

# Module 3: Digging Deeper into Teaching the Process and Procedures of Biblical Counseling

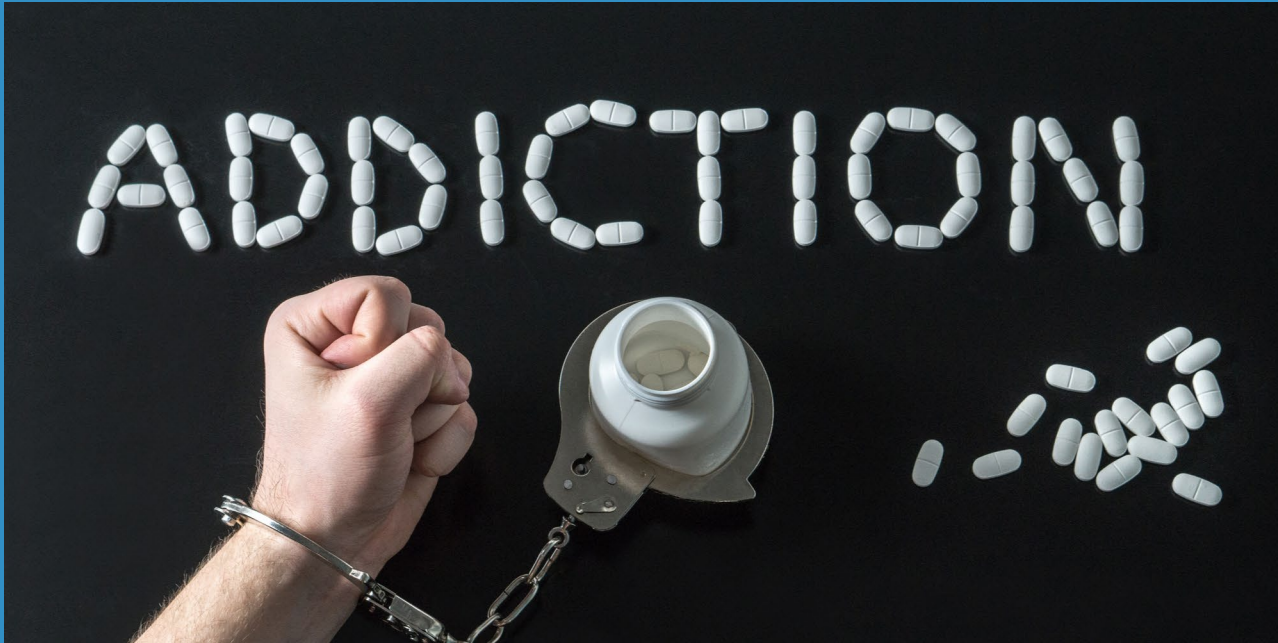
## The Physiology of Addiction and How it Affects Biblical Counseling



# Introduction:



## A. What is Addiction?



## B. DSM5 Substance abuse disorder four aspects with 11 criteria

### Impaired Control

1. Takes substance in larger amounts or for longer than should

## B. DSM5 Substance abuse disorder four aspects with 11 criteria

2. Expresses desire to quit or reduce, but fails on  
multiple occasions

## B. DSM5 Substance abuse disorder four aspects with 11 criteria

3. Spends a great deal of time obtaining, using, or recovering from use; may use all their time to get and use it

## B. DSM5 Substance abuse disorder four aspects with 11 criteria

4. Craving intense desire or urge to get the drug,  
can be driven by being in the place where it has  
been used or with friend, it is the cigarette and the  
cup of coffee

## B. DSM5 Substance abuse disorder four aspects with 11 criteria

### Socially Impaired

5. Failing duties in school, work and/or home
6. Continues to use despite social and personal problems that it causes
7. Social, recreational, and work activities are given up



## B. DSM5 Substance abuse disorder four aspects with 11 criteria

### Risky Use

8. Uses substance in physically hazardous ways
9. Continues to use despite knowing the physical and psychological damage it is doing.

