The Psychological Advantages of Christian Counselling

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***Abstract***

Within this thesis the Psychological Advantages of Christian Counselling are being discussed in detail. Counseling is the statement of Psychological orders and disorders, forms and union to assessment procedures. The benefits of various test, strategies, and purposes and evaluation will play a big part in the part. This paper also talks about the psychological connection with Biblical counseling. Mental health can be improved and healed with the help of a mix of various treatments. Furthermore, understanding the behavior of the client is a unique advantage for a Counselor in all aspect of dimensions. Be it, brother hood, fall, redemption, sanctification, and restoration. Assessment testiest has helped the counselors in better understanding of the characteristics of various people. Tests have given the counselors an advantage in terms of the client’s characteristics. Secular clinic treatments intertwined with Christian counseling have enormous benefits.

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The Psychological Advantages of Christian Counselling

PART 1: INTRODUCTION

## ***Background of Research***

Christian counselors are in a much better position of enjoying the unique advantage of taking a holistic approach to various issues. That is, especially when it is evident that such dimensions have bodily and cognitive needs. The word "advantage" in this case considering the majority of other disciplines will not be able to put into deliberation such spiritual dimension as per Clinton and George, 36-68[[1]](#footnote-1). To put it into perspective, a thorough understanding of humanity based on Christianity helps in protecting us from the simplistic nature of such reductions. It is a fact, God created humans to be physical, psychological, social, and spiritual beings. Counseling behavior and understanding, represent some of these dimensions and are into consideration as per Greggo and Sisemore. Unlike other counseling disciplines, these Christian counselors do not handle people like impersonal chance products.

To consider the existence of a personal creator is well known, Christian counselors consider people to be more of humans while putting them into perspective about life. One mistake that Christians do is often to make people over-enthusiastic when giving them answers to the problems that trouble them. People assume that Christian counselors find a verse from the Scripture, share it with the people and call it a day as per Chernenko and Sunderam[[2]](#footnote-2). The approach may be typically established on poor listening. The paper will offer an overview of an individual's approach to a model based on Biblical modeling. The entirety of concepts based on the counseling model has been in light with the general conservative understanding of the Bible. The paper will also provide a clear overview of basic counseling skills. Areas of grief and sorrow will be examined. Additionally, the paper will provide scripture situations in areas related to Biblical insights highlighted in those situations. Christian counseling is a ministry of ridding people of the emotional bonds that prevents them from happiness and a victorious life like Christ. At the time of receiving salvation, Jesus forgives our sins and casts us into the seabed. However, in many individuals, emotional injuries that need to be healed remain. This is also part of the process of spiritual growth and a big step toward sainthood.

The Christian counselor is God's instrument for emotional release and to direct the faithful to a full life where they can be a blessing to others. In short, you can explain the need for counseling in this way as per Chernenko and Sunderam. The human beings are established of the trinity; spirit, soul and body. The spirit is the part that needs Jesus Christ as savior, the body is the physical part that can get sick, and the soul is the emotional part. In the spirit, we feel guilt and seek God's forgiveness[[3]](#footnote-3). If a person feels physical pain, they go to the doctor to be treated. However, pity the soul also emotionally, but not always so obvious. Rarely a solution is sought, but the damage stays. When something hurts us emotionally, we say that it hurts to the core. However, it is important to seek help for this part of our life that does not only harm us but also to the people around us[[4]](#footnote-4). Someone with emotional damage cannot be effective in his or her daily lives as a father or husband, nor at work, let alone in the labor of God. One may love God or received Christ’s teachings, but the emotional problems stay unresolved. In such condition one cannot give a good witness. Do not forget the real desire of God in our lives, that we stay fully happy.

## ***Overview of Christian Counseling***

The view on Christian counseling has become popular today, more so under the leadership of Christian counselors. The overview of Biblical counseling, for instance, as it arrives from David Powlison's "Psychology and Christianity: View Views", will be presented. The overview represents an evidence that starts with God and ends with humanity. The view was summed up in one sentence: "The Maker, Savior, and Judge oriented us to seek what makes sense of psychological functioning of the creatures, created, judged, and redeemed.” The overview makes a lot of sense in response to the scripture. Where an individual would find creation, with the promise and fall of redemption are all displayed in the first book; Genesis.

 The ultimate question asked by a Christian counselor could not be more on questioning the facts, as it would understand those facts. The position taken by Powlison, for instance, is that an individual's entirety in life along with a collection of data must first be understood in a manner that is, "explanatory with an interpretive model that weighs and organizes" certain information. The foundation of the Bible would remain to be interpretive in an approach that views the scriptures in certain instances whereby the gospel is well interpreted[[5]](#footnote-5). When the gospel is preached, some believe in it, and others do not. The two types of individuals, the believers and the nonbelievers, interpret the gospel in a very different way. One person would understand the gospel based on God's perspective, and another would deny it, viewing it as an insult. This according to Christian counselors, is how the nonbelievers view the world and understand it.

## ***Advantageous use of the Scripture in Therapeutic Settings***

The use of Scripture in Christian counseling ensures human beings become more thoughtful. The advantageous use of the scripture does not act as guidelines, which should not be seen as rules nor do they possess power themselves. Almy cautions one to be wary of those that attempt to turn the guidelines into methods that never fail. The advantage is that when trying to consider the use of a particular technique, the clinicians perform well. Especially when considering instances of assessment, competency, and well-informed consent.

The use of the Scripture during counseling on a similar occasion requires well-crafted consideration of human competency to do so[[6]](#footnote-6). This includes potential personal bias, client and understanding of the purposes, consideration, and contextual concerns as per Adams. These considerations and concerns can improve and advance on the therapeutic relationships while achieving the purpose for its original intended purpose as per Joe, Simpson, Dansereau and Rowan-Szal.

### *Competency*

Competent care dictates the hallmark of the entire therapeutic code of ethics. The codes, call for the clinicians to acquire training and expertise for the employed interventions. He further repeated that "in those emergency parts in which acceptable recognized preparatory standards of training are not in existence, and the psychologist takes reasonable steps in ensuring the work's competence".

Considering the lack of literature body and training in clinical therapy for the majority of spiritual interventions. The Christian counselors may demand to seek out discipleship experts and pastoral care that possess their own ability to use the Bible well. Such kind of training would include the principles of hermeneutics and knowledge of numerous literary genres. However, it will necessarily include the training in the Scripture's art of incorporating the Bible and opening it to individuals to ways of experiencing the growth of self-awareness and God.

### *Avoiding Biases*

The section of competent Christian counselors is a part of the ongoing personal bias evaluation. The biases are likely to be present; however, they ought to understand and reduce their impact on other people. Christian counselors use the Bible and its scriptures to do well in reviewing and comparing personal experiences from the Bible, more so from other’s hands.

The Message has to go through one first: Just the way the counselors should not rely much on superficial knowledge with intervening treatment and neither would they use the Bible and its Scriptures without substantial practice and familiarity. MacDonald advices that when Christian counselors use the Scripture without having to wrestle personality with its message and meaning, they tend to do it in a more superficial manner[[7]](#footnote-7). If one has to do total justice to the word of God, then one must go through them[[8]](#footnote-8). However, it should be on our need to kneel and pray to avoid the counsel that we as human beings do not have to follow.

### *Assessment*

Competency in clinical intervention is included through the assessment of humans that is before the initiation of intervention strategy. When using Biblical Scriptures in counseling, wise Christian counselors put into consideration matters of contextualizing goals, people, and contextualized message of delivery. Just like the Gospel of Mathew, Paul, at the Areopagus, addresses value interest in Hebraic Bible readers, Athenian culture. Similarly, human beings consider the best helpful ways to communicate with each other through the use of explicit and implicit messages used in Christian counseling. Though Christian counseling is not regarded to be evangelism in the real sense, individuals attempt to pass across the message that is likely to be received and internalized in the manner that is intended.

### *The Contextualized Message*

Every clinical care occurs within and runs across relational and cultural contexts. The counselors consider matters of current events, culture, relational attachments, history, and transference when determining the most efficient and effective interventions, which is advantageous when compared to other forms of counseling[[9]](#footnote-9). The Christian counselor in question uses the Scripture whenever he or she wants to determine how these factors influence the kind of passage considered the most effective.

### *Flexibility in the Delivery Form*

The work undergone in the contextualization of biblical messages to the patient begins the moment that the meeting between the counselors and the counselees starts. They encounter to collect personal data and background, and the meeting is continued until termination[[10]](#footnote-10). In such a scenario, the spirit leading the counselor humbly recognizes the need to pray and process over how they bring forth the counselee to the text level and ultimately near God[[11]](#footnote-11). Additionally, whether we seek answers to read them aloud, act out, read silently, meditate upon words, image, or phrase; whether we assign or paraphrase or read it like homework. It is thus imperative that we put into consideration why we tend to choose this kind of form to avoid falling into unhelpful prejudice.

### *Follow-up*

Wise Christian counselors' interventions and statements ought to elicit and stir counselees to continue with the reflection and dialogue. When Christian counselors fall into the temptation of making a speech, whether in favor of it or against the counselees, or intervention without reflection, it less likely leads into the counselees' activity[[12]](#footnote-12). For example, attempting on, fighting with it, and the similar things. All the same, the effective use of the Bible and its Scriptures is required to promote the ongoing dialogue between the counselee and the counselor. While certain questions asked during the therapy may appear obvious, the spirit, shape, and rapport created behind them are very important as per Greggo and Sisemore. Awkward attempts and missteps that try out the passage during a session do not necessarily mean or announce failure, especially when follow-up questions reveal that the counselor only cares about honest response and the client’s questions.

