

# Introduction to Biblical Counseling

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*How to Help People Change  
Using the Word of God*



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# Is The Bible Enough?

## *A Comparison of Psychology and the Bible*

### INTRODUCTION - What About Psychology?

- ◆ Understanding the Term “Psychology”
- ◆ Understanding 3 General Categories of Psychology
  - 1) Traditional Psychological Counseling
  - 2) Integrated Counseling
  - 3) Biblical Counseling

#### *The Puritans Were Known as “Soul Doctors”*

- \* They were committed to the \_\_\_\_\_ authority of the Scriptures.
- \* They had a highly developed system of \_\_\_\_\_ for personal problems.
- \* They provided balanced \_\_\_\_\_, not based on particular “personality theory”, but on Biblical teaching about the heart.
- \* They were \_\_\_\_\_ about indwelling sin, conflicts, and problems that Christians continually experience in their lives.
- \* They understood man as fundamentally a \_\_\_\_\_ being and saw that all problems grow out of a “sinful imagination” or an “idol making” heart.
- \* They believed the \_\_\_\_\_ to be belief in the gospel, used both in repentance and the development of a proper self-understanding.

**Adapted from a 1998 article by Tim Keller entitled “*Puritan Resources for Biblical Counseling*”**

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# LESSON

## I. THE DIVERSITY OF PSYCHOLOGY

Skinner: “It is your \_\_\_\_\_.”

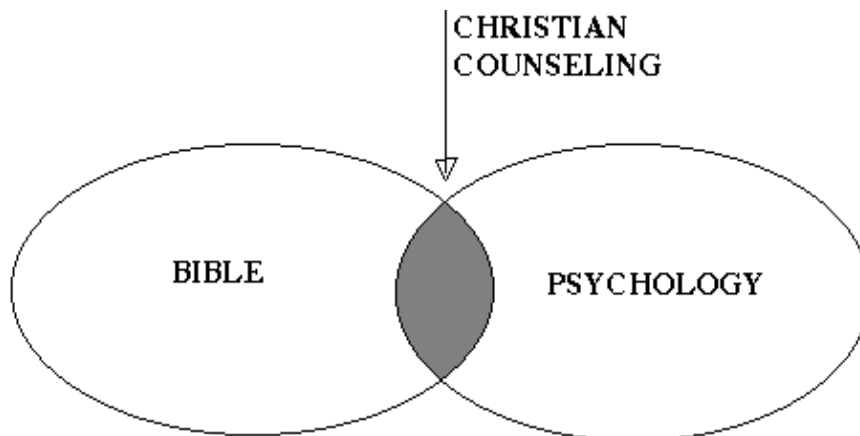
Freud: “It is your \_\_\_\_\_.”

Rogers: “It is that you don’t know the \_\_\_\_\_  
potential that is in you.”

## II. THE DESIGN OF PSYCHOLOGY

## III. THE DECEPTION OF PSYCHOLOGY

Integrationist



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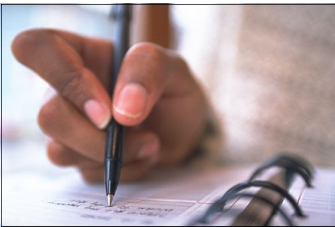
## 5 Reasons You Should Not Integrate the Bible With Psychology

- 1) The Bible is \_\_\_\_\_ truth.
- 2) The Bible is \_\_\_\_\_ truth.
- 3) It substitutes \_\_\_\_\_ wisdom for \_\_\_\_\_ wisdom.
- 4) It ignores the \_\_\_\_\_ of man.
- 5) It leads to \_\_\_\_\_ on man rather than God.

## IV. THE DISEASE MODEL OF PSYCHOLOGY

In the field of psychology, many issues which the Bible defines as \_\_\_\_\_ and \_\_\_\_\_ have been labeled as a \_\_\_\_\_.

However, most of the diagnoses are not determined by a \_\_\_\_\_ method, but rather by the \_\_\_\_\_ (the bible of psychiatry).



**Principles to Remember:** Christians should learn to distinguish between “Biblical Counseling” and “Psychological” or “Integrated Christian Counseling”

*5 questions to make sure you know the answers to*

1. What is your perspective on the Bible and its contribution to counseling?
2. What is your perspective on God?
3. What is your perspective on human nature and motivation?
4. What is your perspective of the gospel?
5. What is your perspective of counseling?

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# The Biblical Process of Change

## *The Method and Motivation Behind Biblical Change*

INTRODUCTION - It's All About Changing!

## LESSON

### I. THE METHOD BEHIND BIBLICAL CHANGE—*How Does Change Take Place?*

**The Principle For Change**

Ephesians 4:22-32

*“Put off” & “Put on”*

The Exhortation vs. 22-24

The Examples vs. 25-32

**The Process For Change**

II Timothy 3:15-17

For the Sinner v.15

For the Saint vs. 16-17

*The 4-fold process for all change*

“doctrine” or “teaching”

“reproof”

“correction”

“training in righteousness”

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## The Power For Change

The Scripture

The Spirit

## II. THE MOTIVE BEHIND BIBLICAL CHANGE—*What Drives Us To Change?*

The Gospel—*Past & Present*

The Gospel—*Putting It Into Practice*

Remind yourself that God is \_\_\_\_\_.

