

Expository Counseling Training Center Basic Counseling Track

Level 1 Theological Building Blocks for Biblical Counseling

Textbooks Required for Level 1

A Theology of Christian Counseling by Jay Adams

The Biblical Counseling Movement: History and Context by David Powlison

Theological Building Blocks for Biblical Counseling by Nicolas Ellen

Counseling By The Book (Revised and Expanded Edition) by John Babler (editors John Babler and Nicolas Ellen)

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- Read the entire book of John at least 6 times while going through this module (Minimum of once a week).
- Begin reading *A Theology of Christian Counseling* by Jay Adams
- Begin reading *The Biblical Counseling Movement: History and Context* by David Powlison
- Begin Reading *Counseling by the Book* (Revised and Expanded Edition) by John Babler
- Memorize John 3:16-18 & John 14:6 by the end of this module.
- Follow the professor through his lectures in the *Theological Building Blocks for Biblical Counseling* by Nicolas Ellen

Week One **Section One** What Makes Biblical Counseling Biblical?

Week Two **Section Two** The Theological Foundations for Biblical Counseling

Week Three **Section Three** The Doctrine of God and Biblical Counseling

Week Four **Section Four** The Doctrine Christ/ Holy Spirit and Biblical \ Counseling

Week Five **Section Five** The Doctrine of Truth/ Scriptures and Biblical Counseling

Week Six **Section Six** The Doctrine of Man /Sin and Biblical Counseling

Week Seven Section Seven The Doctrine of The Gospel/Salvation and Biblical Counseling

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- Read the entire book of Hebrews at least 6 times while going through this module (Minimum of once a week).
- Finish reading *A Theology of Christian Counseling* by Jay Adams
- Finish reading *The Biblical Counseling Movement: History and Context* by David Powlison
- Finish reading *Counseling By The Book* (Revised and Expanded Edition) by John Babler
- Memorize Hebrews 1:1-2, 3-4.
- Follow the professor through his lectures in the *Theological Building Blocks for Biblical Counseling* by Nicolas Ellen

Week Eight Section Eight The Doctrine of Mortification/ Sanctification and Biblical Counseling

Week Nine Section Nine The Essence of Spiritual Development /Maturity and Biblical Counseling

Week Ten Section Ten The Doctrine of Spiritual Warfare/Sanctification Process and Biblical Counseling

Week Eleven Section Eleven The Point of Choice/The Purpose of Life and Biblical Counseling

Week Twelve Section Twelve Physical Illness/Christians on Psychotropic Drugs and Biblical Counseling

Week Thirteen Section Thirteen The Need of Relationships and Biblical Counseling

Week Fourteen Section Fourteen Understanding the Church and Biblical Counseling

Level 2 Biblical Framework Counseling

Textbooks Required for Level 2

The Heart of Man and the Mental Disorders by Rich Thomson (go to www.biblicalframeworkcounseling.org to purchase this books)

Deceptive Diagnosis by David Tyler & Kurt Grady

Understanding and Developing a Biblical View of Life by Nicolas Ellen

Biblical Framework Basic Training Course by Nicolas Ellen

Why Christians Can't Trust Psychology by Ed Bulkley

Practicum by Nicolas Ellen

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- Read the entire book of Romans at least 6 times while going through this module (Minimum of once a week).
- Begin reading *The Heart of Man and The Mental Disorders* by Rich Thomson according to the assigned reading in your syllabus
- Read the entire book *Deceptive Diagnosis* by David Tyler & Kurt Grady by the end of this module.
- Begin reading *Understanding and Developing a Biblical View of Life* by Nicolas Ellen (The first nine sections).
- Memorize Proverbs 28:1 & 1John 4:17-18 by the end of this module.
- Follow the professor through his lectures in the *Biblical Framework Counseling Basic Training Course* workbook by Nicolas Ellen.

WEEK ONE

SECTION ONE

- NO STUDENT IS ABOVE HIS TEACHER; WORLD VIEW KEY QUESTIONS
- EVALUATING A COUNSELING MODEL, THREE MAJOR TYPES OF COUNSELING SYSTEMS; WHY PROMOTE BIBLICAL COUNSELING ABOVE OTHER COUNSELING MODELS?
- REASONS WE SHOULD NOT INTEGRATE HUMAN WISDOM WITH THE WORD OF GOD
- REVIEW OF WHY TO PROMOTE BIBLICAL COUNSELING ABOVE OTHER COUNSELING MODELS
- *READ: THE HEART OF MAN AND THE MENTAL DISORDERS(INTRODUCTION)*

WEEK TWO

SECTION TWO

- REASONS WE SHOULD NOT INTEGRATE HUMAN WISDOM WITH THE WORD OF GOD
- THE NATURE OF MAN
- THE CONNECTION OF MAN'S MENTAL SOUNDNESS WITH HIS IMMATERIAL BEING
- THREE KEY RESPONSES TO PEOPLE AND CIRCUMSTANCES
- WHAT I CANNOT AND CAN CONTROL
- WHAT MAN IS RESPONSIBLE FOR BEFORE GOD AND WHAT MAN IS NOT RESPONSIBLE FOR BEFORE GOD
- *READ: THE HEART OF MAN AND THE MENTAL DISORDERS;(THE NATURE OF MAN CH 1)*

