

General Principles of Biblical Counseling, Part 1
Eight I's Counseling Model (1-4)¹

#1 Involvement

Definition: Promote biblical change by establishing a change-facilitating relationship.

Scriptural reference: Prv 27:6, 9; Jn 13:34, 35; 15:13-15; Rom 12:10; 2 Cor 2:4; Gal 6:1, 2; Phil 1:8; 1 Thes 2:7, 8.

A. Genuine compassion. Mt 9:36; Col 3:12; Phil 1:8; 2:1, 2

Gain "PASSPORT" with positive answers to the questions in Ken Sande's book *The Peacemaker* (Grand Rapids: Baker Books, 2004): Can I trust you? Do you really care about me? Can you actually help me?

B. Show respect. Mt 18:15-17; Rom 12:10; 1 Pt 2:17

C. Genuineness and honesty. 2 Cor 4:2; Eph 4:25; 1 Jn 1:6, 7

D. Pray with and for the counselee. Phil 1:3-5; 1 Thes 5:17

E. The fruit of the Spirit in the counselor as an example at all times. Gal 5:13, 14, 22, 23

F. Some caution for the counselor on involvement. 2 Chr 24:2; Prv 1:10; Gal 6:1; Phil 2:12; 1 Tm 2:12; Titus 2:3-5 See Jim Newheiser, "The Tenderness Trap" article at *The Journal of Biblical Counseling*, Vol. 13, No. 3, 1995, 44-47.

¹ This information was obtained and adapted from the "Methods of Biblical Change" graduate course instructed by Dr. Wayne Mack at The Master's College.

The complete source of this material (originally 7 I's without the "Integration" element) is in a book co-authored by Wayne Mack: *Introduction to Biblical Counseling: A Guide to the Principles and Practice of Counseling* (Nashville: Thomas Nelson, 1994), 173-297.

The current source for this information can be found in a book co-authored by Wayne Mack: *Counseling: How to Counsel Biblically* (Nashville: Thomas Nelson, 2005), 101-200.

#2 Inspiration

Definition: Promote biblical change by inspiring or influencing the counselee to develop and sustain an attitude and feeling of hope.

Scriptural reference: Prv 10:28; 18:14; Rom 8:24, 25; 15:4, 13; 2 Cor 3:12; Col 1:4-5; 1 Thes 4:13; 1 Tm 1:1; Heb 6:17-20; 7:19.

A. Jesus and the gospel are the basis of hope. Mt 11:28-30; Jn 11:1-46; 1 Tm 1:1; 4:10; 1 Pt 1:3-5

B. People are motivated to change with hope. Rom 15:4, 13; 1 Cor 10:13

C. True hope. Ps 119:49; 1 Pt 1:3; Heb 11:1; 12:3

D. Be careful not to over promise. Mt 5:12; Rom 8:28, 29; Heb 11:6, 24-26; 2 Pt 1:4

#3 Inventory (also Investigate)

Definition: Promote biblical change by gathering enough of the right kinds of information to accurately understand the counselee and the problems.

Scriptural reference: Gn 12:10-20; Prv 18:13, 15, 17; 19:2; 20:5.

A. Personal Data Inventory (PDI) form (The Master's College, Department of Biblical Counseling sample form, Personal Data Inventory form—see Attachment 1).

B. Organizer form (see Attachment 2).

C. Determining if the counselee is a believer is most important. Mt 7:20-23; Phil 3:7; 1 Jn 2:3, 4; 4:7, 8; 5:1, 2, 13

D. Presenting problem of the counselee. Prv 14:12; 20:5; Jam 4:1

E. Ask effective and appropriate questions. Prv 14:15; 18:13

F. Common questions to be answered.

1. What has happened or is happening in the person's life?
2. How is the person responding to what has happened or is happening?
3. What are the person's thoughts, beliefs, and presuppositions about what is happening?
4. What are the person's thoughts about God, others, life in general, and self in relationship to what is happening?

G. Draw out what is going on in the person's heart. Prv 4:23; Mt 12:33-35; Mk 7:21, 22; Lk 6:43-45; 14:26, 27; Jn 15:1-11; Heb 4:12d

1. Examples of misplaced hope.
 - a. Pleasure, comfort, ease, food, sex, pornography.
 - b. Control, power, approval of man, money, success, recognition.
 - c. Husband, wife, children, extended family.
2. An excellent resource for heart questions is *Seeing with New Eyes: Counseling and the Human Condition Through the Lens of Scripture*, chapter 7, "X-ray Questions," by David Powlison (Phillipsburg: P & R Publishing, 2003), 129-143.

H. Halo (non-verbal) data.

1. Facial expressions, body language, sitting close or apart, holding hands, physical appearance. Gn 4:6; Prv 6:13
2. Paralinguistic communication (*how* the counselee says things).

I. P.R.E.A.C.H.D. acronym for the types of data to gather.

1. Data is gathered about the whole person and is not just focused on the problem.
 - a. Physical.
 - b. Resources/Relationships.
 - c. Emotional.
 - d. Actions.
 - e. Conceptual.
 - f. Historical.
 - g. Desire.
2. P.R.E.A.C.H.D. can be studied in *Counseling: How to Counsel Biblically*, Wayne Mack, chapter 10, "Taking Counselee Inventory: Collecting Data," 131-146.

J. Hear from other parties involved. Prv 18:17

K. Use homework to gather more data.

#4 Interpretation

Definition: Promote biblical change by analyzing and organizing the information from the inventory phase to accurately identify the biblical nature and cause of the problem, and to convincingly explain this to the counselee.