Remind yourself of the \_\_\_\_\_ of sin.

Remind yourself of what Jesus' sinless life and substitutionary death \_\_\_\_\_ for you.

Remind yourself of, and believe, the precious \_\_\_\_\_ of God's Word.



### **Principles to Remember:**

To the degree the \_\_\_\_\_ is dwelling in us, that is the degree that the \_\_\_\_\_ is controlling us. Likewise, the \_\_\_\_\_ is controlling us to the degree the \_\_\_\_\_ is dwelling in us.

The Gospel is God's \_\_\_\_\_ on life as it shows me what is \_\_\_\_\_ and how He \_\_\_\_\_ it.

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# Diagnosing The Problem & Discovering The Solution

*How to Use God's Word to Accurately Define and Change the Issues of Life*

INTRODUCTION - What Would Jesus Say?

## LESSON

I. DIAGNOSE THE PROBLEM IN LIGHT OF THE SCRIPTURES    Proverbs 18:2

Collect the data:    Proverbs 18:13, 15, 17

Listen for \_\_\_\_\_.    v. 13

Listen \_\_\_\_\_ for the facts.    v. 15

Listen actively for \_\_\_\_\_ the facts.    v. 17

Consider the data:    5 Areas to Consider

1)

2)

3)

4)

5)

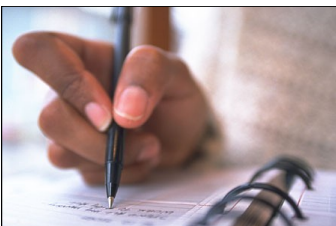


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## II. DISCOVER THE BIBLICAL SOLUTION TO THE PROBLEM James 1:5

### 6 Problem Solving Questions:

- 1) What must be put \_\_\_\_\_?
- 2) What must be put \_\_\_\_\_?
- 3) Are there any \_\_\_\_\_ in Scripture that I must obey to solve the problem?
- 4) Are there any \_\_\_\_\_ in Scripture from which a solution can be derived?
- 5) Has \_\_\_\_\_ in Scripture ever faced the same (or similar) situation?
- 6) Are there any \_\_\_\_\_ in Scripture that can be claimed?



### Principles to Remember:

Helping people change requires \_\_\_\_\_. Romans 15:14

Helping people change requires a life-long commitment to understanding the \_\_\_\_\_. II Timothy 2:15

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# Counseling Those Who Are Depressed

## INTRODUCTION—Some Facts About Depression

- ◆ It is the \_\_\_\_\_ of mental illness.
- ◆ \_\_\_\_\_ to \_\_\_\_\_ are depressed at any given time.
- ◆ \_\_\_\_\_ out of \_\_\_\_\_ can be expected to be treated for depression at some time.
- ◆ \_\_\_\_\_ (between ages 18–74 yrs old) currently suffer from severe depression.
- ◆ It is three times more prevalent among the higher \_\_\_\_\_ and \_\_\_\_\_.
- ◆ It is two times more prevalent among \_\_\_\_\_ than men.
- ◆ It is the definite leading cause of \_\_\_\_\_.

## LESSON

### I. DEFINING DEPRESSION - The Concept

An extremely unpleasant mood of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ that is: \_\_\_\_\_ in its impact, \_\_\_\_\_ in its influence and can be \_\_\_\_\_ in nature and \_\_\_\_\_ in duration. —*Wayne Mack*

A condition in which the counselee has ceased to \_\_\_\_\_ his \_\_\_\_\_ and does not even care to \_\_\_\_\_ his \_\_\_\_\_. He is functioning \_\_\_\_\_, sees little \_\_\_\_\_ in \_\_\_\_\_, feels \_\_\_\_\_, and his speech is studded with the word “\_\_\_\_\_.” —*Jay Adams*

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A. Biblical Examples:

B. A Look at Psalm 42 (symptoms of depression)

1. vs. 1,2

2. v. 3

3. v. 4

4. vs. 5,7

5. v. 9

6. v. 10

---

## II. DIAGNOSING DEPRESSION - The Causes

A. \_\_\_\_\_ influences.

B. \_\_\_\_\_ behavior.

### *Two Common Sins to Look For:*

1.

2.

C. \_\_\_\_\_ thinking.

### **Four Areas That People Think Wrongly About:**

1.

2.

3.

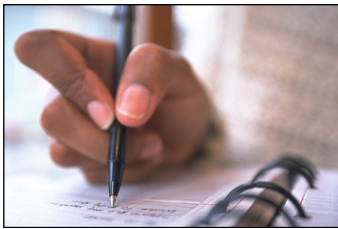
4.

D. Responding to the stresses of life in a \_\_\_\_\_ way.

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### III. DEALING WITH DEPRESSION - The Cure

- A. If possible, identify the \_\_\_\_\_ and \_\_\_\_\_ deal with it.
- B. Don't withdraw into \_\_\_\_\_ - \_\_\_\_\_.
- C. Fulfill your God-given \_\_\_\_\_.
- D. Develop a life of \_\_\_\_\_.