## B. DSM5 Substance abuse disorder four aspects with 11 criteria

Pharmacological (Physical Dependence in DSM5)

10. Tolerance: needs an ever-increasing amount of the substance for the same result

11. Withdrawal; significant uncomfortable, and at times, life threatening symptoms if substance is stopped

Physicians use number of symptoms to determine which course of treatment to use

- 1 symptom could indicate individual is at risk
- 2-3 criteria point to mild risk
- 4-5 criteria point to moderate risk
- 6 or more indicate severe risk

## C. What Isn't Addiction

1. Substance/medication induced disorders
2. Presence of tolerance and dependance does not meet criteria
3. This is treacherous ground in our current opioid friendly medical environment

## D. Physiology and Biblical Counseling

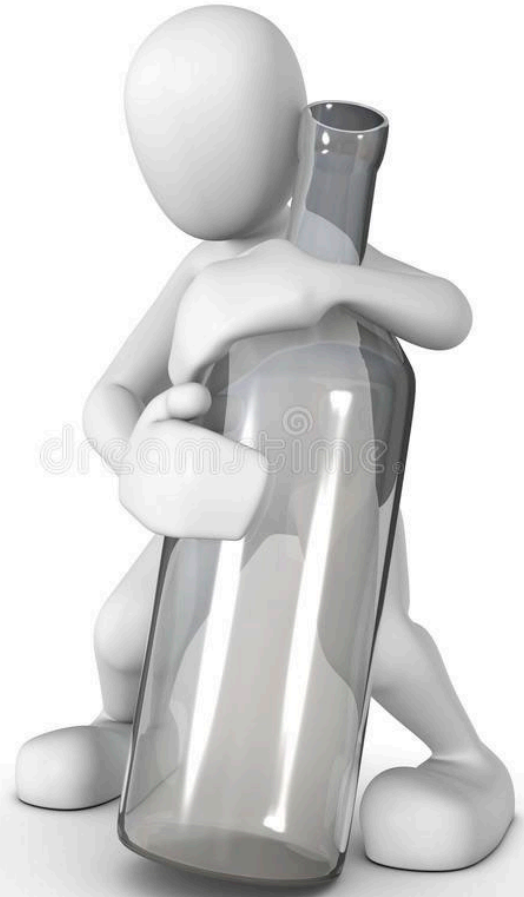
1. How do these drugs work in the brain?
2. Mesolimbic Dopamine System, reward or pleasure pathway
3. Seven sites/receptors that these drugs can act upon

- a. Dopamine (DA) – cocaine, amphetamines, alcohol
- b. Serotonin (SER) – LSD, alcohol
- c. Endorphins (END) – opioids, alcohol
- d. Gamma Aminobutyric Acid (GABA) – benzodiazepines, alcohol
- e. Glutamate (GLU) – alcohol
- f. Acetylcholine (ACH) – nicotine, alcohol
- g. Endocannabinoids (ENDB) – marijuana, alcohol

4. These sites are all located near the base of the brain and involved in some aspect of feeling good, and all are affected by these drugs but only one drug affects all: alcohol

## E. Alcohol

1. It is toxic to almost everything... liver, heart, brain, gut, and pancreas,” one ounce a day increases risk for all cancers from lips to exit





## E. Alcohol

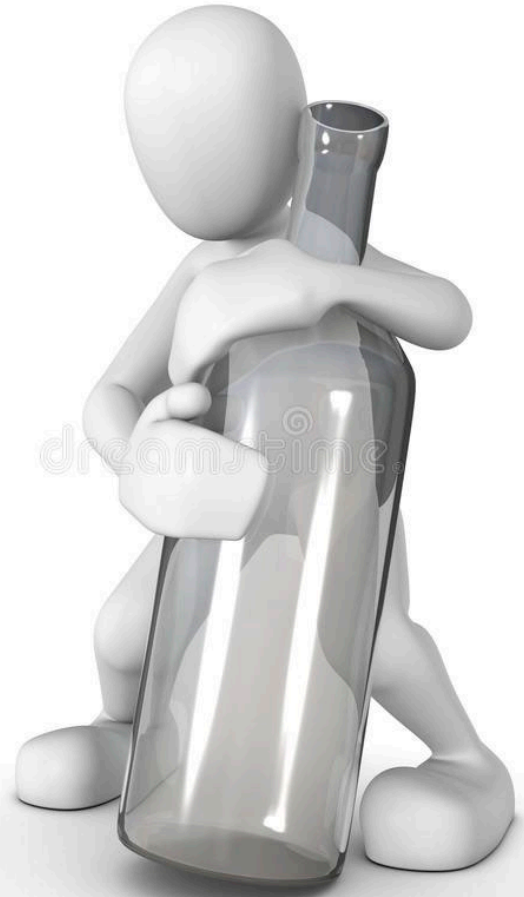
2. Alcohol affects all the receptors in the reward/pleasure pathway

