

**First Church Counseling Center**  
**Biblical Counselor Training**  
**Year One | 2018-19 Class Schedule**  
**Tuesdays 6-9 pm**

**KEY:** BSS = Bible Study Sheet (memory verse)  
 PSY = Psychobabble, by Richard Ganz,  
 JBC (previously JPP) = Journal of Biblical Counseling (provided to student)  
 IOTH = Idols of the Heart, by Elyse Fitzpatrick  
 CCM = Christian Counselor's Manual, by Jay Adams \*  
 IRH = Instruments in the Redeemer's Hands, by Paul Tripp  
 TEH = The Exemplary Husband, by Stuart Scott (men only) \*  
 TEW = The Excellent Wife, by Martha Peace (women only) \*  
 PM = The Peacemaker, by Ken Sande (selected chapters) \*  
 \* reading from selected chapters

CLASS	DATE	LECTURE TOPIC	READING / READING REPORT DUE	OTHER ASSIGNMENT DUE
1	11/6	Class Requirements Formal Counseling Today Basic Approaches Every Counseling System	<b>No Reading Report Due (first class only)</b> PSY, Chapters 1-15 (137 pages) (~34 pages/week – easy read) <u>JBC, Vol. 13, #2</u> , pp. 23-34 "A Discussion Among Clergy" <u>JPP, Vol. 10, #2</u> , pp. 28-39 "Sin or Sickness?"	<b>Reading Statement Due</b> (On a blank 8.5 x 11 paper write percentage of reading completed for the following reading assignments: PSY, Discussion Among Clergy, Sin or Sickness)
2	11/20 (2)	Introduction to Biblical Counseling: Theological Foundations of Biblical Counseling Biblical Change Process	CCM, Chapters 1-5 (38 pages) CCM, Chapters 10-11 (32 pages) (~35 pages/week – medium read)	<b>Drawing Out the Purposes of the Heart Answers</b>
3	12/18 (4)	Introduction to Biblical Counseling: - Key Concepts - Understanding the Heart	CCM, Chapters 12-14 (38 pages) IOTH, Chapters 1-5 (100 pages) (~35 pages/week – easy read) <u>JBC, Vol. 13, #2</u> , pp. 35-50 "Idols of the Heart "Vanity Fair"	BSS: Ephesians 4:29
4	1/15 (4)	Introduction to Biblical Counseling: - Bible's Sufficiency - Reliability of Scripture	IOTH, Chapters 6-12 (112 pages) (~28 pages/week – easy read) <u>JBC, Vol. 12, #3</u> , pp. 24-30 "Watch Your Language!"	BSS: Galatians 5:22-23
5	1/29 (2)	Methodology of Biblical Counseling: Involvement - How to Build a Trusting Relationship	IRH, Chapters 1-4 (74 pages) (~37 pages/week – medium read)	BSS: Hebrews 4:12
6	2/19 (3)	Methodology of Biblical Counseling: Inspiration - How to Give Hope to your Counselee	CCM, Chapters 15-17 (30 pages) IRH, Chapters 5-7 (66 pages) (~32 pages/week – medium read) <u>JBC, Vol. 13, #3</u> , pp. 44-47 "The Tenderness Trap"	<b>Personal Growth Project Contract</b>

7	3/12 (3)	Methodology of Biblical Counseling: Methods of Biblical Change Inventory - How to Gather Data - Asking Right Questions	CCM, Chapters 20-23 (35 pages) CCM, Ch. 6-9, 30 (37 pages) IRH, Chapter 8 (20 pages) (~31 pages/week – medium read) <u>JBC, Vol. 11, #2</u> , pp. 4-9 "Counseling and the Sovereignty of God" <u>JBC, Vol. 13, #1</u> , pp. 13-24 "Keeping Destiny in View"	BSS: Romans 15:4
8	4/2 (3)	Methodology of Biblical Counseling: Interpretation - Understanding Motives	CCM, Chapters 24-26 (42 pages) IRH, Chapter 9 (22 pages) IRH, Appendices 1-3 (41 pages) (~34 pages/week – medium read)	BSS: Proverbs 18:2, 13, 17
9	4/23 (3)	Methodology of Biblical Counseling: Instruction - Teaching Accurately	IRH, Chapter 10 (39 pages) (~13 pages/week – medium read)	<b>Biblical Hope Paper</b>
10	5/14 (3)	Methodology of Biblical Counseling: Inducement - Motivating Counselee to Biblical Change	CCM, Chapters 18-19 (46 pages) IRH, Chapter 11 (16 pages) (~ 21 pages/week – medium read)	BSS: 1 Thessalonians 5:14
11	6/4 (3)	Methodology of Biblical Counseling: Implementation - Assigning Homework	IRH, chapter 12 (22 pages) Appendices 4-5 (55 pages) (~26 pages/week – medium read)	BSS: Ephesians 4:31-32
12	6/25 (3)	Methodology of Biblical Counseling: Integration, Sessions - Part of Local Church - What to do in each counseling session	CCM, Chapters 27-29 (50 pages) IRH, chapter 13 (20 pages) (~23 pages/week – medium read)	BSS: Ephesians 5:22-27 (8)
13	7/23 (4)	Marriage: Marriage, Divorce, Remarriage, Roles, Love, Leadership, Submission	IRH, chapter 14 (18 pages) TEH, Chapters 1-6 (87 pages) (~26 pages/week – medium read) TEW, Chapters 1-6 (59 pages) (~20 pages/week – medium read)	<b>Personal Growth Project</b>
14	8/6 (2)	Parenting: Goals, Discipline, Unbiblical Methods, Infants, Preschool, Childhood, Teenager	TEH, Chapters 7-10 (56 pages) (~28 pages/week – medium read) TEW, Chapters 7-10 (60 pages) (~30 pages/week – medium read)	BSS: 1 Corinthians 7:3-5
15	8/27 (3)	Conflict Resolution: - Understanding Conflict - Responses to Conflict - Genuine Confession	TEH, Chapters 11-15 (84 pages) (~28 pages/week – medium read) TEW, Chapters 11-15 (68 pages) (~23 pages/week – medium read)	BSS: Matthew 18:15-17
16	9/17 (3)	Conflict Resolution: - Reconciliation - Genuine Forgiveness	PM, Chapters 5-8 (63 pages) (~21 pages/week – medium read)	<b>8 I's Summary</b>