



TRUTH IN LOVE BIBLICAL  
TRAINING CENTER

*CERTIFIED BIBLICAL COUNSELOR PROGRAM*

MODULE 2

FOUNDATIONS OF  
BIBLICAL COUNSELING, PART 2:

DYNAMICS OF BIBLICAL CHANGE

SYLLABUS

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# DYNAMICS OF BIBLICAL CHANGE

## *SYLLABUS*

### ***Course Description***

- This 11-week module is part of the foundation of Biblical counseling – whether it is individual, family, group, or church counseling is being done.
- The eleven sessions describe in detail the biblical model of change and walk students through the process of personal change, so they can help others come to Christ for forgiveness and help resulting in the Spirit-led change of love for God and people.
- Application is made to most areas encountered by pastors and disciplers/Biblical counselors.
- Underlying emphasis is on developing strategies and applying Scriptural principles to effect Biblical change.

### ***Course Objectives***

- To equip the student to do the work of counseling from a scriptural standpoint.
- To equip the students to train others to do the work of counseling.
- To introduce the student to differing theories about change within the helping community and how to evaluate those theories from a Biblical paradigm.
- To equip the student to effect Biblical change in the counseling relationship.
- To provide the student with the opportunity to effect Biblical change personally during the course.
- To model a method of evaluating the progress of counselees and the effectiveness of the counseling relationship.
- To demonstrate how Biblical change impacts the individual, the family, the church, the community, and the nation.

## **Required Reading**

**Eyrich, Howard and Hines, William.** *Curing the Heart: A Model for Biblical Counseling*. Ross-shire, UK: Christian Focus Publications, Ltd. 2002, reprinted 2010.

The authors are leaders in the biblical counseling world. They bring a depth of insight to guiding and equipping biblical counselors in the basics of biblical counseling that has helped thousands.

**Lane, Timothy S. and Trip, Paul David.** *How People Change*. Greensboro, NC: New Growth Press, 2006.

The authors of this book are well-trained and highly experienced Biblical counselors. They bring a vibrant theological and practical perspective to sharing how the Christian life works and how Biblical change happens. The dynamic of Biblical change as a community mission is an underlying theme.

**Tripp, Paul David.** *Instruments in the Redeemer's Hands: People in Need of Change Helping People in Need of Change*. Phillipsburg, NJ: Presbyterian & Reformed Publishing, 2002.

Powerfully unfolds biblical principles for how "people in need of change" can help "people in need of change". This gospel-centered book begins by describing "the best of news" which gives us "a reason to get up in the morning." It is the news of a God who deals with sin and its paralyzing effects in our lives.

## **Recommended Reading** (Books marked with **☞** are Honors reading)

**☞ Bridges, Jerry.** *Respectable Sins: Confronting the Sins We Tolerate*. Colorado Springs, CO: NavPress, 2007.

In-depth journey for new and old believers alike, the author firmly yet delicately peels back the layers of "respectability" from the "minor" sins and ungodliness that go unnoticed and undiscussed most of the time. Excellent companion guide for any Biblical Counselor.

☞ **Ganz, Richard.** *PsychoBabble: The Failure of Modern Psychology – and the Biblical Alternative.* Wheaton, IL: Crossway Books, 1993.

Foreword by Dr. John MacArthur, this book seeks to examine and explain the dichotomy between secular psychology and Biblical counseling. As the title suggest, the author has no love lost for secular approaches.

☞ **Johnson, E.L. and Jones, S. L., eds.** *Psychology and Christianity: Four Views.* Downers Grove, IL: InterVarsity Press, 2000

This work provides the opportunity to examine defenses for the four prevalent views related to counseling within the context of Christianity and the Church in our current context.

MacIntyre, Alasdair. *After Virtue: A Study in Moral Theory.* Notre Dame, Ind.: University of Notre Dame Press, 1984

The price of modernity is brought to the fore as the author examines virtue historically, conceptually, its absence currently, and posits the possibility for its recovery.

☞ **Powlison, David.** *The Biblical Counseling Movement: History and Context.* Greensboro, NC: New Growth Press, 2010.

An objective look at the anti-psychiatry/psychology movement within Conservative Protestantism that has been on-going since the 1970's.

☞ **Sommers, Christina and Satel, Sally.** *One Nation Under Therapy: How the Helping Culture is Eroding Self-reliance.* New York: St. Martin's Press, 2005.

"Ideas have consequences" ... such as the cultural effects from how we see the counseling enterprise. At both individual and social levels, modern psychology has affected our expectations for living in good times and bad. While the Biblical counselor will not want to embrace the intermittent Stoicism of the authors in exchange for reliance on the Lord and His Word, here is critical thinking – from a secular perspective – about the results of psychological theories that have been tried and rejected by even the academic world.



