

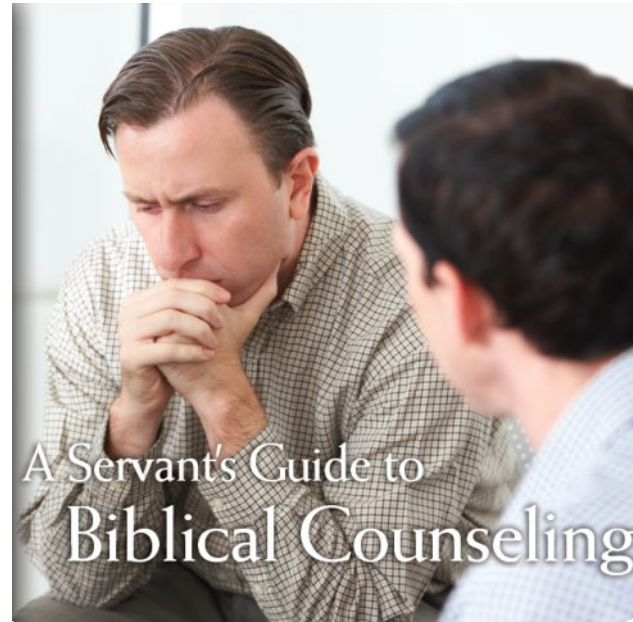
Course Objectives

Upon completion of this course, you should be able to:

- Provide a broad overview of the work of the biblical counselor for application in the ministry context.
- Provide awareness of when pastors are called upon to help in areas that are beyond their knowledge and experience; some issues may require intervention by a more highly trained and skilled mental health professional.
- Provide information that will enable the counselor to do no harm while attempting to help.
- Provide specific skills for counseling an individual who has threatened suicide or counseling victims of abuse.

This course will not:

- Help students obtain a license as a counselor from which they would receive a fee.
- Make students experts in the more technical aspects of the science of counseling and psychology.
- Help students get into a graduate program in counseling.



Ministerial Studies

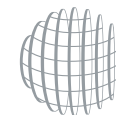
MQF 5 - 2 ECTS

Course Description

MIN115

This course is a fundamental study of the work and ministry of a biblical counselor. The course provides biblical examples of constructive and destructive counseling and uses the truth of Scripture to illuminate the biblical counselor's role and relationship with the counselee. The student will learn principles for the counselor's self-awareness and self-care; when to make referrals; the counselor's duty to warn and to treat; and how to help counselees with personal problems such as addiction, anxiety, and guilt. The student will also learn approaches for premarital and marital counseling.

Berean School of the Bible



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UNIT 1 THE FOUNDATIONS AND CRAFT OF BIBLICAL COUNSELING

Chapter 1 Counseling in the Bible

Lesson 1.1 Counseling as a Pastoral Gift
Lesson 1.2 Biblical Examples of Helpful and Destructive Counseling

Chapter 2 People, Purposes, and Tools in Biblical Counseling.

Lesson 2.1 Roles in Biblical Counseling
Lesson 2.2 The Goals of Biblical Counseling
Lesson 2.3 Procedures, Techniques, and Skills Used in Biblical Counseling

Chapter 3 The Counselor's Credentials

Lesson 3.1 The Counselor's Self-Awareness and Self-Care
Lesson 3.2 Good Boundaries Enhance Biblical Counseling
Lesson 3.3 Being Ethical and Using Wisdom in Biblical Counseling

Chapter 4 Asking for Help

Lesson 4.1 The Benefits of Counselor Supervision
Lesson 4.2 Making Counseling Referrals

UNIT 2 HELPING COUNSELEES WITH PERSONAL PROBLEMS

Chapter 5 Addiction

Lesson 5.1 Helping People Who Struggle with Addiction
Lesson 5.2 Counseling People Trapped in Addictive Behavior

Chapter 6 Anger and Anxiety

Lesson 6.1 Helping People Deal with Anger
Lesson 6.2 Helping People Who Suffer from Anxiety

Chapter 7 Helping Counselees Obtain Good Mental Health and Functioning

Lesson 7.1 Self-Esteem and the Christian
Lesson 7.2 Preventing Mental Illness and Promoting Good Mental and Physical Health

Chapter 8 Depression

Lesson 8.1 Characteristics of Depression
Lesson 8.2 Helping People Who Struggle with Depression

Chapter 9 Grief and Guilt

Lesson 9.1 Helping People Deal with Grief and Loss
Lesson 9.2 Helping People Who Struggle with Guilt

UNIT 3 PERSONAL RELATIONSHIPS

Chapter 10 Helping Counselees with Sexual Issues

Lesson 10.1 Sexuality and Sexual Problems
Lesson 10.2 Working with Counselees Who Have Sexual Problems

Chapter 11 Premarital and Marital Counseling

Lesson 11.1 Helping Couples Who Plan to Marry
Lesson 11.2 Marital Counseling, Communication, and Conflict Management