Scriptural reference: Prv 3:5-7; Mk 7:14-23; 10:17-23; Lk 10:38-42; Rom 12:2; 2 Tm 3:16, 17.

A. Replace secular language with biblical language to aid in finding the biblical answer. Prv 3:5-7; Rom 12:2; Col 3:5

1. Dysfunctional family.
2. Low self-esteem, lacks self-confidence.
3. Unmet needs.
4. Workaholic.
5. Perfectionism.
6. Addiction to gambling, drugs, alcohol, sex.

B. What biblical categories (spiritual condition) could be used to describe the person?

1. Believer / Unbeliever. Jn 3:18, 36
2. Mature – Teacher (including informally) / Immature – Child. Heb 5:12-14; Eph 4:11-16
3. Unruly / Fainthearted (discouraged) / Weak. 1 Thes 5:14
4. Loving / Selfish. Mt 22:36-40
5. Foolish / Wise. Prv 1:7; 10:1, 8; 14:1

C. What insights does the Bible give for the probable cause? Jer 17:5-9; Mk 7:21-23; Jam 4:1

D. Start to draw conclusions and finalize the interpretation (based on the information gathered).

E. Further research can be done.

Personal Data Inventory

Please complete this inventory carefully

Personal Identification

Name: _____ Birth Date: _____

Address: _____ Zip Code: _____

Age: _____ Sex: _____ Referred By: _____

Marital Status: Single: _____ Engaged: _____ Married: _____ Separated: _____
Divorced: _____ Widowed: _____

Education (last year completed):

Home Phone: _____ Work Phone: _____

Employer: _____ Position: _____

Years:

Marriage and Family

Spouse: _____ Birth Date: _____

Age: _____ Occupation: _____ How Long Employed: _____

Home Phone: _____ Work Phone: _____

Date of Marriage: _____ Length of Dating: _____

Give a brief statement of circumstances of meeting and dating: _____

Have either of you been previously married: _____ To Whom: _____

Have you ever been separated: _____ Filed for divorce: _____

Information about Children:

Name: _____ Age: _____ Sex: _____ Living: _____ Year Ed.: _____ Step-Child: _____

Describe relationship to your father: _____

Describe relationship to your mother: _____

Number of sibling(s): _____ Your sibling order: _____

Did you live with anyone other than parents: _____

Are your parents living: _____ Do they live locally: _____

Health

Describe your health:

Do you have any chronic conditions: _____ What: _____

List important illnesses and injuries or handicaps: _____

Date of last medical exam: _____ Report: _____

Physician's name and address: _____

Current medication(s) and dosage: _____

Have you ever-used drugs for anything other than medical purposes: _____

If yes, please explain: _____

Have you ever been arrested: _____

Do you drink alcoholic beverages: _____ If so, how frequently and how much: _____

Do you drink coffee: _____ How much: _____ Other caffeine drinks: _____

_____ How much: _____

Do you smoke: _____ What: _____ Frequency: _____

Have you ever had interpersonal problems on the job: _____

Have you ever had a severe emotional upset: _____ If yes, please explain: _____

Have you ever seen a psychiatrist or counselor: _____ If yes, please explain: _____

Are you willing to sign a release of information form so that your counselor may write for social, psychiatric, or other medical records: _____

Spiritual

Denominational preference: _____

Church attending: _____ Member: _____

Church attendance per month (circle): 0 1 2 3 4 5 6 7 8+

Do you believe in God: _____ Do you pray: _____ Would you say that you are a Christian: _____,

Or still in the process of becoming a Christian: _____

Have you ever been baptized: _____

How often do you read the Bible: Never: _____ Occasionally: _____ Often: _____ Daily: _____

Explain any recent changes in your religious life: _____

Women Only

Have you had any menstrual difficulties: _____ If you experience tension, tendency to cry, other symptoms prior to your cycle, please explain: _____

Is your husband willing to come for counseling: _____

Is he in favor of your coming: _____ If no, please explain: _____

Problem Check List

_____ Anger	_____ Depression	_____ Loneliness
_____ Anxiety	_____ Drunkenness	_____ Lust
_____ Apathy	_____ Envy	_____ Memory
_____ Appetite	_____ Fear	_____ Moodiness
_____ Bitterness	_____ Finances	_____ Perfectionism
_____ Change in lifestyle	_____ Gluttony	_____ Rebellion
_____ Children	_____ Guilt	_____ Sex
_____ Communication	_____ Health	_____ Sleep
_____ Conflict (fights)	_____ Homosexuality	_____ Wife abuse
_____ Deception	_____ Impotence	_____ A Vice
_____ Decision Making	_____ In-laws	_____ Other

Briefly Answer The Following Questions

1. What is your problem (what brings you here)?
2. What have you done about the problem?
3. What are your expectations from counseling?
4. Is there any other information that we should know?

Name _____ Age _____ Name _____ Age _____
 Saved _____ Saved _____
 Married _____ Children _____

----- Misplaced Hope -----

----- Sins -----

----- Counseling Plan -----

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

----- Reading / Audio -----

----- Passages / Miscellaneous -----

----- Accountability -----

Alcohol	Porn/Accountability service	
Drugs	Accountability partner	
Work	Associations	

----- Church -----

Name _____ City _____ Pastor _____

Service attendance	Small group	Membership (or classes)	Lord's Supper	Serving	Pastor relat/ authority	God's word /prayer
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----- Additional Christian Lifestyle -----

Christian friends	Hospitality				
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