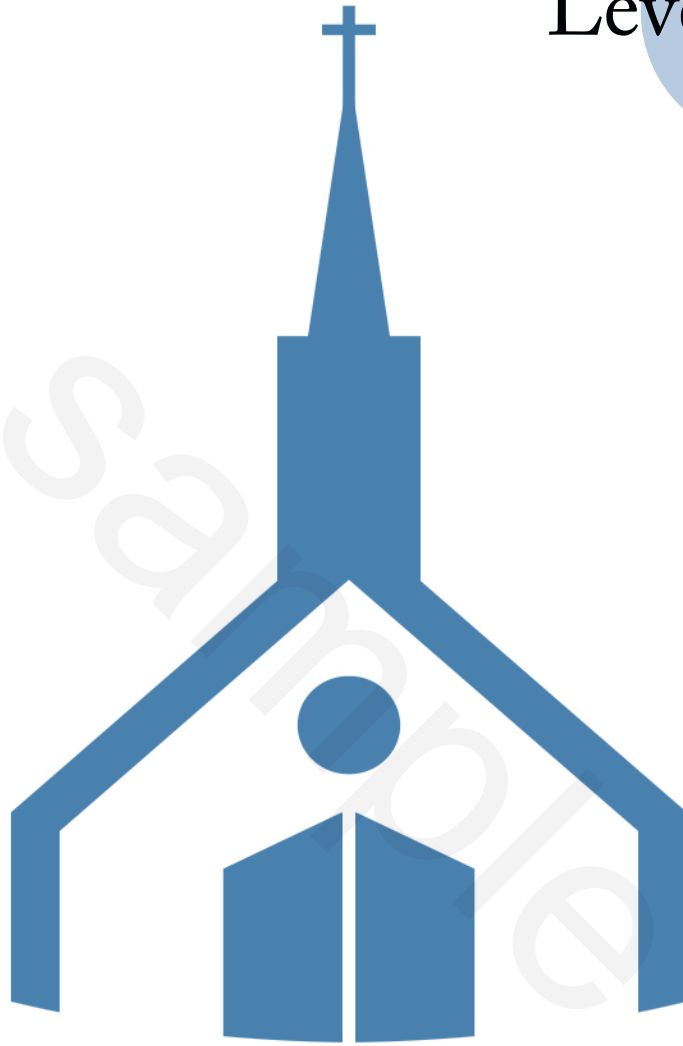


Level

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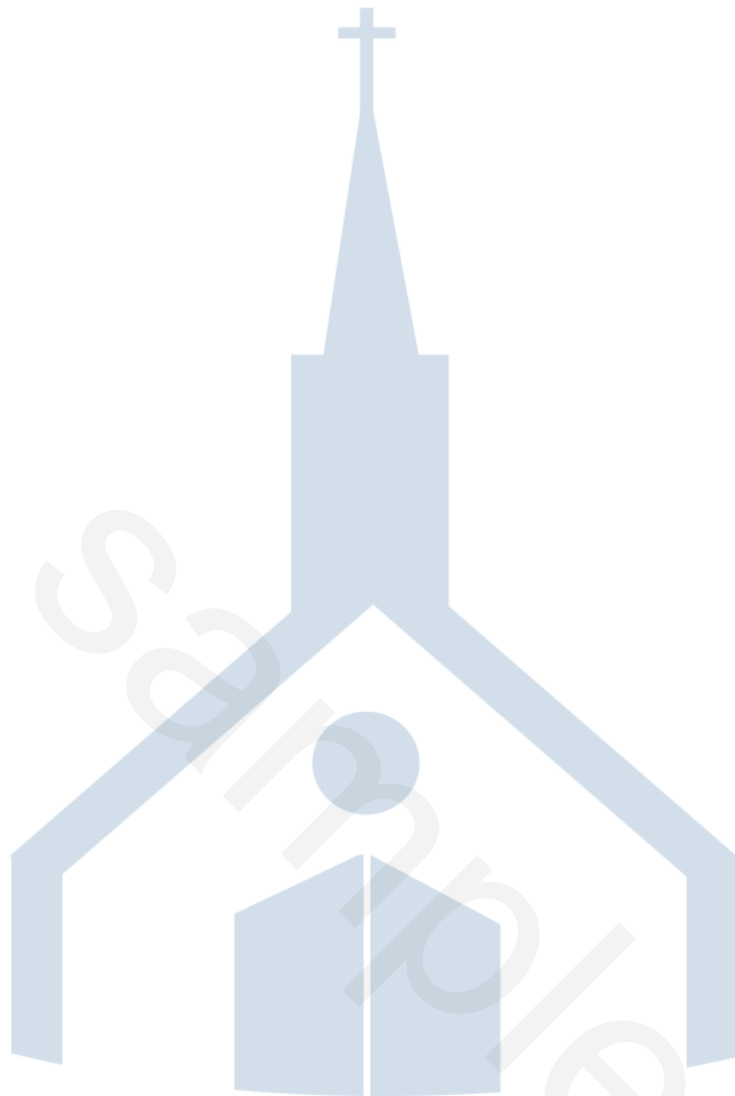


