Determining a Counseling Model
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An evaluation of leading Christian Counseling approaches in light of Exchanged Life Counseling principles

Introduction

Popular authors on the Exchanged Life message

*Classics:* Andrew Murray, F.J.Huegel, Watchman Nee, Roy Hession, Oswald Chambers... (Christian Literature Crusade)
Charles Solomon – Grace Fellowship International
Bill Gillham – *Lifetime Guarantee*
David Needham - *Birthright*
Miles Stanford - Principles of Spiritual Growth
Neil Anderson - Freedom in Christ Ministries
Charles Stanley – First Baptist Church of Atlanta
Tony Evans - Urban Alternative
Major Ian Thomas – Capernwray Missionary Fellowship

Components of a Counseling Model

Message
Methodology
Materials
Ministry

GFI Evaluation standards

Deeper Life sanctification (Rom. 6-8)
"Contextualization" use of observable psychology¹
Cross: All dimensions taught and applied.

(1) Christ’s death for us
(2) *Our identification with Christ's death and resurrection, legally and spiritually, appropriated*
(3) Our freedom through Christ’s victory over the devil
(4) Our wholehearted surrender to God and our daily "not I, but Christ" life and ministry

**Materials:** visual aids and homework useful in the counseling process

**Methodology:** the most efficient process in guiding the counselee across the Jordan, through freedom, into fruitful discipleship and ministry.

**Training:** Potential for efficiently reproducing believers who are competent and effective in Christ-centered Biblical counseling

**Comparison of Models**

These comparisons are not intended to judge the sincerity or integrity of the leaders and practitioners using these approaches. Each of us will be evaluated ultimately at the Judgment Seat of Christ (1 Cor. 3:11-15). However, we are called to study the Word and conduct New Covenant ministry as wisely and consistently as possible. “Do not despise prophecies. Test all things; hold fast what is good.” 1 Thess. 5:20,21, (NKJV).

**1. Christian Psychology**
Example: *Christian Counseling*, by Dr. Gary Collins
Sanctification: basic
Role of psychology: Integration
Orientation: Professional psychotherapy
Cross: identification and freedom aspects not explicit
Websites: CAPS.net, AACC.net (inclusive)

**2. Nouthetic Counseling**
Example: *The Christian Counselor’s Manual*, by Dr. Jay Adams
Sanctification: Reformed; focus-repentance of sin and obedience to God
Role of psychology: Non-integration, Cf. *Competent to Counsel* (Adams)
Orientation: Pastoral counseling
Cross: identification and freedom aspects not explicit
Doctrine of Man: usually dichotomist
Websites: NANC.org, IABC.net, Mdivs.edu
“Exchanged Life Friendly” Models

3. Soul Care (Spiritual Direction)
Example: *Shattered Dreams, The Pressure is Off*, by Dr. Larry Crabb
Sanctification: New Covenant emphasis; focus-desiring God
Role of psychology: minimal integration, “Spoiling the Egyptians”
Orientation: Professional Counselors, Pastoral counselors
Cross: identification and freedom aspects not explicit
Websites: NewWayMinistries.org

4. Freedom in Christ Process
Examples:
- *Discipleship Counseling*, by Dr. Neil Anderson
Sanctification: Deeper Life oriented, focus-freedom in Christ
Role of psychology: minimal integration
Orientation: Christian leaders, church ministry
Cross: identification explicit as doctrine, freedom emphasized as process
Websites: FICM.org, Biblical-concepts.com, ICBCinc.com

5. Christ-Centered Counseling
Example: *Hope for the Heart*, by June Hunt
Sanctification: Deeper Life; focus on applying relevant Biblical principles
Role of psychology: Contextualization*
Orientation: Christian leaders, radio audience
Cross: identification and freedom taught
Websites: HopefortheHeart.org

6. Remedial Discipling
Example: *Counseling God’s Way*, by Bob Hoekstra
Sanctification: Deeper Life; focus-obeying God from the heart
Role of psychology: Non-integration
Orientation: Christian Leaders, Pastoral Counselors, seminars
Cross: identification taught explicitly
Website: www3.calvarychapel.com/livinginchrist
7. Strategic Biblical Counseling
Example: *Strategic Biblical Counseling*, by Dr. Greg Burts
Sanctification: Keswick; focus-abiding in Christ to meet ultimate needs
Role of psychology: Contextualization*, Emphasizes personal needs
Orientation: Church leaders, lay counseling training
Cross: identification explicitly taught and applied
Website: CenterforBiblicalCounseling.org, well-of-life.org

8. Spiritoutherapy
Example: GFI and AELM
*Handbook for Christ-Centered Counseling*, by Dr. Charles Solomon
Sanctification: Deeper Life
Role of psychology: Contextualization.¹ Emphasizes identity and rejection issues
Orientation: Church leaders, paraprofessional counselors, lay counselors
Cross: all four aspects taught, identification *illustrated and applied in a process of appropriation; freedom taught as follow up*
Websites: GraceFellowshipIntl.com, GraceNotebook.com, AELM.org

*Tendencies in the Exchanged Life counseling movement:*
Emphasizing identity and grace, while minimizing the Cross; drifting from contextualization to some integration; expanding the history-taking to several sessions, emphasizing the structuring of the flesh…

*Spirituotherapy* teaches and applies surrender and identification explicitly; freedom is addressed when oppression is evident.

GFI’s current *Clinical Discipleship* model, keeps Spiritoutherapy as primary. This approach teaches and applies each aspect of the cross explicitly and sequentially. (This reflects John Woodward's apprenticeship under Dr. Solomon and the development of a comprehensive model based on other areas of his research and clinical experience. Topical biblical application is primarily addressed in “phase four.”)
It is assumed that all of the models listed teach and apply the basic aspects of the Cross: Christ’s substitutionary death, and the believer's need to surrender to God wholeheartedly and daily (Aspects 1,4).

1 Contextualization is a term coined by GFI. Although describing the way others have used also psychology, they would not necessarily use this term.

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