The advantages of follow-up are even more important, especially when using the Bible and Scriptures to teach, correct, and confront. To consider Paul's letters in the Bible that talked about headship and submissive marriage, both the victims and abusers have used the Scripture as per Ephesians. It is to excuse oneself in all kinds of evil behavior. MacDonald observed that it would be done unless the biblical Scripture is not a mere repository of the truth but is a connective tissue that connects people with Christ. It is thus unlikely that the most pursuant arguments will have a lot of impacts.

### *Informed Consent*

The counselees are more likely to improve and flourish when they possess a clear sense of direction, agreement, purpose, and methods of intervening therapy. If at all the purpose of applying biblical text is not stated clearly, then the clients are more likely to consider their own to be possible, but with inaccurate conclusions. Christian counselors will more likely demand every opportunity to discuss the value, reason, and possible impact it will have on the client. The discussions have a higher possibility of assisting the clients to avoid misconstruing and misunderstanding the purpose of the Bible in the protocol of treatment.

## ***Problem Statement***

The problem statement that this thesis will be evolving around is the psychological counseling of Christian counselling and its advantages. Counseling is the statements of Psychological orders and disorders, forms and association to assessment procedures. The benefits of the test, strategies, and purposes of an evaluation, to a psychological connection with Biblical counseling.

## ***Research Aim and Objectives***

The primary aim of the research study is to highlight the benefits of Christian Counseling and its psychological advantages[[13]](#footnote-13). The research can achieve this aim from the following objectives:

* To understand the concept of Christian Counseling.
* To understand the importance of the Psychological Advantage of Christian Counseling.
* To explore the effects of Christian Counseling
* To identify the significance of the Psychological Advantage of Christian Counseling.
* To identify the factors which are responsible for Christian Counseling?

## **Research Questions**

* What is the need for Counselling?
* Why is Counseling an important aspect for Christians?
* How Psychological Advantage of Christian Counseling can be affected?
* What is the significance of Christian Counseling?
* Which factors are responsible for creating a strong Counseling for Christians?
* What are the psychological advantages of Christian Counselling?

## ***Rationale for the Study***

Psychology defines human emotions behaviorally as part of complex patterns of reactions in which individuals try to deal with significant psychological events. Christian counseling, according to Clinton and George, involves behavioral, experimental, and physiological dimensions[[14]](#footnote-14). In Christian philosophy, emotions are defined to be a psychic activity at a person's sensory part. This happens when the creatures can walk away or forward towards objects, that have a sensible interest[[15]](#footnote-15). Counselors warned that emotions enable people to surge forward, take an interest, and interact with what surrounds them.

During counseling, moral reasoning depends on Kohlberg's theory on how they are generated, and on the amount of what is dominating the field. The theory, according to MacDonald, focused primarily on the improvement and development of moral understanding and reasoning during counseling sessions. Even with its advantages, the philosophical shortcomings for this theory have since been widely criticized from all directions, including religious and secular realms. MacDonald advised that if we can get across and past the philosophy and definition of justice to be the overarching moral principles and pay more attention to the developmental stages of thinking during counseling sessions, it would have a lot of advantages.

Additionally, moral development literature offers detailed information about how individuals who are counseled are in a better position to develop morally and are not present to grow ethically. A better explanation of dealings from God throughout the Bible's history can shed light on the importance of staging moral development, as proposed by Kohlberg's theory. From the Bible, the ideals of God's dealings have always been love. God wanted to use Christian counselors to help internalize better relationships based on love from within and among individuals[[16]](#footnote-16). When people fail to understand this kind of thinking, God tries to reach out in ways that accelerates and improves the love between Him and His people through counseling sessions and the Scripture.

## ***Benefits Psychology Offers a Christian Counselor***

It is an important issue to have a look at the consideration that Christians could be better equipped to serve the needs of other people and even handle their problems. This would easily be done when they embrace the actual truth that is found in psychology. The founder of counseling, Jay Adams, admitted that he believed that every other Christian is able and is expected by the lord to offer to counsel a few times within him or her schedule. If people run away from psychology, we stand the risk of chasing away those people at the time of need. We would eventually lose the benefits that we would have gained all through the years of research and what the study of psychology has to offer.

Counseling is very important and plays a huge role, more so in life and the ministry of Christianity. The book of Proverbs says, "Hear the counsel and receive instructions, that thou may be wise until the end" (19:20). Many years of psychological study enables counselors to be very effective in assisting people with relational and personal difficulties[[17]](#footnote-17). Psychology aids in the documentation, assessment, diagnosis, behavior modification, treatment planning, and even rearranging the furniture in the office, all in the best interest of the client.

According to Clinton and George, psychology offers a better and deeper understanding of the patterns of individuals' thoughts so that the counselor in question can equip them with life challenges. Consequently, there are probable resources, which can be used to offer treatment to heal an individual's relationship standards and goals. If at all we are going to assume responsibility as Christian counselors, we should thus take advantage of whatever the psychology has to offer.

Theories Held up to Scripture: To hold up the Scripture to secular theories of psychology and throwing up concepts that match with what the word of God teaches, is integral in theology and psychology. Practically speaking, all this is accomplished through an exploration of how the widely accepted theories of psychology today is viewed, or aspects of those psychology theories could be used in conjunction with the biblical Scripture used for counseling as per Davies[[18]](#footnote-18). This type of thorough research study provides additional benefits since it helps in achieving a better understanding of the problem and its possible solution. Psychological theories have to be better filtered through the Scripture from the bible for two intended purposes: To preserve what is considered the truth in them and false in those psychology theories.

Basing it on person-centered therapy, the therapist tends to extract the goodness that comes from the client, which was originally. Rodger's person-centered therapy is based on the "belief that a person seeking assistance is well-judged towards the direction that results in growth". The book of Obadiah in the Bible disagrees with the theory. The Scripture puts a sense of responsibility for every person for his theory. It puts a certain level of responsibility, while the Lord Himself is in a bid to establish righteousness and execute justice.

Additionally, we can assume certain things from the Rodgers theories; however, we must also always hold onto the man's ideas that are up against the Scripture. This is because it is an example of how unique and different thoughts from God are about his things. Since we have offered protection to ourselves from the basis of danger from Rodger’s theory, it is thus fair to also acknowledge whatever he said that was genuine, true, and useful in therapy.

## ***Counseling and Clinical Psychology***

Clinical and counseling psychologists have talked a lot about the integration of practice and faith. One advantage the Christian psychologists have is acquiring a Biblical view of human beings' nature and how God intervenes to assist people in trouble. After doing this, a Christian psychologist then examines every proposed psychotherapy model. To compare its philosophical assumptions with its personality models, abnormality, health, and psychotherapy, God's total view, and Christian presuppositions are then presented in the human beings as per Joe, Simpson, Dansereau and Rowan-Szal[[19]](#footnote-19).

Although the philosophical and theological domains have to necessarily stick together for the entire anthropological picture. Having said that, philosophic domains need to be better assented and understood too. Christian counselors can prevail on their own and still be normative working in organizations and interpretations of empirical findings. About this, the most controversial implicating scenarios are all obvious enough. Christian counselors are to give and receive self-sacrificing love to be the center of love and flourish within human relational. Davediuk noted that it would conflict with the selfish tendencies of the majority of modern systems of beliefs. Christian counselors emphasize to their clients the need and importance of knowing God.

Christian counselors emphasize on the importance of getting to know God and having the goodwill conflict with the beliefs of those in denial. The objectivity and superiority of the good and going for true nuptial signifies people's sexual matches that conflicts with people defined by gender[[20]](#footnote-20). In every case, the belief that opposes in just that, is not a concluding necessity to an empirical fact. It is therefore not a concluding belief to proceed from some of the clearly defined and least manifested implicit normative to the anthropological framework. This serves in organizing, interpreting, and an existent situation to the empirical findings[[21]](#footnote-21). Furthermore, the psychological advantage of Christian counseling makes it easier for Christians to employ psychology; that is then supplemented by the scriptures of the Bible. Also, due to its constituents, individuals gain more insight from Christian counseling. However, counselors are trained not to impose their beliefs on clients forcefully; as each person is entitled to their opinion.

Christian counseling is also important as it gives individuals practical solutions to various contemporary issues in society. Concerning matters of morality, Biblical counseling dictates that individuals should pray, and shun the practice. However, in the real sense that is not necessarily a solution. On the other hand, the psychological advantage of Christian counseling often equips individuals with actual and practical solutions to overcome the issue. Christian counseling provides individuals with deeper insight regarding how they may avoid temptations. Again, Christian Counseling equips individuals with knowledge concerning the reasons that tempt individuals to engage in sinful acts[[22]](#footnote-22). Christian counseling offers practical solutions such as the ones prior mentioned. It is through the realization of the causes of sin that individuals can shy away from the sinful acts as per Chernenko and Sunderam. Consequently, it is a fact that the psychological advantage of Christian counseling renders a better form as compared to secular counseling.

PART II: LITERATURE REVIEW

The paper claims to provide the pastor with contributions that psychology offers pastoral counseling. First, we board the theological and historical context of the Pastoral Council, where we describe the basis that offer us the Old and New Testaments for counseling work. We finish with an overview of its historical progress. We propose to the church as a backdrop and framework for the work of pastoral counseling[[23]](#footnote-23). Below we present the relationship between psychology and pastoral counseling, with an integration proposal between the two disciplines[[24]](#footnote-24). We try to establish the anthropological basis that support and justify the need for Pastoral Counseling. Also, we will discuss the necessary elements for the process of counseling, and finally present some requirements for people who want to work in the discipline. We finish the job with some conclusions about the reality of many pastors and some proposals for the Pastoral Ministry from the contributions of psychology. In addition to some aspects consider establishing a counseling program in the church. Hoping that this piece of work can serve to interest in pastoral counseling, and be an invitation to expand dialogue, to deepen the reflection. At the same time, I will continue working and developing a pastoral and contextualized practical theology relevant to our country. Biblical Christian counseling tries to bring people and their problems to God. Base on the following convictions:

1. The World of God must be our authority to advise;
2. Counseling is a part of basic discipleship ministry of the local church; and
3. God's people can and should be able to counsel effectively.

