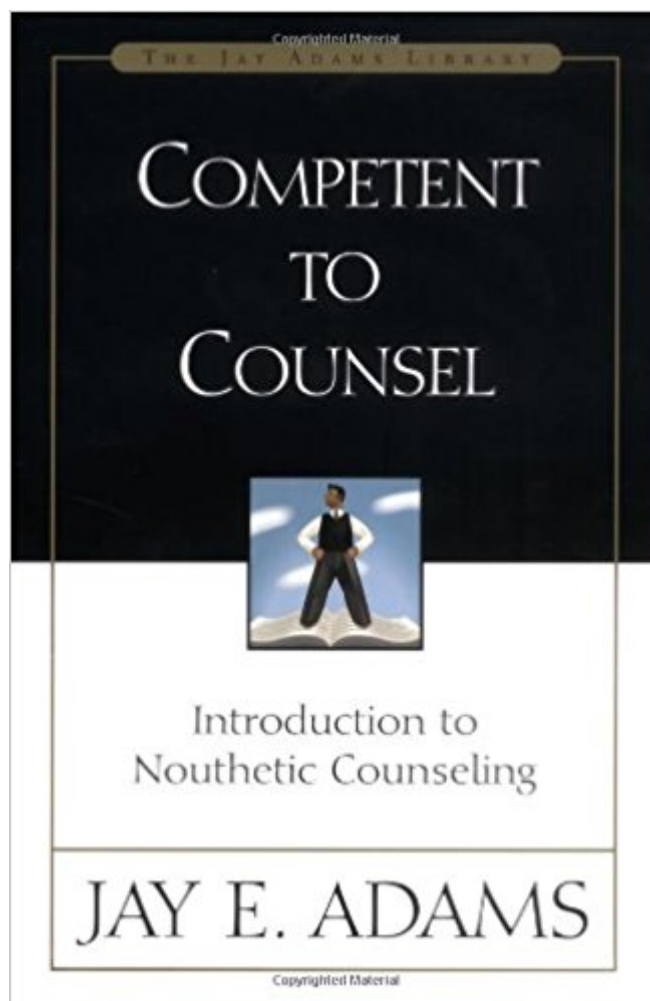


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Competent To Counsel



Synopsis

A Classic in the Field of Christian Counseling *Competent to Counsel* has helped thousands of pastors, students, laypersons, and Christian counselors develop both a general approach to Christian counseling and a specific response to particular problems. Using biblically directed discussion, nouthetic counseling works by means of the Holy Spirit to bring about change in the personality and behavior of the counselee. As Dr. Jay Adams points out in his introduction, "I have been engrossed in the project of developing biblical counseling and have uncovered what I consider to be a number of important scriptural principles. . . . There have been dramatic results. . . . Not only have people's immediate problems been resolved, but there have also been solutions to all sorts of long-term problems as well." Since its first publication in 1970, this book has gone through over thirty printings. It establishes the basis for and an introduction to a counseling approach that is being used in pastors' studies, in counseling centers, and across dining room tables throughout the country and around the world

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Customer Reviews

%This is a classic in the field of Christian counseling. It has helped thousands of pastors, students, laypersons, and Christian counselors develop both a general approach to Christian counseling and a specific response to particular problems. %Using biblically directed discussion, nouthetic counseling works by means of the Holy Spirit to bring about change in the personality and behavior

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Dr. Jay E. Adams is Director of Advanced Studies and Professor of Practical Theology at Westminster Theological Seminary in Escondido, California. He received his B.A. from Johns Hopkins University, his B.D. from the Reformed Episcopal Theological Seminary, his S.T.M. from Temple University, and his Ph.D. from the University of Missouri. In addition to having served as a pastor and then a Professor of Practical Theology at Westminster Theological Seminary in Philadelphia, Dr. Adams has been the Dean of the Christian Counseling and Educational Foundation, Laverock, Pennsylvania, since its founding in the early 1970s. He has written over fifty books, translated the New Testament into English (The Christian Counselor's New Testament), and lectured throughout the world. His books deal with many aspects of pastoral ministry and counseling as well as Bible study and practical Christian living