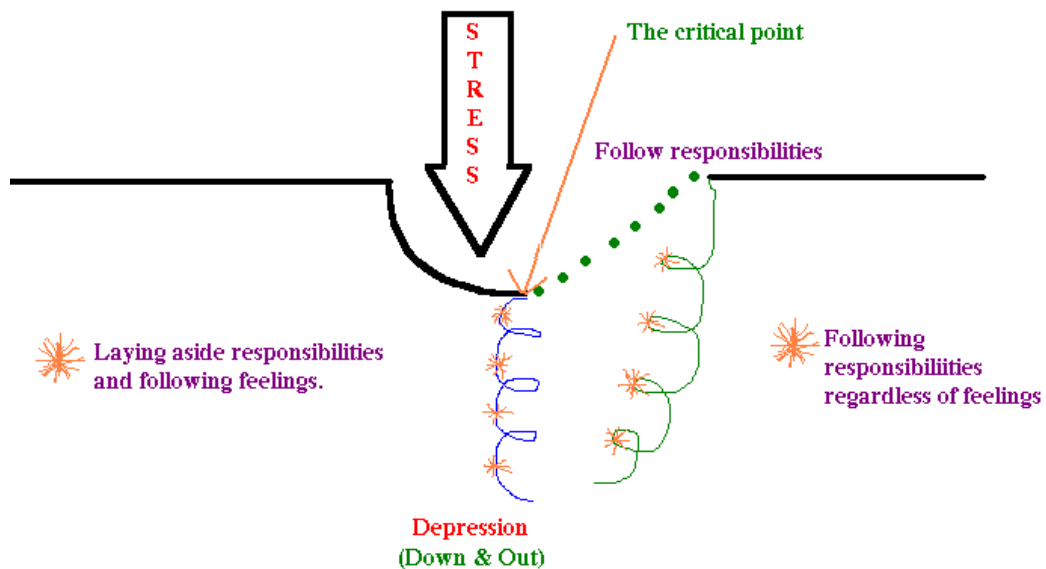


### Principles To Remember:

Remember that stress is \_\_\_\_\_ to us all.

Don't follow your \_\_\_\_\_, follow your \_\_\_\_\_.

## Depression Chart



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# Counseling Those Who Are Angry

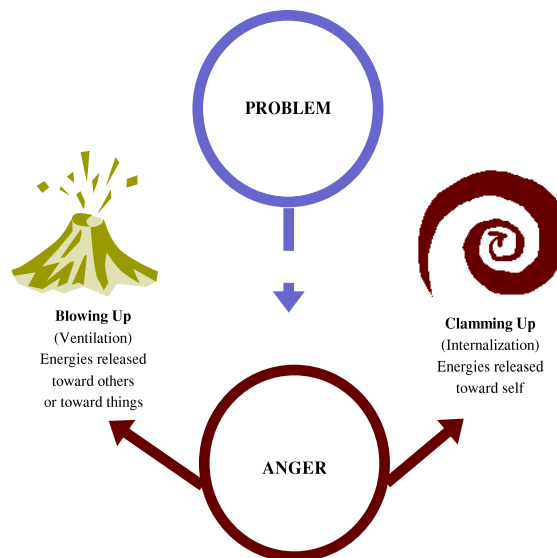
INTRODUCTION— Anger is one letter short of danger!

## Two kinds of anger

- ◆ \_\_\_\_\_ anger: Your objective is to destroy the \_\_\_\_\_.
- ◆ \_\_\_\_\_ anger: Your objective is to destroy the \_\_\_\_\_.

## Two expressions of sinful anger

by Dr. Jay Adams “*What to Do When Anger Gets the Upper Hand*”



## LESSON

I. MAKE SURE YOUR ANGER IS \_\_\_\_\_ = BE HOLY.

*Nehemiah 5:6*

Things that are dishonoring to God

Righteous Anger	Sinful Anger
<p>God does not get what He wants.</p> <p>—His will is violated.</p> <p>—Motivated by love for God.</p> <p>—Christ is Lord.</p> <p style="text-align: center;"><b>Ephesians 4:26</b></p>	<p>I do not get what I want.</p> <p>—My will is violated.</p> <p>—Motivated by love for the idol of my heart.</p> <p>—I am lord.</p> <p style="text-align: center;"><b>James 4:1</b></p>

How can you be sure your anger is righteous?

1. Does my anger \_\_\_\_\_ me?
2. Is anger a \_\_\_\_\_ characteristic of my life?
3. Do I \_\_\_\_\_ and \_\_\_\_\_?
4. Do I keep a running \_\_\_\_\_ of wrongs done to me?
5. Am I \_\_\_\_\_ or hold a \_\_\_\_\_ against someone?
6. Do I \_\_\_\_\_ that I am \_\_\_\_\_ angry?
7. Do I take \_\_\_\_\_ into my own hands?
8. Do I take out my anger on \_\_\_\_\_ individuals?

II. MAKE SURE YOUR ANGER IS \_\_\_\_\_ = BE HARNESSSED.

*Nehemiah 5:7a*

He gained control of his \_\_\_\_\_ before he spoke a word.

This means you need to pick the right \_\_\_\_\_ and use the right \_\_\_\_\_ of voice when you speak.