## ***Christian Counseling***

Christian counseling is for the whole people of God - for all workers who love and serve God and are involved in ministry. It is not easy for the advice of a skilled and disciplined individual to impact in the time we live in, where the problems are so diverse. The issues are so big and counseling techniques available are often confusing and contradictory. Today thousands of counseling methods are used as per Chernenko[[25]](#footnote-25). There are books and articles published on therapy that disturb the regularity. There seem to be many theories and counseling approaches as directors. One thing we know is that there is no consensus about the right or wrong way to advice, so find a dissonance of sounds from the community directors. With so much activity and numerous criteria’s, including professional time, things can feel overwhelming. It would be great if all these publications, theories and training resources help directors to be more effective, but some of the books and seminars have proposed simplistic "new methods." These methods originally claim to be following Christian counselling, but they fail to be effective. There is nothing more meaningful in life than to work with God in rebuilding a shattered life. They call this *counseling,* but he called it *ministry.* Also, we do not remember when we lose sight that always is a joint effort between the three people involved - God, the counselee and counselor as per Joe, Simpson, Dansereau and Rowan-Szal. In counseling, or ministering to the needs of those who suffer problems, we must understand we cannot always manage a solution to the problems of the people. This is mainly because some people are looking for answers and solutions that are extensions of desires.

Christian counseling is a ministry of ridding people of the emotional bonds that prevents them from happiness and victorious life like Christ’s lifespan. The Christian counselor is God's instrument for emotional release and to direct the faithful to a full life where they can be a blessing to others. The counselors reckon that psychology is a tool that brings them closer to God; who is the final authority, and the giver of life. It is a proven fact that individuals realize that the psychological advantage requires the presence of God for human beings to be fully satisfied. Christian counseling plays the role of assisting individuals in becoming aware of their emotions. The psychological advantage also allows them to share their emotions and feelings with God. Unlike Biblical counseling, Christian counseling creates the possibility of individuals getting in touch with their personal needs, and desires as per Foster and Foster. As mentioned before, psychology is not the ultimate end concerning Christian counseling.

When it comes to Christian counseling, there are numerous numbers of people who have shared their testimonies to give an overview of the form of counseling. Additionally, it is important to note that some Christian counselors employ Biblical teachings in a larger scope of their teachings[[26]](#footnote-26). However, they also incorporate psychological approaches while still focusing more on Biblical teachings. For this reason, counselors must be well versed in their field for the execution of commendable results. It is noted that most of those who have benefited from Christian counseling are married couples. Most of the couples have stayed together for a long time and undergone Christian counseling to improve their marriages. Through the psychological advantage of Christian counseling, these couples believe that their marriage lives instantly improve after the therapy sessions. Also, the counseling sessions serve in assisting the married couples in facing the various challenges and troubles encountered in life. Christian counseling has played a great role in improving and enhancing several marriages.

According to research, incompetent counselors often give false information to clients hence rendering the sessions futile. A well-trained Christian counselor is useful and assists individuals in achieving the psychological advantages of Christian counseling. Moreover, for the Christian counseling psychological advantages to become fruitful; individuals ought to settle for competent counselors. According to Thomas & Sosin, clients must observe certain credentials such as the presence of licenses, the level of faith, and possession of a university degree, among others. The type of counselor, an individual is affiliated to, plays a significant role in the achieved results.

The minister counsels many types of people with different problems. Many believers who would never go to a psychologist, ask for help from the Christian counselor. Many unbelievers, who never would come to an evangelical pastor, talk about their problems with the Christian counselor. Similarly, many brothers in Christianity share their life experiences with the Christian counselor, to give them grief they confess to their minister. Do not just work with people of one sex or one religion. As seen, the Christian counselor is in a unique position to help and minister[[27]](#footnote-27). People come to the Christian counselor commonly with marital problems, problems in the parent-child relationship because they are suffering from anxiety or depression. People go many times than we want to recognize, because they have been victims of sexual abuse or incest in adolescence and they cannot overcome the emotional consequences in adulthood[[28]](#footnote-28). Some counselors specialize in helping people recover from alcoholism and drug addiction.

Honestly, to be a good counselor one needs to "understand life" and "not get surprised at anything." You need to understand the lives of young people, married life and talk freely about sex. I am not saying you have to have lived to see the problems and solution, but age is in your favor. It helps to have lived some experiences in life. In this paper, the experience of people matters. After all, the work of the Christian counselor is to teach people how to live, so they can make decisions according to the will of God. People are educated and matured with the help of your counselling.

Christian counseling ought to become a vivid encounter between the counselor and the patient. Also, through the counselor, the encounter would be between the patient and God. The task of a Christian counselor is to enhance the encounter while assisting the client to understand better that one must carry the response and responsibility of oneself[[29]](#footnote-29). According to Almay, at absolutely no separate way is Christian philosophy different from Christian counseling. One way or the other the belief instilled is the work of the Holy Spirit. Awareness is manifesting in Christian believes to be able to tap into the supernatural and spiritual areas. These beliefs are also a source of Divine power that works for both the client and the counselor.

A well-trained Christian counselor is useful and assists individuals in achieving the psychological advantages of Christian Counseling. Christian counseling incorporates all the tenets of psychology and Biblical counseling[[30]](#footnote-30). Also, the parties need to realize that the final authority is God. Whether through psychology or biblical scriptures, the result emanates from the Supreme Being. According to Greggo and Sisemore, different Christian counselors employ different approaches to Bible scriptures. They borrow very heavily from the Bible teachings, while others employ a snippet of the Bible scriptures into their counseling sessions. Moreover, Christian counselors are seen to completely forsake some aspects emanating from the Word of God.

It should be observed that scientists and psychologists have proved the existence of the relationship between psychology, and the World of God. The psychologists reckon that the lives of human beings are not only controlled by the scriptures but also, by the mind. Consequently, integration of the scriptures and the mind result in Christian counseling which incorporates both worlds[[31]](#footnote-31). Human beings cannot operate based on one end hence they require both secular psychology, and biblical scriptures to lead satisfactory, and fulfilling lives. Moreover, psychologists outline that human beings are a complicated species thus the need for psychology which assists counselors in understanding this complicated nature is essential.

## ***Biblical Teachings***

The Holy Spirit, Biblical teachings, and scriptures are not sufficient in delineating the complicated nature of man. The psychological advantages of Christian counseling also outline that Christian counselors are at the upper hand of changing society as compared to Biblical counselors[[32]](#footnote-32). Due to their teachings, the clients are assessed without any form of limitations. It is also necessary to remember that Christian counselors uphold the Bible and view it as a source of inspiration during the assessment of their clients. Also, these counselors incorporate secular psychology, and they often settle for techniques, and theories that are best suited to their individualistic preferences. Through taking the approach of secular psychology, it is evident that there are a good number of psychological advantages about Christian counseling.

We can understand the importance of why the individuals visit and the way to be close to sick people, to offer them a 'presence' of love. Here we look at what aspects are important to recognize, what are the reasons for our actions as we go in a visit, which is a real 'ministry therapeutic'. In other words, the patient does not go to spend some time because they do not know what to do; let alone to vent on their problems and concerns. A person, in fact, has enough for himself. They must not weigh it down with other comfort and consolation. Then attention is brought to the whole person as a patient, in their global reality, not realizing just about all of their physical needs. Having said that, the psychological, relational, social and spiritual also need to be kept in perspective. The example of Christ can be taken in this regard.

For the effectiveness of any counseling model, the Christian counselor should have **basic skills** for him or her to work from within a particular framework. Skills in Christian counseling are very important and are obligatory. The patient and the counselor must be able to function together despite the approach used. A Christian counselor should be able to learn and emphasizes authenticity and empathy during the sessions. Greggo and Sisemore observe that there has to be a certain level of truth and care[[33]](#footnote-33). If the counselor, for instance, does not have such skills, there will be difficulty in nurturing a productive relationship.

 Some skills are not required for it to work with a caring attitude. Authenticity and empathy alone are not enough. Clinton and George offered some of the basic techniques which a Christian counselor ought to apply in his or her tasks. These are; attending, responding, listening, filtering, and teaching. There are lists of categories under which the counselor will be acknowledged, and in different ways that respond to the patients' situation. All five skills assess what seems to compliment a Christian counselor. What would allow a patient to listen is discernment attended and probed well.

According to Sanders, an individual can be too discerning and over analyze the situation shown by the patient. What would benefit a Christian counselor is having knowledge and wisdom that will ensure having a better understanding of the Biblical scripture and its function in different situations that may arise during the sessions. Cautions that may arise from the gifts are a tendency to speak the truth, and that empathy is not applied. Whatever comes accompanied by the last two essences of shepherding and evangelism is empathy. These are characteristics that best fit a Christian counselor. Discernment would also work perfectly with them as far as shepherding and evangelism are concerned.

Grief, loss, and bereavement may be regarded as the most difficult emotions, which an individual may go through in his or her lifetime. Understand how to handle these issues can be essential for Christian counselors, because the patient may be touched directly or indirectly following personal relationships developed between the two. Bereavement is a result of grieve, which takes place following the death of a person. Instances of grief would also be experienced after a "divorce, disaster, life transition, or misfortune.” These are emotions that are normal following human reactions[[34]](#footnote-34). Christianity, according to Davediuk, does not offer an escape route from grieving, but it gives away to grief while having hope. In both the Old and the New Testament, grieving is found. It could be argued that Christian hope in Biblical scriptures points to the cross while grieving.

