

Level 1 Certification Syllabus

✓	Week #	Description
	0	<ol style="list-style-type: none"> 1. Order Equipped to Counsel book 2. Enroll in ABC membership 3. Pay ABC certification/tuition fee 4. Purchase one year of CCEF's digital subscription for access to the Journal of Biblical Counseling (JBC) Archives 5. Receive ABC email with submission/grading instructions
	1	Watch Video Series: Your Walk with God Is A Community Project
	2	Write Community Project Reaction Paper
		Community Project Paper Due – Submit for grading
	3	<ol style="list-style-type: none"> 1. ETC Module 1: A Vision for Counseling Lesson 1: Counseling Ministry in the Church & Lesson 2: The Origin of Counseling Ministry 2. Read JBC Article: <i>Counseling Is the Church</i> – David Powlison – 2002 3. Read JBC Article: <i>Cure of Souls (and the Modern Psychotherapies)</i> – David Powlison – 2007
	4	<ol style="list-style-type: none"> 1. ETC Module 1: A Vision for Counseling Lesson 3: The Place of Counseling Ministry & Lesson 4: A Definition for Biblical Counseling 2. Read JBC Article: <i>The Great Commission: A Paradigm for Ministry in the Local Church</i> – Paul Tripp – 1998 3. Read JBC Article: <i>Affirmations & Denials: A Proposed Definition of Biblical Counseling</i> – David Powlison – 2000 4. Read JBC Article: <i>What is Biblical Counseling, Anyway?</i> – Ed Welch – 1997
	5	<ol style="list-style-type: none"> 1. ETC Module 2: Counseling Foundations Lesson 5: Counseling Worldview, Part 1 & Lesson 6: Counseling Worldview, Part 2 2. Read JBC Article: <i>Speaking Redemptively</i> – Paul Tripp – 1998 3. Read Article: <i>Toward a Definition of the Essence of Biblical Counseling</i> – John Piper (included in ABC online classroom) 4. Read JBC Article: <i>How Do You Help a “Psychologized” Counselee?</i> – David Powlison – 1996
	6	<ol style="list-style-type: none"> 1. ETC Module 2: Counseling Foundations Lesson 7: The Aim of Biblical Counseling & Lesson 8: The Fruit of Biblical Counseling 2. Read JBC Article: <i>God's Glory Is the Goal of Biblical Counseling</i> – John Piper – 2002 3. Read JBC Article: <i>Modern Therapies and the Church's Faith</i> – David Powlison – 1996
	7	<ol style="list-style-type: none"> 1. ETC Module 3: God and His Word Lesson 9: Scripture Tells the Story & Lesson 10: Creation, Fall, and Judgement 2. Read JBC Article: <i>Who Is God?</i> – David Powlison – 1999
		Your Story Paper Due – Submit for grading
	8	<ol style="list-style-type: none"> 1. ETC Module 3: God and His Word Lesson 11: Redemption, Consummation, and Eternity & Lesson 12: Knowing the Word of God 2. Read JBC Article: <i>The Present Glories of Redemption</i> – Paul Tripp – 1999 3. Read JBC Article: <i>Is the “Adonis Complex” In Your Bible?</i> – David Powlison – 2004

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		Read JBC Article: <i>How Does Scripture Change You?</i> – David Powlison – 2012
9		<ol style="list-style-type: none"> ETC Module 4: The Gospel Lesson 13: The Gospel Outlined & Lesson 14: Gospel Implications Read JBC Article: <i>Who Are We? Needs, Longings, and the Image of God in Man</i> – Ed Welch – 1994 Read JBC Article: <i>The Therapeutic Gospel</i> – David Powlison – 2007 Read JBC Article: <i>How Does Sanctification Work?, Part 1</i> – David Powlison – 2013
10		<ol style="list-style-type: none"> ETC Module 4: The Gospel Lesson 15: The Gospel Lived, Part 1 & Lesson 16: The Gospel Lived, Part 2 Read JBC Article: <i>How Does Sanctification Work?, Part 2</i> – David Powlison – 2013 Read JBC Article: <i>How Does Sanctification Work?, Part 3</i> – David Powlison – 2013
		Process Paper One Due - Submit for grading
11		<ol style="list-style-type: none"> ETC Module 5: Understanding People Lesson 17: Suffering & Lesson 18: Whatever Rules Your Heart Rules Your Life Read JBC Article: <i>Understanding the Influences on the Human Heart</i> – Michael Emler – 2002 Read JBC Article: <i>Suffering and Psalm 119</i> – David Powlison – 2004 Read JBC Article: <i>Biological Psychiatry</i> – David Powlison – 1999 Read JBC Article: <i>What if Your Father Didn't Love You?</i> – David Powlison – 1993
12		<ol style="list-style-type: none"> ETC Module 5: Understanding People Lesson 19: The Descent into Depression & Lesson 20: The Ascent into Joyful Abundance Read Article: <i>Puritan Resources for Biblical Counseling</i> – Timothy Keller (included in ABC online classroom) Read JBC Article: <i>Learning Contentment In All Your circumstances</i> – Robert Jones – 2002
		Exam #1 – Take open book exam on Modules 1-5, Submit for grading
13		<ol style="list-style-type: none"> ETC Module 6: Counseling Methods Lesson 21: General Methods: Love and Discern & Lesson 22: General Methods: Identify and Exhort Read JBC Article: <i>X-Ray Questions: Drawing Out the Whys and Wherefores of Human Behavior</i> – David Powlison – 1999 Read JBC Article: <i>Opening Blind Eyes: Another Look at Data Gathering</i> – Paul Tripp – 1996 Read JBC Article: <i>Data Gathering Part 2: What the Counselor Brings to The Process</i> – Paul Tripp – 1996
14		Counseling Journals Meeting 1
15		Counseling Journals Meeting 2
16		<ol style="list-style-type: none"> ETC Module 6: Counseling Methods Lesson 23: Specific Counseling Methods & Lesson 24: Specific Counseling Conditions Read JBC Article: <i>Strategies for Opening Blind Eyes: Data Gathering Part 3</i> – Paul Tripp – 1996 Read JBC Article: <i>Illustrative Counseling</i> – David Powlison – 1998 Read JBC Article: <i>Let Me Draw a Picture: Counseling People Who Resist Change</i> –