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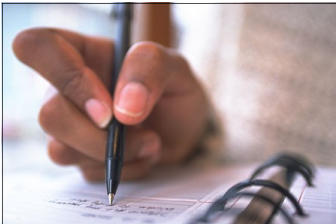
III. MAKE SURE YOUR ANGER IS \_\_\_\_\_ = BE HELPFUL

*Nehemiah 5:7b-13*

The goal is to solve the \_\_\_\_\_ not destroy the \_\_\_\_\_.

Constructive steps to take:

1. \_\_\_\_\_ the wrong the person has done in \_\_\_\_\_ terms. vs. 7b-8
2. Encourage them to \_\_\_\_\_ God with their lives. vs. 9-10
3. Give them \_\_\_\_\_ suggestions for change. vs. 11-13



### Principles To Remember

Immediately ask God to help you handle the potentially distressing circumstance in a \_\_\_\_\_ — \_\_\_\_\_ way.

Remember that God is \_\_\_\_\_ over the circumstances you are in.

Thank God for the \_\_\_\_\_ He is going to give you.

Examine yourself to see if you have \_\_\_\_\_ anything to make the situation volatile.

Guard against your \_\_\_\_\_ and focus on \_\_\_\_\_ the Lord.

Always seek to provide \_\_\_\_\_ .



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# Counseling Those Who Are Fearful

INTRODUCTION—Is all fear wrong?

- ◆ Fear that \_\_\_\_\_ you is not wrong.
- ◆ Fear that \_\_\_\_\_ you is wrong.

## The Concerns (4 Things)

1. Fear of making \_\_\_\_\_.
2. Fear of making someone else \_\_\_\_\_ or \_\_\_\_\_.
3. Fear of losing \_\_\_\_\_.
4. Fear of physical \_\_\_\_\_ or \_\_\_\_\_.

## The Characteristics

1. A tendency to \_\_\_\_\_ the things which make them afraid (people, places, and circumstances).
2. \_\_\_\_\_ concerned about what other people \_\_\_\_\_ of them.
3. A tendency to \_\_\_\_\_ concern into the future.

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4. Increased \_\_\_\_\_ tension.

5. \_\_\_\_\_: Afraid of what someone or something will do to them.

## LESSON

### I. THE EXAMPLE OF PARALYZING FEAR

Matthew 14:22-33

The Bible makes anxiety a \_\_\_\_\_ issue: It has to do with our relationship to the Lord.

We are not \_\_\_\_\_, we are \_\_\_\_\_.

“**You** of little faith, why did **you** doubt?” v. 31

### II. THE EXHORTATIONS FOR PARALYZING FEAR

Matthew 14:26-33

Adjust your \_\_\_\_\_ vs. 26-27

1. God is \_\_\_\_\_ your storms. vs. 22-24

2. God is \_\_\_\_\_ your storms. v. 25

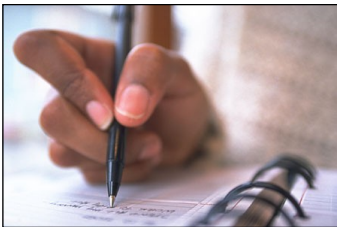
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Adjust your \_\_\_\_\_ vs. 28-33

1. You must be more concerned with \_\_\_\_\_ God's Word than you are with following your \_\_\_\_\_.
2. You must make \_\_\_\_\_ your priority. ( See I John 4:18 and I Corinthians 13:5b. In the diagram below, cross out the two words "love" and you will see what fear is related to.)

FEAR VS. LOVE

LOVE VS. SELFISHNESS



## Principles to Remember

Your goal is to help the anxious person learn how to show \_\_\_\_\_ to God and others as it relates to the area of their fear.

Help them apply the Biblical alternative to their anxiety from Philippians 4:6-9 using the anxiety journal.

Biblical \_\_\_\_\_ vs. 6-7

Biblical \_\_\_\_\_ v. 8

Biblical \_\_\_\_\_ v.9

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# Counseling Those Who Need To Forgive

INTRODUCTION—Forgiveness: It is difficult!

*In Luke 17:3, Jesus said two difficult things related to forgiveness*

- ◆ \_\_\_\_\_ to the person about their \_\_\_\_\_. “If your brother sins, rebuke him;”
- ◆ If he repents, \_\_\_\_\_ him. “and if he repents, forgive him.”

## LESSON

### I. THE PROBLEMS WE FACE WITH FORGIVENESS

Luke 17:4-10

We don't see immediate \_\_\_\_\_. v.4

We don't have enough \_\_\_\_\_. vs. 5-6

We don't have the \_\_\_\_\_ to forgive. vs. 7-10

### II. THE PASSAGES ON FORGIVENESS

*When you are the offender—Matthew 5:23-24*

4 Directives

You are to \_\_\_\_\_. “Leave your offering there before the altar...”

Then \_\_\_\_\_. “...and go.”

---

Seek to be \_\_\_\_\_. “First be reconciled to your brother...”

Then \_\_\_\_\_. “...and then come and present your offering.”

### *When You Are The Offended—Matthew 18:21-35*

#### 3 Principles To Remember

To refuse to forgive is \_\_\_\_\_. v. 32

To refuse to forgive is \_\_\_\_\_. v. 33

To refuse to forgive invites \_\_\_\_\_. v. 34-35

### III. THE PROMISE OF FORGIVENESS

The concept of remembering it no more: Jeremiah 31:34

It doesn't mean that you have \_\_\_\_\_ remembrance of the wrong done.

