

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 **psychology**¹

Cross: All dimensions taught and applied.

(1) Christ's death for us

(2) *Our identification with 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, AACCC.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

Biblical Concepts Counseling Manual, John Regier

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

Exchanged Life Counseling

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. Spirituotherapy

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 Spirituotherapy 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).

Four Phases of Counseling

Phase:	1	2	3	4
Counseling task:	Evangelism	Exchanged Life	Tearing down strongholds	Practical discipleship
Focus:	Conversion by Christ	Union with Christ	Freedom in Christ	Dominion through Christ
Obstacles:	Spiritual deadness	Self-life	Strongholds	Worldliness
Old Testament Imagery:	Crossing the Red Sea	Crossing the Jordan	Conquering walled cities	Taking possession of the land
Romans Outline:	chs. 1-5	chs. 6-8	chs. 9-11	chs. 12-16
Deliverance from:	Sin's Penalty	Sin's Power	Sin's Perceptions	Sin's Pattern
Personal Example of Ministry Orientation:	Luis Palau	Charles Solomon	Neil Anderson	Jay Adams
Relevant Scriptures:	John 3:16-18	Gal 2:20	2 Cor 10:3-5	Eph 3:14-6:9

by John Woodward 3/2010

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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