techniques flowing from that foundation are shared.

Sin and Grace in Christian Counseling

Psychology & Theology

Solid theological foundations of biblical counseling are clearly presented in contrast to humanistic and secular theories of psychological counseling. A practical, proactive, and relevant book for students, church leaders, and lay people. This

collection of writers represents some of America's leading biblical teachers and counselors. Other contributors include: Ken L. Sarles, David Powlison, Douglas Bookman, David B. Maddox, Robert Smith, William W. Goode, and Dennis M. Swanson.

Biblical Concepts for Christian Counseling

The essays collected in this volume examine evidence-based approaches to Christian counseling and psychotherapy, exploring treatments for individuals, couples and groups. The book addresses both the advantages and the challenges of this evidence-based approach and concludes with reflections on the future of such treatments.

How to Help People Change

People inside and outside of the biblical counseling movement recognize differences between the foundational work of Jay Adams and that of current thought leaders such as David Powlison. But, as any student or teacher of the discipline can attest, those differences have been ill-defined and largely anecdotal until now. Heath Lambert, the first scholar to analyze the movement's development from within, shows how biblical counseling emerged from, and remains rooted in, a commitment to the sufficiency of Scripture and the need to give practical help to struggling people. He identifies contemporary leaders—including Powlison, Ed Welch, Paul Tripp, and Wayne Mack—who emphasize the sinner as sufferer, the heart as key to motivation, and the need to interact humbly with critics. Demonstrating how these refinements in framework, methodology, and engagement style are characteristic of a second generation of biblical counselors, Lambert contends this new wave of counselors is now increasingly balanced in their counseling methods. With a substantial foreword from David Powlison and strong support from prominent biblical counselors, this book will help all Christians interested in the fundamentally theological task of counseling to think carefully and biblically about how it is taught and practiced.

The Popular Encyclopedia of Christian Counseling

Seasoned counselors and professors Ron Hawkins and Tim Clinton offer a comprehensive guide that empowers Christian counselors by clarifying their task: to help people take possession of their soul through the power of the Spirit; under the authority of the Word; in a supportive community of accountability that they may be like Christ. The authors address head-on today's enticing new imitations of true peace and tantalizing opportunities for people in pain to anesthetize themselves. But they also highlight the foundation of hope: God loves, he empowers, and he refuses to abandon his passion for connection with his children. Case studies illustrate how to help people take possession of the thinking self, the feeling self, the decision-making self, the physical self, and the relational self. This comprehensive plan for effective intervention is perfect for lay counselors, students, and professionals looking for ways to integrate their faith and practice.

Help Me Help My Child

A client raises spiritual questions. Can a Christian therapist working in a government agency talk with a client about faith? A young couple with two children asks a Christian counselor to help them negotiate an end to their marriage. What responsibility does the counselor have to try to repair the relationship? A youth group member confidentially reveals to the pastor that he is taking drugs. Should the pastor tell the boy's parents? A counselor who teaches a college course has a client show up for class. What should she do? These are just a few of the complex dilemmas that therapists, counselors and pastors face nearly every day. Handling these situations appropriately is critical for both the client's progress and the professional's personal credibility and protection from liability. State and federal codes, professional association statements and denominational guidelines have been drawn up to address ethical issues like competence, confidentiality, multiple relationships, public statements, third parties and documentation. In this book you'll find them all compiled and interpreted in light of Christian faith and practice. Written by qualified professional counselors and respected academic instructors, this book is an indispensable resource for understanding and applying ethics in Christian counseling today.

The Biblical Counseling Movement

If you are called to help people in crisis in your community, this book can show you how to use the Bible in counseling.

Counseling

Since the beginning of the biblical counseling movement in 1970, biblical counselors have argued that counseling is a ministry of the Word, just like preaching or missions. As a ministry, counseling must be defined according to sound biblical theology rather than secular principles of psychology. For over four decades, biblical theology has been at the core of the biblical counseling movement. Leaders in biblical counseling have emphasized a commitment to teaching doctrine in their counseling courses out of the conviction that good theology leads to good counseling...and bad theology leads to bad counseling. *A Theology of Biblical Counseling* is a landmark new book that covers the history of the biblical counseling movement, the core convictions that underlie sound counseling, and practical wisdom for counseling today. Dr. Heath Lambert shows how biblical counseling is rooted in the Scriptures while illustrating the real challenges counselors face today through true stories from the counseling room. A substantive textbook written in accessible language, it is an ideal resource for use in training biblical counselors at colleges, seminaries, and training institutes. In each chapter, doctrine comes to life in real ministry to real people, dramatically demonstrating how theology intersects with the lives of actual counselees.

