



VANCOUVER BIBLE INSTITUTE
CERTIFIED BIBLICAL COUNSELOR PROGRAM

MODULE 5

UNBOUND

SYLLABUS

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PO Box 5281, Vancouver, WA 98668

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All Scripture quotations designated “Lamb,” are personal renderings of the original language text by Pastor Warren G. Lamb (Th.M., M.A., M.S.). Some minor changes in grammar and sentence structure have been made in an effort to make the meaning of the text being quoted clearer for today’s readers.

UNBOUND SYLLABUS

Course Description

This 13-week module prepares students to utilize the 26-week “Unbound” curriculum of *Truth in Love Biblical Counseling Center*, and axillary ministry of *Truth in Love Fellowship* in Vancouver, Washington. This curriculum and its predecessors have been used by the ministry’s founder to effectively help transform lives since 1991.

Counseling those who struggle with addictive behavior patterns is not as simple as adopting a 12-Step program or becoming a Celebrate Recovery chapter.

Besetting sins—whether they involve chemicals, relationships, pornography, food, or any other "substance"—overtake a person's life based on the underlying belief system of the individual and their inability to break free and remain free.

Built on the precepts of two verses (John 8:36 and Romans 12:2), “Unbound” is a 1- to 1½- year intensive program with an exceptionally high success rate for those who complete the program.

Course Objectives

- To equip the student to utilize the UNBOUND curriculum in individual counseling or in a group setting.
- To equip the students to train others to utilize the A JOURNEY TO FREEDOM: FREEDOM FROM BESETTING SINS curriculum in individual counseling or in a group setting.
- To introduce the student a perspective on besetting sin patterns the world calls “addictions” and to have a Biblical perspective on these behavior patterns.
- To model a method of evaluating secular theories on “addiction & recover” and compare them to the Biblical paradigm.
- To model an approach to counseling those trapped in destructive behavior cycles and guiding them to find the freedom Christ intends for them to have.

- To demonstrate that the Scriptures are fully sufficient for addressing the troubles and problems of life, no matter how overwhelming or insurmountable they may seem without the need for “professional therapy”.

Required Reading

- **Truth in Love Biblical Counseling Center.** Unbound (Truth in Love Ministries Edition 1). Vancouver: Truth in Love Communications, 2016
- _____ **Ladder-Bridge of Faith.** Vancouver: Truth in Love Communications, 2015
- _____ **Restore: A Supplemental Saturation Tool.** Vancouver: Truth in Love Communications, 2016
- Various class handouts
 - Handouts will be provided for a number of exercises throughout the course. These will need to be completed as directed in the “Reading and Assignment Schedule” on the last page of the syllabus.

COURSE REQUIREMENTS

Summary of Requirements (With % of Grade)

- Attend lectures and participate in class discussions.
- Lesson Study Sheets
- Self-Assessments
- Various Exercise handouts
- Reading Synopses
- Saturations Verses

Attendance and Participation (25%)

Interacting with the materials, the professor, and the other students is a critical aspect of being equipped to effectively use this curriculum in a Biblical Counseling environment.

Lesson Study Sheets and Lesson-Specific Exercise Handouts (20%)

Each week there will be two to three (2-3) study sheets that cover the relevant materials. Each Study Sheet contains six (6) items for personal reflection. At least one (1) Study Sheet per week is to be completed.

Self-Assessments (10%)

Program participants maintain a Weekly Self-Assessment. Students will be expected to complete at least three (3) during the course of the module.

Reading Synopses (10%)

Two (2) supplemental booklets are included in the Leader's and participant's materials. Submit a one- to two-page synopsis for each booklet. Discuss significant benefits observed.

Saturation Verses (10%)

Each program week has a "This Lesson's Verse" assigned and there are opportunities for personal saturation verses to be selected/assigned to enhance the healing and renewing process. Students will be expected to have at least two (2) of these memorized by the end of the module.

Practicum (25%)

Due at the last class session. Each student will present one Lesson from the curriculum. Lesson will be selected at random by the instructor at the beginning of the last session.

Assignments

All written assignments not specified as due each week per the "Reading and Assignment Schedule" (Syllabus, Page vi), are due the last day of the

course, with the exception of the “Course Assessment” mentioned above. All assignments are to be submitted in written and electronic form. Extensions must be pre-approved prior to the relevant due date.