## ***Christian Counselors***

The Christian counselor would be able to connect well with the patients by using examples of Jesus Christ himself. To use examples from the Bible to show Jesus's experiences is a way of showing empathy from God to the patient. It helps to show that God is concerned and engaged in every person and their struggles of fighting grief through the installation of hope via the act of bereavement. The Christian counselors offer ultimate hope by using the Bible. Additionally, Christian counselors provide comfort, especially in an earthly realm, but the hope in Christianity is in waiting. When one passes from this world, emotions and grief will be experienced firsthand. However, Christian counseling cautions that the scripture should not be applied in a manner that provides a passage for an answer to the ones grieving.

Christian counselors have a responsibility with acceptance of the current psychological practices into the counseling practices with the lack of critical assessment. Others, however, have a firm attempt to reject offers from social science. The responsibility of a Christian counselor consists of the identification of the specific problems in the patient's case presented; identify principles from the Bible that are in line with the case. Further, apply these Biblical principles to the case for a better understanding of the case and solve it[[35]](#footnote-35). Christian counselors, however, should not take everything that God has presented, but to also apply to the truths from social sciences, which is derived from the insights after studying the behavior of man.

 The difference in views of a patient is implied and applied in different models of Christian counseling. There is the case of a client-centered therapy, which assumes that everyone and thing has the potential for healing, growth, and change and that it resides within an individual. Directive counseling is used to reflect on the total helplessness of a person, his or her sinful nature, and the lack of strength to assist them. Help is believed to originate from God and the therapist. The former helps in heightening the patient’s dependency, but further weakens the therapist’s responsibility.

## ***The Psychological Advantages of Christian Counseling***

Christian counseling is advantageous since an individual is more interested in the answers than the better understanding of the actual problem, through this learning patience becomes easier. The patient would thus be able to experience patience and be more compassionate, especially when listening to the counselors. However, there are a few instances that Christian counselors ought to put into consideration. For example, when the counselors are attending to the people, it would be complicated to minimize or overlook certain effects that resulted in the troublesome upbringing of a patient[[36]](#footnote-36). For example, when children are brought up with the expectations of becoming loving and mature, and responsible members of the community, they feel neglected, abused, or poorly guided. The outcome would have profound effects on their relationships and personal lives. Christian counseling thus can look back for a better understanding of the influences that helped structure an individual while growing up and what shapes their current approach to life.

Christian counseling is advantageous over other forms of counseling since it is not created in isolation, but in a nurtured social context. For better or worse, MacDonald noted that each personal story in one way or the other, has been significant in shaping a person[[37]](#footnote-37). Christian counseling is advantageous because wisdom considers a wider perspective in what life holds while aiming at helping individuals in their deeper spiritual needs. When it involves a deeper life issue, which individuals hold in patterns not flourishing based on God's will. Then it is more often that a person's spiritual and social context can be explored in a section of the diagnosis. Christian counseling is thus validated because the one fact of the key components of flourishing is the association of that one in conjunction. However, Davediuk observed that some Christian counselors react with suspicion towards what is of medical aid. The reaction is often accompanied by negative posture, which is present in bio-psychiatry and secular-psychiatry. Christian counseling, however, does not allow misguided or superficial assumptions, no matter how condescending, to cause reactions among the Christian counselors. It should be known, therefore, that a biblically-based approach to Christian counseling respects all dimensional forms of a person. These Christian counselors use a wider possible lens for better understanding while addressing human behavior. All this offers the counselors with a holistic and unique advantage of being honest in handling human problems.

To be good, Christian counseling well-informs the ability to change their status quo. In a scenario where an individual commits heinous acts, Christian counseling gives hope of a better tomorrow. With such an assessment, individuals are motivated to do good things and become better people. For this reason, Christian counseling is observed to have a psychological advantage over Biblical counseling[[38]](#footnote-38). Also, Christian counseling seeks to obtain answers from within an individual's mind. As mentioned before, according to Christian counseling, solutions are not obtained from the Word of God rather; they are the spill from one's mind. Consequently, it is inevitable to note the relationship between psychology and Christian counseling. According to Davediuk, some Christians consider psychology as a rival of Christianity but, Christian counseling aims to give the correct notion about the role of psychology in Christian counseling. It is through the field of psychology that individuals gain a deeper comprehension of the nature of humankind. Also, psychology attempts to give more insight into human beings concerning God, as the Supreme Being. Additionally, as mentioned before, Christian counseling is important because it does not fully forfeit Biblical tenets.

As a psychological advantage; Christian Counseling equips individuals with the knowledge that it incorporates psychology but, does not render psychology as the absolute inference. It is important to note that Christian counseling revolves around different aspects of psychology[[39]](#footnote-39). Irrespective of the fact that psychology began with Sigmund Freud, and Carl Jung; there are other branches of the field that necessarily concerns Christian counseling. Consequently, Christian counselors employ different approaches depending on the problem at hand. Furthermore, Christian counseling not only equips individuals with the knowledge that God is the highest being but, also informs them that individuals are capable of repairing the problems that are within themselves. Moreover, it is important to focus widely on Biblical counseling to fully understand the psychological advantage of Christian counseling.

According to Greggo and Sisemore, there are aspects of humanity that are fixed by Biblical doctrines while there are those areas that are improved through secular teaching. Consequently, the employment of Christian counseling is at the upper hand as it houses both Biblical and secular teachings[[40]](#footnote-40). As is opposed to Christian counseling, this form only incorporates matters of the Holy Spirit to assess clients. According to Biblical counselors, it is solely the scripture of God that provides solutions to the problems of human beings. For this reason, these counselors do not believe in the need for psychology and psychological approaches. However, taking this approach would prove futile; as both Biblical and secular approaches are important in the aspects of human life. Even though the counselors are more experienced in the field, they are expected to allow the clients to stick to their views and opinions. Christian counseling works within the individual’s mind hence the psychological advantage dictates that the final opinion should emanate from the individual's point of view.

## ***Diversity among Pastoral Counseling (RPA) and Psychological Counseling***

These and other questions have accompanied the development of the RPA from the 40 of 1900 until today[[41]](#footnote-41). Very schematically, we can see the singularity of the RPA. It is a pastoral ministry which is so typical of the believer and the Community by means of which one is driven to a concrete subject's redemptive love and healing power of the Lord. It exceeds the varied problematic forms of life difficulties, in order to integrate its growth; so we can say that the RPA makes a 'pastoral', without psychology, although it uses data. As regards to the function of psychology in the RPA, it is twofold. The first is offering a more realistic policy, in particular, the rationale for the basis of their behavior. Despite the necessary distinction of tasks, the psychology provides valuable data, even indispensable, warning against moralism abstract and remembering that there is deep human labor that may be suffered. Otherwise, with ease not warned and not sufficiently considered. Also, the counselor's pastoral study of psychology is that this risk can be exchanged for authentic spirituality events that have the disease. At the same time, it stresses the importance of making truth on them to avoid undue projections on people encountered. The other function of psychology is to propose major innovations in the methodology of the report and dialogue. Empirical research, for example, has shown that how the confessor relates to the penitent special importance to the result that the penitent can be drawn from the confession. This can even happen when it always leaves a space of unlimited intervention.

The psychology and the various systems offered a psychotherapeutic important lesson to pastoral counselors, inviting them to overcome moralistic attitudes. Such a lesson was necessary if you think that the pastoral relationship of aid has often been, over the centuries, paternalistic, hierarchical and authoritarian. The importance of the resources offered by the psychology of the RPA must not give the impression that the latter is to be understood as any therapeutic process. Since its tendency is to help people grow and find their exact relationship with God, the RPA is a process religious, through which the person experiences the Lord that redeems, heals, reconciles. It also promotes growth towards the fullness of life[[42]](#footnote-42). This act of redemption shows, the pastoral counselor is not the mediator.

The RPA formal means, however, a certain awareness of the problem by the person in need of help and the willingness to engage in a process of helping the relationship. It is structured according to standards and methodologies particularly shared by both partners of the report. Therefore, by observing the behavior of people, greeting them, visiting them in families, in the hospital, in the workplace, etc. you can seize the moment more propitious for help that can succeed crucial to their well-being and their salvation. The empathic counselor, however, includes the experience of the patient as his own. Keeping then a sufficient effective distance, which is necessary to ensure objectivity to its assessment of the situation. The practice of empathy, finally, is possible only if the director pastoral agrees to be vulnerable. That is likely to 'get hurt' by the experiences of the patient. The step is advantageous considering it requires clear thoughts and evaluations of every therapy aspect model. This evaluative process ideally, would occur frequently at a higher level. Unfortunately, most Christian psychologists are not necessarily in programs with the Christian world view. Those with it have a very distinct advantage in the process, even though some Christian institutions are to a larger extent intentional than others that are about assisting students to go through the evaluative process. The majority of psychologists come to terms with their psychotherapy model, but after confronting the practical realities. What would be very advantageous at this point in the previous experiences of evaluation models?

Davediuk has come up with appraisal psychotherapy models. Every major model is thoroughly and carefully compared with most of the Christian presuppositions. They concluded in the end that, "no theory of the theories could be rejected out of the hand; however, none could also be wholeheartedly endorsed by Christian counseling.” Every single theory is lacking, especially when it is compared with God's view; however, some drags closer than others based on the Worldview of the Bible. While God's word presents a great deal in terms of personhood, it, however, fails to propose the exact psychology until today.

## ***Importance of Anthropology for Christian Counseling***

First, it offers a narrative optic, more so with organizing the empirical information. Most of the domains and in particular the most important ones provide anthropological dominant categories. They do so for organizing information that pertains to human personality, future flourishing, and pathology. To organize information in this manner helps Christian counselors in viewing deep into people's aspects. McMinn observed how this optic can represent a predictive role in the investigation while coming to understand the disorder's origins[[43]](#footnote-43). For example, an adult client is faced with problems with issues of intimacy or always feeling uncomfortable with the interpersonal setting, it would force one to refuse to be in a relationship[[44]](#footnote-44). It is fair, but by no means infallible, the presumptions for the therapists to guide the direction of psychological therapy. Secondly, these domains can offer a normative hermeneutic of the interpretive lens for the interpretation of clinical information[[45]](#footnote-45). Every domain presents normative truths that concern people with implications for people flourishing spousal complementary, engendered embodiment, and the need for selfless love. This is advantageous as it presents centrality to the family, responsible freedom; knowability of the truth, and nature's perfectibility. Additionally, these are useful because of the interpretive principles for the empirical data.