Evidence-Based Practices for Christian Counseling and Psychotherapy

Kirwan not only sounds a clarion call for thorough integration of psychology and theology, he demonstrates that it can be done.

Therapeutic Expedition

A Classic in the Field of Christian Counseling Competent to Counsel has helped thousands of pastors, students, laypersons, and Christian counselors develop both a general approach to Christian counseling and a specific response to particular problems. Using biblically directed discussion, nouthetic counseling works by means of the Holy Spirit to bring about change in the personality and behavior of the counselee. As Dr. Jay Adams points out in his introduction, "I have been engrossed in the project of developing biblical counseling and have uncovered what I consider to be a number of important scriptural principles. . . . There have been dramatic results. . . . Not only have people's immediate problems been resolved, but there have also been solutions to all sorts of long-term problems as well." Since its first publication in 1970, this book has gone through over thirty printings. It establishes the basis for and an introduction to a counseling approach that is being used in pastors' studies, in counseling centers, and across dining room tables throughout the country and around the world

Christian Counseling

Help Me Help My Child is a biblical counseling workbook for parents. It's a resource for parents, church ministry leaders and counselors. The pages guide parents through questions to understand their child and underlying causes of their behavior, and then lead parents towards solutions that fit their specific child's personality. Rather than discussing typical childhood troubles, Help Me Help My Child mimics counseling sessions that parents could expect from biblical counseling. The book is geared for children toddler through adulthood, for a wide array of issues, and with consideration for special needs. Though the type of issues and means of addressing them vary in pre-schoolers and teenagers, the principles are the same. Some of the questions are tools to ask your child directly for the answer, but when a child is young they can be answered by observation instead.

Psychology, Theology, and Spirituality in Christian Counseling

How are Christians to understand and undertake the discipline of psychology? This question has been of keen interest (and sometimes concern) to Christians because of the importance we place on a correct understanding of human nature. Psychology can sometimes seem disconnected from, if not antithetical to, Christian perspectives on life. How are we to

understand our Christian beliefs about persons in relation to secular psychological beliefs? This revised edition of a widely appreciated text now presents five models for understanding the relationship between psychology and Christianity. All the essays and responses have been reworked and updated with some new contributors including the addition of a new perspective, the transformative view from John Coe and Todd Hall (Biola University). Also found here is David Powlison (Westminster Theological Seminary) who offers the biblical counseling model. The levels-of-explanation model is advanced by David G. Myers (Hope College), while Stanton L. Jones (Wheaton College) offers an entirely new chapter presenting the integration model. The Christian psychology model is put forth by Robert C. Roberts (Baylor University) now joined by Paul J. Watson (University of Tennessee, Chattanooga). Each of the contributors responds to the other essayists, noting points of agreement as well as problems they see. Eric L. Johnson provides a revised introduction that describes the history of Christians and psychology, as well as a conclusion that considers what might unite the five views and how a reader might evaluate the relative strengths and weaknesses of each view. *Psychology and Christianity: Five Views* has become a standard introductory textbook for students and professors of Christian psychology. This revision promises to keep it so.

Christian Counseling Ethics

In its second edition, *Helping Clients Forgive*, now retitled *Forgiveness Therapy*, benefits from more than a decade of new research into the innovative and growing field of forgiveness therapy. Forgiveness has been found to be a pivotal process in helping clients resolve anger over betrayals, relieve depression and anxiety, and restore peace of mind. For 30 years, the authors have pioneered these techniques, and here explain the process of forgiveness in psychotherapy in a way that can be applied by clinicians regardless of their theoretical orientation. With brand new chapters, studies, and models, clinicians will learn how to recognize when forgiveness is an appropriate client goal, how to introduce and explain to clients what forgiveness is and is not, and provide concrete methods to work forgiveness into therapy with individuals, couples and families. This comprehensive volume provides all of the latest research in the roles that anger and forgiveness play in specific emotional disorders and features clinical examples of work with individuals.

A Theology of Biblical Counseling

For undergraduates and those pursuing a master's degree in counseling, psychology, social work, or pastoral counseling, *Therapeutic Expedition* is the only comprehensive basic helping skills textbook built upon a biblical world-view. Authors John C. Thomas and Lisa Sosin pull from their combined fifty years of clinical and classroom experience to prepare future counselors for their professional journey, fostering specific skills application in the areas of: Creating a helping relationship Assigning homework Exploring the counselee's concerns Spiritual strategies Facilitating the sessions Using metaphors Assessing the counselee The book's unique combination of qualities—a practical approach highlighting professional and

personal growth based on authoritative, interdisciplinary, and biblical worldview outlooks-makes this an outstanding text within its field. Workbook excercises to foster skills application are included with each chapter.

