

SYLLABUS

Biblical Counselor Certification



Fellowship of Biblical Counselors

SYLLABUS
for
Biblical Counselor Certification
with the
Fellowship of Biblical Counselors

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Course Purpose

The course of study for training toward biblical counselor certification as provided through FBC Training Centers, offers orientation to biblical counseling through instruction in biblical counseling for common counseling issues, through assigned reading of biblical counseling and theological materials, through observation of live counseling, through mentoring, and through assessment of theological and counseling knowledge.

Course Objectives

1. Learners will become familiarized with the dynamics of biblical counseling.
2. Learners will be able to critically reflect on various theories in counseling, and understand what makes biblical counseling biblical.
3. Learners will learn how to apply a biblical counseling model to husband/wife relationships, parent/child relationships, and various other issues frequently encountered in counseling.
4. Learners will understand the difference between and relationship of biblical counseling issues to medical issues.
5. Learners will observe biblical counseling through live observation of counseling sessions.
6. Learners will become familiar with the work of biblical counselors who are leaders in the field.
7. Learners will be prepared to apply for biblical counselor certification through FBC.

Course Instructors

Instructors of the FBC Training Course will be FBC Certified Biblical Counselors with ongoing experience in biblical counseling, approved of by the pastor/elders of the church that oversees the Training Center.

Course Requirements

In order to facilitate achieving the purpose and objectives, learners are expected to attend at least 90% of the 30 hours of instructional teaching, with participation including the Student Outline blanks. (This 90% attendance in gatherings set up by the Training Center is preferred, but in emergency cases, it can include DVD listening with filling in blanks). One thousand pages of reading in required texts are required, along with brief summaries, with 200 of those pages coming from required Theology textbooks, the FBC Biblical Counselor Exam, observation of at least 10 hours of biblical counseling either live or via the FBC website, and fifty hours of mentored biblical counseling. Other requirements may be assigned by the Training Center.

Instructional Design

1. FBC Biblical Counselor Training Course, Appendix A
2. Reading assignments, Appendix B
3. FBC Exam, Appendix C
4. Observation of ten hours of biblical counseling.
5. Fifty hours of mentored biblical counseling, after successful completion of the above.

FBC Certified Biblical Counselors take personal initiative and responsibility to learn and fulfill specifics of the requirements asked by the FBC Training Center.

FBC Certified Biblical Counselors fulfill the Checklist for FBC Biblical Counselor Certification (Appendix D)

HOPE, HEART, HOME Training Course

Minimally, thirty hours of classroom teaching that includes the material in the FBC HOPE, HEART, HOME Training Outlines (Appendix A).

- HOPE – The HOPE material provides answers to foundational biblical counseling and theological questions for equipping biblical counselors in offering hope (10 hours).
- HEART – The HEART material covers basic methodologies of biblical counseling, and delves into heart issues typically encountered in biblical counseling (10 hours).
- HOME – The HOME material deals inter-relational aspects of counseling (10 hours).

Required Reading Assignment

Training Centers prescribe reading requirements and oversee summary submissions. (Appendix B provides a guideline.)

FBC Exam

Upon answering the FBC Exam Questions, the Training Center will review the answers and determine whether the student may move forward into mentorship or whether further study is required.

Observation of Biblical Counseling

The prospective FBC Certified Biblical Counselor is expected to become an FBC Adjunctee, which provides access to observation videos on www.fbcounselors.net. Alternately, the student may participate in live observation as scheduled through the Training Center.

Mentoring in Biblical Counseling

When the FBC Training Center deems completion of all requirements, the student may seek a mentor through the FBC Training Center. It falls on the Training Center to request character reference letters prior to mentorship.

