

The IRBC Basic Training Course in Reformed Biblical Counseling

2025-2026 Tentative Class Schedule (Tuesdays)

Pre-Semester Presentation:

(please watch the links provided before the first week of class)

IRBC's History, Passion, and Purpose (Dr. Jeff Doll) *30 mins.*

Administrative Matters: Getting Ready for Class (Gary Fisher) *10 mins.*

Semester 1 – IBCD Lectures

*Suggestion: To keep things at a manageable pace, we recommend that you watch an average of two hours of lectures per week at home and read 1-2 chapters per week of the assigned reading. It is better to review than to skip ahead.

September 2, 2025: Seminar (7:00pm at _____ Church)

Lecture 1: "What Is Biblical Counseling?" Part 1 (Dr. Jim Newheiser) *53 mins.*

Lecture 2: "What Is Biblical Counseling?" Part 2 (Dr. Newheiser) *39 mins.*

September 9 – September 30, 2025: Lectures to watch at home:

Lecture 3: "What Is Biblical Counseling?" Part 3 (Dr. Newheiser) *43 mins.*

Lecture 4: "General Principles of Biblical Counseling" Part 1 (Dr. Newheiser) *56 mins.*

Lecture 5: "General Principles of Biblical Counseling" Part 2 (Dr. Newheiser) *57 mins.*

Lecture 6: "General Principles of Biblical Counseling" Part 3 (Dr. Newheiser) *36 mins.*

Lecture 7: "How Do People Change?" Part 1 (Dr. Newheiser) *45 mins.*

Lecture 8: "How Do People Change?" Part 2 (Dr. Newheiser) *34 mins.*

Lecture 9: "Theology and Biblical Counseling" (Dr. Newheiser) *57 mins.*

Homework: Read Chapters 1 through 8 of "How People Change"

September 30, 2025: Seminar (7:00pm at _____ Church)

Lecture 10: "Peacemaking" Part 1 (Dr. Newheiser) *33 mins.*

Lecture 11: "Peacemaking" Part 2 (Dr. Newheiser) *57 mins.*

Short Class Discussion over Lectures 1-11 and homework reading (chapters 1-8 of "How People Change")

October 7, 2025 – November 4, 2025: Lectures to watch at home:

Lecture 12: "Peacemaking" Part 3 (Dr. Newheiser) *49 mins.*

Lecture 13: "Grace When Things Are Hard" (Dr. Newheiser) *51 mins.*

Lecture 14: "Anger/Abuse" (Dr. Newheiser) *57 mins.*

Lecture 15: "Depression" (Dr. Newheiser) *51 mins.*

Lecture 16: "Worry/Anxiety" (Dr. Newheiser) *27 mins.*

Lecture 17: "Fear" (Dr. Newheiser) *47 mins.*

Lecture 18: "Temptation" Part 1 (Dr. Newheiser) *34 mins.*

Homework: Read Chapters 9 through 16 of "How People Change"

November 4, 2025: Seminar (7:00pm at _____ Church)

Lecture 19: "Temptation" Part 2 (Dr. Newheiser) *60 mins.*

Class Discussion over Lectures 11-19 and homework reading (chapters 9-16 of "How People Change")

Policy Statement on Attendance: Those desiring to receive the *IRBC Certificate of Completion* must be in regular attendance at the monthly seminars. It is expected that students enrolled in the program will be present as a reflection of their dedication to learn important subject matter which will enable them to be more effective instruments in the hands of the Redeemer. Regular attendance also enables one to more fully enjoy the wonderful benefits of the communion of the saints. A certificate of completion will only be awarded to those who are in regular attendance, have made up lectures when absent, and have completed all homework assignments. ***Missing more than two seminars will require approval to graduate.***

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November 11, 2025 – December 2, 2025: Lectures to watch at home:

