



Course: Introduction to Biblical Counseling
 Session: 3 hours of Graduate Credit for the BCTC + extra work April to June each year

Instructor: Dr. Aucoin

1.0 Catalog Description

An introduction to biblical counseling and its practice.

2.0 Course Objectives

Specific course objectives are highlighted below within the context of FBS Mission statement and MDiv Educational Objectives

FBS Mission Statement: Faith Bible Seminary (FBS) is a graduate-level training institution designed to glorify God by equipping students with a **biblical education for effective Christian ministry**. In light of this mission statement, completion of the FBS curriculum will result in:

1.0 Understanding the Sufficient Scriptures as evidenced by

- 1.1 An understanding of and commitment to the gospel and evangelical orthodoxy within its historical context.
 - The student will be introduced to the concept of the sufficient scriptures regarding counseling
 - The student will begin to develop in writing his convictions regarding how the Gospel governs all of life's issues.
- 1.2 An understanding of and commitment to Scripture as the ultimate authority by which every realm of human knowledge and endeavor should be judged.
 - The student will begin to develop in writing his convictions regarding how the Scriptures form the foundation of counseling in contrast to secular psychology.
- 1.3 A growing hermeneutical competence in understanding the message of Scripture in its original languages and synthesizing its theology in order to apply truth to oneself, the church, and society.

2.0 Enhanced Academic Ability as evidenced by

- 2.1 A demonstrated ability to research topics pertaining to Christian ministry and critically evaluate trends and practices from a Scriptural basis.
- 2.2 A growing ability to responsibly engage in scholarly discourse in regard to past and current theological issues.
 - The student will be exposed to the different styles of Christian Counseling and respond in writing regarding his growing conviction about which paradigm is most biblical.
- 2.3 An understanding of worldviews and how to responsibly engage others with different worldviews to bring to bear the claims of the gospel.

3.0 Spiritual Growth as evidenced by

- 3.1 A life that demonstrates a commitment to being a humble disciple of Christ and growing in obedience to His commands, learning to frame life in terms of loving God wholeheartedly, and loving one's neighbor.
 - The student will begin to articulate in writing a biblical conviction regarding spiritual growth/progressive sanctification.
- 3.2 A growing dependence on and submission to the Holy Spirit as evidenced by the fruit of the Spirit in the context of relationships.

4.0 Valuing Relationships as evidenced by

- 4.1 A commitment to caring and praying for the physical and spiritual needs of one another during the seminary experience.
- 4.2 A growing ability to minister the Word to one another through encouragement, exhortation, confrontation, and vulnerable sharing of God's work in one's own life.

5.0 Preparation for Service as evidenced by

- 5.1 The ability to articulate a biblical vision for the local church and pastoral leadership, engaging the multifaceted challenges of ministry with integrity, and growing wisdom.

- 5.2 A growing proficiency in the ministry of the Word and the “care of souls,” both in corporate and individual contexts.
- The student will begin to develop in writing his convictions regarding how to apply the Scriptures in various counseling situations for the care of souls.
- 5.3 An understanding of and commitment to a biblical strategy for equipping the body for the worship of God, ministry to one another unto Christian maturity, and outreach to the local and world community.
- The student will begin to develop in writing his convictions regarding how the local church and counseling should be related in the care of souls.
- 5.4 An understanding of God’s historical-redemptive mission in the world and commitment to being a partner in that mission through word and deed.
- 5.5 An understanding of and commitment to cross-cultural engagement for the sake of the gospel, critically reflecting on one’s own cultural biases, and seeking to be a learner from other cultures for the sake of the gospel

3.0 Required Textbooks—All Assignments due by the end of the semester

- Lambert, Heath. *A Theology Of Biblical Counseling: The Doctrinal Foundations Of Counseling Ministry*. Grand Rapids, Mich: Zondervan, 2016. <https://www.amazon.com/Theology-Biblical-Counseling-Doctrinal-Foundations/dp/0310518164>
- Greggo, Stephen P., and Timothy A. Sisemore. *Counseling and Christianity: Five Approaches*. 2012. <https://www.amazon.com/Counseling-Christianity-Approaches-Association-Psychological/dp/083083978X>

4.0 Required Instruction

- You are required to take or have taken Track I of Faith Biblical Counseling Ministries (FBCM) Biblical Counseling Training Conference (BCTC), or FBCM’s eleven-week Monday counseling training, or FBCM’s Track I from one of its regional or international or online conferences.
- Observation Hours—10 hours of counseling observation is uploaded on Populi. You are required to watch six hours of these videos. The exception is if you have already passed your ACBC exams or you have participated in FBCM’s eleven-week Monday counseling training which involves observation. You will be asked to report on the video watching in populi.
- You are to watch Dr. Aucoin’s Heart of Change DVD’s located here www.faithlafayette.org/heart. You will be asked to report on the video watching in populi.

