

## **The Philosophical Understanding of People, Problems, Counseling and Help Processes**

### **Concept #1 Your view of mankind will determine how you define problems and solutions with mankind.**

Evolutionary Perspective of Mankind- Mankind is basically good. Therefore, if problem exist it has to be a disorder within that individual. This is abnormal for the human condition.

Materialism- Only what one can see exist. If you cannot see it, it does not exist.

Humanism- One has faith and hope in mankind's wisdom, abilities, and perceived goodness. Therefore, is one is not able to deliver himself from his own mental, emotional, or behavior problems, he/she they are classified as degenerates or as disordered. (*Rethinking Depression* by Daniel Berger II pp. 49)

Bio-Determinism – Mankind's behavior is controlled by genes or some aspect of the body. (dictionary.apa.org)

Individual Degenerationism- When something is mentally, emotionally, or behaviorally, wrong with a person and that impairment or distress persist, then the problem occurs apart from normal human nature; This person became defective at a point in person's history or within the person's biological make up. (*Rethinking Depression* by Daniel Berger II pp. 41)

**Implication:** People are basically good and can overcome distress and impairments on their own internal resources; Those who cannot are degenerates. (*Rethinking Depression* by Daniel Berger II pp. 81)

Creation Perspective of Mankind- Mankind was created good but became evil positionally and conditionally. As a result, all people are positionally sinful and conditionally sinful at birth. Therefore, if problem exist has to do with their natural sin position and condition. This is normal for the human condition.

Dualism- Mankind has a physical dimension and a spiritual dimension.

Moral Determinism- Behavior is determined by man's moral choices which have their origin in man's spiritual dimension.

Universal Degenerationism – The normal human state is universally weak and depraved; We are all degenerates from the start of our lives. We are all in need of regeneration and renewal. (*Rethinking Depression* by Daniel Berger II pp. 65)

**Implication:** People are weak and wicked and are all degenerate and in need or regeneration and renewal. (*Rethinking Depression* by Daniel Berger II pp. 81)

**Concept #2 Where there are competing worldviews in how you define problems and solutions of mankind, there will competing worldviews on issues such as mental illness.**

#### **Competing Worldviews In Relation to Mental Illness**

<b>Secular Humanistic View Mental Illness</b>	<b>Biblical World View Perspective of Mental Illness</b>
Believe that false fixed beliefs are the core issues of mental illness	Believe that false fixed beliefs are the core issues of mental illness
Constructs of mental illness created and theorized through a medical model	Constructs of mental illness interpreted and evaluated through a Biblical grid
Believe that mental illness originates from the physical brain	Believe that mental illness originates from spiritual mind
Would consider mental illness as a physical sickness of the body	Would consider mental illness as a sickness of the soul
Would seek to manage mental illness by medication and talk therapy	Would cure mental illness through leading the person to faith in the person and work of Jesus Christ and applications of His Word

**Concept #3 Where there are competing worldviews on how you define problems and solutions of mankind, and competing worldviews on how you define mental illness, there will be competing worldviews on counseling.**

#### **Three Major Schools of Thoughts in Counseling**

***Psychological Counseling***— combines human observations with human wisdom to construct a system of counsel to help man deal with his problems and issues of life. This type of counseling is generally practiced by non-believers and Christians who accept psychological theories as an avenue to help people.

***Integration Counseling***— combines human observation, human wisdom, and the Bible to construct a system of counsel to help man deal with his problems and issues of life. This is sometimes called “Christian Counseling.” This type of counseling is generally practiced by Christians who believe that the Bible should be supplemented with psychological theories in order to help people.

***Biblical Counseling***— takes the Bible to construct a system of counsel to help man deal with his problems and issue of life. This type of counseling is generally practiced by Christians who believe that the Bible has all we need to provide solutions to life’s non organic, immaterial and what the world calls psychological problems and to help man function as God intended in all aspects of life.

**Concept #4 Where there are competing worldviews on how you define problems and solutions of mankind, competing worldviews on how you define mental illness, competing worldviews on counseling, there will be competing worldviews on how to help people.**

<b>Man-Centered Help</b>	<b>God-Centered Help</b>
Helps the person identify and change their mistaken beliefs about self, others, and life and participate more fully in a social world.	Helps the person identify and change sinful beliefs about self, others, life and God; Helps the person participate in genuine fellowship with God and other Christians as he/she interacts in the world without functioning according to the world's system but by the Word of God accordingly. (2 Corinthians 10:3-5)
Helps the person disclose and reevaluate feelings and behavior patterns, to understand and accept previously rejected aspects of herself,/himself to take risks, to become more open and honest about herself/himself, to learn new methods of living with self and others and to gain new satisfactions from life.	Helps the person to disclose and reevaluate feelings and behavior in light of God's Word in order to learn who he is and who he is not according to God's word; This is to lead him to putt off sinful methods of living and live by righteousness gained by faith in the person and work of Jesus Christ; This is to result in living for God and enjoying satisfaction gained from living for God. (Romans 12:1-3, Ephesians 4:1-32, John 15:1-11)
Focuses on self-efficacy- the individual's belief or expectation that he or she can master a situation and bring about desired change.	Focuses on self-sacrifice- denying self, taking up one's cross and following Jesus Christ. One has the belief that through the power of God he/she can be and do all that God commands. (Matthew 16:24-26, Philippians 2:12-13)
Takes stock in choosing a direction that best suits a person.	Takes stock in leading a person into choosing God's will in all aspects of life. (Colossians 1:28-29)
Has the belief system that individuals are the authors of their lives, and can design the pathways they want to follow.	Has the belief system that people are created in the image of God and are created for His glory and should therefore submit to God's will and way for their existence. (Genesis 1:26-27, Isiah 43:7, Colossians 1:13-29)
Focuses on significant personality change and adjustment to situational and life problems.	Focuses on transformation of character into the image of Christ in all aspects of life so that one may function to the glory of God and have stability that comes from operating according to

	the glory of God in life situations. (2Corinthians 3:17-4:18, Colossians 3:1-25)
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### **Sixteen Key Questions to Evaluate Any Help Model**

