



## Biblical Counselling UK

### Certificate in Biblical Counselling

in partnership with CCEF (The Christian Counseling and Educational Foundation)  
and supported by Oak Hill College

## Course Descriptions

Certificate	Modules
Foundations of Biblical Counselling	<ul style="list-style-type: none"><li>• Dynamics of Biblical Change</li><li>• Helping Relationships</li><li>• Counselling in the Local Church</li></ul>
Biblical Counselling Skills	<ul style="list-style-type: none"><li>• Scripture for Life and Ministry</li><li>• Marriage Counselling</li></ul> <p style="text-align: center;">+</p> <ul style="list-style-type: none"><li>• The Summer Intensive, comprising:<ul style="list-style-type: none"><li>• Personal Qualities for Biblical Counselling</li><li>• Counselling Observation</li></ul></li></ul>
Biblical Counselling Topics	<ul style="list-style-type: none"><li>• Theology and Secular Psychology</li><li>• Human Personality</li></ul>

## FOUNDATIONS CERTIFICATE

### Foundations 1: Dynamics of Biblical Change

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The way that you counsel other people is determined by how you understand God, yourself, other people, life's pressures, and change. This course addresses the depth, breadth, and balance of your understanding. How does Christ's past grace, present grace, and future grace speak to our hearts and change how we live our daily lives? This course is about people. It is about how we face the troubles of life. It is about how we deal with our inner struggles. It is about how we change into Jesus' image. Through case studies, class lectures, assigned readings, and Scripture, you'll explore

these practical questions. Self-counseling projects will help you to make first-hand, practical application of the concepts learned in class.

### **Course Outline**

Week 1: Course Introduction and Overview

Week 2: Understanding the Person

Week 3: Understanding the Heart

Week 4: The Wisdom Found in Christ

Week 5: Understanding the Situation

Week 6: Practical Application: James

Week 7: Influences of the Heart

Week 8: Sin and the Heart

Week 9: Sin and Transformation

Week 10: Living with Personal Integrity

Week 11: Submit Final project

Week 12: Final exam

### **David Powlison (1949-2019)**

David served as CCEF's executive director, as a faculty member, and as senior editor of the *Journal of Biblical Counseling*. He held a PhD from the University of Pennsylvania and an MDiv from Westminster Theological Seminary.

David wrote extensively on biblical counseling and on the relationship between faith and psychology. His books *Seeing with New Eyes* and *Speaking Truth in Love* probe the implications of Scripture for how to understand people and how to counsel. *The Biblical Counseling Movement: History and Context* explores the background and development of CCEF's mission. David's later books include *God's Grace in Your suffering*, *How Does Sanctification work?*, *Good and Angry*, and his final work, *Safe and Sound*, which was published posthumously.

### **Required Books**

Students must purchase separately, (any other required reading is provided with course access):

*Why Does it Have to Hurt?* by Dan McCartney

## Foundations 2: Helping Relationships

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Let's say you have a basic and growing understanding of biblical counselling. You know the key ideas and have been able to apply them to yourself. Now comes the hard part: How do you apply this understanding in your everyday relationships? This course will take the content you already know and get specific about how you can actually deliver the content. Case studies, lectures, and group discussions will help you grow in your ability to listen well, know people, interpret another person's story from a biblical perspective, and offer biblically-based truth that will motivate others in their growth in Christ.

Note: This course has two unique requirements. First, you will be paired with other students for a bi-weekly community group which will take place as part of the seminars.

You will also meet weekly for an hour with someone (a friend, fellow church member, neighbour, etc) to put into practice what you are learning in Helping Relationships. You will receive more information about these activities in your course syllabus and in the opening lecture.

### Course Objectives

This course will enable students to love others, using words, with increasing skill. Specifically:

1. To locate the seed of all counselling ministry in two people praying together.
2. To develop an attractive, adaptable, flexible and transferable ministry method, and
3. To identify and practice the basic methodological principles that are emerging in biblical counselling.

### Ed Welch

Ed is a faculty member at CCEF where he has served for more than 35 years. He holds a PhD in counseling psychology with a neuro-psychology specialty from the University of Utah and an MDiv degree from Biblical Theological Seminary. Ed has been counselling for over thirty years and has written many books and articles on biblical counselling, including *When People Are Big and God Is Small*; *Addictions: A Banquet in the Grave*; *Blame It on the Brain?*; *Depression*; *Running Scared*; *Shame, Interrupted*; and *Side by Side: Walking with Others in Wisdom and Love*. He and his wife, Sheri, have two married daughters and eight grandchildren. In his spare time, Ed enjoys spending time with his wife and extended family and playing his guitar.