Care & Discipleship

Student Handbook



IBCD



Care & Discipleship

IBCD Certification

CARE AND DISCIPLESHIP STUDENT HANDBOOK - LEVEL 1

VOLUME 1.4

CARE & DISCIPLESHIP TRAINING

Welcome to the Care and Discipleship Course! This material has been designed for people who have a passion to see believers equipped to disciple and counsel one another with the Word of God. Whether you are an individual seeking to better equip yourself to serve the body, a church leader looking for a way to train up members of your congregation, or a group of people with a vision to cultivate an atmosphere of one-another care in your own local church, this course will be a valuable tool for you.

The Care and Discipleship Course offers a variety of materials which will assist you in completing Levels 1 and 2 of the Care and Discipleship Certification process. It is composed of 38 sessions ranging from foundational principles to key counseling issues. The CDC Handbook contains complete outlines of each session, in addition to lists of additional helpful resources. All texts have been specifically tailored to accompany the video series. It also perfectly supplements the audio series, which is available for free on IBCD's website.

The Care and Discipleship Leader's Handbook is designed to assist those who are leading others through the course. While the basic content is the same, it includes special sections to provide you with practical helps to facilitate discussion, as well as indications of appropriate times to do so. The Student Handbook contains the same content, but the discussion sections are not included.

Level 1: Sessions 1-20

This introduction to biblical counseling is designed to develop an understanding of how the sufficiency of Scripture impacts how to view life's struggles, especially in relation to psychology. It also explores the general principles involved in biblical counseling and how to practically apply them in specific situations including anger, conflict, depression, fear, and temptation.

Level 2: Sessions 21-38

This material builds on the foundation laid in Level 1, but focuses specifically on biblical views of marriage and parenting and how to deal with common problems in these areas. The intricacies of the mind/body issues in biblical counseling are also explored, especially regarding the use of psychotropic drugs. The course concludes with teaching on understanding God's will.

Appendix: CDC Certification Forms

The Appendix in the Student Handbook contains the appropriate forms for those seeking certification through IBCD. Each Handbook contains the forms for the corresponding level. For an even more extensive list of resources, including homework assignments, additional outlines, articles and other resources as well as the most updated certification forms, please visit the website at <http://www.ibcd.org>.

Course Components

As you work through the Handbook you will become familiar with several icons that have been implemented to assist you in navigating through the various aspects of the curriculum and the resources we have to offer you for each topic. Below is a list of each with a description:



Videos

Marks which video session (or audio track) corresponds to each outline.



Audios

Indicates helpful audios that can be referred to for further study on a given topic. These audios can be found on the website and are also embedded on each DVD (to be accessed with a computer).



Books

Indicates suggested books for further study.



Booklets

Indicates suggested booklets and pamphlets for further reading.



Supplemental Resources

Indicates other helpful homework resources, outlines and handouts that are available to you on our website.