1. According to this model, what is the assumption about the existence of God, His rule and His role in relation to creation and to mankind?
2. According to this model, what is the belief about of the nature of man (just body and brain with no spiritual dimension/ both physical and spiritual dimension?) ?
3. According to this model, what is man's basic problem?
4. According to this model , what does man need to resolve his problem to become whole?
5. According to this model, what is the process (methodology) of providing man what he needs in order to resolve his problem to become whole?
6. According to this model, what is the evidence that one has resolved his problem and become a healthy / whole human being?
7. What does this model lead man to do in relation to thoughts, words, or deeds?
8. What does this model lead man to become in character?
9. What kingdom does this model represent overall, God's Kingdom or Satan's Kingdom? Explain.
10. How does this model compare or contrast with the doctrines of God, creation, man, sin, suffering, salvation and sanctification as explained in the Bible?
11. What are the biblical scriptures and principles that support or refute this model?
12. What is this model's primary source of knowledge: (Empirical research, Scripture and theology, philosophy, personal experience, or History?)
13. How accepting or distrusting is this model in the embracing of contemporary counseling/psychology?
14. Is the goal of this model to pursue a distinctive understanding of human nature, to which only Christians would subscribe, or a universal understanding that all psychologists, counselors, regardless of their worldview, can recognize and affirm?

15. Is this model's primary allegiance to the church or the broader community of scholars and practitioners in the culture?
16. Is the model's primary task the acquisition of knowledge about human beings, or the renovation of human beings according to God/not according to God or the cultivation of godliness, moral character and love?

(Questions 12-16 adapted from Johnson, Eric L.. Psychology & Christianity: Five Views (Spectrum) (p. 40). IVP Academic. Kindle Edition.)

**Concept #5 Consider ten key areas that establish your worldview which impacts your interaction with life and people:**

1. In your **Philosophy**—your attempt to discover and explain what is real and how one knows; your attempt to understand and explain the way the world is designed to function; your attempt to explain the things we already know by experience but cannot give clarity to feelings, thoughts, sense of right and wrong, etc.
2. In your **Theology**—your understanding of the existence, nature, and character of God
3. In your view of **Biology**—your understanding of nature and life
4. In your view of **Psychology**—your understanding of the soul
5. In your **Ethics**—your understanding what is right and wrong universally
6. In your view of **Sociology**—your understanding of social institutions and society; how you think we should live together and how you think society should be structured
7. In your view of the **Law**—what you believe the principles of conduct or procedure are expected to be observed by mankind in his society
8. In your **Politics**—how you believe the city, state, or nation should be governed
9. In your view of **Economics**—how you believe individuals or societies should govern their resources by an individual or by a society
10. In your view of **History**—your understanding of past places, persons and events

**Key Point:** *Your view of counseling will be determined by your worldview. The more biblical your worldview, the more biblical your counseling will be. The less biblical your worldview, the less biblical your counseling will be. Your teacher will determine your counseling since “no student is above his teacher but when fully trained will be like his teacher.” You must determine if your view of counseling has been shaped by Satan or the Son of God!*

### **Questions to Consider When Problems Arise**

- A. What has gone wrong?
- B. What was the cause of this problem?
- C. Who was the cause of this problem?
- D. Is this the natural order of consequences for something that should not exist?
- E. Is this the natural order of consequences for something that is functioning outside of God's designed order for its existence?
- F. What is the solution to fix this problem?
- G. What resources are needed to fix this problem?
- H. Who is needed to fix the problem?
- I. Who is responsible for which areas to fix the problem?
- J. Is this a problem requiring a person to do what they are humanly responsible to do as designed by God to do so?
- K. Is this a problem requiring a family to do what they are humanly responsible to do as designed by God to do so?
- L. Is this problem requiring a God-allowed business or institution to do what they are morally responsible to do according to the standards of God?
- M. Is this a problem requiring governmental institutions to do what they are responsible to do as ordered by God to do so?
- N. Is this a problem requiring God-given churches to do what they are responsible to do as ordered by God to do so?
- O. Is this problem requiring divine intervention?
- P. How is God glorified in the resolution of this problem?
- Q. How are individuals moved to function according to a God-given order through discussion and resolution of this problem?
- R. How are families moved to function according to a God-given order through discussion and resolution of this problem?
- S. How are businesses or institutions moved to function according to a moral standard of God through discussion and resolution of this problem?
- T. How are governmental institutions moved to function according to their God-given order through discussion and resolution of this problem?
- U. How are God-given churches moved to function according to their God-given order through discussion and resolution of this problem?
- V. How can mankind consider embracing salvation or sanctification through discussion and resolution of this problem?