

# The Counseling Solutions Group, Inc.

## ***Basic Counselor Training***

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# Basic Counselor Training

## Introduction

*“And we proclaim Him, admonishing every man and teaching every man with all wisdom, that we may present every man complete in Christ.”*

*Colossians 1:28*

Please be aware that in these training sessions we will be focusing primarily on *our* responsibility as counselors to give counsel. That does not mean we will neglect the work of the Godhead in the counseling process; rather, we assume that God will faithfully fulfill His role as the One who works true change in a person's heart. Proverbs 21:1 teaches that the heart of man is in the Lord's hands and He turns the heart in any direction He so desires. Jesus says, “I am the vine, you are the branches; he who abides in Me, and I in him, he bears much fruit; for apart from Me you can do nothing” (John 15:5). In other words, without Christ's life that gives life, there is no possibility that we could ever bear spiritual fruit (see Galatians 5:22-23). Finally, 2 Corinthians 3:18 teaches that a person's life is progressively transformed by “the Lord, the Spirit.”

So the Spirit of Christ is the real “change agent” and He will do His part. The reason this needs to be stated is that in all of our equipping, training, studying, and learning, we could easily forget how God-honoring change occurs. We should aim to magnify God's glory by depending on Him for mercy and grace; if our change is merely through human effort, this dishonors God and feeds our hidden sins of self-sufficiency and self-righteousness. We ought always to pray, “Not to us, O LORD, not to us, but to your name give glory, for the sake of your steadfast love and your faithfulness” (Psalm 115:1).

There is another danger in focusing on human responsibility without balancing it with divine responsibility. The danger is that we could easily become so principle-driven that we might forget that God is calling us into a relationship with Him—the very means by which our hearts are transformed. Though we will be discussing principles, concepts, disciplines, methods and practices, these things are simply our tools. This is our human toolbox and we will spend most of our time looking at these tools.

We want to be careful that we do not de-emphasize the grace of God. This would be a serious error. If Christ is not exalted, if we do not understand who we are in Him, if He is not the *exalted emphasis* in counseling, then what we say and do in these sessions is of little value. To gain a better understanding of how our responsibility as counselors works within the framework of God's sovereignty, we recommend that you read Jerry Bridges' book, *Disciplines of Grace*.

Through this Basic Counselor Training course we are going to look at 10 essential principles for biblical counseling. Our desire is that you come to a firm theoretical and practical understanding of how these principles should work out in your own life first of all. This training is not designed *primarily* for you to learn how to counsel someone else; *our primary aim is to teach you how to shepherd your own heart*. We believe that as you learn to shepherd your own heart, you will then be well on your way to skillfully come alongside others to help them in their situational difficulties. We also believe that as you serve others by sharing what the Lord has done in your own life, you will then be able to offer a real and living hope in the person and work of Jesus Christ. You will also have confidence concerning the sufficiency of Scripture as God's means of grace to bring about character change because you are seeing it worked out in your own life.

***This training is not designed primarily for you to learn how to counsel someone else; our primary aim is to teach you how to shepherd your own heart.***

Our prayer is that you come here with a heart and love for God. We pray that you understand who the Counselor is, and that you are constantly bowing your heart before Him. With that in mind, let's begin.

Rick Thomas

President,

The Counseling Solutions Group, Inc.