

ACBC Exam Study Guide  
Counseling Exam 1

Q: What issues should be covered in an introductory session with a counselee regardless of the counseling issue? Explain the importance of each issue.

Definitions:

Key Texts:

Proverbs 18:13  
Colossians 1:28-29  
Proverbs 27:6, 9  
Lamentations 3:21

Key Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986), 228-231.

Jay Adams, "Getting Started, The First Session" in *Critical Stages of Biblical Counseling* (Timeless, 2002), 5-78.

Jay Adams, *Ready to Restore* (P&R, 1981), 24-31.

ACBC Exam Study Guide  
Counseling Exam 2

Q: Describe at least six biblical strategies to develop a caring relationship with your counselees. Clearly identify each strategy and ground its use in specific passages of Scripture, explaining its practical utility in building a relationship.

Definitions:

Key Texts:

Proverbs 27:6, 9  
John 10:27  
Romans 12:10, 15  
1 John 3:18  
James 2:15-16  
1 Peter 2:17

Key Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986), 159, 226-227.

Wayne Mack, "Developing a Helping Relationship with Counselees" in John MacArthur, ed., *Counseling: How to Counsel Biblically* (Thomas Nelson, 2005), 101-113.

Jeremy Pierre & Mark Shaw, "The Nature of the Biblical Counseling Relationship," in James MacDonald, Bob Kellemen, & Steve Viars, eds., *Christ Centered Biblical Counseling*, (Harvest House, 2013), 309-323.

Paul Tripp, *Instruments in the Redeemer's Hands* (P&R, 2002), chs. 7-8.

ACBC Exam Study Guide  
Counseling Exam 3

Q: Provide a biblical theology of emotions. What role should a counselor allow a counselee's emotions to play in counseling? How can one tell the difference between sinful emotions and righteous emotions? How would you use Scripture to help a counselee change improper emotions?

Definitions:

Emotion

Key Texts:

Proverbs 4:23  
Ephesians 4:31-32  
Philippians 4:6-10  
Matthew 6:25-34  
1 John 4:18  
Galatians 5:22-23  
Genesis 4:4-7  
Daniel 5:5-6  
James 4:1-3

Key Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986), 109-116, 420-425.

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979), 102-105, 165.

David Powlison, "What do You Feel?" in *Seeing with New Eyes* (P&R, 2003), 211-224.

Brian Borgman, *Feelings and Faith* (Crossway, 2009).

Nicolas Ellen, "Biblical View of Emotions" (NANC Annual Conf., 2010).

Elyse Fitzpatrick, "Emotions" (BCTC Faith Lafayette, Track 5, 2008).

Sam Williams, "Toward a Theology of Emotion" *Southern Baptist Journal of Theology* 7/4 (Winter 2003): 58-73.

Jeff Forrey, "The Biblical Understanding and Treatment of Emotions" in James MacDonald, Bob Kellemen, & Steve Viars, eds., *Christ-Centered Biblical Counseling*, (Harvest House, 2013), 393-408.

ACBC Exam Study Guide  
Counseling Exam 4

Q: Provide a biblical definition of anger. Describe manifestations of anger in both the inner and outer man. Explain the biblical factors that drive anger. Detail several biblical strategies to respond to anger.

Definitions:

Anger

Key Texts:

Matthew 5:21-22  
Ephesians 4:31-32  
James 1:19-20  
James 4:1-3

Key Resources:

Robert Jones, *Uprooting Anger* (P&R, 2005).

Lou Priolo, *The Heart of Anger* (Calvary, 1998).

Stuart Scott, *Anger, Anxiety & Fear* (Focus, 2009).

David Powlison, *Anger: Escaping the Maze* (P&R, 2000).

Martha Peace, "Help for Overcoming Anger" in Elyse Fitzpatrick, ed., *Women Counseling Women* (Harvest House, 2010).

ACBC Exam Study Guide  
Counseling Exam 5

Q: Provide a biblical definition of depression. Describe manifestations of depression in both the inner and outer man. Explain the biblical factors that drive depression. Detail several biblical strategies to respond to depression.

Definitions:

Depression

Key Texts:

Genesis 4:3-7

Psalms 42 & 43

Proverbs 4:13

Matthew 7:24-27, 27:3-5

2 Corinthians 10:5

Key Resources:

Ed Welch, *Depression* (P&R) – booklet

Ed Welch, *Depression: A Stubborn Darkness* (P&R)

Bob Somerville, *If I am a Christian, Why Am I Depressed?* (Xulon, 2014)

Jay Adams, *What to Do When You Become Depressed* (Timeless) – booklet

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986), 350, 375-376.

