

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 ACBC/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 ACBC-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 ACBC/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 ACBC/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 ACBC/NANC-approval or college credit*) Final exam: Answer five ACBC/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 ACBC/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 ACBC/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 ACBC/NANC counseling exam questions that pertain to material covered in this course. 500 to 750 words per question, annotated.

**College credit from Faith Baptist Bible College (FBBC) in Ankeny, Iowa or Maranatha Baptist Bible College (MBBC) in Watertown, Wisconsin, only to those students who have completed four BCM Basic Skills classes and meet all FBBC or MBBC requirements for college credit.*

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)

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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 ACBC/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 ACBC/NANC-approval or college credit*). Final exam: Answer five ACBC/NANC counseling exam questions that pertain to material covered in this course. 500 to 750 words per question, annotated.

**College credit from Faith Baptist Bible College (FBBC) in Ankeny, Iowa or Maranatha Baptist Bible College (MBBC) in Watertown, Wisconsin, only to those students who have completed four BCM Basic Skills classes and meet all FBBC or MBBC requirements for college credit.*

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BIBLICAL COUNSELING MINISTRIES SYLLABUS OUTLINE

BASIC SKILLS 501: CASE STUDIES DISCUSSIONS

Instructor: Sue Nicewander, M.A.B.C., and/or area certified biblical counselors

Unlike our other classes, *Case Studies Discussions* is relatively informal and requires no additional reading or assignments. We view ten real biblical counselors (via DVD) in full length biblical counseling sessions, followed by brief discussion of the cases. Purpose: To develop a working knowledge of the principles taught in the BCM seminar and BSK101 introductory classes.

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GUIDELINES FOR ALL BCM CLASS REQUIREMENT PAPERS

1. Put a title page on top of any papers or ACBC/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 ACBC/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 sue@bcmin.org . 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 ACBC EXAM QUESTIONS AS PART OF BCM CLASS REQUIREMENTS

Students may be given the choice to answer five of the ACBC/NANC theology or counseling exam questions as part of any given BCM class requirements. If you choose to answer ACBC/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. ACBC/NANC exam questions are posted at www.biblicalcounseling.com. Please go to the ACBC website before beginning your ACBC exam questions, to be sure you understand certification requirements and instructions for writing the ACBC exams.
3. There are two ACBC 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 ACBC 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 sue@bcmin.org .
6. The BCM blog is entirely optional. You do not have to use the blog in order to write ACBC exams. The blog is intended as a tool to give you helpful suggestions, but is not a requirement.

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READING RECORD
BCM Training Center

Name: _____
Class: _____

Date	Book Title	Number of Pages Read

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BSK 201 READING LIST
Basic Skills 201: Theology of Biblical Counseling

BSK201 students are required to read a minimum of 1000 pages of theology from this list. Keep track of your reading on a BCM Reading Record form.

- Barackman, Floyd H. Practical Christian Theology. Fleming Revell, 1984.
- Chafer, Lewis Sperry. Grace. Dunham Publishing/Zondervan, 1922.
- Cone, Christopher, Editor. Dispensationalism Tomorrow & Beyond (A theological collection in honor of Charles C. Ryrie). Tyndale Seminary Press, 2008.
- Couch, Mal. Inspiration and Inerrancy: God Has Spoken. AMG Publishers, 2003.
- Diprose, Ronald E. Israel and the Church (The Origins and Effects of Replacement Theology). Authentic Media, 2004.
- Gundry, Stanley N., ed. Five Views on Sanctification. Zondervan, 1987.
- Kendall, R. T. Once Saved, Always Saved. Moody Press, 1983.
- Lightner, Robert P. Sin, the Savior, & Salvation. Thomas Nelson, 1993.
- Packer, James I. Knowing God. InterVarsity Press, 1973.
- Ryrie, Charles C. Basic Theology. Victor Books. 1986.
- Ryrie, Charles C. The Grace of God. Moody Press, 1963.
- Showers, Renald E. The Foundations of Faith. Vol. One (The Revealed & Personal Word of God). The Friends of Israel Gospel Ministry, Inc, 2002.
- Showers, Renald E. There Really is a Difference: A Comparison of Covenant and Dispensational Theology. The Friends of Israel Gospel Ministry, Inc, 1993.
- Smeaton, George. The Doctrine of the Atonement (As Taught by Christ Himself). Zondervan, 1953.
- Sproul, R. C. The Holiness of God. Tyndale House Publishers, Inc, 1985.
- Stanton, Gerald B. Kept From the Hour (Biblical Evidence for the Pretribulational Return of Christ). Schoettle Publishing Co., Inc., 1991.
- Warfield, Benjamin Breckinridge. The Inspiration and Authority of the Bible. The Presbyterian and Reformed Publishing Company, 1948.
- Young, Edward J. Thy Word Is Truth (Some Thoughts on the Biblical Doctrine of Inspiration). Wm. B. Eerdmans Publishing Co., 1957

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