

BIBLICAL COUNSELING MINISTRIES SYLLABUS OUTLINE

BASIC SKILLS 101: INTRODUCTION TO BIBLICAL COUNSELING

Instructor: Sue Nicewander, M.A.B.C.

- I. What Biblical Counseling is NOT:
 - A. Secular Models of Counseling
 - B. Christian Counseling/Integration
 - C. Dangers of Counseling
- II. What is Biblical Counseling
 - A. The Goals of Counseling
 - B. Issues of the Heart
 - C. Qualifications of the Counselor
- III. Key Elements of Biblical Counseling
 - A. Involvement
 - B. Investigation
 - C. Interpretation
 - D. Instruction
 - E. Intention
 - F. Implementation
 - G. Integration

COURSE REQUIREMENTS INTRODUCTION TO BIBLICAL COUNSELING

1. Attend all classes.
2. Read Wayne Mack and John MacArthur's *Introduction to Biblical Counseling*. Keep track of your reading time and pages read on the form provided. A printable form is available at our website in the Training tab: www.bcmin.org.
3. Weekly quizzes on reading material and class notes.
4. (Required for NANC-approval or college credit*) Complete self-exam and write a three-page paper concerning what you learned about your qualifications for discipling others in your church.

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BIBLICAL COUNSELING MINISTRIES SYLLABUS OUTLINE

BASIC SKILLS 102: SKILL-BUILDING IN BIBLICAL COUNSELING

Instructor: Sue Nicewander, M.A.B.C.

- A. Biblical Thinking
- B. Listening Skills
- C. Gathering Data
- D. Structuring Sessions
- E. Involving the Church Effectively
- F. Methods
- G. Practicum

COURSE REQUIREMENTS SKILL-BUILDING IN BIBLICAL COUNSELING

1. Attend all classes.
2. Read Jay Adams' *How to Help People Change*. Keep track of your reading time and pages read on the form provided. A printable form is available at our website in the Training tab: www.bcmin.org.
3. Do all weekly assignments.
4. (Required for NANC-approval or college credit*) Complete either Choice A or Choice B below:
Choice A: From Jay Adams' book *The Christian Counselor's Case Book*, choose a case study that has not been addressed in class or in our seminars.
 - a. Analyze the data and outline a plan for your next counseling session.
 - b. Write a 2500-word paper detailing a Biblical approach to the primary problem you face in your case study.Choice B: Answer five NANC counseling exam questions that pertain to material covered in this course. 500 to 750 words per question, annotated.

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BIBLICAL COUNSELING MINISTRIES SYLLABUS OUTLINE

BASIC SKILLS 201: THEOLOGY OF COUNSELING

Foundations of Biblical Counseling

Instructor: Dr. Jeff Newman, Faith Baptist Bible College

- A. Hermeneutics: What to do on Thursday
- B. The Importance of Theological Study
 - 1. Theology
 - 2. Anthropology
 - 3. Epistemology
 - 4. Hamartology
 - 5. Soteriology
 - 6. Pneumatology
 - 7. Ecclesiology
 - 8. Eschatology

COURSE REQUIREMENTS THEOLOGY OF BIBLICAL COUNSELING

1. Attend all classes.
2. Read Jay Adams' *What to do on Thursday*. Keep track of your reading time and pages read on the form provided. A printable form is available at our website in the Training tab: www.bcmin.org.
3. (Required for NANC-approval or college credit*) Choose a theological question related to counseling and write a 2500-word paper. Your teacher must approve the subject before the paper is written.
4. Read 1000 pages of theology from among the books in the bibliography.
5. (Required for NANC-approval or college credit*) Final exam: Answer five NANC counseling exam questions that pertain to material covered in this course. 500 to 750 words per question, annotated.