- Lecture 20: "Understanding the Influences of Nature and Nurture" (Dr. Newheiser) 40 mins.
 - Lecture 21: "The Divine Design for Marriage" (Dr. Newheiser) 53 mins.
 - Lecture 22: "Transforming Grace in Marriage Roles" Part 1 (Dr. Newheiser) 49 mins.
 - Lecture 23: "Transforming Grace in Marriage Roles" Part 2 (Dr. Newheiser) 44 mins.
 - Lecture 24: "Keys to Preserving and Strengthening Your Marriage" (Dr. Newheiser) 50 mins.
 - Lecture 25: "Solving Marriage Problems: Conflict Resolution and Communication" (Dr. Newheiser) 65 mins.
- Homework: Read Parts 1 and 2 of "The Gospel for Disordered Lives"**

December 2, 2025: Seminar (7:00pm at _____ Church)

- Lecture 26: "Solving Marriage Problems: Finances" (Dr. Newheiser) 58 mins.
- Class Discussion over Lectures 20-26 and homework reading (Parts 1 and 2 of "The Gospel for Disordered Lives")

December 9, 2025 – January 6, 2026: Lectures to watch at home:

- Lecture 27: "From Idol to Blessing" Part 1 (Dr. Newheiser) 75 mins.
 - Lecture 28: "From Idol to Blessing" Part 2 (Dr. Newheiser) 60 mins.
 - Lecture 29: "Counseling in Cases of Separation, Divorce, and Remarriage" (Dr. Newheiser) 56 mins.
 - Lecture 30: "What's Medical About Mental Illness?" (Dr. Charles Hodges) 54 mins.
 - Lecture 31: "Counseling People with a Psychological Diagnosis" (Dr. Charles Hodges) 59 mins.
- Homework: Read Part 3 of "The Gospel for Disordered Lives"**

January 6, 2026: Seminar (7:00pm at _____ Church)

- Lecture 32: "Parenting Is More Than a Formula" Part 1 (Dr. Newheiser) 60 mins.
- Class Discussion over Lectures 27-32 and homework reading (Part 3 of "The Gospel for Disordered Lives")

January 13, 2026 – February 3, 2026: Lectures to watch at home:

- Lecture 33: "Parenting Is More Than a Formula" Part 2 (Dr. Newheiser) 55 mins.
 - Lecture 34: "Dealing with Rebellious Teens: When Good Kids Make Bad Choices" (Dr. Newheiser) 78 mins.
 - Lecture 35: "You Never Stop Being a Parent: Parenting Your Adult Children" (Dr. Newheiser) 65 mins.
 - Lecture 36: "Knowing God's Will" (Dr. Newheiser) 79 mins. **END OF IBCD CURRICULUM**
- START OF IRBC CURRICULUM** Lecture 1: The Attributes of God (Dr. Doll) 45 mins
- Homework: Read Parts 4 and 5 of "The Gospel for Disordered Lives"**

February 3, 2026: Seminar (7:00pm at _____ Church)

- Lecture 2: 7 Foundational Principles Underlying IRBC's Biblical Counseling Philosophy (Dr. Doll) 50 mins.
- Class Discussion over IBCD Lectures 33-36, IRBC Lecture 1-2, and homework reading (Parts 4 and 5 of "The Gospel for Disordered Lives")

***BRING SEMESTER 1 HOMEWORK LEDGERS TO CLASS TO TURN IN TO YOUR CLASS SECRETARY**

Semester 2 – IRBC Lectures & Counseling Observation

Policy Statement on Attendance: Those desiring to receive the *IRBC Certificate of Completion* must be in regular attendance at the monthly seminars. It is expected that students enrolled in the program will be present as a reflection of their dedication to learn important subject matter which will enable them to be more effective instruments in the hands of the Redeemer. Regular attendance also enables one to more fully enjoy the wonderful benefits of the communion of the saints. A certificate of completion will only be awarded to those who are in regular attendance, have made up lectures when absent, and have completed all homework assignments. *Missing more than two seminars will require approval to graduate.*