Christian counseling steers one away from having false concluding statements, in which the data may be interpreted in response to erroneous principles that may justify. Thirdly, McMinn noted that they provide a more cosmological, eschatological, and ontological backdrop for placing human existence in a more disordered world[[46]](#footnote-46). Christian counseling provides answers that weigh transcendent questions. For example, the origin, nature, and human destiny. Also, it questions the evils of a person, profession's relevancy, and the gravest human soul disorders. Again, it provides the epistemological foundation for underlying assumptions of the psychology of the basic goodness of a person and grounds of hope across the universe.

PART III: METHODOLOGY

The methodology applied in Christian counseling revolves around pragmatism. For one to be pragmatic, this section focuses on leaders as learners. Christian counseling focuses more on leadership despite the practical approach, which nonetheless is a representation of a standard of maintaining a sense of excellence in counseling. To achieve a standard of excellence, a counselor will have to work towards two movements; divergence and convergence. The first is about "internal alignment of beliefs, values, behaviors, and attitudes". The second is about "stretching towards current beliefs, values, habits, and preferences in a more desired state." Instances of convergence would call for more consistency in terms of philosophy, theology, and methodology. Christian counseling should ensure that deed and word are inconsistent with each other. Divergence, on the other hand, presents a component of ceaseless dialectic.

Christian counselors that are internally committed to the excellence of the practice ask questions that are in alignment with him or her and his or her learners. MacDonald observed that front-runners as learners will turn out to be leaders who do not focus on providing answers, but rather prefer to ask questions[[47]](#footnote-47). The beneficiaries of continued and education of leadership tend to benefit from the strategic planning of concepts. An outline on how to handle pragmatism in methodology is the main domain in responding to implementation and curriculum design. Furthermore, Christian counseling not only equips individuals with the knowledge that God is the highest being but, also informs them that individuals are capable of repairing the problems that are within themselves. Also, it is important to note that Christian counseling revolves around different aspects of psychology. Irrespective of the fact that psychology began with Sigmund Freud, and Carl Jung; there are other branches that are necessary about Christian counseling. Consequently, Christian counselors employ different approaches depending on the problem at hand. For example; when a client has issues leaning towards grief, they are not given the same treatment that is given to a client struggling with addictions.

Christian counseling is also important as it gives individuals practical solutions to various contemporary issues in society. When it comes to matters of morality, Biblical counseling dictates that individuals should pray, and shun the practice but, in the real sense; that is not necessarily a solution. On the other hand, the psychological advantage of Christian counseling often equips individuals with actual and practical solutions to overcome the issue. Christian counseling gives individuals deeper insight into how they may avoid temptations[[48]](#footnote-48). Also, Christian counseling equips individuals with knowledge concerning the reasons that tempt individuals to engage in sinful acts. Christian counseling offers practical solutions such as the ones prior mentioned. It is through the realization of the causes of sin that individuals can shy away from the sinful acts. Consequently, it is important to note that the psychological advantage of Christian counseling makes it a better form as compared to Biblical counseling.

Christian counseling plays the role of assisting individuals in becoming aware of their emotions. The psychological advantage also allows them to identify with God about their emotions and feelings[[49]](#footnote-49). Unlike Biblical counseling, Christian counseling creates the possibility of individuals getting in touch with their personal needs and desires. As mentioned above, psychology is not the ultimate end of Christian counseling. The counselors reckon that psychology is a tool that connects them to God; who is the final authority, and the giver of life. It is also important for individuals to realize that the psychological advantage requires the presence of God for human beings to be fully satisfied.

## ***Research Methodology***

This research study will use qualitative research methods for conducting research which involves a secondary approach for the research. The research will encompass publications, articles and similar studies accessible on the Internet. Keeping in view the approach taken in earlier studies, the research began with a broad analysis of the existing literature. The findings and conclusions will be based on the secondary data[[50]](#footnote-50). Christian counseling informs individuals of their goodness; and their ability to change their status quo. In the event where an individual commits heinous acts, Christian counseling gives hope of a better tomorrow. With such an assessment, individuals are motivated to do good things and become better people. For this reason, Christian counseling is observed to have a psychological advantage over biblical counseling. Additionally, Christian counseling seeks to obtain answers from within an individual’s mind. As mentioned before, according to Christian counseling, solutions are not obtained from the Word of God rather; they are sought from one’s mind. Consequently, it is inevitable to note the relationship between psychology and Christian counseling.

Also, it is important to note that some Christian counselors employ Biblical teachings in a larger scope of their teachings. However, they also incorporate psychological approaches while still focusing more on Biblical teachings. For this reason, counselors must be well versed in their field for the execution of commendable results. In regard to Christian counseling, there are a good number of people who have shared their testimonies to give an overview of the form of counseling. It is noted that most of those who have benefited from Christian counseling are married couples. The majority of the couples have stayed together for a long time, underwent Christian counseling to improve their marriages. Through the psychological advantage of Christian counseling, these couples believe that their marriage lives instantly improved after the counseling sessions. Also, the counseling sessions serve in assisting the married couples in facing the various challenges and troubles encountered in life.

## ***Data Collection Method***

Many researchers have stated that the most critical part of the study is the collection of the right data from the right sources. For this particular study, secondary data will be collected by the researcher.

### *Secondary Data*

Using the internet as a source of searching, the researcher will also collect secondary data for this particular study. Various public, as well as private libraries, will be accessed by the researcher using the internet. The purpose of collecting secondary data from various reliable and authentic sources is to acquire previously conducted similar studies and researches. This step is for enhancing the understandings to acquire better outcomes. However, most of the collected secondary data will be included in the literature and all the data will be acquired from reliable sources relevant to the study.

### *Data Analysis Technique*

The researcher in this particular study intended to select a qualitative research method to ascertain different perspectives related to the psychological advantage of Christian counseling.

### *Sampling Method*

Researchers have stated that there are two types of sampling methods that are widely adopted across various studies. For instance, random sampling and purposive or non-probability sampling methods. In random sampling, all elements of the population have an equal probability of getting selected for contribution to the study. However, in the case of a purposive or non-probability sampling method, only certain elements of the population have the probability of getting selected for participation in the study. For this particular study, the researcher will select a purposive or non-probability sampling method.

### *Research Approach*

The research study has used qualitative approaches for the research. The researcher will adopt an interview method for understanding the perception of consumers regarding the importance of branding and brand image. Qualitative research is explained as a subjective and scientific approach as it seeks to find answers in a systematic manner using a predefined set of procedures[[51]](#footnote-51). Qualitative research focuses on sharing characteristics. In addition to this, it seeks to find the answer to a given topic or problem. Qualitative research was helpful in effectively obtaining information in qualitative form and wordings. The qualitative research is capable of providing an in-depth analysis of complex textual description about the way people think and experience a particular issue given in research. Qualitative research approach helps in analyzing the humanistic approach of an issue. It involves, contradictory and similar behaviors, opinions, relationships, beliefs, and emotions of people.

### *Advantages and Disadvantages of Secondary Data*

The main advantage of collecting secondary data is saving in resources. The researcher collected the data from the current market statistics, conferences, journals, books, thesis, essay, organization's databases, organization websites, organization communication, journals, newspaper, articles, diaries, reports and minutes of committees, TV interviews and many other sources. In comparative research, it is easy to collect secondary data. Disadvantages of collecting secondary data is not being able to get access to some data. Further, it can be expensive to get access and data may contain error.

## ***Limitations***

Several limitations of our study must be mentioned. These limitations also provide avenues for further research. It was assumed that the data sources used within the studies were reliable and had valid data. As in any other dissertation or research project, this dissertation will also carry its limitations or scope. Lack of comprehensive information may be another limitation.

Accessing the information is the biggest limitation of qualitative research methodology. Secondly, identifying and accessing various relevant resources is also difficult for researchers. Thirdly, managing time becomes an essential limitation[[52]](#footnote-52). The researcher needs to take and understand where he or she wants to spend more time and on which part it is more important to focus. The research needs to understand the importance of time so that it is easier to assign it to every part of the research.

Then there come some limitations for acquiring the right kind of guidance and material for editing. The researchers then also require proofreading the material and get the peer reviews on it.

## ***Validity***

Validity is considered to the ability of a research instrument to represent the characteristics accurately and appropriately for particular phenomena. Validity can be conducted keeping three perspectives in mind: criterion-related validity, construct validity and content validity. The content validity is majorly concerned with the instruments and samples used in specific research. It also addresses the degree to which it assures that the entire phenomenon is explored in adequate detail. Criterion validity is referred to the comparison between findings, analysis, and method that has been used for the research against the standard that has been established. Construct validity is a process of the relation between the instrument chosen for the research and the construct that has been studied.

Validity is also presented from the perspective of external and internal validity. The researcher will observe that internal validity is a product based on the quality of the original research and to some extent, it could be assessed depending upon the quality of the methodology that has been employed[[53]](#footnote-53). The external validity is said to be assessed through a hard description related to the field, the impressiveness of the data collected and complete coverage of the care that has been used in the data collected. Creswell also cited Goetz and LeCompte, who have argued that the reports must be provided an extensive detailed description related to who are the informants, the social setting of the collected data. Further, how the information or the data has been collected, the impact or role played by the status of the researcher in the method and the original academic orientation of the person conducting the research.