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		John Street – 1998 Counseling Journals Meeting 3
17		<ol style="list-style-type: none"> ETC Module 7: Addictions Lesson 25: Understanding Addiction & Lesson 26: Counsel for Addiction Read JBC Article: <i>The Bondage of Sin</i> – Ed Welch – 1999 Read JBC Article: <i>Addictions: New Ways of Seeing, New Ways of Walking Free</i> – Ed Welch – 2001 Counseling Journals Meeting 4
		<p>Case Study Paper Due - Submit for grading Submit Counseling Journals 1-4 for grading</p>
18		<ol style="list-style-type: none"> ETC Module 7: Anxiety Lesson 27: Understanding Worry and Anxiety & Lesson 28: Counsel for Worry and Anxiety Read JBC Article: <i>Getting to the Heart of Your Worry</i> – Robert Jones – 1999 Read JBC Article: <i>“Peace Be Still”: Learning Psalm 131 by Heart</i> – David Powlison – 2000 Counseling Journals Meeting 5
19		<ol style="list-style-type: none"> ETC Module 8: Anger Lesson 29: Understanding Anger & Lesson 30: Counsel for Anger Read JBC Article: <i>Anger Part 1: Understanding Anger</i> – David Powlison – 1995 Read JBC Article: <i>Anger part 2: Three lies about anger and the transforming truth</i> – David Powlison – 1996 Read JBC Article: <i>Anger part 3: Getting to the heart of conflict</i> – David Powlison – 1997 Counseling Journals Meeting 6
20		<ol style="list-style-type: none"> ETC Module 8: Depression Lesson 31: Defining Depression, Lesson 32: Understanding Depression & Lesson 33: Counsel for Depression Read JBC Article: <i>The Valley of the Shadow of Death</i> – Charles Spurgeon – 2000 Read JBC Article: <i>Counseling Those Who Are Depressed</i> – Ed Welch – 2000 Read JBC Article: <i>Words of Hope for Those Who Struggle with Depression</i> – Ed Welch – 2000 Counseling Journals Meeting 7
		<p>Process Paper Two Due - Submit for grading</p>
21		<ol style="list-style-type: none"> ETC Module 9: Sexual Purity and Sexual Sin Lesson 34: God’s Purpose and Design for Sex, Lesson 35: The Nature of Sexual Temptation and Sin & Lesson 36: Counsel for Sexual Temptation and Sin Read JBC Article: <i>What’s Right About Sex?</i> – Winston Smith – 2012 Read JBC Article: <i>Sexual Sin and the Wider, Deeper Battle</i> – David Powlison – 2006 Counseling Journals Meeting 8
22		<ol style="list-style-type: none"> ETC Module 9: Sexual Purity and Sexual Sin Lesson 37: Understanding Homosexuality & Lesson 38: Counsel for Homosexuality Read JBC Article: <i>Homosexuality: Current Thinking and Biblical Guidelines</i> – Ed Welch – 1995 Read JBC Article: <i>Getting to Know the Experience of Same-Sex Attraction</i> – Brad

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		Hambrick – 2016 Counseling Journals Meeting 9
		Exam #2 Day –Take open book exam on Modules 6-9 Submit Counseling Journals 5-9 for grading
	23	Watch Video Series: <i>What did you Expect?</i>
	24	Write <i>What did you Expect?</i> Reaction Paper
		What did you Expect? Paper Due – submit for grading

Black font = Reading and Writing Assignments

Blue font = Notating Assignments to submit for Grade

Over the next 6-12 months, you will be trained to become a biblical counselor through the requirements below. After receiving Level 1 Certification, you will be approved to move on to Level 2 Certification.

Equipped to Counsel Book

2 Exams & *Your Story* Paper

Journal of Biblical Counseling Articles

2 Process Papers

Mini-Practicum

Case Study Paper

Counseling Journals

Instructors

In Classroom Training

ABC Annual Conference

Speak the Truth Podcast

Video: *Your Walk with God Is A Community Project* & Reaction Paper (Community Discipleship)

Video: *What did you Expect?* & Reaction Paper