**Comparison of Counseling Philosophies**

**BJ Bourn**

Introduction - A question that must be answered:

**I. FOUNDATIONAL COUNSELING PHILOSOPHIES**

A. Psychoanalysis/Psychodynamic Theory (Historical Perspective)

1. Man – man has to gain an understanding of his own self

 2. Causes for Behavior – unconscious forces, past relationships, trauma

 3. Remedies – free association, dream analysis, transference

 Example: Sigmund Freud

B. Behavioral Therapy

 1. Man – man is a product of the environment and events around him

 2. Causes for Behavior – behavior is learned

 3. Remedies – new behaviors, rewards for good behavior

 Example: Ivan Pavlov (Pavlov’s dogs), B.F. Skinner

C. Cognitive Therapy

 1. Man – changing man’s thinking can change his feelings and behavior

 2. Causes for Behavior – incorrect thinking, faulty thinking

 3. Remedies – change one’s thinking about their current situation

 Example: Aaron Beck

D. Humanistic Approach:

 1. Man – all men are good and should pursue self-growth and self-actualization

 2. Causes for Behavior – man controls his own behavior and therefore, his destiny

 3. Remedies – focus on free will, self-determination, and responsibility

 Example: Carl Rogers

E. Maslow’s Hierarchy of Needs:

 1. Man – man has a hierarchy of needs that must be fulfilled

 2. Causes for Behavior – a lack of a need

 3. Remedies – fill the need

 Example: Abraham Maslow

**II. A SELECTION OF CONTEMPORARY COUNSELING PHILOSOPHIES**

A. Cognitive-Behavioral Therapy – also known as CBT, this is a modern day combination of the

traditional Behavioral and Cognitive therapies.

B. Family System Therapy – maintaining a healthy family system leads to healthy individuals

C. Recovery Programs – recovery is completed through a series of steps

D. Christian Integration Psychology – using the Bible alongside modern therapies

When evaluating any counseling philosophy, we must examine what it says about man, man’s problem, and the solution to his problem.

**What Makes Biblical Counseling Biblical?**

**Bennie Bourn**

When evaluating biblical counseling, we must examine who man is, man’s problem, and the solution to his problem BUT this is all done in the context of what Scripture has revealed to us.

Who is God?

Who is man?

What is the role of Scripture?

What are the causes of man’s sin?

Who is responsible for man’s sin?

What are the results of mans’ sin?

What remedy is there for man’s sin?