Appendix A

Synopsis of HOPE, HEART, HOME Training Outlines

HOPE Training Weekend #1

1. Hopeful Counseling In this brief overview of Biblical Counseling, learn to prioritize God's purposes, taking guilt as seriously as He does and considering the responsibility of the counselee from a biblical perspective, while recognizing the necessity of Scripture, prayer, and Holy Spirit.
2. The Process of Change that Brings Hope Discover how to view guilt and shame from a biblical perspective, and learn God's process for change (5 C's) that eternally move the guilty one from shame to hope.
3. Definition and Goal of Biblical Counseling Come to a relevant understanding of how Satan's discrediting of God's Word, and the consequences of subsequent sin affects hearts, in light of God's goals and purposes for man's existence. Define Biblical (nouthetic) counseling.
4. Biblical Counseling and Counseling Theories Consider historical psychological and integrated theories in comparison to biblical counseling from a standpoint of God's Word as sufficient and authoritative.
5. What does the Church have to do with Biblical Counseling? Discover how the Bible teaches us to make personal investment in lives at the heart level, and how the ministry of God's Word through counseling is central to His plan for church.
6. Hope through Forgiveness Learn why forgiveness matters, a biblical definition of forgiveness, 4 promises of forgiveness, the dangers of not forgiving biblically, and the difference between attitudinal and transactional forgiveness.
7. Hope through Dealing with Guilt. Understand guilt, the price tags for unresolved guilt, and how to deal with guilt thoroughly and biblically. Recognize when guilt is felt incorrectly, and why some feel no guilt.
8. Hope in Trials and Suffering Find out how to offer hope based on a Biblical perspective of the origin of trials, while considering responses to trials and learning of resources for those in trials.
9. Physical Illness and Biblical Counseling Discover how to help those who are discouraged by physical illness to respond from a biblical perspective through applying biblical counseling principles.
10. Depression and Biblical Counseling Consider current views on causes and treatments of depression, and be challenged to counsel depressed counsees through Biblical principles, with consideration of both spiritual and physiological perspectives.

HEART Training Weekend #2

11. How Biblical Counselors Think about Growth
This class will increase ability to truly help people learn and grow by providing accurate awareness of the four types of sanctification spoken of in Scripture.
12. Qualifications of a Biblical Counselor
Learn how the Biblical counselor recognizes the Bible as foundational, authoritative and sufficient in Biblical counseling, and operates with God's love by God's grace in power of Holy Spirit in order to effectively minister hope at the heart level.
13. Methodology:
Key Elements in Helping Hurting Heart:
Pt. 1 Know
Learn the importance of listening well through gathering data, the necessity of discerning problems biblically.
14. Methodology:
Key Elements in Helping Hurting Hearts:
Pt. 2 Love
Study ways to gain opportunity to meet needs by establishing involvement with counselees as you enter their world at the inner man level, opening a door to give hope.
15. Methodology:
Key Elements in Helping Hurting Hearts:
Pt. 3 Speak
Consider the importance of biblically accurate instruction that is appropriate to the person's problem, spiritual condition, and learning style.
16. Methodology:
Key Elements in Helping Hurting Hearts:
Pt. 4 Do
How homework extends help from the counseling room into the life of the counselee: reasons, mechanics, and examples of homework.
17. Heart issues in Biblical Counseling
This class will provide context for the purpose of trials, consider the cause of sin and conflict, the consequences of conflict, and the cure for conflict in light of our humility and God's sovereignty.
18. The "Addicted" Heart and Biblical Counseling
This class will provide an overview of how to help people overcome addictions, through defining addictions, identifying signs of addictions and the role deception plays in addictions, and recognizing the One True God and how idolatry impacts addiction. The role of the church in overcoming addictions and the necessity of total restructuring will be considered.
19. The Heart of Fear, Worry, and Anxiety
Discover the differences between fears that are right and fears that are wrong. Define worry and gain a biblical perspective on worry. Learn keys to overcoming sinful fear and worry.
20. Counseling those with a Heart of Anger
Become aware of common faulty perceptions of anger, and learn how to view anger biblically by using its energy to attack problems.

HOME Training Weekend #3

21. **Biblical Goals for Marriage** This session offers an overview of the origin of marriage, what it provides, its intended purpose, and how it grows..

22. **Communication** Begin by realizing the heart attitudes preliminary to unifying communication, then learn four biblical obligations necessary to the type of communication which counselees desire.

23. **Biblical Counsel Regarding the Role of A Husband** Delineate a strong working definition for the role of a husband as a leader who fulfills his God-given responsibilities.

24. **Biblical Counsel Regarding the Role of A Wife** As women joyfully embrace an understanding of the biblical role of a wife, they find their marriages blessed by God. For wisdom in counseling women, this session covers how a wife biblically submits, helps, respects and prioritizes her husband.