Jay Adams, *Competent to Counsel* (Zondervan, 1986), 126, 146.

Laura Hendrickson & Elyse Fitzpatrick, “Depression: An Opportunity in Disguise” in *Will Medicine Stop the Pain?* (Moody, 2006), 97-120.

Wayne Mack, *Out of the Blues* (Focus, 2006).

Robert Smith, *The Christian Counselor's Medical Desk Reference* (Timeless, 2000), 195-223.

ACBC Exam Study Guide  
Counseling Exam 6

Q: Provide a biblical definition of anxiety and fear. Describe manifestations of anxiety and worry in both the inner and outer man. Explain the biblical factors that drive anxiety and fear. Detail several biblical strategies to respond to anxiety and fear.

Definitions:

Anxiety  
Fear

Key Texts:

Matthew 6:25-34  
Philippians 4:4-9  
Proverbs 3:25-26  
Matthew 10:28  
Proverbs 22:3, 29:25  
Proverbs 1:7, 9:10  
1 John 4:18

Key Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan), 413-425.

Jay Adams, *What Do You Do When Fear Overcomes You?*(P&R, 1975).

Jay Adams, *What Do You Do When You Worry All the Time?* (P&R, 1975)

Elyse Fitzpatrick, *Overcoming Fear, Worry, and Anxiety* (Harvest House, 2001).

John MacArthur, *Anxiety Attacked* (Chariot Victor, 1993) re-published under the title, *Anxious for Nothing* (David C. Cook, 2012).

Wayne & Joshua Mack, *The Fear Factor* (Hensley, 2003).

David Powlison, *Worry: Pursuing a Better Path to Peace* (P&R, 2004).

Lou Priolo, *Fear: Breaking Its Grip* (P&R, 2009).

Stuart Scott, *Anger, Anxiety & Fear* (Focus, 2009).

Ed Welch, *Running Scared* (New Growth, 2007)

Ed Welch, *When People Are Big and God is Small* (P&R, 1997).

ACBC Exam Study Guide  
Counseling Exam 7

Q: List several reasons for concluding a counseling case. For each, describe how you would go about ending the counseling.

Definitions:

Key Texts:

Galatians 5:22-23

Romans 12:2

Matthew 18:15-17

Matthew 22:37-40

Key Resources:

Jay Adams, *Ready to Restore* (P&R, 1981), 31.

Jay Adams, *Critical Stages of Biblical Counseling* (Timeless, 2002), 209-213.

Howard Eyrich & William Hines, *Curing the Heart* (Christian Focus, 2007), 161-162.

ACBC Exam Study Guide  
Counseling Exam 8

Q: Describe in biblical categories the operations of the devil. Is there a difference between Believers and unbelievers regarding the activity of the devil? What is a biblical methodology for responding to the demonic in the context of counseling?

Definitions:

Key Texts:

James 4:7-8  
1 Corinthians 16:13  
Jude 1:9  
Romans 8:38-39  
2 Corinthians 11:14  
1 Peter 5:8-9  
James 2:19  
Ephesians 6:10-20  
Romans 8:9-16  
2 Corinthians 10:5  
2 Timothy 2:26  
1 John 5:19

Key Resources:

David Powlison, *Power Encounters: Reclaiming Spiritual Warfare* (Baker, 1994).

David Powlison, "Power Encounters" Audio series (Institute for Biblical Counseling & Discipleship, 1999), available at: <http://www.ibcd.org/resources/messages/category/demons/>

Paul Enns, *Moody Handbook of Theology*, 2<sup>nd</sup> rev. ed. (Moody, 2008), 306-310.

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986), 126-130.



ACBC Exam Study Guide  
Counseling Exam 9

Q: Define, describe, and provide a biblical evaluation of each of the following: 12 step recovery programs, cognitive-behavioral therapy, the biogenic theory of mood disorders, and electroconvulsive therapy.