Discussion Sections

The Leader's Guide includes discussion boxes with helpful questions to facilitate the course with a group. We understand that every group setting has its own time constraints, so we have time-stamped each discussion section during logical breaks in the flow of the material rather than in uniform time segments. This allows for leaders to plan when they want to break each session and gives them flexibility regarding the discussion of the material.



The IBCD Care & Discipleship Certification (CDC) is designed to help churches develop one another care in the life of their own local congregations. All the material can be studied individually or as part of a group. Each level can be audited for free, or you may choose to complete the required paperwork and payment to receive certification from IBCD for each level.

Level 1

The first level of the certification process involves five steps. 1) Complete Section 1 of the Care & Discipleship Course. 2) Take the 10 question, open note, open Bible exam for Level 1. 3) Listen to any 3 electives from IBCD's messages on specific counseling issues. Any messages on the website, other than those in the Care & Discipleship Course, count as electives. 4) Request an interview with a church leader who deals with pastoral care and complete the CDC interview form. 5) Complete and submit the application form to the IBCD Office.

Level 2

The second level of the certification process involves five steps. 1) Complete Section 2 of the Care & Discipleship Course. 2) Take the 10 question, open note, open Bible exam for Level 2. 3) Listen to any 3 electives from IBCD's messages on specific counseling issues. Any messages on the website, other than those in the Care & Discipleship Course, count as electives. 4) Request an interview with a church leader who deals with pastoral care and complete the CDC interview form. 5) Complete and submit the application form to the IBCD Office.

Level 3

This final level is aimed at the integration and development of all that has been covered in Levels 1 and 2. Level 3 of the certification process involves four steps. 1) Read and submit a response paper for two texts: *The Peacemaker* by Ken Sande and *Instruments in the Redeemer's Hands* by Paul Tripp. 2) Observe 10 hours of counseling with an ACBC certified biblical counselor. If you are unable to do this live through IBCD, videos are available to complete this requirement. 3) Request an interview with a church leader who deals with pastoral care and complete the CDC interview form. 4) Complete and submit the application form to the IBCD office.

To learn more visit: www.ibcd.org/cdc



We believe that certification from the Association of Certified Biblical Counselors (ACBC) is a very helpful process for individuals pursuing biblical counseling training, and it is incredibly beneficial to the local church.

All of the training in IBCD Care & Discipleship Levels 1-3 has been designed to assist people in pursuing ACBC Certification. We have found that many people who are first being introduced to biblical counseling are not immediately ready to pursue the rigors of the ACBC process. The CDC program breaks the ACBC process into smaller steps with certifications along the way to indicate overall progress. One who has completed CDC Levels 1-3 will find himself very prepared to continue the final steps required to receive ACBCC Certification if desired.

Those seeking ACBC Certification from the start do not need to take the CDC Course to become certified. IBCD's CDC material, however, can be used to meet ACBC's requirements. Here is a description of how the CDC Course can be used toward ACBC Certification:

Phase 1.1 of ACBC Certification is to complete a Basic Training Course. The IBCD CDC Level 1 and Level 2 material is an approved Basic Training Course. Watching all of Levels 1 and 2 on DVD or listening to it on mp3 meets this Phase 1.1 requirement. You do not have to do the CDC assignments for ACBC, nor do you have to communicate with IBCD that you are using our course. Your completion of the material is indicated when you fill out the ACBC application, and it can be done as follows:

ACBC certified agency where Basic Training Course was completed:

ACBC Certified Agency: IBCD

Date: dates you listened to/watched the material **City:** your city **State:** your state

Instructors: Jim Newheiser, Laura Hendrickson

Name of course taken: IBCD Care & Discipleship Course

Phase 1.2 of ACBC Certification is to complete a minimum of 10 hours of counseling observation of a ACBC certified counselor. This is also a requirement of CDC Level 3.

Phase 1.3 of ACBC Certification is a reading requirement of 1,000 pages from the Approved Reading List. CDC Level 3 requires you to complete a total of 500 pages of reading from two books on the ACBC Approved Reading List, *The Peacemaker* by Ken Sande, and *Instruments in the Redeemer's Hands* by Paul Tripp.