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February 10, 2026 – March 3, 2026: Lectures to watch at home:

Lecture 3: Truth and Authority in Reformed Biblical Counseling (Dr. Looyenga) *134 mins.*

Lecture 4: The Internal Dominant Domains (Dr. Doll) *27 mins.*

Lecture 5: The External Dominant Domains (Dr. Doll) *45 mins.*

Lecture 6: The 7 Steps of Reformed Biblical Counseling – IRBC’s Counseling Methodology (Dr. Doll) *23 mins.*

Lecture 7: Enslavement to Pornography (Dr. Mark Kelderman) *65 mins.*

Lecture 8: Substance Abuse (Professor Johnson) *45 mins.*

Homework:

- **Read** “Is Reformed Biblical Counseling for or Against Psychology?” by Dr. Doll and Dr. Looyenga
- **Read** *A Training Manual for Reformed Biblical Counselors*, chapters 2-4
- **Watch:** Video: “Is Biblical Counseling For Or Against Psychology?” (Dr. David Powlison) *10 mins.* (found in your Google Classroom under the “Psychology and Biblical Counseling” tab)
- **Homework: Read** “Approaching Christian Counseling with a Reformed Worldview” by Dr. Looyenga (found in Google Classroom under the tab “Psychology and Biblical Counseling”)
- **Watch:** “Why Do Men and Women Experience Strong Emotions Differently?” (Ken Sandee) *3 mins.* (found in Google Classroom, under the tab “Emotions”)

March 3, 2026: Seminar (7:00pm at _____ Church)

Counseling Observation 1: “Danielle, Part 1” (IBCD) *65 mins.*

Class Discussion over Lectures 3-8, Counseling Observation 1, and homework assignments

***COLLECT NAMES FOR CERTIFICATES**

March 10, 2026 – April 7, 2026: Lectures to watch at home:

Counseling Observation 2: “Danielle, Part 2” (IBCD) *48 mins.*

Counseling Observation 3: “Danielle, Part 3” (IBCD) *40 mins.*

Lecture 9: Digital Technology’s Effect on the Mind (Mr. Jon Van Overloop) *121 mins.*

Counseling Observation 4: “Dan + Debbie, Part 1” (IBCD) *59 mins.*

Counseling Observation 5: “Dan + Debbie, Part 2” (IBCD) *60 mins.*

Homework:

- **Read** *A Training Manual for Reformed Biblical Counselors*, chapters 5-6
- **Read** the article entitled, “Six Fallacies to Avoid When Caring for People with Mental Disorders” (from the *Journal of Biblical Counseling*; found in your Google Classroom, under the tab “7 Dominant Domains”)
- **Watch:** Basic Principles of Bible Interpretation (found in Google Classroom, under the tab, “Bible Interpretation”)

April 7, 2026: Seminar (7:00pm at _____ Church)

Counseling Observation 6: “Dan + Debbie, Part 3” (IBCD) *61 mins.*

Class Discussion over Lecture 9, Counseling Observations 2-6, and homework assignments

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April 14, 2026 – May 5, 2026: Lectures to watch at home:

Counseling Observation 7: “Session 1 ‘Richard’ Counseling Care for Regret” (IBCD) 60 mins.

Counseling Observation 8: “Session 2 ‘Richard’ Counseling Care for Regret” (IBCD) 60 mins.

Counseling Observation 9: “Session 3 ‘Richard’ Counseling Care for Regret” (IBCD) 55 mins.

Homework:

- Read *A Training Manual for Reformed Biblical Counselors*, chapters 7-9

***Optional Homework:** Watch “Perinatal Mood Disorders” by Sarah Moelker (*found in Google Classroom, under the tab “Depression”*)

May 5, 2026: Certificate Ceremony (Begins at 7:00pm at _____ Church)

Ceremony Address (Video, Dr. Doll)

Presentation of Certificates of Completion

(A dessert reception may follow at the discretion of the class leadership.) (Revised March 18, 2025)

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