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# COURSE REQUIREMENTS

## *Summary of Requirements*

- Attend lectures and participate in role-plays.
- Participate in weekly Discussion and Role Play Activities
- Reading synopses
- Course application paper

### *Course Application Paper (50%)*

One four-part account of the “Personal Change Project” experience.

**Part 1:** Change Expectations; **Part 2:** Description of the Change Process; **Part 3:** Describe the Process Outcome; **Part 4:** Evaluation of Theological Consistency

### *Weekly Discussion Activities (30%)*

Each week, one or more Discussion Questions and/or Role Plays will be posited to the class. The goal is to elicit group interaction with the material.

### *Reading Synopses (20%)*

A one- to two-page synopsis of each of the three books on the Required Reading list, with a final personal assessment of each work as the conclusion to each paper.

### *Assignments*

All assignments are to be submitted via Google Docs with an invitation to comment for the professor and the TA, if there is one. For those who find writing and typing to be over-burdensome, the professor may grant permission to submit assignments in video format instead of Google Docs. Extensions must be pre-approved prior to the relevant due date.

## *Honors*

**Honors Reading:** Read any Recommended Reading list item marked **OR**. Submit a three- to five-page summary/analyses of the work.

**Honors Project:** Submit an original research paper on any approved topic. Topic must be taken from the lectures, the required reading, or the recommended reading.

### ***Final Course-Grade Meanings***

A with Honors = You far exceeded expectations and completed an Honors Project or Reading.

A = There were dimensions to your work that went above the requirements.

B = At TILBCC, a “B” means that you successfully fulfilled the requirements.

C = You missed some important facets of the material or the assignment.

### ***Contact Information***

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# COURSE OUTLINE

## *Session 1*

- ✓ Introduction and Syllabus
- ✓ Basic Theories of Change

## *Session 2*

- ✓ Partnered with The Holy Spirit
- ✓ Basic Biblical Model

## *Session 3*

- ✓ The Role of Worship in Counseling
- ✓ Discussion on Idolatry

## *Session Four*

- ✓ The Counselor as Ambassador
- ✓ Love, Know, Speak, Do

## *Session Five – LOVE*

- ✓ Redemptive Relationships and Counseling
- ✓ Courageous Listening

## *Session Six – KNOW*

- ✓ Interviewing and Data Gathering
- ✓ The Counseling Process (Part 1)

## *Session Seven – SPEAK, Part 1*

- ✓ The Counseling Process (Part 2)

## *Session Eight – SPEAK, Part 2*

- ✓ Responsibility and Accountability

## *Session Nine – DO, Part 1*

- ✓ Effecting Biblical Change

## *Session Ten – DO, Part 2*

- ✓ Homework and Accountability
- ✓ “Personal Change” Projects Reported

## *Session Eleven – DO, Part 3*

- ✓ Practicum



## READING AND ASSIGNMENT SCHEDULE

SESSION	READING	ASSIGNMENTS DUE	DUE
	Eyrich/Hines; through Chapter 4 Lane/Tripp; to end of Chapter 3. Tripp; to end of Chapter 2		<b>SESSION 2</b>
	Eyrich/Hines; Chapter 11; Appendix 3 Lane/Tripp; to end of Chapter 5. Tripp; to end of Chapter 4		<b>SESSION 3</b>
	Eyrich/Hines; to the end of Section Two Lane/Tripp; to end of Chapter 6. Tripp; to end of Chapter 6		<b>SESSION 4</b>
	Eyrich/Hines; through Chapter 10-A Lane/Tripp; to end of Chapter 8. Tripp; to end of Chapter 8		<b>SESSION 5</b>
	Eyrich/Hines; through Chapter 10-D Lane/Tripp; to end of Chapter 10. Tripp; to end of Chapter 10		<b>SESSION 6</b>
	Eyrich/Hines; through Chapter 10-F Lane/Tripp; to end of Chapter 12. Tripp; to end of Chapter 11		<b>SESSION 7</b>
	Eyrich/Hines; through Chapter 10-H Lane/Tripp; to end of Chapter 14. Tripp; to end of Chapter 12		<b>SESSION 8</b>
	Eyrich/Hines; Chapter 12, Appendix 1 & Appendix 1 (Alternative) Lane/Tripp; to end of Chapter 15. Tripp; to end of Chapter 13		<b>SESSION 9</b>
	Lane/Tripp; to end of Chapter 16. Tripp; to end of Chapter 14		<b>SESSION 10 ALL READING COMPLETED</b>
<b>SESSION 11</b>		<b>Personal Change Project Reading Synopses (via Google Doc)</b>	

**Eyrich/Hines** = *Curing the Heart*    **Lane/Trip** = *How People Change*

**Tripp** = *Instruments in the Redeemer's Hands*

Assigned reading can be done at your own pace but be prepared to apply reading assignment information into the class discussion during the next week's Session.

**NOTE:** Eyrich/Hines reading assignments do not follow the book table of contents. Be sure to read what is assigned when it is assigned.