WEEK THREE

SECTION THREE

- HOW PEACE , MENTAL SOUNDNESS, AND STABILITY ARE CONNECTED TO YOUR RELATIONSHIP WITH GOD
- THE CENTRALITY OF SALVATION
- THE DANGER OF SPIRITUAL AMNESIA
- THE DECEPTION OF COUNTERFEIT APPROACHES TO CHANGE
- THE REWARDS OF PURSUING GENUINE FELLOWSHIP WITH GOD

WEEK FOUR

SECTION FOUR

- THE BIBLICAL FRAMEWORK FOR DIAGNOSING AND DEALING WITH MAN'S MENTAL UNSOUNDNESS
- *READ THE HEART OF MAN AND THE MENTAL DISORDERS (EFFECTS OF SIN AND RIGHTEOUSNESS, BASIC RIGHTEOUSNESS AND BASIC SIN, MOVING FROM UNLOVING TO LOVING CH2-CH5)*

WEEK FIVE

SECTION FIVE

- THE BIBLICAL FRAMEWORK FOR DIAGNOSING AND DEALING WITH MAN'S MENTAL UNSOUNDNESS
- THE PLACE OF LOVE IN DIAGNOSING AND DEALING WITH MAN'S MENTAL SOUNDNESS
- UNDERSTANDING ANGER
- *READ THE HEART OF MAN AND THE MENTAL DISORDERS (THE FOUR KINDS OF LOVE, AGAPE LOVE AND ITS ABSENCE, IMMATERIAL EFFECTS OF LOVING, IMMATERIAL EFFECTS OF NOT LOVING CH16-CH 17, CH 19-CH 24, ANGER CH 15)*

WEEK SIX**SECTION SIX**

- EXPRESSION OF LOVE
- THE FOUR KINDS OF HUMAN RELATIONSHIPS
- CHARACTERISTICS OF GOD TO EMBRACE
- 7 HABITS OF EFFECTIVE CHRISTIANS
- HOW TO BE A MATURE CHRISTIAN
- LIVING FOR THE GLORY OF GOD, REVIEW OF BIBLICAL COUNSELING FRAMEWORK
- *READ THE HEART OF MAN AND THE MENTAL DISORDERS (OPEN LOVE CH25-CH29)*

WEEK SEVEN**SECTION SEVEN**

- THE CONSCIENCE AND BIBLICAL COUNSELING
- TRUE GUILT VS. FALSE GUILT
- *READ THE HEART OF MAN AND THE MENTAL DISORDERS (CONSCIENCE CH6-CH11)*

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- Read the entire book of James at least 6 times while going through this module (Minimum of once a week).
- Continue reading *The Heart of Man and the Mental Disorders* by Rich Thomson according to the assigned reading in your syllabus.
- Finish reading *Understanding and Developing a Biblical View of Life* by Nicolas Ellen (Read the last nine sections).
- Read the entire book *Why Christians Can't Trust Psychology* by Ed Bulkley by the end of this module.
- Memorize 1John 3:20-21 & Proverbs 28:13 by the end of this module.
- In the workbook *Practicum* by Nicolas Ellen do 7 make the connection assignments /week (from week eight to week thirteen). Then do the last 8 make the connection assignments on week fourteen
- Follow the professor through his lectures in the *Biblical Framework Counseling Basic Training Course* workbook by Nicolas Ellen

WEEK EIGHT SECTION EIGHT

- EMOTIONS
- CATEGORIES OF JOY AND SORROW
- *READ THE HEART OF MAN AND THE MENTAL DISORDERS (EMOTIONS, JOY AND SORROW CH12-14)*

WEEK NINE SECTION NINE

- THE TYPES OF FEARS MENTIONED IN THE BIBLE
- FEAR OF WORRY VS. FEAR OF GOD'S JUDGMENT (ANXIETY)
- EXPRESSIONS OF LACK OF LOVE, SENSE OF GUILT, AU FEAR, AU FLEEING
- BIBLICAL DIAGNOSIS OF MENTAL DISORDERS USING THE BIBLICAL FRAMEWORK
- AREAS IN OUR LIVES WHERE WE CAN FIND THE LACK OF LOVE
- BIBLICAL DIAGNOSIS USING THE BIBLICAL FRAMEWORK
- *READ THE HEART OF MAN AND THE MENTAL DISORDERS (HOW TO COUNSEL PP. 943-983 OLD EDITION PP. 1177-1223 NEW EDITION)*

WEEK TEN SECTION TEN

- BIBLICAL VIEW OF SELF-ESTEEM, SELF IMAGE, SELF LOVE

WEEK ELEVEN SECTION ELEVEN

- HOW THINKING CAN AFFECT THE BODY
- TWO LEVEL SINS
- HYPER-CRITICISM AND PERSONALITY CONFLICTS
- BIBLICAL DIAGNOSIS OF A PROBLEM USING THE BIBLICAL FRAMEWORK
- *READ THE HEART OF MAN AND THE MENTAL DISORDERS (SOMATO FORM DISORDERS PP. 571-582 OLD EDITION PP. 789-798 NEW EDITION, CH 35 TWO LEVEL SINS, PROJECTION, PROJECTIVE IDENTIFICATION PP. 545 OLD EDITION PP.759 NEW EDITION)*

WEEK TWELVE SECTION TWELVE

- FORGIVENESS

WEEK THIRTEEN SECTION THIRTEEN

- DECISION MAKING IN THE WILL OF GOD

WEEK FOURTEEN SECTION FOURTEEN

- DISTIGUISHING BETWEEN GOSSIP AND SHARING
- WHAT DO YOU DO WHEN AL TALKS TO BETTY ABOUT CARL?