Definitions:

12 step recovery programs

Cognitive-behavioral therapy (CBT)

Biogenic theory of mood disorders

Electroconvulsive therapy (ECT)

Key Texts:

Romans 12:1-2

Key Resources:

Educational resources (resources to aid in understanding these theories & therapies):

“The Twelve Steps of Alcoholics Anonymous.” Available at:  
[http://www.aa.org/assets/en\\_US/smf-121\\_en.pdf](http://www.aa.org/assets/en_US/smf-121_en.pdf)

“Cognitive Behavioral Therapy,” Mayo Clinic (February 21, 2013). Available at:  
<http://www.mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/basics/definition/prc-20013594>

“The Biogenic Amine Theory,” Segen’s Medical Dictionary (Farlex, 2012). Available at :  
<http://medical-dictionary.thefreedictionary.com/biogenic+amine+theory>

“Electroconvulsive Therapy (ECT),” Mayo Clinic (October 25, 2012). Available at:  
<http://www.mayoclinic.org/tests-procedures/electroconvulsive-therapy/basics/definition/prc-20014161>

Biblical resources (resources that aid in critique or discernment):

Jay Adams, *The Christian Counselor’s Manual* (Zondervan, 1979), 37 footnote 9.

R. Scott Clark, "A Reformed Critique of Alcoholics Anonymous" (February, 2006). Available at: <http://rscottclark.org/2012/09/a-reformed-critique-of-alcoholics-anonymous/>

Gary Gilley, "Twelve-Step Recovery Groups and the Christian," *Think on These Things* 2/6 (April 1996). Available at: <http://www.svchapel.org/resources/articles/25-psychology/574-twelve-step-recovery-groups-and-the-christian>

Richard Hadley, "Electroshock: A Christian Option?" in *Journal of Biblical Counseling* IV/4 (1980): 18-25.

Charles Hodges, *Good Mood Bad Mood* (Shepherd Press, 2012), 37-53

Bob Kellemen, "Is Cognitive-Behavioral Therapy the Same as Biblical Mind/Heart Renewal?" (RPM Ministries, 2014). Available at: <http://www.rpmministries.org/2014/01/is-cognitive-behavioral-therapy-the-same-as-biblical-mindheart-renewal/>

T.A. Mahon, "A Way Which Seemeth Right..." *The Berean Call* (Oct. 1 2005). Available at: <http://www.thebereancall.org/node/2568>

David Powlison, "Biological Psychiatry" in *Seeing with New Eyes* (P&R, 2003), 239-252.

David Powlison, "Powlison Responds" (The Gospel Coalition Blog, November 6, 2007). Available at: <http://www.thegospelcoalition.org/blogs/justintaylor/2007/11/06/powlison-responds/>

Robert Smith, *The Christian Counselor's Medical Desk Reference* (Timeless, 2000), 64-71.

Edward Welch, *Blame it on the Brain* (P&R, 1998), chs. 1-3, 6-7.

ACBC Exam Study Guide  
Counseling Exam 10

Q: Describe the role you believe church discipline should play in biblical counseling.

Definitions:

Church discipline

Key Texts:

Matthew 18:15-17

1 Corinthians 5:1-7

Galatians 6:1-3

Key Resources:

Jay Adams, *Handbook on Church Discipline* (Zondervan, 1986).

J. Carl Laney, *A Guide to Church Discipline* (Wipf and Stock, 1985).

Jonathan Leeman, *Church Discipline* (Crossway, 2012).

John MacArthur, *The Master's Plan for the Church* (Moody, 2008), 265-286.

ACBC Exam Study Guide  
Counseling Exam 11

Q: Describe what you believe to be the role of confidentiality in biblical counseling. What kind of commitment to confidentiality should a biblical counselor make? What biblical and practical considerations limit confidentiality? What is the responsibility of a biblical counselor to report to civil authorities on matters of domestic violence, sexual abuse, and other illegal matters? How should biblical counselors cooperate with the authorities about these things?

Definitions:

Key Texts:

Matthew 18:15-17  
Romans 13:1ff

Key Resources:

Jay Adams, *Handbook of Church Discipline*, (Zondervan, 1986) 30-32.

“Biblical and Legal Safeguards,” Peacemaker Ministries (no date). Available at:  
<http://www.peacemaker.net/site/c.aqKFLTOBIpH/b.5474589/>  
See section D.

Bob Kellemen, *Equipping Counselors for Your Church* (P&R, 2011), 304-323.

Wayne Mack, “Developing a Helping Relationship with Counselees” in John MacArthur, ed., *Counseling: How to Counsel Biblically* (Thomas Nelson, 2005), 109.

Deepak Reju, “Strict Confidentiality?” Biblical Counseling Coalition Blog (June 12, 2012). Available at: <http://biblicalcounselingcoalition.org/blogs/2012/06/12/strict-confidentiality/>

George Scipione, "The Limits of Confidentiality in Counseling," *Journal of Pastoral Practice* 7/2 (1984): 29-34.