The remaining ACBC requirements to be fulfilled by the individual are:

Phase 1.3 - finish an additional 500 pages of reading

Phase 2 - Exams and Application

Phase 3 - Supervision Counseling

More information can be found at www.biblicalcounseling.com/certification

I would like to give thanks to those who have spent many hours making this handbook as helpful as possible - Christina, Jackie, Pat, and Craig. We are greatly indebted to George Scipione, founder of IBCD, who laid the foundation for this material. I pray that God's people are blessed through your labors.

Jim Newheiser

June 2013

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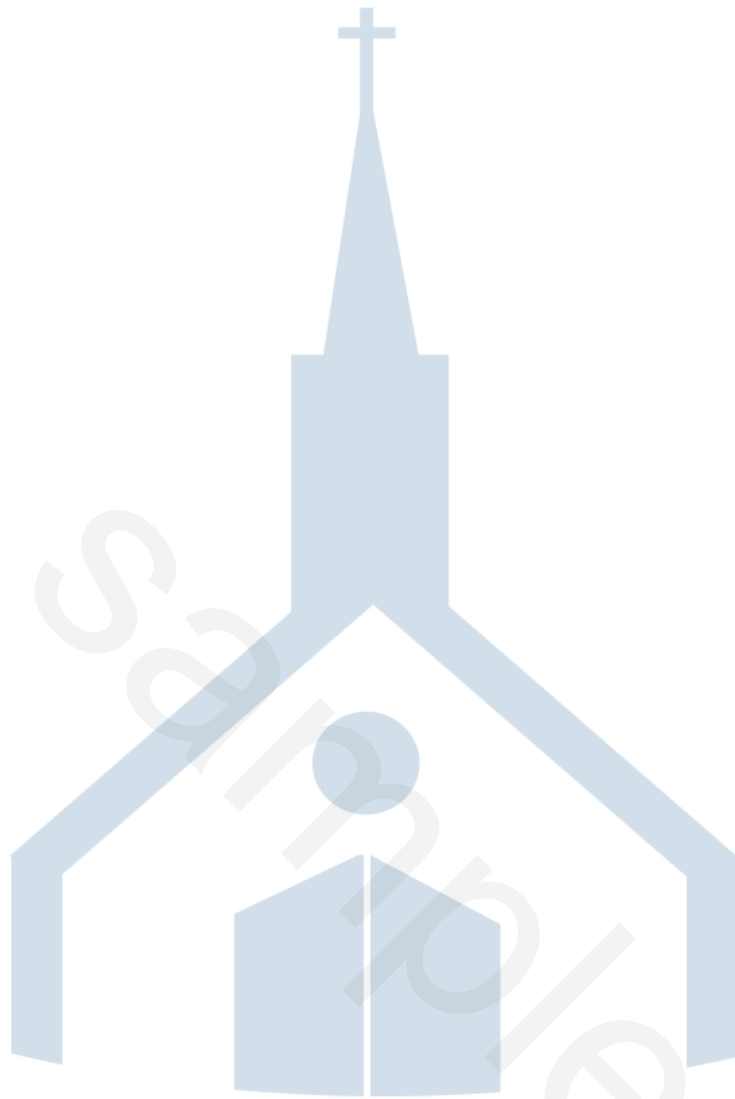
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Care & Discipleship

IBCD Certification

CARE AND DISCIPLESHIP
SESSIONS 1-20

WHAT IS BIBLICAL COUNSELING? PART 1

Introduction and Review

- A. A breakdown in society- the religion of secular humanism.
- B. The failure of the church.
- C. The emergence of the biblical counseling movement. Jay Adams: 1970's *Competent to Counsel*.