The New Christian Counselor

A Theology of Christian Counseling connects biblical doctrine with practical living. Salvation, that central concern of Protestant theology, is often too narrowly defined. It is thought of as “being saved from the consequences of sin.” But God is doing much more. He is making something new out of the old sinful nature. He is, in Christ, making new creatures. “No counseling system that is based on some other foundation can begin to offer what Christian counseling offers. . . . No matter what the problem is, no matter how greatly sin has abounded, the Christian counselor’s stance is struck by the far-more-abounding nature of the grace of Jesus Christ in redemption. What a difference this makes in counseling!” In this book the reader will gain an insight into the rich theological framework that supports and directs a biblical approach to counseling. And the connection between solid theology and practical application will become compelling. This book is one-of-a-kind.

Biblical Counseling and the Church

The potent Cognitive Therapy is taught, but with the careful guidance of solid biblical principles. This introductory ebook gives an excellent framework from which to evaluate other systems of counseling, and to develop your own system of pastoral or Christian counseling. A selected bibliography points you to a rich mine of information. There are 112 pages brimming with over 50,000 valuable words and dozens of carefully selected proven concepts designed to greatly increase your knowledge and skills in pastoral and Christian counseling - from a compelling biblical viewpoint.

Effective Biblical Counseling

The Christian Counselor’s Manual is a companion and sequel to the author’s influential Competent to Counsel. It takes the approach of nouthetic counseling introduced in the earlier volume and applies it to a wide range of issues, topics, and techniques in counseling: *Who is qualified to be a counselor? *How can counselees change? *How does the Holy Spirit work? *What role does hope play? *What is the function of language? *How do we ask the right questions? *What often lies behind depression? *How do we deal with anger? *What is schizophrenia? These and hundreds more questions are answered in this comprehensive resource for the Christian counselor. A full set of indexes, a detailed table of contents, and a full complement of diagrams and forms make this an outstanding reference book for Christian counselors.

Christ-Centered Biblical Counseling

Seasoned counselors and professors Tim Clinton and Ron Hawkins provide a landmark reference that offers a capstone definition of the emerging profession and ministry of the Christian counselor. Appropriate for professional counselors, lay counselors, pastors, students, and teachers, it includes nearly 300 entries by nearly 100 top Christian counselors. This practical guide focuses on functional aspects of Christian counseling and explores such important topics as Christian counseling as a profession, ministry, and lay ministry; Spiritual and theological roots; Social, emotional, and relational issues; Skills and essentials in Christian helping; Ethical and legal considerations; Intake, assessment, diagnosis, and treatment planning; and Premarital counseling, family therapy, and substance abuse. Counselors will also find up-to-date information on solution-based brief therapy, cognitive therapy and biblical truth, and trauma and crisis intervention. An essential resource for maintaining a broad and up-to-date perspective on helping others.

The Dark Side of Christian Counselling

Composed primarily of lectures given in 1979 as Fuller Seminary's Ninth Finch Symposium in Psychology and Religion. Bibliography: p. 141-148. Includes indexes.

Making Christian Counseling More Christ Centered

Everyone talks about the personal ministry of the Word, but how do we make one-another ministry truly biblical? Gospel-Centered Counseling equips readers to change lives with Christ's changeless truth. It does so by examining life's seven ultimate questions and then guiding readers on a journey that explores the biblical, gospel-centered narrative of: The Word: "What is truth?" "Where can I find answers?" The Trinity: "Who is God?" "Can I know Him personally?" Creation: "Who am I?" "What makes people tick?" Fall: "What went wrong?" "Why do we do the things we do?" Redemption: "Can I change?" "How do people change?" Glorification: "Where am I headed?" "How does our future destiny impact our present reality?" Sanctification: "How can I help?" "How can I change lives?" Bob Kelleman builds on the foundation of the written Word and provides a gospel-centered resource for understanding people, diagnosing problems, and prescribing biblically-based solutions. Gospel-Centered Counseling is the first volume in The Equipping Christian Counselors Series, a comprehensive relational training curriculum for the local church that provides a model for equipping God's people to change lives with Christ's changeless truth. This two-volume series weaves together comprehensive biblical insight with compassionate Christian engagement.

Effective Biblical Counseling

This guide has been written to help Christian leaders in their counseling work. Case studies are matched with biblical analyses. This then leads to a survey of causes, effects, counseling considerations, and suggested ways to prevent the problem.

Totally Sufficient

In *Effective Biblical Counseling*, Gold Medallion Award-winning author Dr. Larry Crabb presents a model of counseling that can be gracefully integrated into the functioning of the local church. He asserts that counseling is simply a relationship between people who care and that its goal is to free people to better worship and serve God. This book will show you how to help people achieve obedience and character growth in their lives, and establish a sense of personal worth and security along the way. Dr. Crabb says, "I believe that God has ordained the local church to be his primary instrument to tend to his people's aches and pains. In writing this book I have tried to be of practical help to Christians who want to be more effective in ministering to their suffering brothers and sisters."