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BIBLICAL COUNSELING MINISTRIES

SYLLABUS OUTLINE

BASIC SKILLS 301: TOPICAL APPLICATIONS OF BIBLICAL COUNSELING

Instructor: Sue Nicewander, M.A.B.C. and Area Pastors

- A. Anger
- B. Depression
- C. Physical Problems
- D. Psychotropic Medications
- E. Fear/Worry/Anxiety
- F. Trials and Suffering and Crisis Counseling
- G. Guilt and Repentance
- H. Forgiveness
- I. Life Dominating Problems
- J. Self Esteem

COURSE REQUIREMENTS

TOPICAL APPLICATIONS OF BIBLICAL COUNSELING

1. Attend all classes.
2. Read Paul David Tripp's *Instruments in the Redeemer's Hands* and Jay Adams' topical brochures¹. Read the corresponding brochure, if any, before each class. Keep track of your reading time and pages/brochures read on the form provided. A printable form is available at our website in the Training tab: www.bcmin.org.
3. (Required for NANC-approval or college credit*) Choose a problem in your own life. Keep a Journal of Upsets for five weeks. During that time, search Scripture for God's solution to your problem and seek to implement that solution faithfully. Write a three-page paper describing the process of Biblical change in your life during that time. Hand in your Journal of Upsets, your Scripture search notes, and your paper.
4. (Required for NANC-approval or college credit*). Final exam. Choose either Choice A or Choice B:
Choice A: Student may elect to fulfill final exam requirements by reading David Powlison's book *Seeing With New Eyes* and writing a 1000-word annotated paper discussing one of the passages detailed in the book, using personal applications.
Choice B: Answer five NANC counseling exam questions that pertain to material covered in this course. 500 to 750 words per question, annotated.

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¹ Jay Adams' topical brochures include: (1) What do you do when you become depressed? (2) What do you do when your marriage goes sour? (3) What do you do when fear overcomes you? (4) What do you do when anger gets the upper hand? (5) What do you do when you know that you're hooked? (6) What do you do when you worry all the time? (P&R Publishing, ISBN #0-87552-049-9)

BIBLICAL COUNSELING MINISTRIES SYLLABUS OUTLINE

BASIC SKILLS 401: STRENGTHENING MARRIAGES AND FAMILIES BIBLICALLY

Instructor: Sue Nicewander, M.A.B.C. and Area Pastors

- A. God's Purpose for Marriage
- B. Roles of Husband and Wife
- C. Communication
- D. Biblical Sexuality
- E. Sensitive Issues: Domestic Violence, Church Discipline, Divorce
- E. Goal of Parenting
- F. Parental Instruction
- G. Parental Discipline

COURSE REQUIREMENTS STRENGTHENING MARRIAGES AND FAMILIES BIBLICALLY

1. Attend all classes.
2. Read Tedd Tripp's *Shepherding a Child's Heart* and Leslie Vernick's *How to Act Right When Your Spouse Acts Wrong*. Keep track of your reading time and pages/brochures read on the form provided. A printable form is available at our website in the Training tab: www.bcmin.org.
3. (Required for NANC-approval or college credit*) With instructor approval, choose a subject from among those presented in this class, and write a 2000-word paper addressing the application of that subject to a counseling case.
4. (Required for NANC-approval or college credit*). Final exam: Answer five NANC counseling exam questions that pertain to material covered in this course. 500 to 750 words per question, annotated.

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BIBLICAL COUNSELING MINISTRIES

SYLLABUS OUTLINE

Basic Skills 501: INDEPENDENT AND SPECIALIZED STUDIES (ISS)

Instructor: Sue Nicewander

ISS Course Requirements

Reading Requirements

Minimum 500 pages from BCM ISS subject area reading list. Keep a reading record of dates and pages read. Where study guides are available, it is highly recommended that you complete them as you read the textbook. You may count study guide pages on your reading record if you complete the study guide.

