

How to analyze counseling theories

There are well over a hundred different counseling philosophies employed to help people. However, there are some fairly predominant characteristics that could be used to classify them.

1. What assumptions are made about humanity?
 - a. Instinctual Animal?
 - b. Conditioned Animal?
 - c. Basically Good?
 - d. God's creation – impacted by the fall?
2. How is the problem defined?
 - a. Conflict with ID and Superego?
 - b. Environmental Failure?
 - c. Lack of self-actualization ?
 - d. Personal choices?
3. What is done with guilt?
 - a. Treat it as dangerous – it is false
 - b. Ignore it
 - c. Consider it a sign of low self-esteem
 - d. Provide biblical solutions for it
4. How is hope provided?
 - a. Not your fault?
 - b. You can be forgiven and can be like Jesus?
5. How is the problem solved?
 - a. Free and side with the ID and weaken the Superego
 - b. Restructure environment
 - c. Realize the hidden potential within
 - d. Progressive Sanctification
6. What is the counselor's goal?
 - a. To dig to find the ID and Superego
 - b. To help adjust environment
 - c. To mirror what truth is within
 - d. To admonish to become like Christ
7. What is the counselor's role?
 - a. Expert
 - b. Technician
 - c. Reflector
 - d. Biblical Counsel
8. What is the counselor's model?
 - a. Peaceful
 - b. Functional
 - c. Happy
 - d. Christ-like
9. What is the value of feelings?
 - a. They rule – critical to determining internal conflict
 - b. They guide – give justification and direction for environment modification
 - c. They solve - they unlock the truth within
 - d. They submit – they follow the faith that follows facts of God's Word