Keeping a reflective journal and self-description, validation of respondents, long-lasting involvement and continual observation, triangulation and peer-debriefing are some of the methods used for the establishment of validation of a study.

## ***Reliability***

Kumar has provided several definitions for the reliability, which has been considered similar to the definitions of dependability, in his article related to the requirements for the rigidity if qualitative research. He has also cited Hungler and Polit in explaining reliability as the ability of an instrument to determine various aspects. Haber and LoBiond-Wood, whose explanation was the constancy or consistency of a measuring instrument. As has been observed previously, the researcher herself or himself is the actual study instrument for the research. All these explanations and definitions restate the need of the researcher to keep out the judgmental attitude, preconceptions, preconceiving attitude and should remain as detached to the results as possible.

Davies has demonstrated a definition from Hammersley which explains that reliability in secondary research[[54]](#footnote-54). It points towards the extent of consistency with which the examples are classified in analogous groups by an analogous observer or by various observes on different occasions. This particular definition presented last has distinguished playing an active role in the study, for the person conducting the research. Although all of the definitions relate to the confidence in the collection of the information.

## ***Ethical Considerations***

The researcher is fully aware of the ethical issues involved in this work. The responsibility for all methods and ethical issues associated with the task of the principal investigators. The research was conducted so that the integrity of the research company will remain. Further, the contradictory effects that could undermine the promise for future research were avoided. The choice of study subjects based on the best technical approach and an evaluation of the advantage of the promise of the participants and humanity about the risk to be conveyed by the participants. This study is associated with an issue considered important.

Several ethical issues are involved during the conduction of research. Ethics involved in the research demand that some of the considerations which are usually regarded as norms of the research, stick for the formation of the process, the analysis, and probable implications. If the research findings have a strong backing, then the norms act as a guiding light. The status should be identified clearly while reporting the data, procedures, methods and publication status. The information collected for the research should be from authentic agencies or the general public[[55]](#footnote-55). The report should contain objectivity, which means the researcher must not be biased while interpreting the data. Truthfulness must be highly considered. Caution, means to take care and avoid making mistakes which could result in blunders and disasters. Moreover, there should be respect for confidentiality and intellectual property. Providing respect to peers, being responsible for teaching and mentoring, legal aspects of the research are among some of the ethical problems that should also be considered.

Furthermore, another aspect which is a very important ethical issues is while conducting research or survey and acquiring others' perceptions of certain things, the researcher should not force or influence the participants of the research. One more very essential aspect is when the data that has been collecting is prohibited for publishing according to the law or if the company does not allow dispersing its information. Then the researcher should respect the laws and avoid asking for the information[[56]](#footnote-56). Things that are also considered unethical include wrong techniques used for the data analysis, spying to get more information, asking an organization about its internal matters when they are avoiding it, and so on.

PART IV: DISCUSSION AND RECOMMENDATION

## ***Christian Psychology***

To increase its effectiveness in counseling, many leaders' church has turned to the expertise of psychologists and other health professionals. Psychology is a highly complex field of study that deals with both human and animal behavior[[57]](#footnote-57). The university students who take a course of general introductory psychology would know that they are often a cluster of statistics, technical terms and "scientific information" about a lot of seemingly irrelevant topics. Pastoral counseling seminars tend to be more relevant and focused on people, yet the student (and sometimes Professor) can get lost in a maze of theories and techniques that are not very useful when one is facing a people who are confused and hurt. This squabbles some authors to reject psychology, including the field of counseling, and conclude that the Bible is all that a Christians need to help others.

Jay Adams argues that psychiatrists (and presumably psychologists) have appropriated the work of preachers and have dedicated themselves to the dangerous occupation of trying to change the behavior and values of the people in an ungodly way. Addressing pastors, Adam argues that "through careful study of the Word of God, watching biblical principles describes people you advise.” They can get all the information and experience they need to become a competent and reliable Christian counselor. The word psychology is the study of the soul; rather it describes a grouping of various therapies and theories that are fundamentally humanistic.

As mentioned above, the danger in the field of counseling is that it can instead become a Christian humanist. Dr. MacArthur says that the urgency to embrace psychology within the church is puzzling since they have been enemies from the beginning. In the 1950s, they believed psychotherapists possess superior knowledge and more effective therapies that counseling traditional spiritual could offer. Everyone directly claimed that directors' spiritual and clergy should stay out of their territory[[58]](#footnote-58). While it is true that it has been a reunion between some pastors and psychologists over the last forty years. Many individuals have given way to the belief that pastors are not "qualified" to advice. At present, the "Christian" psychology has left the church to establish clinics and is a multibillion-dollar business.

Thus, Dr. MacArthur, Jay Adams, and other conservative Christian counselors urge to renew our emphasis on biblical counseling psychology. They no longer use terms tinged with biblical words and phrases, but rather make a diligent effort to help people solve their problems by guiding objective truth and transforming the Scriptures’. Collins emphasized that in studying the techniques and strategies of counseling Christians must be aware that all truth comes from God, including the truth about the people he has created. He has revealed this truth through the Bible, God's written Word to humans, and has also allowed us to discover the truth through experience and scientific research methods. The truth discovered by these means must always be consistent and corroborated by the standard of biblical truth revealed.

While we accept the fact that Psychology can be a great help for the Christian counselor, but he must also find truly helpful contributions. The guides who followed people who are committed followers of Jesus Christ, they are familiar with the literature on psychology and counseling, and training in counseling and research methods, and are effective as directors. These very guides understand the importance to recognize the inspiration and authority of the Bible, both as the standard by which all psychology must be tested, and the written Godly word with which all must agree that counseling is valid. The church must recover its reliance on spiritual resources God provides. We must return to the conviction that only Scripture is "inspired by God and profitable for teaching, for reproof, for correction, for instruction in righteousness "(2 Timothy 3:16).” Evangelicals should rediscover Biblical counseling and reintroduce the Word of God in its proper place[[59]](#footnote-59). They should tell that it corresponds as the supreme authority and discerning the thoughts and correct intents of the heart. There, is something attractive about being a counselor.

Many people see counseling as a glamorous activity that consists of giving advice, healing broken relationships and helping people solve their problems. Counseling can be a ery rewarding labor. However, it does not take long to discover that it can also be a difficult and emotionally draining task. Moses discovered this when the children of Israel camped at the foot of Mount Hereby, on their journey from Egypt to the Promised Land. There, Moses received a visit from his father, Jethro (Exodus 18: 1-7). He was glad to hear details about the exit and the journey from Egypt, but also,[[60]](#footnote-60) he felt distressed to learn that Moses spent whole days listening to complaints and “Judging" the people. Then, as sometimes the in-laws often do, Jethro he decided to offer his advice to Moses. He told Moses that was wearing out, and He suggested that he chose "able men" to address less serious matters. These men should be honest and God-fearing (Exodus 18:21), be available "At all times" (Exodus 18:22) and Moses willing to refer more problems complex (Exodus 18:26).

Counseling can be defined as a relationship between two or more people in which one person (the counselor) seeks to advise, encourage and/or assist another person or people (recommended) to deal more effectively with the problems of the way life. Counseling may have several objectives, including achieving changes in behavior, attitudes or values[[61]](#footnote-61). It also prevents problems from becoming more serious; teach social skills; promote the expression of emotions; provide support in times of need; providing insight and guidance in making; teach responsibility; encourage spiritual growth; and help advise to put to work the internal resources in times of crisis.

Unlike psychotherapy, counseling rarely aims to radically alter or change personality. Christian counseling differs from other types of counseling a fundamental aspect, which is the inclusion of the religious dimension. The purpose of spiritual counseling is to lead men and women to a right relationship with God and take them to experience abundant life. "In Greek, the word save means to heal or bring healing; therefore, salvation is wholeness, healing, and deliverance from all and perverts that destroys human personality and prevents fellowship with God"[[62]](#footnote-62). The Christian counselor seeks to be an expert on spiritual growth, to be especially helpful to people who are interested in God and areas such as values, sin, forgiveness, guilt, and other religious themes.

## ***Counseling Techniques***

Christian counselor uses many techniques that have been developed and used by nonbelievers, but Christian counseling has at least four Distinctive features.

### *Starting Points Singular*

No director is completely objective or neutral in terms of budgets. Each director brings their point of view of the counseling situation and these influence their judgments and opinions, whether it is recognized or not. Despite theological differences, most counselors who call themselves Christians have (or should have) beliefs about the attributes of God, the nature of human beings, the authority of Scripture, the reality of sin, God's forgiveness and future hope. Our life and our caretaker will be different if we believe that God has spoken to mankind, who created the universe through His Son, which made provision for the forgiveness of sins and upholding all things by the awesome power of its mandate.

### *Unique Goals*

Like our secular colleagues, counselors advised Christians to seek help to change their behavior, attitudes, values, and/or perceptions[[63]](#footnote-63). They seek to teach skills, including social skills; stimulate recognition and expression of emotions; provide support in times of need; teach responsibility; offer insight; guide decision-making; help advise to mobilize domestic resources and the environment in times of crisis; teach skills for conflict resolution; and increased competition and "self-update "the advised. However, the Christian counselor goes further. He seeks to stimulate growth spiritual advised; stimulate confession of sin and experience forgiveness divine; modeling standards, attitudes, values and styles of Christian life; submit gospel message, urging advised to give their lives to Jesus Christ; and stimulate advised to develop values and live a life based on biblical teachings, according to the standard’s relativistic humanism.