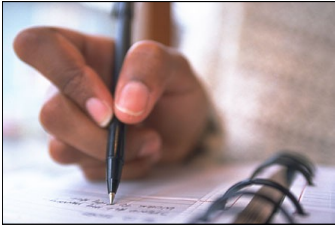
It means you do not \_\_\_\_\_ it to your mind.

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The conditions for remembering it no more:

*You promise 3 things*

1. I will not bring it up to \_\_\_\_\_.
2. I will not bring it up to \_\_\_\_\_.
3. I will not bring it up to \_\_\_\_\_.



## **Principles To Remember**

Focus fully on God's \_\_\_\_\_ of you.

Deal directly and honestly with any \_\_\_\_\_ you currently have toward any person.

\_\_\_\_\_ various ways you can \_\_\_\_\_ your offender and begin \_\_\_\_\_ these things right now.

Accept the fact that it is always \_\_\_\_\_ move first: whether you are the offender, or the offended.

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# Counseling Those Who Have Regret

INTRODUCTION— What kind of regret do you have?

- ◆ Regret because of \_\_\_\_\_.

The Illustration

The Insight

*In such cases we must ask others to \_\_\_\_\_ us for our errors in judgment, and trust in the \_\_\_\_\_ of God.*

- ◆ Regret because of \_\_\_\_\_.

The Illustration

The Insight

*The regret will not change what has happened in the \_\_\_\_\_, but God can still use that emotion of regret to make the best of the \_\_\_\_\_.*

*The goal with this type of regret is to give them \_\_\_\_\_.*

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# LESSON

## I. PEOPLE WITH REGRET NEED TO KNOW CHRIST \_\_\_\_\_ FOR THEM.

*Luke 22:31-32*

The people who are tempted v. 31 “you” is plural

The prayer for the tempted v. 32 “you” is singular

## II. PEOPLE WITH REGRET NEED TO KNOW CHRIST \_\_\_\_\_ THEM.

*Luke 22:33-34*

The insistence by Peter v.33

The insight by Christ v.34



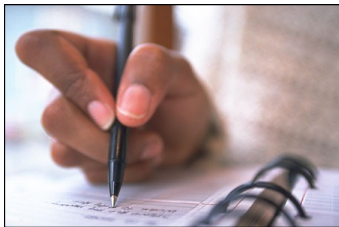
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### III. PEOPLE WITH REGRET NEED TO KNOW CHRIST \_\_\_\_\_ THEM.

*John 21:15-17*

The request by Christ “*Do you love me?*”

The reply by Peter “*You know that I love You.*”



### Principles To Remember

\_\_\_\_\_ the experiences, words, and the actions you have taken that still arouse feelings of regret.

Determine the \_\_\_\_\_ of regret you have.

Learn to find \_\_\_\_\_ in Christ.

Focus on replacing regret with \_\_\_\_\_.

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# Counseling Those Who Experience Rejection

INTRODUCTION— “A broken spirit who can bear it?” Proverbs 18:14

◆ The Reality of Rejection

\_\_\_\_\_ rejection.

\_\_\_\_\_ rejection.

◆ The Results of Rejection

*If not dealt with Biblically, it can lead to a whole list of problems.....*

Terrible \_\_\_\_\_. This loneliness can lead to \_\_\_\_\_,  
\_\_\_\_\_, and attempts at \_\_\_\_\_.

They become \_\_\_\_\_ and \_\_\_\_\_ toward those who  
have rejected them.

◆ The Resource in Rejection Isaiah 53

\_\_\_\_\_ the words that \_\_\_\_\_ rejection and the resulting  
feelings.

Then \_\_\_\_\_ what Jesus has \_\_\_\_\_ for you despite the rejection He  
experienced.

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# LESSON

## I. JESUS' REJECTION PROVIDES SYMPATHY. vs. 1-4

Jesus was rejected because of His...

\_\_\_\_\_ v.2

\_\_\_\_\_ Matthew 2:23

\_\_\_\_\_ v.3

\_\_\_\_\_ for sin v. 4

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## II. JESUS' REJECTION PROVIDES SALVATION vs. 4-10

*Jesus bore 2 things for us*

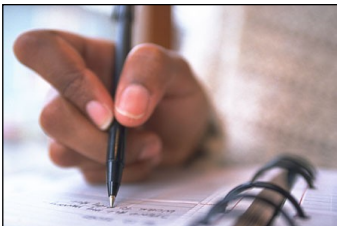
He bore our \_\_\_\_\_. v. 4

He bore our \_\_\_\_\_. vs. 5-10

## III. JESUS' REJECTION PROVIDES SECURITY. vs. 11-12

Christ's righteousness makes us \_\_\_\_\_ to God.

Understanding our acceptance to God makes others \_\_\_\_\_ to us.



### **Principles to Remember**

The first step is to begin a life of \_\_\_\_\_.

Second, lay down all \_\_\_\_\_.

Take the risk of making new \_\_\_\_\_.

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# Counseling Those Who Need an Accurate Self-Image

## INTRODUCTION- The self-esteem movement

### ◆ The Message of Human Goodness

According to the self-esteem movement, there are no \_\_\_\_\_, only people who \_\_\_\_\_ of themselves.