3. Socially acceptable; easily obtained



## E. Alcohol

4. Tolerance develops quickly; withdrawal symptoms develop after several weeks or months of escalating quantities of alcohol consumption



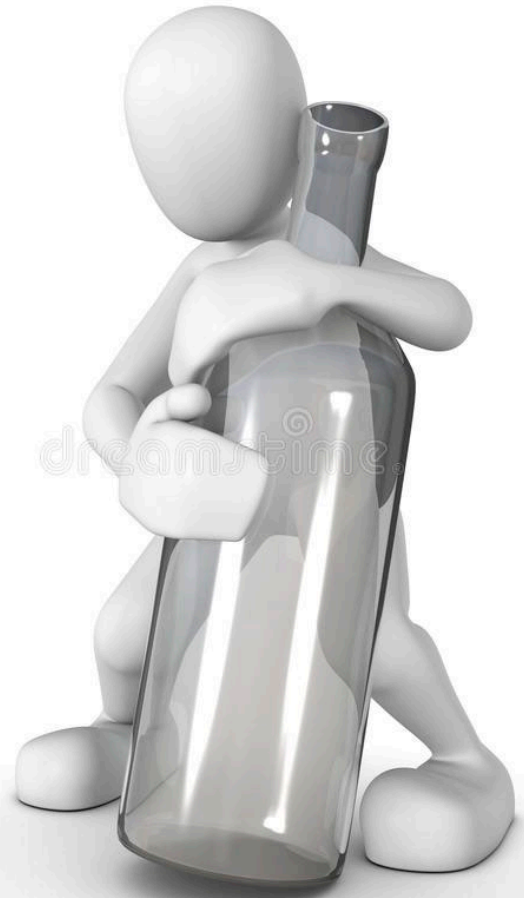
## E. Alcohol

5. There is likely a hereditary disposition to dependence and addiction for those who choose to drink; 60% hereditary – 40% social



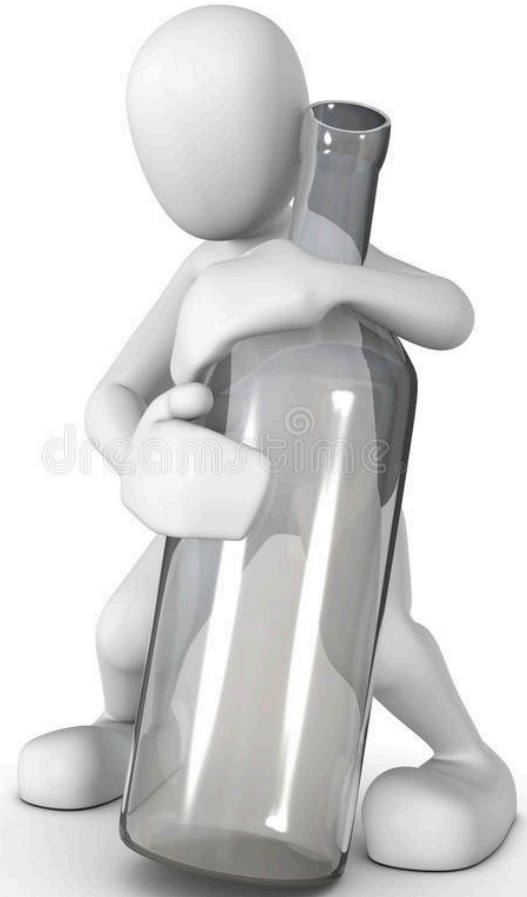
## E. Alcohol

6. Men are at greater risk than women; male muscle mass greater, female body has a higher water content. Men can drink more to arrive at the same blood alcohol as women who drink less



## E. Alcohol

7. Works in the GABA system as an anxiolytic (reduces anxiety)





## F. Cocaine/Amphetamines

1. Blocks dopamine reuptake. It lessens a nerve cell's ability to receive, create, or send chemical messages to other nerve cells thereby producing a calming affect.