### *Unique Methods*

All counseling techniques have at least four characters. They seek to awaken the belief that help is possible, correct mistaken beliefs about the world, develop skills for social life, and it is helping the advised to accept you as a person of value. To achieve these objectives, counselors consistently used certain basic techniques; listen, show interest, try to understand and, at least occasionally, provide the address. Too often Christian counselors and non-Christians use the same methods of help[[64]](#footnote-64). However, the Christian counselor does not use techniques of counseling that are considered immoral or inconsistent with biblical teaching. All anti-biblical values should be avoided, whether secular therapists dousing them[[65]](#footnote-65). The Christian counselor uses techniques that are distinctively Christian. Some common examples of these techniques are prayers during the session counseling, reading Scripture, friendly confrontation with the true Christian, and motivated and advised individual getting involved in a local church.

### *Unique Features Director*

In any situation of counseling, counselor should ask at least four questions. It is important that the Christian counselor understands the problems (how they arise and how they can be solved), a knowledge of biblical teaching about the problems, and be familiar with the techniques of counseling. At the heart of every true Christian aid, whether private or public, is the influence of the Holy Spirit. Their presence and influence make Christian counseling something truly unique. He is the counselor who teaches more effective characteristics: love, joy, peace, patience, kindness, goodness, faith, gentleness and temperance. He is the Comforter or Helper teaches us "all things ", we remember the words of Christ, that he convicts people of sin and leads us all to all truth.

Through prayer, scripture study, growth in grace and spiritual maturity, the counselor-teacher becomes an instrument through which the Holy Spirit can work for comfort, help, teach, persuade or lead another human being. This should be the goal of every believer - be used by the Holy Spirit to touch lives, transform, and lead others to spiritual maturity and psychological wellbeing.

## ***The church as a Healing Community***

As we know, Jesus repeatedly spoke to individuals about your personal needs and met with small groups. Mainly He shared with the small group of disciples who were prepared to continue his work after his ascension into heaven. In the years after his ascension, the body of the believers continued the teaching, evangelism, ministry, and counseling. These activities were not considered as the special responsibility of leaders "Superstar" of the church but were carried out by ordinary believers. They worked, shared and cared for each other and nonbelievers outside the body. Reading the book of Acts and the Epistles it is seen that the church not only was an evangelizing community educator and discipline - it was also a healing community.

A healing community is an assembly of people characterized by a deep commitment to the group and a common interest in helping psychological, behavioral and spiritual people[[66]](#footnote-66). The church was created to fulfill the Great Commission to make disciples (this includes evangelism) and teach. The early believers were united in the fellowship which included a community relationship with each other, a society that actively promotes the gospel and edified believers, and mutual sharing of experiences, learning, worship, needs, and material possessions. Christ summarized his teachings in two laws: love God and love others. This should be placed within the confines of a group of believers, each of which has received gifts and abilities necessary for the edification of the church.

As a group, workers direct their attention and activities to God through worship, to those outside the group through evangelism, and into the group through education, companionship and bear the burdens of one another. When any of these elements are missing, the group loses balance and believers are incomplete[[67]](#footnote-67). As Christians we share the burdens, we realize some problems interfere with worship, evangelism, teaching, fellowship, growth, meaningful relationships, and individual maturity and personal joy. It is important to consider what causes the problems, how people are affected by them, how problems can be reduced or eliminated through the counseling especially, how we can prevent them from becoming recurrent and where can we get more information. While we consider research psychological and recent findings are relevant today, we must learn what the Bible teaching about the situations we face in life.

## ***An Integration of the Biblical Principles in Counseling***

### *Psychology Filtered Through the Scripture*

 Secular psychologists work well on the biopsychosocial model of behavior and human development. This biopsychosocial model proposes that humans operate and develop according to psychological, biological, and social influences. According to Clinton and George, we are all products of our environment and biology, which both bear equal importance. In recent times, psychologists have realized that individuals' spirituality has an impact on lives; however, they are yet to term it as imperative for life. Considering some traditional psychological models and theories based upon a sense of naturalism, they are still insufficient when viewed from a Christian counseling perspective. There are, however, a lot of positive and helpful aspects of Christian psychology to be considered, and thus there is an increasing need for integration.

Greggo and Sisemore believe that successful integration between Christianity and psychology was a passion of them[[68]](#footnote-68). They however tried to tread carefully on the subject. Being a trained secular doctor, they identified their shortcomings while relating it to psychology and theological integration. In recent times, they noted that the nuances of Integrationist, Christian Psychology, and Biblical counseling models have since been evaluated with more notable brains. When integrating Christianity with psychology, there are important points to consider and are believed to fall under the continuum between the two.

1. Prominence in the Scripture and the Gospel

The use and belief of the Gospel and the Scripture are regarded as the most relevant differences between the Christian psychology and secular world. Christian psychologists, for instance, consider their worldview to be determined by the Scripture. Not only do they see their clients as people in need of God, but their understanding of disorders and mental illness also based on the Gospel worldview[[69]](#footnote-69). Their therapeutic practices, as a result, tend to utilize the Scripture to heal the needy while glorifying Jesus.

1. Operating on the Middle Ground

As a trained secular psychologist, he or she appreciates the human nature’s biopsychosocial model. To learn more about human complexities provides them with notable frameworks to understand and help their clients. The environmental influence of people’s personality, the human brain intricacies, and the culture and social impact on people’s lives, according to Sanders, reminds people of their lives and that of pathology. It would not simply be reduced to such issues as sin and morality. A Christian, on the other hand, acknowledges that all human beings are separated inherently from God. The separation, according to Sanders, causes sin, disorder, and every kind of disease. However, Christian counselors are satisfied because they serve as just and loving God who provides a solution and a way out of people’s depraved state through his son, Jesus Christ.

1. Secular techniques would be helpful

It is not wrong to use certain interventions of secular therapy; however, the overdependence and over-reliant use of such techniques are not suggested. Personal testimonies and research conducted reveal that most secular interventions have been successful in their abatement of the symptoms. The independent integration of such techniques, however, falls short since they create individuals that are symptoms-free[[70]](#footnote-70). The result cannot offer total dependence on salvation, sanctification, or on the Lord. The eventual result is nothing other than the freedom achieved from the current symptoms. Adams wrote that the underlying pathological causes (separation from God), has since not been solved. It is therefore hard to eliminate or remove the Gospel from therapy, and also hard to throw away all instances of secular techniques.

To get rid of research-based therapeutic practice, interventions would be considered a disservice to counselors' clients. Failure to provide clients with the skills that would help alleviate their level of psychological torture is again not preferable stewardship of our knowledge. Adams observed that to help a child with hyperactivity or attention-deficit disorder, supply their schools with necessary materials, modeling, and explain the use of appropriate time-out to the parents. Teaching them diaphragmatic breathing, and challenging with negative thoughts, are some of the examples of psychology secular techniques, which do not challenge psychology based on the scripture.

## ***The Counselors’ Use of the Scripture***

When Christian counselors do not pay attention to interpersonal processes to assist in relationships, there would be a high chance they would use some techniques that selfishly assist to serve their own needs, desires, and purposes without much consideration to the client's needs[[71]](#footnote-71). Whether it is intentional or not, when these counselors attend to their own needs, the interventions put into place and desire to heal relationships, loses value, just like the sunset picture, which does not capture the experienced vibrancy when viewing it with the naked eye. Despite all this, the potential for much harm increases. This happens when the genuine use of the Scripture is handled and used in a manner that is un-thoughtful.

1. Scriptures

For all persuasions in theology, Christians believe passionately that the Scriptures from the Bible contain the actual words and God's presence[[72]](#footnote-72). Not only are they the words of God, but are His actual words to humanity, according to MacDonald et al. Thus, we as human beings turn to God, especially when we are hurting, rejoicing, confused, or as the book of Isaiah in the Bible puts it – yearning and waiting for God and his renown to power be made known to everyone – (26:8-9). Put into consideration the following beneficial effects the Bible provides to clinical work.

Secondary reasons: Teaching and training. The book of 2nd Timothy 3:16 tells us that God's Scripture is important in training, teaching, and correcting its people so that we can serve God. When Christians study the Bible and absorb it, these Christians have a chance to gain in discernment and understanding regarding the world we live in. The Bible is different from the novel. The novel that we tend to read once in a while and talk it over with other people. Rather, the Bible is a continuous meditation on it that enables Christians to identify the good and stay away from the evil (Hebrews 5:14).

The book of Psalms tells us that the law of God is a source of sense and comfort (119:52). Apostle Paul encourages the Corinthians that prophecy, which is also the word of God, has an intended purpose[[73]](#footnote-73). The purpose is to comfort, encourage, and strengthen the believers (1 Corinthians 14:3). The Bible acts as a comfort tool, but it is also the builder of hope. I hope that God will eventually deliver and keep the promises he had made[[74]](#footnote-74). Apostle Paul in the book of Romans 15 educates the reader that, "everything that had been written in the past, was meant to teach us so that our endurance and encouragement of the Bible, would result in Hope.” The Psalms 119 expresses how the Psalmist finds a sense of hope in the word of God that Isaiah suggests that even the mountains and islands find hope in His laws (42:4).

The Primary Reason: Connection with God. It is easy, to sum up, the Scriptures' value as something that can provoke and comfort the counselee, which is also at the heart of most counseling strategies. These counselors aim at comforting and encouraging those people who are hurting. Yet, humans are also interested in urging them to grow in areas that they may have been stuck in. As much as it is not on the encyclopedia for every single problem, the Scripture is rich in guiding and counseling for God's people considering they live in a "broken world.” Christian counseling is a salve for wounds, discipline for the wayward offers hope for the hopeless, comfort for the depressed, and the addicts find assistance for living with distorted desire[[75]](#footnote-75). The listed are the resources and riches the Bible offers, and it would be foolish for the Christian counselors to assume and neglect such resources[[76]](#footnote-76).

PART V: CONCLUSION

Christian counselors and individuals with more insight greatly impact the lives of others. Christian counselors not only create a great difference in the psychological lives of individuals but, also in the general aspects of their lives. Most individuals often testify that Christian counseling is far better than Biblical counseling. According to Clinton and George, for this reason, Christian counselors are often urged to lengthen their teachings in parts of the communities other than their therapeutic offices.