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 VBI, 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 One-A:** Introduction, Goals, Tools, and Basic Principles
Session One-B: Goal 1: Set a Foundation & Lesson One, *Worthy*
Session One-C: Lesson Two, *Our Base*
- **Session Two-A:** Lesson Three, The Basics
Session Two-B: Goal 2: Secure a Right Heart & Lesson Four, *Seeing Clearly*
Session Two-C: Lesson Five, *Is God Faithful?*
- **Session Three-A:** - Lesson Six, Knowing God (Part 1)
Session Three-B: Lesson Seven, Knowing God (Part 2)
- **Session Four-A** "A Word On Abiding "
Session Four-B: Goal 3: Renew The Mind; Lesson Eight, *Evicting Anxiety*
- **Session Five-A:** Lesson Nine, Ten, Who's Driving, (Part 1)
Session Five-B: Lesson Ten, Who's Driving (Part 2)
- **Session Six-A:** Lesson Eleven, Renewing the Mind (Part 1)
Session Six-B: Lesson Twelve, Renewing the Mind (Part 2)
- **Session Seven-A:** Goal 4: Cultivate Responsibility; & Lesson Thirteen, Stop "Shoulding" Yourself
Session Seven-B: Lesson Fourteen, Forgiveness: What It Is, What It's Not
- **Session Eight-A:** Lesson Fifteen, So Who's To Blame?
Session Eight-B: Lesson Sixteen, Problem-Solving
Session Eight-C: Lesson Seventeen, Wise Living
- **Session Nine-A:** Goal 5: Resolve Conflicts; Lesson Eighteen, Relationship Circles
Session Nine-B: Lesson Nineteen, Relationships That Shape Us
- **Session Ten-A:** Lesson Twenty, The Truth About Bitterness
Session Ten-B: Lesson Twenty-One, And Then There's Anger
- **Session Eleven-A:** Goal 6: Unshakable Confidence; Lesson Twenty-Two, The Fruitful Life
Session Eleven-B: Lesson Twenty-Three, We Can Know God's Will
Session Eleven-C: Lesson Twenty-Four, Burning Out
- **Session Twelve-A:** Conclusion: Last Things; Lesson Twenty-Five, Understanding Self-Sabotage
Session Twelve-B: Lesson Twenty-Six, Love, God's Way
- **Session Thirteen:** Practicum

READING AND ASSIGNMENT SCHEDULE

SESSION #	ASSIGNMENTS FOR NEXT SESSION		DUE
* PRIOR TO SESSION 1	Read Introduction thru end of Lesson Two; plus <i>Supplement: "Restore"</i> <u>This reading needs to be completed prior to the first session.</u>	Study Sheets for Lessons One & Two	CLASS SESSION 1
CLASS	READING DUE	ASSIGNMENTS DUE	WHEN
SESSION 1	Lessons Three thru Five	Study Sheets for Lessons Three thru Five	SESSION 2
SESSION 2	Lessons Six & Seven; <i>Booklet: "Ladder-Bridge of Faith"</i>	Study Sheets for Lessons Six & Seven "Ladder-Bridge of Faith" Self-Assessment	SESSION 3
SESSION 3	"A Word About Abiding" & Lesson Eight	Study Sheet for Lesson Eight	SESSION 4
SESSION 4	Lessons Nine & Ten	Study Sheets for Lessons Nine & Ten 2 Daily & 1 Weekly Emotional Tracking Graph	SESSION 5
SESSION 5	Lessons Eleven & Twelve	Study Sheets for Lessons Eleven & Twelve 1+ SDBC & 1+ RMC	SESSION 6
SESSION 6	Lessons Thirteen & Fourteen	Study Sheets for Lessons Thirteen & Fourteen	SESSION 7
SESSION 7	Lessons Fifteen thru Seventeen	Study Sheets for Lessons Fifteen thru Seventeen	SESSION 8
SESSION 8	Lessons Seventeen & Eighteen	Study Sheets for Lessons Seventeen & Eighteen	SESSION 9
SESSION 9	Lessons Nineteen & Twenty	Study Sheets for Lessons Nineteen & Twenty 2+ Relationship Inventories	SESSION 10
SESSION 10	Lessons Twenty & Twenty-One	Study Sheets for Lessons Twenty & Twenty-One	SESSION 11
SESSION 11	Lessons Twenty-Two thru Twenty-Four	Study Sheets for Lessons Twenty-Two thru Twenty-Four	SESSION 12
SESSION 12	Lesson Twenty-Five & Twenty-Six	Study Sheet for Lessons Twenty-Five & Twenty-Six DUE SESSION 13	SESSION 13
SESSION 13	PRACTICUM	All assignments Due (Course Assessment is due via email in 1 week)	

In each Class Session we will be reviewing the reading from the previous week. Assigned reading needs to be done on schedule as there are exercises that follow the reading which are due the next Class Session. Be prepared to bring reading assignment information into the class discussion during the next week's Session following the week listed.