## F. Cocaine/Amphetamines

2. Users describe amazing state of well-being and euphoria; keeps them coming back.

3. Users develop tolerance requiring higher doses; stopping abruptly leads to depression

## F. Cocaine/Amphetamines

4. Amphetamines have similar effects but operate by releasing dopamine. Dopamine is responsible for allowing you to feel pleasure, satisfaction, and motivation





## F. Cocaine/Amphetamines

5. Amphetamines are highly addictive.

6. Users feel better on the drugs: euphoria, exhilaration, alertness, feelings of well-being and confidence



## F. Cocaine/Amphetamines

7. As the drug level declines, users crash. The cravings are intense.

8. Amphetamines will become the next addiction crisis in the U.S.



## G. Opioids: The most visible drug addiction problem in the US

1. US (population 4%) consumes 85% of all opiates made today. US consumes almost all the Vicodin/hydrocodone
2. Became socially acceptable when pain became the fifth vital sign.
3. Scientific ignorance – 1898 Bayer introduces heroin as a non-addictive substitute for morphine

## G. Opioids: The most visible drug addiction problem in the US

4. Endorphins and brain receptors, euphoria becomes the driver.

5. Tolerance develops in days, dependence in as little as 14 days of regular use; withdrawal symptoms are rarely fatal, but amazingly uncomfortable.

6. Requires extended care for most.



## H. Marijuana

1. It is addicting
2. It has its own set of neuro-receptors much like opioids
3. Calms anxiety, enhance appetite, 100 times as many cannabinoid receptors as opiate receptors in the brain



## H. Marijuana

4. False sense of creativity, short-term memory impairment, declining intelligence with regular use.
5. Tolerance develops in several days; withdrawal develops late because of high fat solubility of THV



## H. Marijuana

6. BPD1 and Schizophrenia, panic attacks on higher doses.

7. Changes brain structure



1. The term for these used to be “tranquilizers.” Works in the GABA receptors much like alcohol
2. Produces withdrawal of a difficult nature



## J. Caffeine/Nicotine

1. Increase focus and physiological arousal
2. Can increase blood pressure, making you feel temporarily alert
3. Common side effects are insomnia and a faster heartbeat

Coffee and  
cigarettes



## K. What would I want to tell those who struggle from a biblical viewpoint?

1. Pursuing intoxication of any kind is a sin – Eph 5:15-21
2. The issue is who will control our lives – Eph 5:18
3. Idolatry, sorcery, and drunkenness are found together – Gal 5:20-21

K. What would I want to tell those who struggle from a biblical viewpoint?

4. You have a choice in the matter – Gal 5:13-26, 6:7-9
5. It is a matter of “hearts trained in greed.” – 2 Pe 2:14
6. Hope comes from grace, salvation, and repentance – Phil 2:12-13

## L. How would I counsel the addict?

1. Teach God's Word!
  - a. Use biblical terms (stay away from worldly definitions and labels).
  - b. Teach about heart idols and desires
  - c. Teach the Gospel (either for justification/sanctification
  - d. Teach the character of Christ (how He dealt with sinners)
  - e. Teach about their identity in Christ
  - f. Give biblical hope

## L. How would I counsel the addict?

### 2. Teach Reproof

- a. There are times when you will need to call out sin. Do so according to Gal 6:1-2.
- b. The reproof stage is when the truth of God's Word convicts the heart and brings about genuine remorse
- c. They must be taught how to confess sin
- d. It will be important to ensure there is godly remorse rather than worldly remorse

## L. How would I counsel the addict?

### 3. Teach Correction

This is often the “hard work” of counseling because it requires humility on the part of the counselee to REMOVE and REPENT of sin.

## L. How would I counsel the addict?

### 3. Teach Correction

Genuine repentance is seen in the counselee being able to:

- a. Identify where they have been thinking, speaking, or acting in sin towards God and toward others
- b. Identify where they have been thinking, speaking, or acting in sin in response to unfavorable or difficult circumstances

## L. How would I counsel the addict?

### 3. Teach Correction

Genuine repentance is seen in the counselee being able to:

c. Confess and repent of lusting after those wants or desires they cannot control, get from God, others, or circumstances

d. Confess and repent of ungodly thoughts, words, or actions towards God, others, or circumstances



## L. How would I counsel the addict?

### 3. Teach Correction

Genuine repentance is seen in the counselee being able to:

- e. Identify the thoughts, words, actions, or desires God is seeking to develop through their circumstances
- f. Discipline themselves to think, behave, and relate in ways that are pleasing to God.

L. How would I counsel the addict?

### 3. Teach Correction

Genuine repentance is seen in the counselee being able to:

g. Identify various ways they can show thanks to God for what He is allowing in their life.

h. Identify key ways they can serve others and do it apart from their feelings.