### Required Books

Students must purchase separately, (any other required reading is provided with course access):

*Side by Side* by Ed Welch

*The Heart of the Servant Leader* by C. John Miller

*The Gift of Therapy* by Irving Yalom

## Foundations 3: Counselling in the Local Church

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Biblical counselling – is it just for the pastors and elders? Or for trained professionals? What does it look like to restore counselling to the local church? The purpose of this course is:

- to broaden students' understanding of counselling to include all relationships
- to build a thoroughly biblical understanding of the local church as a ministering community where everyone plays a part
- to help students find their place of ministry within the context of the local church and to help others do the same
- to see the importance of both public and private ministry of the Word and how they inter-relate
- to examine present ministry opportunities

Topics covered include a biblical foundation for private ministry of the Word; the role of community and relationships in the process of sanctification; developing a practical ecclesiology; and developing an eye for ministry opportunities such as conflict resolution, evangelism, and church discipline.

### Course Outline

Week 1: Course Introduction: Why the Church Should be Counselling

Week 2: Redemptive Community

Week 3: Self-Counsel

Week 4: A Biblical View of Change

Week 5: Public Counsel

Week 6: Sought and Created Counsel

Week 7: Structures and Processes for Interpersonal Ministry

Week 8: Counselling Models at Four Churches

Week 9: Conflict and Pursuing Forgiveness

Week 10: Unsought Group Counsel

Week 11: Church Discipline

### Tim Lane

Dr. Timothy S. Lane is a minister in the Presbyterian Church in America since 1991 (PCA), and co-author of *How People Change and Relationships: A Mess Worth Making*. He has written several mini-books including *PTSD*, *Forgiving Others*, *Sex Before Marriage*, *Family Feuds*, *Conflict*, and *Freedom From Guilt*. He has experience in both campus and pastoral ministry (serving as a pastor in Clemson, SC 1991-2001). From 2001-2013, he served as a counsellor and faculty at CCEF (2007-2013 as Executive Director) in Philadelphia, Pennsylvania. Tim is adjunct professor of practical theology at Westminster Theological Seminary in Philadelphia, Westminster Seminary California and Redeemer Seminary in Dallas, TX.

## Michael Gembola

Michael holds a Master of Arts in Religion (Biblical Studies) and a Master of Arts in Counseling from Westminster Seminary, and a Certificate in Advanced Professional Counseling from the Biblical Seminary Graduate School of Counseling. He serves as Director of Congregational Care and Discipleship at City Line Church and is under care of the Philadelphia Presbytery (PCA). He is also a lecturer in practical theology at Westminster Seminary. He enjoys basketball, guitar, local history, and exploring big cities with his wife Kelly and their son, Adriano..

## Required Books

Students must purchase separately, (any other required reading is provided with course access):

*How People Change* by Tim Lane and Paul Tripp

*Life Together: The Classic exploration of Faith in Community* by Dietrich Bonhoeffer

*Relationships: A Mess Worth Making* by Tim Lane and Paul Tripp

*Pastoral Theology in the Classical Tradition* by Andrew Purves

# SKILLS CERTIFICATE

## Skills 1: Scripture for Life and Ministry

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All of Scripture is sufficient for counselling, but how do you connect God's word effectively to the lives and struggles of people around you? Do you always turn to the same familiar passages, and are less confident in using others to communicate the power of God's love and faithfulness in the Gospel? How do you use the Bible's redemptive story in counselling so that counselees grow in their knowledge of and love for the sovereign Lord? This course will help you understand both people and the Bible more thoroughly and is designed to strengthen your ability to rivet Scriptural truth to real-life ministry situations. Through lectures, class discussion, and interpretive assignments, you'll develop your skills in interpreting and applying any passage of Scripture to help people to grow in love for God and others more fully in the midst of their complex, daily lives.

*Scripture for Life and Ministry* is a revision of Mike Emlet's course, *Biblical Interpretation*. It will be offered from January 2021. A course outline and reading list will be available in autumn 2020. The following course outline and reading list is taken from *Biblical Interpretation*.

### Course Outline

Week 1: Connecting Scripture and Life

Week 2: What Does it Really Mean?