Counseling in African-American Communities

The Love of God in Biblical Counseling calls for a new theological and practical emphasis in biblical counseling that embraces a much deeper concept of the love of God than is currently proposed in the field's literature. Such a concept, as proposed by the author, contributes to the field by increasing the understanding of the dynamics of the human heart in the context of the outpouring of the divine love in the individual believer. The book includes a brief review of the theory and practice of biblical counseling from the days of Jay Adams to today, which points out the need to expand the current emphasis on motives and idols to address more directly the human heart. It then concentrates on the theological foundation of the divine love as the motive behind God's creation, self-revelation, incarnation, redemption, and ultimate purpose for all humanity. Relying on the work of major theologians such as Karl Barth, Thomas F. Torrance, and Michael Jinkins, among others, the book explores the meaning and implications of the expression of the love of God in and through the believer for the practice of biblical counseling.

Biblical Concepts for Christian Counseling

The American Association of Christian Counselors and Tyndale House Publishers are committed to ministering to the spiritual needs of people. This book is part of the professional series that offers counselors the latest techniques, theory, and general information that is vital to their work. While many books have tried to integrate theology and psychology, this book takes another step and explores the importance of the spiritual disciplines in psychotherapy, helping counselors to

integrate the biblical principles of forgiveness, redemption, restitution, prayer, and worship into their counseling techniques. Mark R. McMinn, Ph.D., is professor of psychology at Wheaton College Graduate School in Wheaton, Illinois, where he directs and teaches in the Doctor of Psychology program. A diplomate in Clinical Psychology of the American Board of Professional Psychology, McMinn has thirteen years of postdoctoral experience in counseling, psychotherapy, and psychological testing. McMinn is the author of *Making the Best of Stress: How Life's Hassles Can Form the Fruit of the Spirit*; *The Jekyll/Hyde Syndrome: Controlling Inner Conflict through Authentic Living*; *Cognitive Therapy Techniques in Christian Counseling*; and *Christians in the Crossfire* (written with James D. Foster). He and his wife, Lisa, have three daughters.

The Christian Counselor's Manual

“While touching on many aspects of counseling, this book . . . is specifically designed to elucidate the process of counseling. I have often mentioned and illustrated that process, but not in the focused and systemic way that the four-step biblical process is set forth here. . . . This book presents a fresh perspective not only on how to counsel, but also on what measures to take at what stages of counseling.”—Jay Adams, from the preface
Change is the essential goal of the counseling process. And, in the author’s words, “substantial change requires the alteration of the heart.” How can a Christian counselor facilitate such change? The answer, of course, may be found in Scripture, specifically in 2 Timothy 3:14–17. Jay Adams is a well-known counselor who bases his whole approach on Scripture. This book provides an unparalleled opportunity to see how he discovers and applies biblical principles as well as the way in which Scripture functions as the basis for his counseling approach. This book answers two questions: “How does a counselor help people change?” and, “How does Scripture provide the source of a counselor’s method?” *How to Help People Change* has much to say about the ongoing discussion of the relationship between theology and psychology in the enterprise of Christian counseling.

Competent to Counsel

The American Association of Christian Counselors and Tyndale House Publishers are committed to ministering to the spiritual needs of people. This book is part of the professional series that offers counselors the latest techniques, theory, and general information that is vital to their work. While many books have tried to integrate theology and psychology, this book takes another step and explores the importance of the spiritual disciplines in psychotherapy, helping counselors to integrate the biblical principles of forgiveness, redemption, restitution, prayer, and worship into their counseling techniques. Mark R. McMinn, Ph.D., is professor of psychology at Wheaton College Graduate School in Wheaton, Illinois, where he directs and teaches in the Doctor of Psychology program. A diplomate in Clinical Psychology of the American Board of Professional Psychology, McMinn has thirteen years of postdoctoral experience in counseling, psychotherapy, and psychological testing. McMinn is the author of *Making the Best of Stress: How Life's Hassles Can Form the Fruit of the Spirit*;

The Jekyll/Hyde Syndrome: Controlling Inner Conflict through Authentic Living; Cognitive Therapy Techniques in Christian Counseling; and Christians in the Crossfire (written with James D. Foster). He and his wife, Lisa, have three daughters.

BIBLE TEACHING about CHRISTIAN COUNSELING: Theory and Practice

Introduces the foundations of a distinctively Christian approach to counseling.

Biblical Counseling Basics

Kirwan not only sounds a clarion call for thorough integration of psychology and theology, he demonstrates that it can be done.

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