- Also, you are to watch Dr. Aucoin's Pure Heart video here and report in Populi that you have watched it. <https://vimeo.com/470566185/403ac30ecd>

5.0 Writing—All Assignments due by the end of the semester

5.1 Word Document of Affirmations and Theology: The following items should be put in one word document saved as a pdf file entitled "lastname's affirmations and theology.pdf"

1. Affirmations

a. Please affirm in writing or state your disagreements with FBS' **Counseling Theory and Practice Statement**

We believe that the Scriptures, given by God, are sufficient for life in that they, when properly interpreted, reveal to the believer all the data necessary for one to understand his need for Christ, how he can please the Lord, and how to live in a God-honoring way regardless of the circumstances, whether comfortable or oppressive. The Scriptures are also the authoritative source with which all truth claims including claims made by science (e.g. psychology) and history must be evaluated. As a result, we reject all counseling theories that use presuppositions, principles, and/or methodologies that are inconsistent with the proper interpretation of the biblical text.

We also believe that genuine heart change is totally dependent on the ministry of the Holy Spirit. Thus, our view of counseling practice includes the importance of prayer, dependence on God, a thorough knowledge of the Word of God, and an understanding of ministering to people.

b. Please affirm in writing "I affirm ACBC standards of doctrine" or put in writing any disagreements you have with ACBC statements in the following categories:

- Standards of Doctrine
<https://biblicalcounseling.com/certification/standards-of-doctrine/>
- Standards of Conduct
<https://biblicalcounseling.com/certification/standards-of-conduct/>
- Covenant
<https://biblicalcounseling.com/certification/covenant/>
- Statement on Mental Disorders
<https://biblicalcounseling.com/statement-regarding-mental-disorders-medicine-and-counseling/>
- Statement on sexuality
<https://biblicalcounseling.com/statement-regarding-gender-sexuality-and-counseling/>

2. Theological Convictions. Please answer each of the following questions in a 1-page, double spaced, appropriately referenced (bible references/footnotes) all in one word

document.

- a. Describe the sufficiency of Scripture. Relate the doctrine of the sufficiency of Scripture to the practice of biblical counseling.
- b. Explain the biblical categories of past, present, and future sanctification including a thorough treatment of how present progressive sanctification works.
- c. Explain the role and function of the heart in counseling process. How does a counselor move past external behavior and emotions to deal with the counselee's heart?
- d. What role should the church play in the counseling process?
- e. Explain the concept of "The church should not have a counseling ministry, the church should be a counseling ministry."
- f. Provide your understanding of how the Holy Spirit guides Christians today—this is should be a discussion on decision making and the word of God.

3. Book Summaries—This will be your indication that you have read the textbooks. All Assignments due by the end of the semester

- Write an approximately 1000-word paper (double spaced) on Heath Lambert's book *A Theology Of Biblical Counseling: The Doctrinal Foundations Of Counseling Ministry*. The first 600 words should be a summary of the book. The last 400 words should be how the book impacted you. Upload the PDF file in the appropriate assignment space in Populi.
- Write an approximately 750-word response to what you observed in *Counseling and Christianity: Five Approaches*. Your response should include observations on the efficacy or insufficiency of some Christian counseling approaches and how seeing the approaches side-by-side impacted you. Your last paragraph should detail which approach you believe is biblical and why. Upload your paper into the appropriate assignment slot.

6.0 Note About ACBC Certification
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FBS does not certify any individual for Biblical Counseling. FBS facilitates the accomplishment of the certification goal if a student desires to be certified.

If you desire to be certified, you will need to take the initiative yourself to start the process with ACBC.

The certification process includes completing basic training from a certified training institution, 1000 pages of reading, 10 hours of observation, and the passing of the Theological/Counseling Exams before your actual 50 hours of supervised counseling. The counseling videos uploaded on Populi count toward the 10 hours of observation.

This course facilitates and requires only the basic training aspect of ACBC certification.

6.0 Grading

This course will follow the grading scale outlined by the seminary:

100-95 = A; 94 = A-; 93 = B+; 92-87 = B; 86 = B-; 85 = C+; 84-79 = C; 78 = C-;
77-72 = D; 71-0 = F.

Completion of Basic Training Instruction	50%
Completion of writing assignments on the two textbooks	15%
Document on Affirmations and Theology	15%
Completion of Heart of Change videos and Pure Heart video	10%
Completion of Video Observation of Counseling	10%
Total	100%