Attendance Requirements

1. Student orientation evening
2. Minimum two advisory meetings with BCM-approved advisor. (If the BCM instructor is not your advisor, then advance approval of your advisor by BCM instructor is required.)
3. Case studies discussions
4. Counseling observations

Academic Requirements

1. The BCM instructor will individualize a plan for you. You may be asked to watch a specific series of videos or listen to a specific series of audio tapes in your chosen area of study, and to complete any accompanying study guides.
2. When the designated lessons have been completed, choose a case study in your area of study. You may use the Christian Counselor's Case Book by Jay Adams, or a case that is familiar to you (flatten out the details so the person is not identifiable by the reader).
 - a. Write out a one-page scenario of the case.
 - b. Fill out a PDI form for the case. (NOTE: You will have to invent some of the details.)
 - c. Write a list of 25 good questions to ask this person. Beside each question, indicate your reason for asking it. What information do you hope to gather? Why?
 - d. Using your Bible and your lesson and reading materials, write out a week-by-week plan to Biblically address the problem areas in the case.
 - e. Write a summary of your weekly plans
 - i. Specifically, what do you want to accomplish in each step of your plan?
 - ii. What problems might you encounter?
 - iii. How would you Biblically address those problems?

Observation Hours

1. Case studies discussions, minimum 4, as assigned by your BCM instructor.
2. 10 hours of live counseling/discipleship observation
 - a. You may observe any NANC-certified counselor, or any counselor in the supervisory part of NANC certification process, or a BCM-approved pastoral counselor in live counseling sessions.
 - b. Other counseling may count toward the 10 hour requirement, if approved in advance by your BCM instructor.

Schedule

Students have six months from the orientation date to finish the requirements for this class, unless alternative arrangements are made in advance with the BCM instructor. Student is responsible to obtain BCM approval for observation of counseling sessions, per BCM Policies.

Evaluation

In addition to course requirements, students must satisfactorily complete their final evaluation in order to pass this class.

READING LIST BY SUBJECT

Basic Skills 501: Independent and Specialized Studies (BSK501: ISS)

Students are **required** to read the underlined books in their subject area and may choose any or all of the additional recommended reading in their subject area to fulfill class requirements. Minimum pages required: 500.

Addictions

Addictions: A Banquet in the Grave by Ed Welch

Love to Eat/Hate to Eat by Elyse Fitzpatrick (Problems with overeating and undereating)

In Pursuit by Chaplain Tim Sherman. (Chemical addiction)

(You will need your pastor's signature to get these materials. They are intended for use in a local church setting, and may be obtained at: Chaplain Tim Sherman, 1000 Lake Avenue, PO Box 432, Detroit Lakes, MN 56502-0432. Email:

ipm26@netscape.net . Phone 218.841.9194)

The Enemy Within by Lou Priolo (Overcoming stubborn sin)

Ordering Your Private World by Gordon MacDonald (Developing personal disciplines)

I Really Want to Change, So Help Me, God by James MacDonald

Communication

VIDEO: War of Words

War of Words by Paul David Tripp

Your Family God's Way by Wayne Mack

Women Helping Women by Carol Cornish and Elyse Fitzpatrick

Idols of the Heart by Elyse Fitzpatrick

Fear/Anxiety/Peer Pressure

VIDEO: Handling Emotions Biblically

When People are Big and God is Small by Ed Welch

Overcoming Fear, Worry, and Anxiety by Elyse Fitzpatrick

Women Helping Women by Carol Cornish and Elyse Fitzpatrick

Trusting God book and study guide by Jerry Bridges

Fear Factor by Wayne and Joshua Mack

Marriage

VIDEO: Biblical Portrait of Marriage or Scipionne class videos

Sacred Marriage by Gary Thomas

When Sinners Say I Do by Dave Harvey

Strengthening Your Marriage by Wayne Mack

Your Family God's Way by Wayne Mack

The Excellent Wife book and study guide by Martha Peace

The Exemplary Husband book and study guide by Stuart Scott

What to do When Your Husband Abuses You by Debi Pryde (May be ordered at www.ironsharpenethiron.org .)

How to Act Right When Your Spouse Acts Wrong by Leslie Vernick

Parenting

DVD: The Case for Kids

A Biblical Guide to Parenting by Faith Baptist Counseling Ministries (This book may be obtained online at fbclafayette.org in the Resources of Faith tab.)