Harmful Errors of Modern Psychology

- A. Is psychology a science in the same way that medicine is?
 - 1. Should the pastor deal with the spiritual problems while the “mental health professional” deals with emotional and mental problems?
 - 2. Psychology and theology both deal with the same fundamental issues of meaning and value, from widely differing perspectives.
- B. Unscriptural presuppositions and practices of certain schools of psychology.
 - 1. A faulty view of man.
 - Man is only an advanced animal: naturalism/materialism. *Gen 1:26-27*
 - Man is basically good, or at worst a blank slate. *Rom 3:10-18, 23; Ps 51:5*

- Man is autonomous: able to solve his problems without God's help. *John 15:5; 2 Tim 3:2*

2. Excuses sin and denies personal responsibility.

- Blame shifting: parents, teachers, society, etc. *1 John 1:8-10; Js 1:13-15; Ps 32:3ff*

- The medical model: calling sin sickness. "Mental illness"

- Is there such a thing as "mental illness"?

- Biology is the hot topic in psychology right now.

3. No fixed moral values: relativism. *2 Tim 3:16-17*

- Non-directive counseling (Rogers). *Prov 14:12; Col 1:28; Js 5:19-20*

- Sinful behaviors and desires legitimized.

- Promotion of "socially acceptable" behaviors: gratification of carnal appetites, ventilation, etc.

- Often attempts to relieve God-given guilt by destroying conscience.

4. No place for God.

C. Secular psychology is powerless to bring about meaningful change. *Jer 17:9; Rom 8:5-8*

D. What about those cases in which people seem to get better?

1. Often symptoms (i.e. bizarre behavior) go away with or without treatment.

2. The most serious (spiritual) problems remain. *Luke 11:24-26*

UNDERSTANDING THE INFLUENCES OF NATURE AND NURTURE

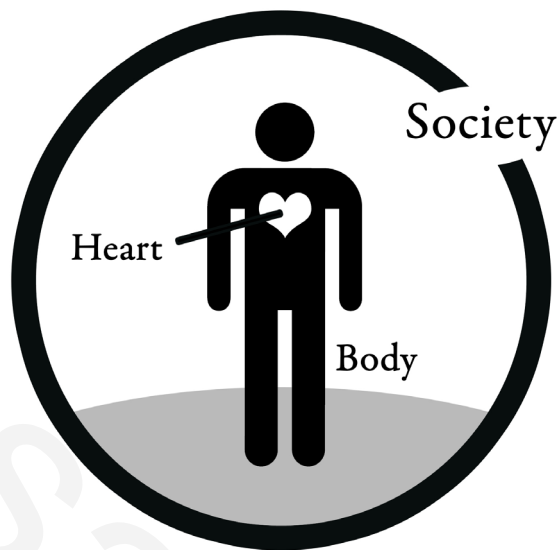
Introduction

- A. What is wrong with Connie?
- B. To what extent does our body (nature) and relationships (nurture) affect our hearts?
- C. My growth in understanding of the influences on the human heart.

Understanding Human Nature

- A. We are duplex creatures – our inner self is embodied. *Gen 2:7; 2 Cor 4:16; 5:8; Phil 2:3; Matt 22:32; Rev 6:10*
 - 1. The inner person – referred to as the heart, soul, mind, spirit. *Deut 6:5; Heb 4:12*
 - 2. The outer person – the body (including the brain).
 - 3. Secular materialism denies the existence of the soul.