L. How would I counsel the addict?

### 3. Teach Correction

Genuine repentance is seen in the counselee being able to:

- i. Focus on speaking words that are edifying
- j. Learn to cultivate hope that comes from trusting God

## L. How would I counsel the addict?

### 4. Train for righteousness

- a. Help the counselee work through God's Word to renew his mind and replace sinful thoughts, speech, or actions with godly thoughts, speech, or actions.
- b. Work through specific areas for future growth and maintaining consistent victory in the areas of previous temptation and sin.

## L. How would I counsel the addict?

4. Train for righteousness

c. See previous attachment (how to know when you are finished counseling)



Sanctify them in the truth;  
Your Word is truth.  
(John 17:17)



DIGGING DEEPER INTO  
TEACHING THE  
PROCESS AND  
PROCEDURES OF  
BIBLICAL COUNSELING

CHILD DISCIPLINE  
THAT DISCIPLES





1. Biblical parenting should be viewed as disciple making
2. Discipline them while there is hope
3. Spiritual growth of a believer is a process that involves discipline
4. Discipline (paideia) denotes training that includes both instruction and chastening
5. God disciplines His children for strategic purposes
6. God instructs parents to discipline their children for strategic purposes.
7. Corrective discipline can take several forms.



# CORRECTIVE DISCIPLINE

- A. Experiencing logical consequences of behavior
- B. Reaping the fruit of sin
- C. Receiving additional work
- D. Losing privileges and rewards
- E. Feeling the rod of men
- F. Receiving appropriate punishment

*Child Discipline:*

*What Really Works?*



## THE USE OF THE ROD

- A. Give clear instruction; eye contact is important
- B. Provide one warning only; no counting
- C. Discipline the child alone
- D. Explain the spiritual issues involved
- E. Express personal grief
- F. Use a neutral object and spank until he cries softly and repentantly

*Child Discipline:*

*What Really Works?*



## THE USE OF THE ROD

- A rebellious scream or fighting is cause for additional discipline
- Use enough force and swats to accomplish training

*Child Discipline:*

*What Really Works?*



# DISCIPLINE PACKAGED WITH INSTRUCTION

- A. Use the Word of God, don't just talk about it
- B. Focus on both inner man and outer man issues

*Child Discipline:*

*What Really Works?*



# CAUTIONS ON DISCIPLINE

- A. Do not overdiscipline
- B. Do not underdiscipline
- C. Do not substitute the bible for worldly methods