Also, as mentioned before; Christian counseling is beneficial because it does not fully forfeit Biblical tenets. As a psychological advantage; Christian counseling equips individuals with the knowledge that incorporates psychology but, does not render psychology as the absolute inference[[77]](#footnote-77). According to Davediuk, some Christians consider psychology as a rival of Christianity but, Christian counseling aims to give the correct notion about the role of psychology in Christian counseling. It is through the field of psychology that individuals gain a deeper comprehension of the nature of humankind. Also, psychology attempts to give more insight to human beings about God, as the Supreme Being.

Moreover, it is important to widely focus on Biblical counseling to fully understand the psychological advantage of Christian counseling. Biblical counseling may also be referred to as Nouthetic counseling; that revolves around therapy based on the teachings of Christ, and the Holy Bible. As opposed to Christian counseling, this form only incorporates matters of the Holy Spirit to assess clients. According to Biblical counselors, it is solely the Word of God that provides solutions to the problems of human beings. For this reason, these counselors do not believe in the need for psychology and psychological approaches[[78]](#footnote-78). However, taking this approach would prove futile; as both Biblical and secular approaches are important in the aspects of human life. According to Greggo and Sisemore, there are aspects of humanity that are fixed by Biblical teachings while there are those areas that are improved by secular teaching. Consequently, the employment of Christian counseling is at the upper hand as it houses both Biblical and secular teachings[[79]](#footnote-79).

Furthermore, the psychological advantage of Christian counseling makes it easier for Christians to employ psychology; which is then supplemented by the scriptures of the Bible. Also, due to its constituents, individuals gain more insight from Christian counseling. However, counselors are trained not to forcefully impose their beliefs on clients; as everyone is entitled to their opinion. Even though the counselors are more experienced in the field, they are expected to allow the clients to stick to their views and opinions. Christian counseling works within the individual's mind hence the psychological advantage dictates that the final opinion should emanate from the individual's point of view.

Concerning Jesus Christ, counselors reckon that He died for the sins of all, and for this reason; Christian counselors have the role of dispensing their teachings to as many people as possible. It is for this, and many other clear reasons that the psychological advantages of Christian counseling are noted by human beings. With knowledge, individuals can understand the phenomena that cannot be solely deciphered by Biblical teachings. As a result, most individuals resort to emulating tenets of Christianity rather than those of psychology. Nonetheless, it is also important to realize that there are instances where psychology and Christianity clash. The counseling should not be prolonged indefinitely. With the time, both the counselor and the counseled put an end to this focused relationship intensely on solving problems.

## ***Counseling Theories***

It is impossible to give a precise estimate of the number of counseling theories that exist today. Among the most popular theories is Adler’s theory, analysis of Carl Jung, existential therapy, therapy customer-centric Carl Rogers, Gestalt therapy, transactional analysis, Glaser's reality therapy, rational-emotive therapy Albert Ellis, the various behavioral therapies, social learning theory, and family systems therapy. Also, several Christian authors have proposed biblical approaches to counseling, including counseling nouthetic Jay Adams, Lawrence biblical counseling Crabb, and spiritual therapy and counseling Charles Solomon growth Howard Clinebell. You may wonder why to bother to consider the theory.

The Theories are as systems of theology - summarize what we know and believe, what we seek to achieve and how to attain our goals[[80]](#footnote-80). Theories help us incorporate all the facts of behavior and human problems in any kind of integrated, comprehensive, and useful framework. Theoretical approaches provide us guidance when we seek to help people who are dealing with their problems. We cannot say any of the Christian theorists are right. Many continue with one or another of current theoretical knowledge and many Christians are defining as eclectic. This word describes those who prefer to extract concepts and techniques of a variety of approaches rather than be restricted to a single theory. Eclecticism is to collect ideas in an intellectually lazy way by accident. Furthermore, it is an approach that takes various sources conscientiously and allows, in time to get to develop your style of counseling. There is no single way to do this, and there is no single right way to advice. Jesus used a variety of approaches, depending on the needs of people who came to him.

Christian counselors, including those, more diligently strive to be Biblical; they use a variety of approaches and sometimes disagree with the theoretical views of their Christian colleagues. It is important to understand the different theories, but ultimately each of us must depend on the Holy Spirit to work through our personality and our prospects and enable us to help others more effectively.

Christian counseling incorporates all Biblical counseling and the tenets of psychology. Also, the parties need to realize that the final authority is God. According to Greggo and Sisemore, different Christian counselors employ diverse approaches to Biblical scriptures[[81]](#footnote-81). They borrow very heavily from the Bible teachings, while others employ a snippet of the Bible scriptures into their counseling sessions. Moreover, Christian counselors are seen to forsake completely some aspects emanating from the Word of God.

It is through Biblical counseling that Christian counselors understand the real problem within their clients during the assessment. As prior mentioned, the integration of psychology and Christianity has assisted some individuals concerning Christian counseling. These counselors more often ignore matters to do with the reality and power of God thus depicting psychology to be more important than Bible scriptures. It is for this reason that some Christians believe that psychology is the religion taking the place of Christianity. Also, it is salient to note that counseling is powerful concerning the comprehension of oneself, and that of the concept of Christ's actions in one's life. It is also necessary to incorporate Biblical counseling in the understanding of the psychological advantages of Christian counseling. Through Biblical counseling, individuals obtain insight concerning the form of counseling hence easily distinguishing it from Christian counseling. Most counselors outline that the two forms of counseling are interdependent because they borrow some teachings from one another.

According to Adams, human beings cannot operate based on one end hence they require both secular psychologies, and biblical scriptures to lead satisfactory, and fulfilling lives. It should be noticed that scientists and psychologists have proved the existence of the relationship between psychology, and the Word of God. The psychologists reckon that the scriptures do not only control the lives of human beings but also, by the mind. Consequently, integration of the scriptures and the mind result in Christian counseling that incorporates both worlds[[82]](#footnote-82). Moreover, psychologists outline that human beings are a complicated species thus we need psychology that assists counselors in understanding this complicated nature.

These Christian counselors incorporate secular psychology, often settle for techniques, and theories that, are the best design to their individualistic preferences. Biblical doctrines, the Holy Spirit, and the scriptures are not sufficient in defining the complicated nature of man. The psychological advantages of Christian counseling also outline that Christian counselors are at the upper hand of changing society as compared to Biblical counselors. Due to their teachings, their clients are assessed without any form of limitations. It is also necessary to remember that Christian counselors uphold the Bible and view it as a source of inspiration during the assessment of their clients. Through taking the approach of secular psychology, it is evident that there are a good number of psychological advantages concerning Christian counseling.

Regardless of the understandable psychological advantages of Christian counseling, some Christians do not endorse the integration of psychology and Christianity. Also, it is salient that scientists have proved psychological methods of Christian counseling and compared with God's Holy Scripture. Psychology plays a key role in getting a clear picture and understanding Christianity and Christian counseling. According to psychologists, spirituality and spiritual acts directly affect the lives of an individual. Christianity and psychology are often led to be assumed to have different views. Hence, they are not be classified together. However, depicting the views it has been discovering that psychology has appositive aspects. For this reason, they are classified together with the tenets of Christianity in a bid to produce better results.

 Biblical counseling is often referred to as pastoral endeavors because these counselors aim to cleanse wholly and assess their clients with the Holy Blood of Jesus Christ. Therefore, the necessity as mentioned above of psychology in Christian counseling is valid because this form of counseling incorporates secular psychology. According to research[[83]](#footnote-83), Christian counseling is important in the mending of an individual's spiritual life through non-spiritual ways. Christian counseling revolves around the art of assessing clients concerning secular psychology and Bible scriptures. It is important to note that biblical counseling forfeits all matters to do with secular psychology hence it wholly derives its approaches from the Bible. Christian counselors assess both spiritual and normal spiritual ways and that has played a great roll in producing desired results. On the other hand, Biblical counseling wholly refers to the bible hence it does not yield substantial results.

Additionally, a more responsible way of an individual is to nurture a relationship that must recognize the sinful way of a person. To encourage him or her and assume responsibility for his or her behavior and feelings, and together with the counselor, rely on the power the Holy Spirit intends to subject on the client. Consequently, the reliance is not an avoidance of a technique considering God is not overwhelmed by us and thus forces us into His wishes.

Psychology plays a key role in getting a clear picture and understanding Christianity and Christian counseling. According to psychologist's spirituality, directly affect the lives of an individual. It is often thought that psychology and Christianity both lean toward different views that are not stated facts together. However, depicted research shows that other aspects of psychology are productive. For this reason, they are classified together with the tenets of Christianity in a bid to produce better results. Regardless of the comprehensible psychological advantages of Christian counseling, some Christians do not endorse the integration of psychology and Christianity[[84]](#footnote-84). Also, psychological methods and Christian counseling are salient compared with God's Holy Scripture.

Christian counseling revolves around the art of assessing clients about secular psychology, and bible scriptures. It is important to note that biblical counseling forfeits all matters to do with secular psychology hence it wholly derives its approaches from the Bible. Christian counseling and pastoral counsel's endeavors their aim of success wholly to cleanse and assess their clients with the Holy Blood of Jesus Christ. Therefore, the necessity of psychology in Christian counseling is valid because this form of counseling incorporates secular psychology. According to research, Christian counseling is important in the mending of an individual's spiritual life through non-spiritual ways. Christian counsel ring regard that spiritual or none spiritual plays a great role in producing desirable results. Counselors assess individual’s regard of spiritual or none spiritual ways thus, have proven to play a great part of results. Through Christian counseling, individuals are assessed about both spiritual and non-spiritual ways, and that plays a great role in producing desired results. On the other hand, biblical counseling wholly refers to the bible hence it does not yield substantial results.

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