Shepherding a Child's Heart by Tedd Tripp and Instructing a Child's Heart by Tedd and Margy Tripp

Age of Opportunity by Paul David Tripp

For Instruction in Righteousness by Pam Forster (This book may be obtained online at www.doorposts.org .)

Teach Them Diligently and Heart of Anger by Lou Priolo

Conflict Resolution

VIDEO: War of Words

The Peacemaker by Ken Sande

How Do I Love Those Prickly People? By Juanita Purcell (Regular Baptist Press)

Young Peacemaker by Corlette Sande

When Forgiveness Doesn't Make Sense by Robert Jeffress

War of Words by Paul David Tripp

Women's Issues

DVD: Handling Emotions Biblically

Women Counseling Women by Elyse Fitzpatrick and Carol Cornish

Will Medicine Stop the Pain? By Elyse Fitzpatrick and Laura Hendrickson

Damsels in Distress by Martha Peace

Idols of the Heart by Elyse Fitzpatrick

GUIDELINES FOR ALL BCM CLASS REQUIREMENT PAPERS

1. Put a title page on top of any papers or NANC questions you submit for a BCM class requirement. On that title page, clearly type the class title and dates of classes, your instructor's name, and your name, address, phone, email address and the date you are submitting your paper.
2. Base your answers on your class reading materials (including anything from class bibliographies) and other BCM classes or seminars you have taken (and the corresponding recommended reading). You may also use resources from the recommended reading list from our www.bcmin.org Resources tab.
3. Annotation is required. Use footnotes and quotations correctly, and support every answer from Scripture. You may use an academic textbook to learn how to write footnotes and bibliographies. If you want more help, I recommend Kate Turabian's book *A Manual for Writers of Term Papers, Theses, and Dissertations* in the latest edition.
4. At the end of any papers or NANC questions you submit for a BCM class requirement, type a bibliography listing all the resources you used to answer the questions. The BSK 201 class bibliography is a good guide for writing your bibliography.
5. Submit your reading record, papers, and exams as instructed. Submissions by email should be made to bcmin@wctc.net . Please follow up your email with a phone call (715-423-7190 or 715-341-5462 [message]) to confirm that the email was received. Consult your instructor if you have questions about how or when to make submissions. Extensions on deadlines may be granted at the discretion of the class instructor. Assignments received after the deadline or extension will not count toward fulfillment of class requirements.

ANSWERING NANC EXAM QUESTIONS AS PART OF BCM CLASS REQUIREMENTS

Students may be given the choice to answer five of the NANC theology or counseling exam questions as part of any given BCM class requirements. If you choose to answer NANC exam questions, please follow these instructions in addition to the instructions above:

1. Write 500-750 words for each of the five questions (1 to 1.5 pages per question), typed and double spaced in 12 point font, totaling 5 to 7.5 pages for all five questions.
2. NANC exam questions are posted at www.nanc.org and on the BCM blog. Please go to the NANC website before beginning your NANC exam questions, to be sure you understand NANC certification requirements and instructions for writing the NANC exams.
3. There are two NANC exams: theology and counseling. Before you begin, make sure you are extracting questions from the correct exam.
4. You may not receive extra help from your instructor (i.e., no blogging) as you answer the NANC exam questions for your BCM class assignment; however, any notations your instructor makes on your paper may be used to revise your answers later. At that point you may use the BCM blog to submit your revisions if you want further help with your exams.
5. Remember, you will need an invitation to join the BCM blog, and a gmail account to access it. Gmail accounts are free and easy to set up at www.gmail.com . Please supply BCM with your gmail address when you request an invitation to the blog. Make your request for an invitation by emailing bcmin@wctc.net .
6. The BCM blog is entirely optional. You do not have to use the blog in order to write NANC exams. The blog is intended as a tool to give you helpful suggestions, but is not a requirement.