

NANC Counselor's Exam

Using essay style writing, please respond thoroughly to each of these statements. Write your answers as though you are explaining them to a counselee, defining all terms clearly and precisely. Use 1.5 spacing. Your answers should be 1 page to 1 ½ pages in length. Support all your answers with Scripture. This is an open book exam. You may use any written or oral sources, but you must cite your sources at the end of each answer.

1. What are the goals of biblical counseling?
2. Are the Scriptures sufficient for biblical counseling? Explain your position.
3. What are some of the important needs in the first session?
4. Describe how to develop involvement with a counselee. What is the difference between empathy and involvement? Is this difference significant?
5. What is data gathering? Why is it important?
6. Explain the need for homework. Also explain the need for specific, concrete homework in contrast to general, vague homework.
7. Define guilt biblically. Is “false guilt” a biblical concept? How do you deal with guilt in the context of counseling?
8. Write a paragraph or two on the problem of eclecticism in counseling and your position in reference to it.
9. Define the concepts of “presentation level” and “performance level”. Use a case history, in which you were the counselor, to show the necessity for moving from the presentation level to the performance level.
10. Define the concept of “preconditioning level”. Use a case history, in which you were the counselor, to show the necessity for moving from the performance level to the preconditioning level.
11. Define a “complicating problem”. Give a concrete example.
12. Define "halo data" and give some examples of halo data for depression.
13. Define and describe the importance of language in counseling. Give examples.
14. Explain the significance of Eph. 4:17-25, and similar passages for Biblical counseling.
15. Describe and diagram how depression develops and is to be alleviated.
16. Define anger biblically. Describe at least five ways people deal with anger. Describe both sinful and godly ways of dealing with anger.
17. Give some typical assignments for a person who is depressed. Next, do the same for a person who worries. Finally, do the same for a person who is afraid. Don't discuss what you would do in giving assignments; rather give actual assignments as you would write them down for the counselee.
18. Describe how you deal with sin in counseling. Use a case history, in which you were the counselor, to show how you dealt with sin.
19. Outline a comprehensive counseling program to help a couple develop good communication patterns.
20. Would you work cooperatively with a physician? A psychologist? Justify your answers biblically.
21. Define “total restructuring”. Describe how it works, using a case regarding homosexuality as the model.
22. Develop a biblical view of emotions. Use both the Old and New Testaments in your answer. How can emotions be changed biblically?
23. List several reasons for terminating a counseling case. Answer this for cases terminated because of spiritual change (growth) and spiritual hardening (failure to comply).
24. Is there any place in biblical counseling for casting out demons? In your answer, include your position on demonic activity in the post-apostolic era and the biblical methodology of dealing with it.
25. What does it mean to minister the Scriptures in counseling? Contrast a “ministry of the word” model and a “professional medical” model.
26. Write a short paragraph on each of the following: healing of the memories, visualization techniques, 12-step and other recovery programs, self-image. In your answer, define and give a biblical analysis of each concept. (Do not guess. Research these concepts.)
27. With which Christian counselors – if any – do you agree? On which points do you agree with them and why? Be specific and concrete with names and concepts. Use two or three counselors as examples.
28. Does your church presently practice church discipline? If not, would you be willing to graciously encourage them toward this position?