*Child Discipline:*

*What Really Works?*



# WAYS TO FRUSTRATE AND EMBITTER YOUR CHILDREN

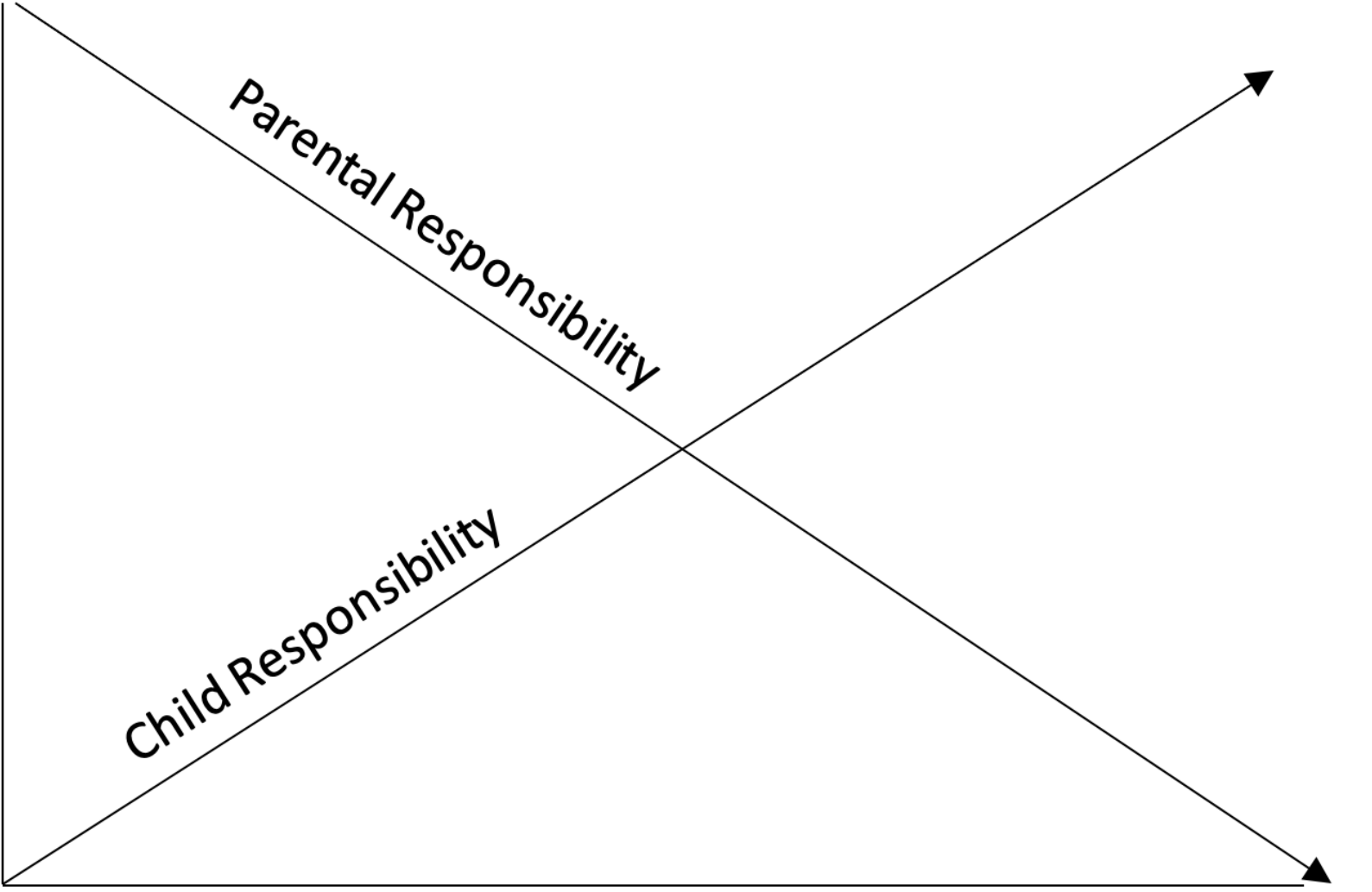
1. Inconsistency
2. Favoritism
3. Comparison
4. Hypocrisy
5. Broken promises
6. Lack of marital harmony
7. Selfishness

*Child Discipline:*

*What Really Works?*



**Responsibility**



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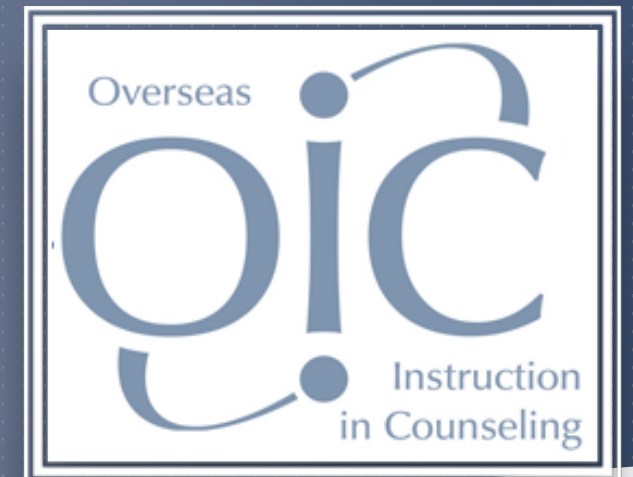




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# DIGGING DEEPER INTO TEACHING THE PROCESS AND PROCEDURES OF BIBLICAL COUNSELING

## ▶ Rebellious Teenagers



# I. Introduction

- ▶ When Good Kids  
Make Bad Choices

# Ezekiel 18 (3 Generations of Families)

5-9 – Dad is Righteous, and practices righteousness

10-11 – This righteous dad has a wicked son

12-13 – The son does not do what the father did

14-18 - A wicked dad has a righteous son

## II. What to do if your child rebels?

### A. First deal with yourself

1. Confess your own sinful failures
2. Recognize the sin of your child for what it is
3. Seek Godly counsel
4. Be prepared to face the reality that your child may not be a believer
5. Pray and fast. Only God can change a rebellious heart.