They teach that if people feel \_\_\_\_\_ about themselves, they will \_\_\_\_\_ better, have fewer \_\_\_\_\_, and \_\_\_\_\_ more.

***Note: There is plenty of evidence to suggest that self-esteem does not work.***

In the case of academics:

In the area of morality:

### ◆ The Myth of Human Goodness

*4 consequences of this myth*

- 1) It attributes the cause of evil to a force \_\_\_\_\_ of ourselves.
- 2) It denies \_\_\_\_\_ within us, and stresses that \_\_\_\_\_ is normal to us.

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3) It removes the need to teach people what is \_\_\_\_\_.

4) It focuses on changing outside forces instead of people's \_\_\_\_\_,  
\_\_\_\_\_, and \_\_\_\_\_.

## LESSON

### I. HOW TO DEFINE A BIBLICAL SELF-IMAGE

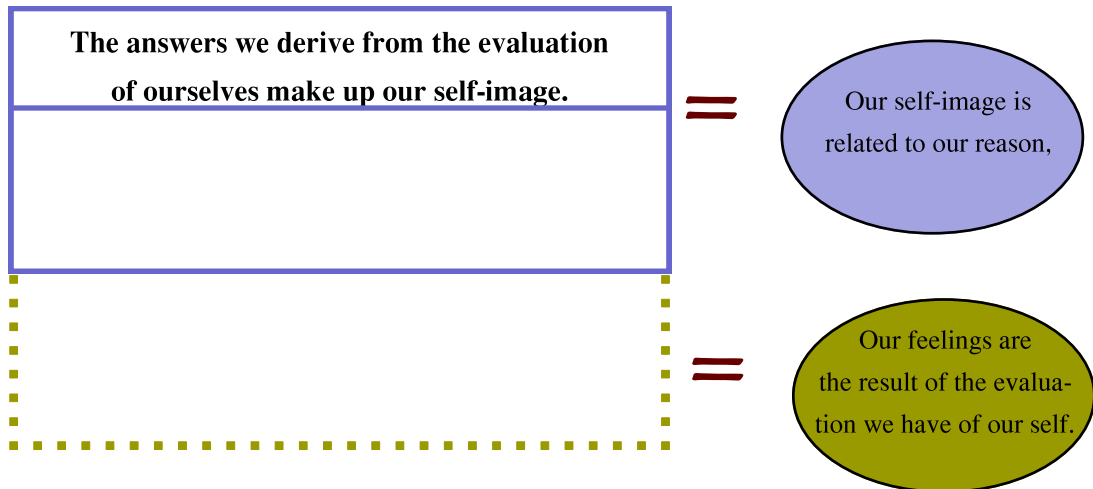
The danger—2 extremes to guard against

Man is \_\_\_\_\_.

Man is \_\_\_\_\_.

The definition—How to think of ourselves

Self-image is the \_\_\_\_\_ we come to as we \_\_\_\_\_  
ourselves.



**Note ...** When a person says that they have a problem with their self-image, we must first examine what they are \_\_\_\_\_ about themselves, rather than what they are \_\_\_\_\_ about themselves.

**Note ...** When we define what they think about themselves, we must then determine if their evaluation of themselves is \_\_\_\_\_ or not. We then must proceed with helping them develop an \_\_\_\_\_ self-image.

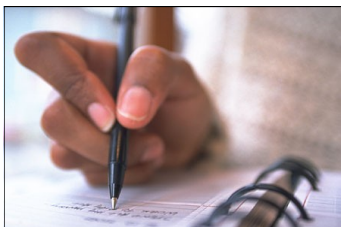
## II. HOW TO DEVELOP AN ACCURATE BIBLICAL SELF-IMAGE

Have the counselee make a \_\_\_\_\_ of how he \_\_\_\_\_ himself.

Then, take these views and see if they are \_\_\_\_\_, \_\_\_\_\_ but not \_\_\_\_\_, or \_\_\_\_\_ and sinful.

Next, determine what is the \_\_\_\_\_ way to \_\_\_\_\_ his evaluation of himself.

Inaccurate Perception ( <i>Change perception</i> )	Accurate but not Sinful ( <i>Change values</i> )	Accurate, and Sinful ( <i>Change behavior</i> )



### Principles to Remember

Our first objective is to discover what they \_\_\_\_\_ of themselves and help them develop the proper Biblical \_\_\_\_\_ to these thoughts.

As a Christian our concern should not be to pursue \_\_\_\_\_, but rather to become a \_\_\_\_\_ self.

When you help a person conform to God's standard then you will help them to \_\_\_\_\_ better.