25. **Biblical Sexuality** Sex is one of God's beautiful creations, a gift for the marriage relationships, which He views as pure and holy. Learn how to counter the world's view, and help counselees think biblically regarding sexuality.

26. **Counseling those in Sexual Sin** Study the breeding grounds and enhancers of sexual temptation that lead to disobedience, with the inevitable result of death. Learn how to minister hope regarding preventing and overcoming sexual sin.

27. **God's Goals for Parents** Reflect on Biblical goals in parenting, with particular emphasis on how they impact helping children handle anger.

28. **Discipleship Strategies for Training Children** Learn to counsel parents regarding various aspects of biblical training: modeling, loving, motivating, instructing, and disciplining.

29. **Biblically Counseling the Parents of Teens** Find out how to help parents of teens in trouble, through exhorting instead of exasperating. Consider key issues for teenagers, with a focus on motivating through knowing the heart of a teen.

30. **Biblical Counseling and Physical Abuse** Learn how the biblical counselor can work towards hope and change in the context or aftermath of abuse.

APPENDIX B

Reading Requirement Guidelines

The FBC Training Center determines whether the following assignment list will be used, or may assign books of equal caliber and content.

Theology

A minimum of 200 pages of reading from your choice of these systemic theology texts is required for course completion:

- *Reformed Dogmatics* by Herman Bavinck
- *Systematic Theology* by Louis Berkhof
- *The Moody Handbook of Theology* by Paul Enns
- *Christian Theology* by Millard Erickson
- *Systematic Theology: An Introduction to Christian Belief* by John Frame
- *Basic Theology* by Charles Ryrie
- *Systematic Theology* by A. H. Strong

Biblical Counseling

And a minimum of 800 pages of reading from your choice of these texts is required for course completion:

- *Instruments in the Redeemer's Hands* by Paul D. Tripp
- *The Christian Counselors Manual* by Jay Adams
- *A Theology of Christian Counseling* by Jay Adams
- *Counseling – How to Counsel Biblically* by John MacArthur
- *How to Counsel God's Way* by Bob Hoekstra
- *Self-Confrontation* by John C. Broger
- *Curing the Heart* by Howard Eyrich and Bill Hines
- *The Heart of Addiction* by Mark Shaw

The Training Center will require at least 1,000 pages of reading, and may ask the student to submit a record of reading, following the format below, at times accompanied by a short summary paragraph (less than 200 words) for each chapter read.

Date and time of reading	Pages read	Topics read about

APPENDIX C

FBC Biblical Counselor Certification Exam

Please read carefully and provide complete, paragraph form answers to the following questions. Repeat each of the Roman numeral headings and include the questions as the header for each answer. Please use one Word document with numbered pages and a page break inserted between each question. Your Training Center may require electronic or print submission, or both.

Any source appropriate to developing your responses may be used. Please identify sources in parentheses or footnotes.

Support each answer with Scripture references, without cutting and pasting the verses.

Important:

After considering each answer directly, include a specific (can be hypothetical) example of how your answer would impact a counseling scenario. Describe the counseling scenario and why/how you would use the answer to help the counselee. Each answer must include an example that is relevant to biblical counseling.

I) AUTHORITY & SUFFICIENCY OF SCRIPTURE (Bibliology)

- Define and describe the Bible's claims regarding authority and sufficiency.
- Give your understanding of "Biblical Inerrancy."
- What is "integration" as applied to the discipline of Biblical Counseling? Give the biblical reasons why FBC take a non-integrationist stance.

II) GOD THE FATHER (Theology Proper)

- What is the unique ministry of God the Father in the Godhead?
- Choose and define five attributes of God. Please include sovereignty and holiness as two of the attributes.
- Defend biblically how the sovereignty of God and man's free will are both essential truths.

III) GOD THE SON (Christology)

- What is the unique ministry of Christ the Son in the Godhead?
- What does Scripture teach regarding Jesus Christ as fully God and fully man.
- What is the role, if any, of the Lordship of Christ in Biblical Counseling?

