

# STUDY GUIDE

## Counseling Theories and Techniques

### COU301

- 1) What is meant by the Integration Theory of Christian Counseling?
- 2) What are some of the arguments against Integration Theory?
- 3) Larry Crabb suggests that there are four distinct approaches to integration. What are they? Be able to give a brief summary of each.
- 4) All philosophies start with presuppositions. What do we mean by presuppositions? Name at least 5 presuppositions of biblical counseling.
- 5) Jay Adams gave his list of presuppositions for biblical counseling. Name at least 3.
- 6) Give at least three reasons why the church is the biblical place for counseling.
- 7) To help people with spiritual problems, we must consider some of the possible causes of spiritual problems. Name at least 5 possible causes.
- 8) While all problems ultimately stem from the fall of the human race, not all human problems are spiritual in that they involve the counselee's specific relationship with God. Give at least 5 examples of such problems.
- 9) In your own words, state Frank Minirth's definition of mental health.
- 10) Individuals who have mental health problems are filled with anxiety that he suffers in three areas. What are these areas? Give an example of each.
- 11) What are defense mechanisms? At what level do they operate? Name 5 such mechanisms.
- 12) Give the defense mechanism for the following:
  - a) An alcoholic crusades against alcoholism.
  - b) Explaining that a certain behavior is not so bad, since everyone else is doing it.
  - c) Excelling in sports because of a perceived weakness in academics.
  - d) They must be that way, because that's the way I feel.
  - e) Blocking out unwanted thoughts.
- 13) Mental problems usually fit eight major categories. What are these categories?
- 14) What is the theory of dualism?
- 15) Psychoanalysis holds that there are three important parts of man. What are they?
- 16) What are the three ego states of Transactional Analysis?
- 17) The Bible gives a theory of the composition of man. What does the Bible say?
- 18) Psychoanalysis says anxiety is created when there is a struggle between \_\_\_\_ and \_\_\_\_.
- 19) The Bible would say that problems arise when there is a struggle between \_\_\_\_\_ and \_\_\_\_\_.
- 20) What important aspect of man has psychology failed to address which the Bible does?
- 21) Name the three functions of the soul.
- 22) In general, how do you explain the fact that a Christian may have psychological problems?
- 23) Name the three functions of the spirit of man.
- 24) There are four specific reasons that Christians have emotional problems. What are they?
- 25) What is the heart of a man?
- 26) Counseling can be thought of as an effort to learn \_\_\_\_\_, to choose \_\_\_\_\_, and then to \_\_\_\_\_.

- 27) Name four negative emotions which block compassion and involves sin.
- 28) Name three types of minds mentioned in the Word of God. Give an example of each.
- 29) What are the four basic temperaments of man? Give at least 5 characteristics of each.
- 30) Give a definition of temperament.
- 31) What is meant by Acharacter?@ Character is the result of \_\_\_\_\_ modified by \_\_\_\_\_.
- 32) What is the definition of personality? When is one=s personality the same as his/her character?
- 33) \_\_\_\_\_ is the combination of traits we were born with; \_\_\_\_\_ is our Acivilized@ temperament; and \_\_\_\_\_ is the Aface@ we show to others.
- 34) Which temperament is generally consider to be the most emotional? The richest? The moodiest? The calmest?
- 35) Name two major weaknesses of each temperament group.
- 36) Name a biblical character which could be associated with each temperament group.
- 37) What do you believe is the advantage of studying the temperaments of man? The disadvantages?
- 38) Jay Adams suggests four means of motivating counselees to make changes. What are they?
- 39) According to Jay Adams, change is a two-factored process. What are these two factors?
- 40) What are two things we can look for in a counselee that gives us an indication that he is sincere about changing?
- 41) What is an example of an unrealistic expectation of a counselee?
- 42) Dr. Worthington proposes that there are three steps of change. What are they?
- 43) What two types of structure must be changed if improvement is to be maintained after counseling is ended?
- 44) From a cognitive-behavioral point of view, change is enhanced when \_\_\_\_\_ and \_\_\_\_\_.
- 45) Name five general goals of Christian Counseling.
- 46) Distinguish between Moving OVER and Moving UP.
- 47) In order to enact change, there must be a transformation of \_\_\_\_\_.
- 48) Name three primary goals of counseling in the counseling process.
- 49) Name five specific goals of counseling.
- 50) Name three characteristics of goals.

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These study questions are to be answered and turned in as two separate papers. The first 28 questions represent the first paper and is due by the beginning of the fourth week of class.

Questions 29-50 represent the second paper, which is due before the final examination is taken.

All questions are to be answered on separate paper. These answers should be as complete and scholarly as possible. All assignments are to be typewritten.

**Your final grade will be dependent upon:**

- 1) Grade of first assignment.
- 2) Grade of second assignment.
- 3) Final exam grade.