B. We exist in the context of society – we are socially embedded duplex creatures.



Understanding How Your Outer Self (Nature/Body) Influences Your Heart

A. Both your inner person and your outward person are affected by the Fall. *Rom 8:7-8, 20-23, 6:23;*

1 Cor 2:14

1. Our bodies experience weakness, which is not sinful. *Matt 26:40; John 9:1ff*

2. Some bodily weaknesses are temporary, while others are lifelong.

B. Your inner self influences the body. *Ps 38:1-8; Prov 17:22; 14:30; Luke 6:43-44*

1. Sin often has physical effects. *Ps 32:3-4*

2. Your body reflects your heart – facial expression, tone of voice, pulse, etc.

3. The inner person of a Christian keeps the flesh under control. *Rom 6:11-13*

4. The body carries out the desires of the heart. *Luke 6:45; Col 1:21; 2 Cor 5:10*

C. Your body influences your inner person.

1. What happens in the body can affect you spiritually. *Job 2:4-6*

2. Bodily trials and weakness (including brain issues) may increase temptation.

D. Your body can never cause your heart to sin. Genetics are not determinative.

1. Sin comes from within. *Mark 7:14-23; Jas 1:13-15*

2. God will not allow an external temptation greater than we can bear. *1 Cor 10:13*

3. The inner self chooses how to respond to bodily temptation. *Prov 4:20-23*

E. Things to keep in mind when counseling.

1. Bodily issues should not be ignored, but compassionately understood.
 2. Distinguish between bodily weakness (including brain malfunction) and sin.
 3. The opinion of a medical doctor may be helpful.
 4. You may need to learn about Alzheimer's, dementia, brain injury, stroke, schizophrenia, autism (Asperger's), bi-polar, etc.
 5. When in doubt, assume the best. *1 Cor 13:7*
 6. People with brain injury or weakness may need to humbly accept their limitations and learn to trust God and those who love them. *Prov 3:5-6*
- F. Encouraging people who struggle with bodily weakness.
1. You are fearfully and wonderfully made. *Ps 139:13-16*
 2. God is sovereign over your bodily trials. *Job 2:1-8; John 9:3*
 3. Bodily weakness cannot hold you back from spiritual growth. *2 Cor 12:7-10*

4. Through Christ we can do all things to which God has called us in spite of physical limitations. *Phil 4:13; Prov. 20:12; Rom 6:17; 1 Cor 10:31*

5. One day we will have perfect bodies (including our brains). *Phil 3:20-21*

Understanding How Your Social Context Affects Your Heart

A. God created us to be social creatures. *Gen 1:27-28; 2:18; Luke 10:29-37*

B. We live in a fallen world and are surrounded by many evil influences. *1 John 5:19*

1. Israel was warned against corrupt pagan neighbors. *Deut 7:1-4; 5:9-10; 18:9*

2. Proverbs warns us against foolish companions and the fear of man – peer pressure. *Prov 1:10ff; 13:20; 23:20-21; 29:25*

3. The New Testament contains similar warnings about the company you keep. *1 Cor 15:33; 2 Cor 6:14ff; Rom 12:1ff*

4. Some people are hurt by social influences which are beyond their control.

C. We also can be affected positively by those who are godly and wise. *Phil. 3:17; Luke 6:40; Acts 4:13; Heb 13:7; 6:12; Prov 13:20; 29:15; 6:4; John 13:15; 1 Pet 2:21*

D. Social influences are not determinative – the heart chooses. *Ezek 18:5-18*

1. We can reject good/wise influences. *Ezek 18:5-13; Matt 10:32-37; 1 Kgs 12:1ff*

2. We can overcome evil influences. *Ezek 18:14-18; 1 Pet 1:14-19; Eph 4:18ff*

E. Counseling people who deal with difficult social/relationship influences.

1. Relational experiences should not be ignored, but compassionately understood. *Rom 12:15; Prov 20:5*

2. Counselees cannot blame their sin on outside influences. *1 Cor 10:13; Mark 7:14ff*

3. Help counselees to biblically evaluate the influences in their lives and to take appropriate corrective steps (including overcoming the fear of man). *Prov 29:25*

4. One's relationship with God should be the primary influence in life. Those who trust Him will flourish in all circumstances. *Jer 17:5-8; Ps 27:10; Heb 13:5*

5. We can enjoy the blessed influence of God's people in the church community.

6. Learn from Joseph, who flourished despite his dysfunctional family. *Gen 37-50*

Conclusion 2 Cor 4:7-10, 16-18

- A. Biblical counselors address the inner man using God's Word.
- B. While we reject both genetic determinism and social determinism, we recognize that the Bible teaches that both body and social environment influence the inner person.



Books

Fitzpatrick, E. & Hendrickson, L., *Will Medicine Stop the Pain?*

Welch, Ed, *Blame it on the Brain.*



Supplemental Resources

Emler, Michael, "Understanding the Influences on the Human Heart," *Journal of Biblical Counseling* (Winter, 2002).