Week 3: The Many Aspects of Scripture

Week 4: Looking at the “Big Story” of Scripture  
Week 5: Wisely Applying Scripture, Part 1  
Week 6: Wisely Applying Scripture, Part 2  
Week 7: Understanding Biblical Genres, Part 1  
Week 8: Understanding Biblical Genres, Part 2  
Week 9: The Complexities of Biblical Translation  
Week 10: How the Bible Came to Life  
Week 11: The Importance of Interpretation in Community

### **Mike Emet**

Mike is a faculty member at CCEF where he has served for more than fifteen years. He holds an MD from the University of Pennsylvania and an MDiv degree from Westminster Theological Seminary. He worked as a family physician for twelve years before joining CCEF. Mike has counselled for many years and is the author of *CrossTalk: Where Life and Scripture Meet*, which explores the use of Scripture in counselling. Mike is married to Jody, and they have two children. He is active in his urban church and enjoys gardening, camping, and creating wheel-thrown pottery.

### **Required Books**

*The True Story of the Whole World: Finding Your Place in the Biblical Drama* by Craig G. Bartholomew and Michael W. Goheen

*Crosstalk: Where Life and Scripture Meet* by Michael R. Emet

## **Skills 2: Marriage Counselling**

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Marriage problems can seem especially complicated and disheartening, not only for the couples struggling with them but also for those trying to help. Talking about them with a helper can be difficult, even explosive. In this introductory course on marriage counselling, you will walk away with a working model for how to make sense of marriage problems. You’ll understand simple, basic, and Biblical categories that can handle all of the mess and hardship that marriage counselling and marriage problems will throw at you. You’ll also learn methods that help you to manage and constructively direct the conflict and volatility that are often part of the process. But most importantly, you’ll have a model that in every way connects the truth of the Gospel to everything that you are going to see in marriage problems.

### **Course Outline**

Week 1: Building a Biblical Marriage & Relationship Model  
Week 2: The Dynamics of Worship and Relationships  
Week 3: Setting the Stage for Heart Change

Week 4: Understanding Relational Dynamics  
Week 5: Let's Talk  
Week 6: Conflict: An Opportunity for Growth and Change  
Week 7: Moving from Skills to the Heart  
Week 8: Man vs. Woman: Understanding Our Differences  
Week 9: Wisdom for Abusive Relationships  
Week 10: Marital Intimacy  
Week 11: Growing Together Over Time  
Week 12: Learning from Other Viewpoints

### **Winston Smith**

Winston is a faculty member at CCEF where he has served for more than 20 years. He holds an MDiv degree from Westminster Theological Seminary. He has been counseling for twenty years and is the author of *Marriage Matters: Extraordinary Change through Ordinary Moments*. Winston and his wife, Kim, have three children. Winston enjoys reading, listening to music, exercise, chess, and other games of strategy.

### **Required Books**

Students must purchase separately, (any other required reading is provided with course access):

Sue Johnson, *Hold Me Tight: Your Guide to the Most Successful Approach to Building Loving Relationships*

Shelly Smith-Acuna, *Systems Theory in Action: Applications to Individual, Couple, and Family Therapy*

Winston Smith, *Marriage Matters: Extraordinary Change through Ordinary Moments*

## **Skills 3      Counselling Observation**

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### **Course Description**

What does actual counselling look like? It's one thing to learn about biblical counselling through reading books and listening to a lecture, but it's quite another to learn by actually seeing it done. You'll have the opportunity to observe a series of counselling sessions involving a CCEF counsellor on video. You'll experience the unscripted, unpredictable, and often messy aspects of face-to-face personal ministry, and be introduced to the artfulness, skill, and utter dependency on the Spirit that is needed to counsel wisely. Class discussion will focus on topics that arise out of each counselling session, and you'll learn how to make effective progress notes to document your own counselling sessions.

*This module forms part of our six-day residential Summer Intensive, which should be taken within two years of completing the Foundations certificate.*

## Skills 4      Personal Qualities for Biblical Counselling

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### Course Description

This course examines what you, the “counsellor,” bring to counselling – in terms of your character and your helping skills. Class lectures, discussions, role-plays, counselling triads, and papers will provide you with the opportunity to evaluate where you stand in relationship to the character qualities and skills that contribute to effective counselling ministry

### Required Books

Students must purchase separately, (any other required reading is provided with course access):

*Crosstalk: Where Life and Scripture Meet* by Michael R. Emler

*This module forms part of our six-day residential Summer Intensive, which should be taken within two years of completing the Foundations Certificate. This course is based, with permission, on the CCEF course Essential Qualities of a Biblical Counsellor*