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# **GBC Counseling Personal Data Inventory**

Please complete this inventory answering all questions carefully  
Return to: Grace Bible Church – P.O. Box 631 – Mountain City, GA 30562

## **Personal Identification**

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Referred By: \_\_\_\_\_

Marital Status:     Single: \_\_\_\_\_ Engaged: \_\_\_\_\_ Married: \_\_\_\_\_ Separated: \_\_\_\_\_

Divorced: \_\_\_\_\_ Widowed: \_\_\_\_\_

Education (last year completed): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone \_\_\_\_\_

Employer: \_\_\_\_\_ Position: \_\_\_\_\_

Years: \_\_\_\_\_

## **Marriage and Family**

Spouse: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Age: \_\_\_\_\_ Occupation: \_\_\_\_\_ How Long Employed: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Date of Marriage: \_\_\_\_\_ Length of Dating: \_\_\_\_\_

Give a brief statement of circumstances of meeting and dating: \_\_\_\_\_  
\_\_\_\_\_

Have either of you been previously married: \_\_\_\_\_ To Whom:  
\_\_\_\_\_

Have you ever been separated: \_\_\_\_\_ Filed for divorce: \_\_\_\_\_

### Information about Children:

Name:                   Age:                   Sex:                   Living(y/n):           Last Year of Ed.:           Step-Child:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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Describe relationship to your father:

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---

Describe relationship to your mother:

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Number of sibling(s): \_\_\_\_\_ Your sibling order: \_\_\_\_\_

Did you live with anyone other than parents:

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Are your parents living: \_\_\_\_\_ Do they live locally: \_\_\_\_\_

**Health**

Describe your health:

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Do you have any chronic conditions: \_\_\_\_\_ What: \_\_\_\_\_

List important illnesses and injuries or handicaps:

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Date of last medical exam: \_\_\_\_\_ Report: \_\_\_\_\_

Physician's name and address:

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Current medication(s) and dosage:

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Have you ever-used drugs for anything other than medical purposes: \_\_\_\_\_

If yes, please explain:

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Have you ever been arrested: \_\_\_\_\_

Do you drink alcoholic beverages: \_\_\_\_\_ If so, how frequently and how much: \_\_\_\_\_

Do you drink coffee: \_\_\_\_\_ How much: \_\_\_\_\_ Other caffeine drinks: \_\_\_\_\_  
\_\_\_\_\_ How much: \_\_\_\_\_

Do you smoke: \_\_\_\_\_ What: \_\_\_\_\_ Frequency: \_\_\_\_\_

Have you ever had interpersonal problems on the job: \_\_\_\_\_

Have you ever had a severe emotional upset: \_\_\_\_\_ If yes, please explain: \_\_\_\_\_

Have you ever seen a psychiatrist or counselor: \_\_\_\_\_ If yes, please explain: \_\_\_\_\_

Are you willing to sign a release of information form so that your counselor may write for social, psychiatric, or other medical records: \_\_\_\_\_

### **Spiritual**

Denominational preference: \_\_\_\_\_

Church attending: \_\_\_\_\_ Member: \_\_\_\_\_

Church attendance per month (circle): 0 1 2 3 4 5 6 7 8+

Do you believe in God: \_\_\_\_\_ Do you pray: \_\_\_\_\_ Would you say that you are a Christian: \_\_\_\_\_, or still in the process of becoming a Christian: \_\_\_\_\_

Have you ever been baptized: \_\_\_\_\_

How often do you read the Bible: Never: \_\_\_\_\_ Occasionally: \_\_\_\_\_ Often: \_\_\_\_\_ Daily: \_\_\_\_\_

Explain any recent changes in your religious life: \_\_\_\_\_

### **Women Only**

Have you had any menstrual difficulties: \_\_\_\_\_ If you experience tension, tendency to cry, other symptoms prior to your cycle, please explain: \_\_\_\_\_

Is your husband willing to come for counseling: \_\_\_\_\_

Is he in favor of your coming: \_\_\_\_\_ If no, please explain: \_\_\_\_\_

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**Problem Check List (Check all that apply)**

<input type="checkbox"/> Anger	<input type="checkbox"/> Depression	<input type="checkbox"/> Loneliness
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Drunkenness	<input type="checkbox"/> Lust
<input type="checkbox"/> Apathy	<input type="checkbox"/> Envy	<input type="checkbox"/> Memory
<input type="checkbox"/> Appetite	<input type="checkbox"/> Fear	<input type="checkbox"/> Moodiness
<input type="checkbox"/> Bitterness	<input type="checkbox"/> Finances	<input type="checkbox"/> Perfectionism
<input type="checkbox"/> Change in lifestyle	<input type="checkbox"/> Gluttony	<input type="checkbox"/> Rebellion
<input type="checkbox"/> Children	<input type="checkbox"/> Guilt	<input type="checkbox"/> Sex
<input type="checkbox"/> Communication	<input type="checkbox"/> Health	<input type="checkbox"/> Sleep
<input type="checkbox"/> Conflict (fights)	<input type="checkbox"/> Homosexuality	<input type="checkbox"/> Wife abuse
<input type="checkbox"/> Deception	<input type="checkbox"/> Impotence	<input type="checkbox"/> A Vice
<input type="checkbox"/> Decision Making	<input type="checkbox"/> In-laws	<input type="checkbox"/> Other

**Briefly Answer The Following Questions**

1. What is your problem (what brings you here)?
  
  
  
  
  
  
  
  
  
  
2. What have you done about the problem?
  
  
  
  
  
  
  
  
  
  
3. What are your expectations from counseling?
  
  
  
  
  
  
  
  
  
  
4. Is there any other information that we should know?

# Weekly Counseling Report

Counselee \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

Session # \_\_\_\_\_ Counselor \_\_\_\_\_ Observer \_\_\_\_\_ Type of Counseling \_\_\_\_\_