So I got this book as a part of the " basic intro to christian counseling, self pac " series . The information this book has is pretty good and I'm glad I read it , there was one or two things that I slightly disagree with , but it was still good to hear another person's view, so that you can know how other people feel about certain issues .I will say this : if you are interested in buying the self pac series , the workbooks are 98% just fill in the blank of what is already in this book , they don't really contain any additional information, except for a few pages , so that was disappointing for me .This book did teach me a few good points about what , and what not to do when talking to someone about their problems , but it didn't have nearly as much info as a book this size should have offered (in my opinion) .I feel as though it could have been summed up in a book a quarter of the size .But over all its still pretty good .I did not appreciate how little he talked about how to actually move on from problems , I can sum up the whole book by saying , " people in need of counseling are those who have 'unsolved personal problems ' they need to realize that is sin , repent , confess and move on . "I feel as though that is 90% of what the book told me , and OBVIOUSLY I agree that the only way to solve a problem is by the grace of God alone , and we definitely do need to repent , I just feel

like that is pretty basic information and he could have expanded a bit more . Sorry for the long review, I'm not good at short and sweet ! Keep following God in your counseling path !- an 18 year old want to be youth pastor :)

Jay's book provides a perspective written during the early days of the nouthetic counseling movement. His optimism concerning the nouthetic model is evident and reflects the viewpoint of one who feels he has found the cure of a fatal disease. In this case he views the disease as the weakness of secular counseling models on the one hand and soft/ineffective Christian counseling on the other. The last forty plus years have tested his thesis clarifying some of its strengths and defining some of its weaknesses. Nouthetic counseling in a Christian context can be helpful if it is accomplished with balance and wisdom. It cannot stand alone. Parakaletic counseling, taking on the pain and suffering of another to enable healing, must also be part of the Christian counseling formula to balance the confrontational mode of the nouthetic model. Together the two elements complement each other providing the counselee with love and support and the challenge to radically change behavior. Jay writes clearly enough for the non professional, and includes many examples of real counseling experiences in support of his thesis. As noted the weak point of that thesis is that is incomplete by itself and fails to include the parakaletic aspect.

I was in between undergrad and grad school years ago when I picked this up and I was delighted to finally discover a means of approaching human problems that didn't require duct tape and WD-40. I tossed all my undergrad and grad texts when I finished my counseling program and went onto the streets as a cop for six years. I've now been in ministry in about a half-dozen countries and have not found as square inch where Scripture, rightly understood and applied, has failed in its promises to teach, correct, rebuking and training in righteousness. That conviction began with Adams' book which tore down the ivory castles my profs took so long to construct (out of whole cloth, nearly). Really, Adams just showed how those theories simply implode upon themselves apart from Biblical truths and precepts.

I don't agree with everything written in this book but I do think that it helps to direct those of us who were not raised with biblical teaching. I think every (especially new) Christian should read this. What if we stop making excuses, start making better decisions and lovingly hold each other accountable? I'm going to start with me. After reading this I realize that I need to require more of myself. After all, I can do all things through Christ who strengthens me.

One of the core tenets of the book is that with Christ and Scriptural principles at its center, mouth ethic counseling does a better job than secular counseling of getting to the root of problems (sin) and making immediate and sustainable changes in peoples' lives. The author tries to distinguish organic and medical problems from those that are best solved by a north ethic approach, but given the age of the book and recent scientific advances, I wonder if some of the author's conclusions about mental illness are accurate and useful still. Overall, looking at sin as the root of psychic difficulty and maladaptive patterns of behavior is a refreshing change amidst a society where blame shifting is a popular sport and personal accountability is not valued.

Was an interesting perspective on Biblical counseling but focused a lot on Calvinistic theology of sin making it sound like that is the only Biblical view of sin. Many good points were made but I wish author would have focus a bit on how to deal with counseling situations that don't always involve the counselee living in sin... i.e. Rape victims, kids who have been abused since infancy, ect

The ground breaking exposition of Biblical Counseling that set the standard for every book that came after and to which every other book points back to as their authority. If you are a Pastor who wants to use the Bible as the basis for your counsel, learn how to do it right.

I am a counselor and a Christian above all. I have been leaning more toward a purely biblical approach and I found the ideas in this book to be helpful. However his stance on some mental illnesses seems a bit too simplistic and some of his practical tips leave much to be desired. Overall the foundational biblical principles he espouses are agreeable to me.

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