Steve Viars, “Handling Child Abuse Reporting and Other Legal Issues,” audio (Faith Baptist Church, Lafayette, IN, 2008).

ACBC Exam Study Guide  
Counseling Exam 12 (see case study)

Q: Assume that the information you have here is a straightforward presentation of the facts and write down the homework assignments you want Erik to complete after this first meeting with you. After you list the homework explain the specific issues you will address with Erik in counseling sessions. Please include the categories of “put off” and “put on” in your answer.

Definitions:

“Putting-Off”

“Putting-On”

Key Texts:

Romans 12:1-2

Ephesians 4:22-24

Key Resources:

Jay Adams, *The Christian Counselor’s Manual* (Zondervan, 1973), 176-216.

Jay Adams, *How to Help People Change* (Zondervan, 1986), 190-200.

Jay Adams, *Theology of Christian Counseling* (Zondervan, 1979), 237-248.

Brian Croft, *Help! He’s Struggling with Pornography* (DayOne, 2010).

Tim Chester, *Closing the Window* (IVP, 2010).

Heath Lambert, *Finally Free* (Crossway, 2013).

Wayne Mack & Wayne Johnston, *A Christian Growth and Discipleship Manual* (Focus, n.d.), 134-137.

Randy Patten, “Homework that Maximizes Change” audio, ACBC Counseling & Discipleship Training (Raleigh, NC, 2013). Available from ACBC.

ACBC Exam Study Guide  
Counseling Exam 13 (see case study)

Q: How would you respond to this question? Write out your answer exactly as you would provide it to Sarah.

Definitions:

Key Texts:

Genesis 4:3-7

Psalms 42 & 43

Proverbs 4:13

Matthew 7:24-27, 27:3-5

2 Corinthians 10:5

Key Resources:

Elyse Fitzpatrick & Laura Hendrickson, *Will Medicine Stop the Pain?* (Moody, 2006), chs. 1, 2, 5.

Charles Hodges, *Good Mood Bad Mood* (Shepherd Press, 2012), 37-53.

Robert Smith, *The Christian Counselor's Medical Desk Reference* (Timeless, 2000), 63-100.

Edward Welch, *Blame it on the Brain* (P&R, 1998), 115-130 (chs. 1-3 provide essential theological material which may be helpful also).

Edward Welch, *Depression: A Stubborn Darkness* (New Growth, 2004), 209-217.

ACBC Exam Study Guide  
Counseling Exam 14 (see case study)

Q: What means would you use to find out more information about Sarah's current problem?  
What information would you seek?

Definitions:

Key Texts:

Proverbs 18:13

Proverbs 20:5

Key Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986), 257-293.

Howard Eyrich & William Hines, *Curing the Heart* (Mentor, 2007), 93-99.

Wayne Mack, "Taking Counselee Inventory: Collecting Data" in John MacArthur, ed., *Counseling: How to Counseling Biblically* (Thomas Nelson, 2005), 131-146.

Robert Smith, *The Christian Counselor's Medical Desk Reference* (Timeless, 2000), 71ff.

Paul Tripp, *Instruments in the Redeemer's Hands* (P&R, 2002), ch. 10 and appendices 1-3.

See also resources listed under question 5 regarding depression as several contain help on data gathering.

ACBC Exam Study Guide  
Counseling Exam 15 (see case study)

Q: Carefully describe whether and how you would want to work with a physician to help Sarah through this ordeal? As part of your answer to this specific question describe, in general terms, how you believe biblical counselors should cooperate with medical professionals.

Definitions:

Key Texts:

1 Timothy 5:23  
Colossians 4:14  
2 Corinthians 4:16

Key Resources:

Jay Adams, *Competent to Counsel* (Zondervan, 1986), 37.

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1986), 437-443.

Dan Wickert, "Working with a Physician," audio (NANC Annual Conference, 2010). Available at <http://soundword.com>

Laura Hendrickson, "How to Talk with Your Doctor" in Elyse Fitzpatrick & Laura Hendrickson, *Will Medicine Stop the Pain?*, (Moody, 2006), 217-221.

Robert Smith, *The Christian Counselor's Medical Desk Reference* (Timeless, 2000), 195-223.



ACBC Exam Study Guide  
Counseling Exam 16 (see case study)

Q: How will you decide whether to pursue Tim and Emily as believers or unbelievers? What difference will their status as Christians make in your counseling?

Definitions:

Key Texts:

Matthew 7:15-23

James 2:14ff

1 John 1-5

Key Resources:

Jay Adams, *Ready to Restore* (P&R, 1981), 20-23.