IV) GOD THE HOLY SPIRIT (Pneumatology)

- What does Scripture teach regarding the person and work of the Holy Spirit? Give scriptural evidence of His deity and personhood.
- Describe the ministry of the Holy Spirit in the context of counseling.
- What is your understanding of the Trinity?

V) MAN (Anthropology)

- Describe your view of man's nature and present condition.
- What is the problem with "self-esteem" theology?
- How would you describe a believer's identity in Christ?

VI) SALVATION (Soteriology)

- How would you work with an unsaved counselee?
- Define and describe the doctrine of double imputation in justification.

VII) SATAN (Demonology)

- What is your understanding of "spiritual warfare?"
- What does the Bible teach regarding how to withstand Satan and demons?

VIII) THE CHURCH (Ecclesiology)

- Explain why you agree or disagree with the following statement: Biblical Counseling falls under the authority and oversight of the body of Christ, the church.
- Why is active church participation vital for the counselor and counselee?

IX) CHRISTIAN LIVING (Practical Theology)

- How does Biblical Counseling relate to the biblical mandate of discipleship?
- What do you believe regarding spiritual disciplines and how would that impact your counseling?

X) MARRIAGE AND FAMILY (Biblical Sociology)

- Biblically explain the biblical roles of the husband and wife in the home, and men and women in the church.
- What Scripture would you bring to bear in counseling a couple with communication problems?
- Under what conditions, if any, is divorce permitted? Use Scripture references to defend your answer.
- Using Ephesians 6:1-4 and Colossians 3:20-21, explain the biblical responsibilities of the parents and children.
- What biblical principles would you consider important in counseling those asking for help in overcoming homosexuality or gender confusion?

APPENDIX D

Check List for FBC Biblical Counselor Certification

- I have joined the Fellowship of Biblical Counselors as an Adjunct (\$100.00 initial fee, \$50.00 annually to maintain Adjunct status). I agree that upon certification, I will instead pay the annual renewal fee of \$75.00.
- I understand that each FBC Training Center sets its own fees for training, and that those fees are directly paid to the Training Center, and that those fees are in addition to and separate from the FBC Adjunct or FBC Certified Biblical Counselor fees.
- I have read and followed the steps outlined in this syllabus.
- I have completed a minimum of thirty hours of training through an FBC Training Center.
- I have fulfilled and submitted any other requirements asked by my FBC Training Center (i.e. reading, recommendation letters, other projects etc), and have received approval of that work by my FBC Training Center.
- I have completed the FBC Biblical Counselor Certification Exam, and my answers have received my FBC Training Center Director's approval.
- I have completed a minimum of fifty (50) hours of mentored counseling under supervision of my FBC Training Center.
- A letter of recommendation from the Training Center Director who approved my training is being mailed to FBC Support Services, 11478 Main St, Clarence, NY 14031 (or emailed to fbcsupport@fbcounselors.com).
- A letter of approval from my pastor (or if I am a pastor, then another local pastor) is being mailed to FBC Support Services, 11478 Main St, Clarence, NY 14031 (or emailed to fbcsupport@fbcounselors.com). I understand that it is my responsibility to ask my pastor for this letter, and have provided him with an stamped addressed envelope in which to mail his approval letter.
- I have completed the FBC Application Form for Biblical Counselor Certification, and submitted it either via email to fbcsupport@fbcounselors.com, or via post to FBC Support Services, 11478 Main St, Clarence, NY 14031.
- I understand that prerequisite to biblical counselor certification, FBC Support Services must receive:
 - My completed Application Form for Biblical Counselor Certification
 - My FBC Training Center Director's Letter of Recommendation stating that I have successfully completed the training processes
 - My Pastor's Letter of Approval stating that he approves of me becoming certified as a biblical counselor.
- I am planning to attend an FBC Conference, if possible, to be officially received and welcomed into FBC as a Certified Biblical Counselor. I will attend FBC Conferences whenever possible.
- I will continue reading my Bible, praying, serving in my church, and otherwise upholding the FBC Statement of Practice.

Fellowship of Biblical Counselors

FBC Address:

FBC Support Services, 11478 Main, Clarence, NY 14031

FBC Email:

fbcsupport@fbcounselors.com

FBC Phone:

716-759-1986

FBC website:

fbcounselors.com

