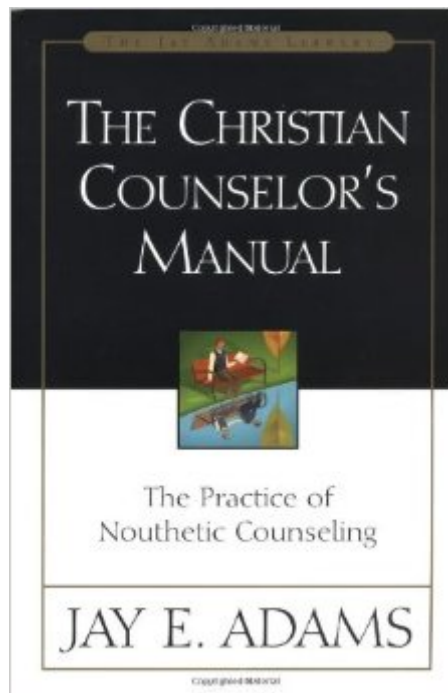


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# The Christian Counselor's Manual: The Practice Of Nouthetic Counseling (Jay Adams Library)



## Synopsis

The Christian Counselor's Manual is a companion and sequel to the author's influential *Competent to Counsel*. It takes the approach of nouthetic counseling introduced in the earlier volume and applies it to a wide range of issues, topics, and techniques in counseling: \*Who is qualified to be a counselor? \*How can counselees change? \*How does the Holy Spirit work? \*What role does hope play? \*What is the function of language? \*How do we ask the right questions? \*What often lies behind depression? \*How do we deal with anger? \*What is schizophrenia? These and hundreds more questions are answered in this comprehensive resource for the Christian counselor. A full set of indexes, a detailed table of contents, and a full complement of diagrams and forms make this an outstanding reference book for Christian counselors.

## Book Information

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## Customer Reviews

Adams always is a delight to read. While Adams is not perfect he is passionate about the right things and hits the nail on the head on almost every issue. He blazed the trail for modern nouthetic counseling. Those who have expressed problems with this book do not have the high view of Scripture that Adams holds and do not understand the depravity of man as the Bible teaches. They also do not understand how the presuppositions of psychology are anti-Christian and they do not bring glory to God. This is a very practical book that is a good read for all Christians who seek to restore their brethren (Gal. 6)

Anyone who has heard of the author already has an opinion of the work; however, in spite of these assumptions, if one really reads Adams for what he is saying, the reader should walk away with the following concepts: (1) Adams believes that the Bible hold the answers for all of life's problems. (2) All problems in life are either physical (the realm of the doctor) or spiritual (the realm of the pastor). (3) Adams believes that every believer should be able to assist others in applying the Bible to life's spiritual challenges. To these ends, the now-aging work is directed. In a very clear and straight-forward manner, the writer lays out methods of dealing with all sorts of challenges. This manual serves as a substantial guide to the pastor, Christian counselor, or even a layman who wishes to be of assistance to those who need help to overcome a vast number of problems.

Theory Critique: The Work of Dr. Backus, M. Chapien & Dr. Adams Leslie Krahn Liberty University Counseling 507-B01 Summary Telling Yourself The Truth, a book written By, William Backus and Marie Chapien has been circulation around Christian circles for over thirty years. I read it more than ten years ago and gained much knowledge then, and was rewarded with even more wisdom as I reread this book recently. The concept sounds very simple and actually it is. The authors use the Holy Bible as the gold standard of the truth we need to tell ourselves. The authors explain that we all have areas where we telling ourselves misbeliefs. They say we are either telling ourselves the truth or a lie (p.17). The misbeliefs or lies that we tell ourselves are a major source of emotional chaos, which can lead to damaging actions, maladaptive conduct, along with what is frequently labeled as mental illnesses. Buying into these lies may surface with problems such as overeating, depression, or adultery. The authors frequently apply scripture to validate these truths, such as Proverbs 23:7. "So a man thinketh in his heart, so is he... (KJV). This is an excellent resource for self-discovery, into the lies we speak into our own lives. This book is also an outstanding guide for use in the counseling profession, as the truth of God's word is used to reveal misbeliefs that clients have spoken into their lives often for years. The end goal is to teach clients to identify the misbelief, then to contend against it, and then exchanging that misbelief for the truth (p.159). Second Timothy 3:14-17 is the backbone of Jay Adams book, How to Help People Change. It reads as , " But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work"(NIV, 2010). There are four steps that Dr. Adams

uses in this book on Biblical counseling. These four steps are written very clearly and concisely comprise most of this book. These steps are as follows:

1. Teaching clients the truth as based on the Bible. Dr. Adam breaks down teaching into bite size portions to include grasping the importance of teaching, teaching God's standards and principles, teaching in the milieu, and concludes with a step by step guide on how to teach.
2. Conviction is the second step described by Dr. Adams. He begins with the role of conviction in therapy, explores what conviction is and is not, conviction and data gathering, using scripture in conviction. He then concludes with supplementary thoughts on conviction.
3. Correction is the third step described in this book. Starting with an analysis of what it is repentance with correction, the importance of confessing sin and forgiveness. He then moves into the role of forsaking sin, and restoration.
4. Disciplined Training in Righteousness is the final step that Dr. Adam directs readers to. He presents his thought on the importance of discipline training; the goal of righteousness, the possibility of righteousness is also explored. Biblical training and the proper use of scripture is the final goal of this step.

Dr. Adams, work done in this book, will direct anyone seeking Biblical counseling that is not interested in applying any other resources. He believes in the sufficiency of scripture in counseling and is not interested in any worldly advice or techniques suggested by those in the secular fields of counseling. His main goal in his writing is to allow it to become a guide to bring effective biblical change in therapy, using the truth of the Bible.

**Strengths and Weaknesses** Both of these books are based on the truth of God's word found in the Holy Bible. Together they lay an effective defense for the sufficiency of scripture in the quest for healing, hope, happiness and spiritual health. The strength in these approaches is found in the strength of the word of God. This takes the judgment, and calls for repentance out of the therapists hands and places it on the righteousness of God. The weaknesses of these approaches if found in the acceptance of the word of God as being true and infallible. These techniques would be difficult to administer to those clients who do not place their faith in the god of the Bible or his word. The other weakness that I have found especially with Adams work is his total disregard for any secular input. I personally think there is a place in Christian counseling for some well screened secular techniques.

**Personal Insight and Application** I must admit I have had to do some soul searching as I read these two books. I keep asking myself what I really believe about the Bible and what its truths are. Do I really believe that all people can be set free from its truth? The problems that I see for myself in using this approach are complex and somewhat selfish.

1. If I expect my clients to believe unwavering in the truth of scripture, I must also.
2. I must know the word of God inside and out, and there is a lot to learn.
3. I realize that I will offend people with this approach, and may lose clients.
4. I need to really take the time to spend time with God and his word seeking his direction as I establish

my style of therapy. Each of these problems present growth on my part and time to establish myself function as a competent biblical counselor. My goal is to allow God to lead me as I seek understanding and direction. References Backus, W. D., & Chapan, M. (1980). Telling yourself the truth. Minneapolis, Minn: Bethany Fellowship. Adams, J. E. (1985). How to help people change. Grand Rapids, Mi. Zondervan

A powerful book that I will be carrying with me in life and ministry. It is honestly the best book I have read on this subject. It was a bit long to read but I loved it and it was worth it. THANK YOU SO SO SO much for this masterpiece.

There is so much practical information in this book. This book reminds me of an inclusive dictionary (a dictionary which has every situation in it). The instruction/teaching in this book is Biblical and to the point (direct).

It is an excellent addition to an Christian counseling library. It has unique advice for a pastoral counseling that is a little difficult to locate. Each section is covered with gentleness and care for both the client and respect for the counselor. It covers prayer in a way that is forthright and frankly not covered by many textbooks. It is comprehensive in its scope covering the client, the attitudes of the counselor as well as a full range of topics. It is a first line of defense help book. I appreciate the scripture references as well as the honor of giving practical homework. The book does not shy away from difficult subjects like sin, fears, and the importance of giving hope. I appreciate the concreteness of the book's presentation.

Adam's is very knowledgeable and thorough on the topic. A must for Pastors who want to help their people. Yet many parents can also benefit from this material. Used as a reference it can help greatly on dealing with issues in families and other relationships.

Many counselors try to mix methods of counseling. Jay Adams begins and ends his counseling approach with the principles he has learned from the Bible. The foundation of all counseling is personal responsibility. People must be held accountable for their actions, and learn to control themselves. Traditional counseling looks for external reasons for a person's actions, allowing them to place blame on other people, circumstances, and things, even when it was a deliberate decision on their part and had nothing to do with externals.

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