## II. What to do if your child rebels?

### B. Take care of the rest of your family

1. Protect your Marriage
2. Watch out for your other children
3. Unite with your spouse



## II. What to do if your child rebels?

### C. Mount a discipline offensive

1. Be prepared to do some investigation
2. Remove bad influences from his life
3. Establish clear and reasonable expectations

- a. Curfew
- b. Entertainment standards
- c. Manner of listening and speaking to parents
- d. Church involvement
- e. Treatment of siblings
- f. Substance abuse
- g. Work/school performance
- h. Contribution to family (chores, finances, etc...)
- i. Participation in family activities
- j. Companions/use of phone
- k. Dress code



## II. What to do if your child rebels?

### C. Mount a discipline offensive

4. Define and enforce consequences
5. Appeal to your child on a heart level
6. Check for physiological problems
7. Don't undermine your own efforts

## II. What to do if your child rebels?

### D. Mount a love offensive

1. Make it clear that your love is unconditional
2. Love your kids without compromising your standards
3. Be ready to forgive
4. Never give up!

# III. Dealing with Incurable Kids

## A. Beware of two extremes

1. Giving up too soon due to personal hurt feelings, anger, shame, and bitterness
2. Tolerating and enabling sin.

# III. Dealing with Incurable Kids

## B. Old Covenant Requirements

1. Incurable kids were put to death
2. Children (minors) are held responsible for their sinful choices.
3. God reaches a point at which He deals with Israel with drastic measures.

# III. Dealing with Incurable Kids

## C. New Covenant Applications

1. We are to be concerned about the corrupting influence of an incurable child upon the church and the home.
2. Apostates and rebels are no longer executed by the covenant community.
- ~~3. Bring them before the church leaders: excommunication~~
- ~~4. Bring them before the civil leaders: criminal penalties~~

# III. Dealing with Incurable Kids

## C. New Covenant Applications

5. Put them out of the house



# III. Dealing with Incurable Kids

## D. The Goals of drastic measures

1. Protection for those who remain
2. The Lord may even use this hardship, like church discipline to drive your child to his senses.

# III. Dealing with Incurable Kids

## E. When can they come home?

1. Beware of being manipulated and becoming enablers of their sinful lifestyle.
2. The child must be repentant (godly sorrow)
3. He/she must be willing to follow the house rules



# IV. Concluding Applications

1. Both parents and children are responsible
2. There is hope for failed parents and rebellious kids
3. Have fun together when you can
4. Affirm what you can affirm
5. Ask the kids what their parents think bad about them
6. Ask the kids what their parents think good about them
7. Be intentional about focusing on what God is doing in you through their rebellion



Sanctify them in the  
truth; Your Word is  
truth.