## TOPICS CERTIFICATE

### Topics 1:      Theology and Secular Psychology

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The modern psychologies provide the lenses through which most people view life’s problems. They shape how people interpret troubling behaviours, emotions, and relationships—so that sin is never part of what goes wrong with us. They shape the solutions offered—so that Christ plays no necessary part in addressing what is going on. Through practical assignments, group discussion, lectures and assigned readings, you’ll develop skills to lovingly and wisely engage the ways others seek to understand and solve personal problems. You’ll develop your ability to reinterpret what they see most clearly and care about most deeply. This class will help you to understand where biblical counselling fits both within the church and in relation to the surrounding mental health system.

### Course Outline

Week 1: Course Introductions

Week 2: Developing Your Reinterpretive Skills

Week 3: Pastoral Care in the History of the Church

Week 4: Reinterpretative Skills

Week 5: Psychological Research

Week 6: Sigmund Freud

Week 7: Behaviour and Cognitive-Behaviour Therapies

Week 8: Psychotherapy

Week 9: Christian Psychology



Week 10: Engaging Secular Psychological Culture

Week 11: Engaging Evangelical Psychotherapy

Week 12: Engaging the Biblical Counselling Movement

Week 13: What Does the Future Hold for Biblical Counselling?

### **David Powlison (1949-2019)**

David served as CCEF's executive director, as a faculty member, and as senior editor of the *Journal of Biblical Counseling*. He held a PhD from the University of Pennsylvania and an MDiv from Westminster Theological Seminary.

David wrote extensively on biblical counseling and on the relationship between faith and psychology. His books *Seeing with New Eyes* and *Speaking Truth in Love* probe the implications of Scripture for how to understand people and how to counsel. *The Biblical Counseling Movement: History and Context* explores the background and development of CCEF's mission. David's later books include *God's Grace in Your suffering, How Does Sanctification work?, Good and Angry*, and his final work, *Safe and Sound*, which was published posthumously.

### **Required Books**

Students must purchase separately, (any other required reading is provided with course access):

*The Biblical Counseling Movement: History and Context* by David Powlison

*The Berenstain Bears Get the Gimmies* by Stan and Jan Berenstain

*Feeling Good: The New Mood Therapy* by David Burns

*Forgiveness: I just can't forgive myself* (booklet) by Robert Jones

*Inside Out* by Larry Crabb

*Psychology and Christianity: Five Views* edited by Eric Johnson

*The Question of Lay Analysis* by Freud, New York; W.W. Norton, 1990 (1927)

*Seeing with New Eyes* by David Powlison

*Speaking Truth in Love* by David Powlison

## **Topics 2: Human Personality**

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Who is God? Who are we? Most everything we do comes from our answers to these questions, so we want to get the answers right. This course will focus especially on the questions Who am I? and Who are we? Since we are made in the image of God, we will also have the pleasure of asking Who is God? The goal is practical theology. We want answers that will inspire, instruct, guide and provide direction for our face-to-face ministry.

## Course Outline

Week 1: Course Introduction

Week 2: Anthropological Infrastructures & Creation

Week 3: Who is God? Who are we?

Week 4: Offspring of the King

Week 5: Created in God's Image

Week 6: Genesis: The Fall

Week 7: We are Naked and Ashamed, Yet Pursued by the Living God

Week 8: Life After the Fall: The Effects of Sin

Week 9: Life After the Fall: Living in the Story of Exodus

Week 10: We are Redeemed and Glorified

Week 11: Personality: The Unique Person

**Ed Welch** is a faculty member at CCEF where he has served for more than 35 years. He holds a PhD in counselling psychology with a neuro-psychology specialty from the University of Utah and an MDiv degree from Biblical Theological Seminary. Ed has been counselling for over thirty years and has written many books and articles on biblical counselling, including *When People Are Big and God Is Small*; *Addictions: A Banquet in the Grave*; *Blame It on the Brain?*; *Depression*; *Running Scared*; *Shame, Interrupted*; and *Side by Side: Walking with Others in Wisdom and Love*. He and his wife, Sheri, have two married daughters and eight grandchildren. In his spare time, Ed enjoys spending time with his wife and extended family and playing his guitar.

## Required Books

Love's Executioner by Irving Yalom

Collected Writings of John Murray. Vol. 2, Systematic Theology, John Murray, pp. 3-119

You will also be required to read a Christian Counselling (i.e., integration/not from CCEF) book of your choosing.

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