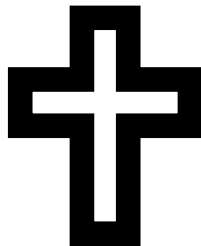


**Twelve Lessons**  
*on*  
***Christian Counseling***

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## THE BIBLE METHOD OF COUNSELING – LESSON 1

**Introduction:** The Bible method of counseling is in complete contradiction to the modern techniques used in secular counseling.

### **Lesson Goals:**

1. To understand the problems of modern psychiatry.
2. To see the corrupting influence of the teachings of Sigmund Freud in modern psychiatry.

### **Definitions of Important Terms and/or Phrases:**

1. Counseling – The practice or act of giving advice, guidance or instruction, preferably in a controlled setting.
2. Psychiatry – The study and treatment of mental disorders (The World Book Dictionary – Thorndike, Barnhart).
3. Transference – A revival of emotions previously experienced and repressed, as toward a parent, with a new person as the object (The World Book Dictionary – Thorndike, Barnhart).
4. Freudian – A person who believes in Freud’s teachings or follows his technique of psychoanalysis (The World Book Dictionary – Thorndike, Barnhart).
5. Psychoanalysis – The minute examination of a mind or minds to discover the underlying causes producing certain mental and nervous disorders...the discovery of the unconscious in the mental life (The World Book Dictionary – Thorndike, Barnhart).

## **I. THE PROBLEMS OF MODERN PSYCHIATRY**

**A. Group sessions** – counseling should always be regulated to no less than three.

1. Contrary to modern counseling, there is no need to drag in a dozen or more people who might “sit in” on the “group session” as a part of the superego of the counselee. This will only lead to confusion.
2. Who are the three in counseling? The counselor, the counselee, and the Holy Spirit.

**B. Transference** – The Bible counselor does not rely upon the concept of transference which suggests the individual maybe having problems because some person in the counselee's past or present life has contributed to the problem.

1. This only “enlarges” the problem and the counselee is already in enough confusion without making it more complex.
2. Bible basis on counseling is that God holds each one personally responsible for his thoughts, words, and actions regardless of external pressures and influences. II Cor. 5:10 – *“For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.”*
3. This exposes Freudian or behavioristic theories as FRAUDULENT. Why? All blame-shifting and excuses will evaporate in that day before the searching gaze of the One whose eyes are “as a flame of fire.”
4. These modern theories that are anti-scriptural are used to justify and excuse men of their responsibility to God. They will be shown to be futile and false. We see this humanistic excuse in Adam’s reply to God, *“The woman whom Thou gavest to be with me, she gave me of the tree, and I did eat”* – Gen. 3:12. He blamed not only the woman but God who gave him the woman.

**II. THE PERVERSION OF MODERN PSYCHIATRY** – In 1955, the American Psychiatric Association held a symposium on “Progress in Psychiatry”. Here is the statement which appeared in the published accounts: “Psychotherapy is today in a state of disarray almost exactly as it was 200 years ago.”

**A. The Freudian theory** boasts that “Psychology is the world’s one hope for straightening out the mess.” But the newspaper headlines have not improved; crime is on the increase, our streets have become unsafe; there are riots in our cities; and the mental institutions, in spite of tranquilizers, still do a thriving business.

**B. Right now there are 18,000 psychiatrists in the U.S.** and after spending \$25,000 for a complete treatment the multitudes are no less "neurotic" than before they began their five-times-a-week sessions.

**C. Freud and others** introduced the terms “mental illness” and “mental health.” This medical model has been used so much that people believe at the root of their difficulties are diseases and sicknesses.

**D. The National Association for Mental Health** in a pamphlet entitled “How to Deal with Mental Problems”, provides a typical sample of this sort of propaganda when it says, “Sympathetic understanding,” the kind you give to a person when he is sick with a physical illness, is what the mentally ill person must have. Here is their consensus – “You make allowances because you know he's sick, that he can't help his sickness, and that he

needs your sympathy and understanding. The person with a mental problem is sick and most of the time he can't help it."

**E. The effect of Freud upon thought about crime.**

1. Some blamed Dallas rather than Oswald for President John F. Kennedy's death.
2. When Charles Whitman, from a tower in Texas, picked off innocent passersby with a rifle, many said that society must be held guilty for the act.
3. When a Jordanian immigrant assassinated Senator Robert F. Kennedy, the television was filled with indictments of the American public.
4. The murderer himself is no longer held responsible. "He couldn't help it" has become a very popular phrase since Freud.
5. The idea of sickness as the cause of behavior problems vitiates all notions of human responsibility. People claim their problems are *allogenic* (other-generated) rather than *autogenic* (self-engendered). Rather than blaming themselves for their behavior, they blame society.

**F. The effect of Freud upon the home** – The fundamental idea behind Freudism is to find out how others have wronged the child. Following this line of thinking has led to the breakdown of parental discipline.

1. The need for security has become the central thought among Child Psychologists. Since the child is presumed an exceedingly delicate organism, unless society treats the child with the utmost consideration, his sense of security is jeopardized. The child then becomes neurotic.
2. Conclusion – The Freudian Psychologists says that if indeed events in one's past may cause future psychological difficulties, one may injure the lives of their children by possible traumatic shocks experienced in the application of disciplinary methods.
  - a. Thus the Scriptural injunctions of Proverbs about corporal punishment (19:18;23:13; 22:15; 13:24; 22:6; 23:14; 29:15,17) have largely been abandoned.
  - b. It is interesting that God reassures reluctant parents that corporal punishment, properly administered, will not harm the child (Prov. 23:13). As a matter of fact, spanking is a more humane punishment than many other prolonged punishments which border on being more like torture than punishment.

**G. The effect of Freud upon the person with the problem** – If as the Freudians claim our problem is a "sickness" or "disease" then the only help the person can get is from without. But if a person's problems in living are basically problems of disease and sickness rather than problems of behavior he has no hope unless there is medicine or therapy which can be applied to his case. Since there is no medical cure for people in such trouble, they move from despair to deeper chaos.

**H. Poem showing the idiotic theme of Freudism** –

"I went to my psychiatrist to be psychoanalyzed  
To find out why I killed the cat and blacked my husband's eyes.  
He laid me on a downy couch to see what he could find,  
And here is what he dredged up from my subconscious mind:  
When I was one, my mommie hid my dolly in a trunk,  
And so it follows naturally that I am always drunk.  
When I was two, I saw my father kiss the maid one day,  
And that is why I suffer now from kleptomania.  
At three, I had the feeling of ambivalence toward my brothers,  
And so it follows naturally I poison all my lovers.  
But I am happy; now I've learned the lesson this has taught;  
That everything I do that's wrong is someone else's fault.

**Conclusion:** Is the fundamental problem of persons who come for personal counseling sickness or sin?

1. Are people with problems a violator of their conscience or a victim of their conscience?
2. According to Scripture – All behavior problems are from a violated conscience. Prov. 23:7 – "*For as he thinketh in his heart, so is he.*" Sin causes guilt. Guilt carries a burden and the person must confess the sin to find forgiveness and relief. Therefore the person with a behavior problem must not be led to believe that his guilt is not real or that it comes from without.
3. In dealing with any behavior problem, sin is at the root of the problem. Find the sin and you will find the guilt. If you confess the sin the guilt leaves, and the behavior problem has a solution.