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979), 22-23.

Jay Adams, *A Christian Counselor's Manual* (Zondervan, 1973), 37.

Howard Eyrich & William Hines, *Curing the Heart* (Mentor, 2007), 187-193.

ACBC Exam Study Guide  
Counseling Exam 17 (see case study)

Q: Describe, as fully as you are able, your strategy to help Tim and Emily think biblically about his diagnosis and their use of bi-polar and illness language.

Definitions:

Key Texts:

Genesis 4:3-7

Psalms 42 & 43

Proverbs 4:13

Matthew 7:24-27, 27:3-5

2 Corinthians 10:5

Key Resources:

Jay Adams, *The Christian Counselor's Manual* (Zondervan, 1979), 380-383.

Elyse Fitzpatrick & Laura Hendrickson, *Will Medicine Stop the Pain?*, (Moody, 2006), 50-51.

Garrett Higbee, "Tony and Bipolar Disorder" in Stuart Scott & Heath Lambert, eds., *Counseling the Hard Cases* (B&H Academic, 2012), 171-198.

Charles Hodges, *Good Mood Bad Mood* (Shepherd Press, 2013), 175-180.

Robert Smith, *The Christian Counselor's Medical Desk Reference* (Timeless, 2000), 216-219, 366-367.

Edward Welch, *Blame it on the Brain* (P&R, 1998).

ACBC Exam Study Guide  
Counseling Exam 18 (see case study)

Q: Emily is “Convinced that God is telling her to divorce Tim.” Write out your word-for-word response to Emily on this matter. In your response, be sure to address the themes of biblical decision-making and permission for divorce and remarriage.

Definitions:

Key Texts:

Proverbs 21:1

Psalms 73:24

Deuteronomy 29:29

John 17:17 and Ephesians 5:26 with 2 Thessalonians 2:13 and Romans 15:16

Colossians 3:16 with Ephesians 5:16

John 16:8, John 17:17

Genesis 2:24-25

Deuteronomy 24:1-4

Malachi 2:16

Matthew 5:31-32

Matthew 19:3-12

Mark 10:2-12

1 Corinthians 7:10-17

Key Resources:

Decision-making

Jay Adams, *A Christian's Guide to Guidance* (Timeless, 1998).

Jay Adams, *A Theology of Christian Counseling* (Zondervan, 1979), 23-34.

Gary Gilley, *Is That You, Lord?* (Evangelical Press, 2007).

Stuart Scott, “Biblical Decision-Making” in *Biblical Manhood* (Focus, 2009), 59-78.

Divorce & Remarriage

Jay Adams, *Marriage, Divorce, and Remarriage in the Bible* (Zondervan, 1980).

H. Wayne House, ed. *Divorce and Remarriage: Four Christian Views* (IVP, 1990).

John MacArthur, *The Divorce Dilemma* (Day One, 2009).

John Piper, *This Momentary Marriage* (Crossway, 2009), 157-176.

ACBC Exam Study Guide  
Counseling Exam 19 (see case study)

Q: What strategy would you employ to see repentance, reconciliation, and restoration happen between Tim and Emily?

Definitions:

Key Texts:

Psalms 32 & 51  
Luke 17:3-4  
Ephesians 4:31-32  
1 John 1:9

Key Resources:

Robert Jones, *Pursuing Peace* (Crossway, 2012).

Ken Sande, *The Peacemaker* 3<sup>rd</sup> ed. (Baker, 2004).

Ken Sande, *Peacemaking for Families* (Tyndale, 2002). (this resource overlaps greatly with *The Peacemaker* but contains some additional material and is easier to use for this type of counseling case).

Stuart Scott, *Communication and Conflict Resolution* (Focus, 2005).

Paul Tripp, *What Did You Expect?* (Crossway, 2010).

See also resources for Theology Exam question 17 regarding repentance

ACBC Exam Study Guide  
Counseling Exam 20 (see case study)

Q: Describe a detailed plan of restoring marital communication that you would pursue with Tim and Emily.

Definitions:

Key Texts:

Proverbs 12:18, 15:1, 18:13, 15, etc.

Ephesians 4:15-32

James 1:19-20

Key Resources:

Jay Adams, *Competent to Counsel* (Zondervan, 1970), 211-241.

Wayne Mack, *Strengthening Your Marriage* (P&R, 1977), 55-90 (Unit 4).

Stuart Scott, *Communication and Conflict Resolution* (Focus, 2005),

Paul Tripp, *War of Words* (P&R, 2000).