## Evaluation of Last Homework Assignment:

[ ]

[ ]

[ ]

[ ]

[ ]

[ ]

[ ]

Summary of Today's Session (Use the back of the page for additional notes)

## Agenda

[ ]

[ ]

[ ]

[ ]

## Sin

[ ]

[ ]

[ ]

## Hope

[ ]

[ ]

## Homework

[ ]

[ ]

[ ]

[ ]

[ ]

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# Books on Biblical Counseling

*Resources That Will Help You Grow in Counseling*

Books available through Timeless Texts:

1-800-814-1045

[www.timelesstexts.com](http://www.timelesstexts.com)

## **By Author Jay Adams**

The Christian Counselor's Manual  
Competent to Counsel  
How to Help People Change  
Helps for Counselors—A Mini-Manual for Christian Counseling  
Self-Esteem, Self-Love, Self-Image  
Theology of Christian Counseling

## **By Author Ed Bulkley**

How Big is Your God?  
Only God Can Heal a Wounded Heart  
Why Christians Can't Trust Psychology

## **By Author John F. MacArthur, Jr.**

Introduction to Biblical Counseling

## **By Author Wayne Mack**

A Homework Manual for Biblical Living— Vol. I Personal & Interpersonal Problems  
A Homework Manual for Biblical Living — Vol. II Family and Marital Problems

## **By Author Martha Peace**

Becoming a Titus 2 Woman  
The Excellent Wife

## **Other Authors**

Blame It on the Brain, Edward Welch (addresses the issues of chemical imbalances)  
Christian Psychology's War on God's Word, Jim Owen  
The Complete Husband, Lou Priolo  
The Heart of Anger, Lou Priolo (deals with the subject of children's anger)  
How to Grow in Christ, Jack Kinneer  
Quick Scripture References for Counseling, John Kruis  
The Useful Lie, William Playfair (deals with alcoholism)  
Women Helping Women, E. Fitzpatrick (deals with women's related topics)



Dear New Friend,

Thank you for inquiring about the International Association of Biblical Counselors. Enclosed you will find a handbook explaining the membership process. Please read it carefully, and if you have any questions, feel free to contact our Western Regional Vice President, Dr. Chuck Andrews, at [dr68chuck@aol.com](mailto:dr68chuck@aol.com), or our Eastern Regional Vice President, Dr. Kevin Hurt at [kevin@dnet.net](mailto:kevin@dnet.net) .

We are continually developing our growing organization and we're open to your suggestions. A primary philosophical precept of IABC is that it is impossible to mix psychology with the Bible and remain true to God's Word. We genuinely believe that the Bible provides all of the information necessary for the healing of the heart, soul, mind, and spirit of God's children (2 Peter 1:3) as we allow the Holy Spirit to work.

If you believe that God is just as able to heal the wounded heart in our age, as He was when Jesus walked this earth, you will find wonderful fellowship and encouragement in IABC. We hope you will stay in touch with us, visit our website at [iabc.net](http://iabc.net), and join with us for our IABC Annual Bible Conference the first week in August in Denver, Colorado.

I encourage you to fill out your membership application today and send it right back so you can grow with us in your counseling ministry. I look forward to hearing from you soon.

President, IABC



Dr. Ed Bulkley  
President



Dr. Chuck Andrews  
Western Regional  
Vice President



Dr. Kevin Hurt  
Eastern Regional  
Vice President



## *What is the purpose of IABC?*

### ***IABC is Changing Lives***

Biblical Counseling is one of the most powerful and fastest growing movements today. Its impact is being felt throughout the Church and in the lives of many individuals. As God's alternative to secular psychology, Biblical Counseling is an effective force in changing the lives of those who seek Him.

### ***IABC is Training and Support***

IABC promotes Biblical Counseling through seminars, conferences and workshops, encourages the development of Biblical research, and offers a counselor network for the exchange of information and client referral.

## *What is the process with IABC?*

### ***Membership***

Membership for those desiring to be part of IABC *does not* require certification as a Biblical counselor. However, Membership is a prerequisite for becoming a Certified Biblical Counselor with IABC.

A member is not required to be active in a counseling ministry, but is included in the activities and benefits of the Association. Such benefits include updates on the issues related to Biblical Counseling, opportunities for you to grow through upcoming conferences, the IABC Newsletter, resources and tools useful for ministry, and much more. By being a member of this organization you will be assisting us in equipping the saints to do the work of the ministry.

### ***Certification***

IABC offers a rigorous, yet achievable program of certification for those members who meet the qualifications. Certification allows for counselors to meet a high standard of counseling excellence and Biblical integrity, promotes a uniform approach to counseling and provides cohesion in the Biblical Counseling movement.

A Certified Biblical Counselor is one who is a member in good standing and has completed all the requirements outlined in the Certification Booklet. If you are considering certification, please include a request for the certification manual when you submit your application for membership. Upon the approval of your membership, you may begin the certification process.

**Note ...** To obtain an Membership or Certification Booklet please contact I.A.B.C. at 303-469-4222

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## Introduction to Biblical Counseling

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706-746-5845 Fax  
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[www.mygracebiblechurch.org](http://www.mygracebiblechurch.org)