John 17:17

# Digging Deeper into Teaching the Process and Procedures of Biblical Counseling



Module #3: Biblical Counsel and Self Harm

# How do we make sense of self-harm?

## 1. There are various levels of self-harm

a. Eating disorders

b. Cutting

c. Hitting

d. Picking

e. Burning

f. Biting

g. Breaking

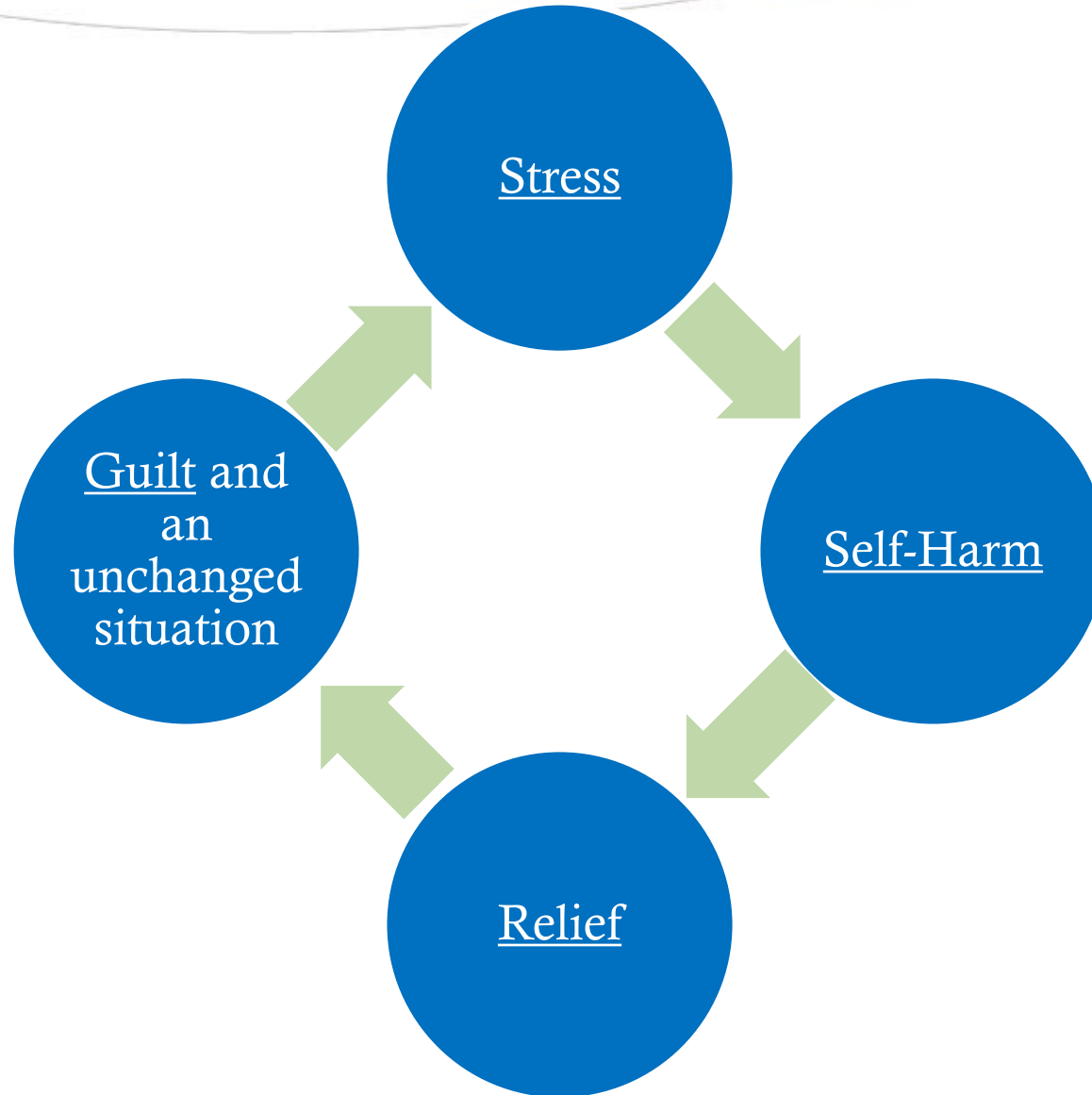
# How do we make sense of self-harm?

1. There are various levels of self-harm
2. What does self-harm say?
3. Is Self-harm something new?
4. Should we counsel someone who self-harms? Or, is it better to send this person to a professional?

# Interesting Notes about those who self-harm

- a. About 17% of all people will self-harm during their lifetime
- b. Average age of the first incident of self-harm is 13
- c. 45% of people use cutting as their method of self-injury
- d. About 50% seek help for self harm from friends instead of professionals
- e. Vast majority of self-harmers are under 35 years old
- f. “Physical pain is better than dealing with the heart/internal pain.”
- g. Psalm 32:3-7

# The Cycle of Self-Harm





# Big Picture Heart Issues (not exhaustive)

- a. Lack of gratitude
- b. Misunderstanding, misconstrue, or disbelieve the goodness of God.
- c. Lack of contentment
- d. Loss of hope



# Big Picture Sanctification Issues

- a. Purpose of trials
- b. How to handle conflict and problems
- c. Living by feeling-orientation rather than truth-orientation
- d. Devaluing worship (loving God) and service (loving neighbor)
- e. Purpose of life

# Potential Areas of Idolatry and Sin

- a. Perfectionism
- b. Vanity or love of beauty
- c. Control
- d. Fear
- e. Shame and/or Guilt

# Project for Growth Samples

- a. You want their mind on Jesus, the Gospel, the pleasures of a relationship with God in Christ. (All projects point to Christ!)
- b. Self-Talk Log
- c. Replacement log or journal (including thoughts)
- d. Anxiety journal
- e. Character of God assignment (A.W. Pink's Attributes of God is good for this)
- f. Restructure (a battle plan, an "alternative" plan, or positive plan)

# Project for Growth Samples

- g. Accountability (invite others into the conversation with help, hope, and fellowship)
- h. Biblical disciplines (Reading and memorizing key passages, specific prayer.)
- i. Reading good and appropriate religious literature

# Where to Begin

- a. Emphasize the importance of Christlike love
- b. Ensure their understanding and commitment to the Gospel
- c. Use appropriate emotion when getting the facts.
- d. Be cautious of speaking in platitudes
- e. Provide hope!
- f. Point them to the glories of the Gospel of Christ
- g. Provide for the person's safety if necessary
- h. Walk slowly, this is a journey. Not a quick race.

QUESTIONS?

