

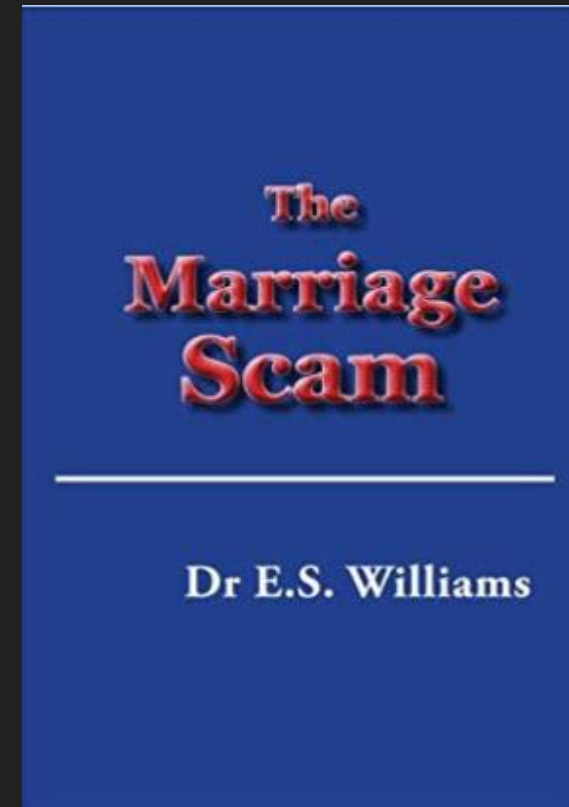
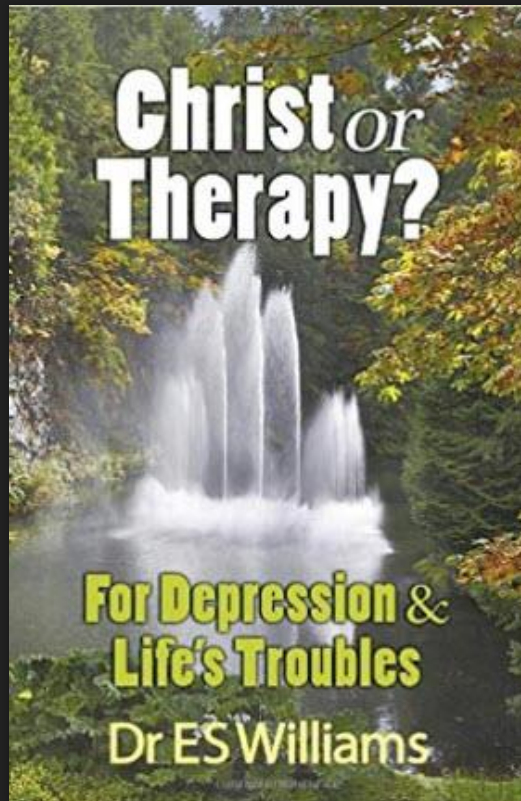
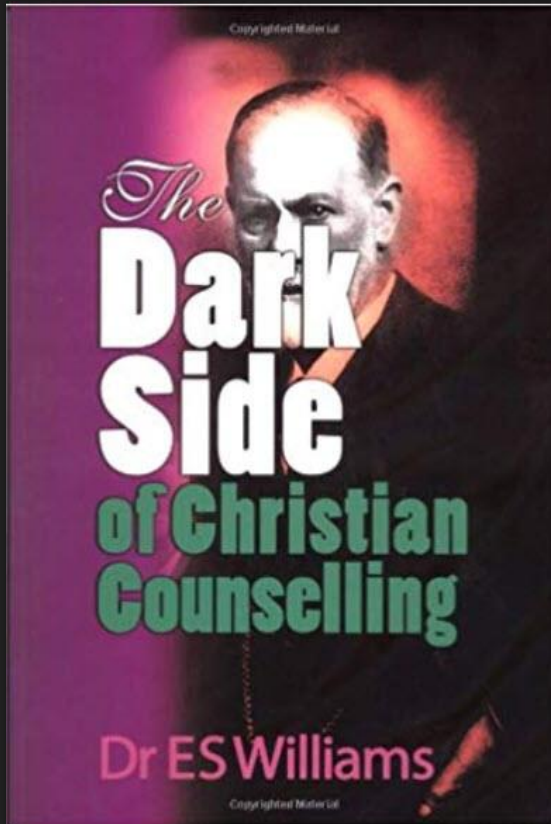
The Christian Counselling Scene

Dr ES Williams,

author of:

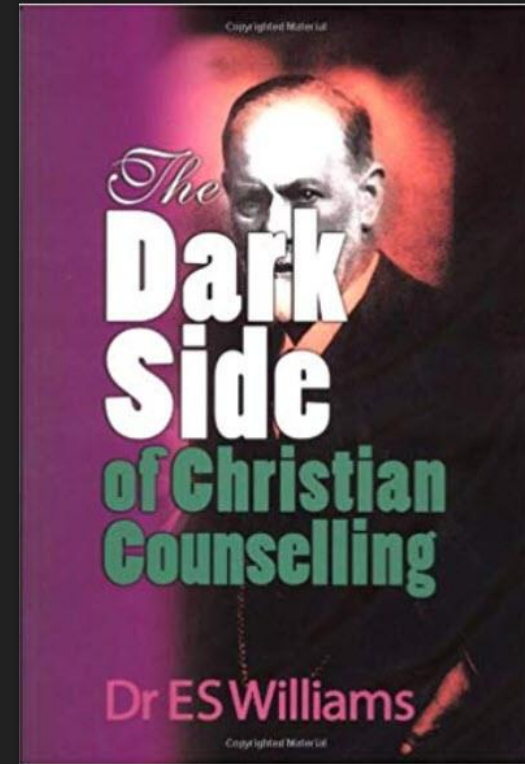
- The Dark Side of Christian Counselling (2009)
- Christ or Therapy (2010)
- The Marriage Scam: seductive theories of Marriage Education (2013)

Books on Christian Counselling



The Dark Side of Christian Counselling

Christian Counselling is a relatively new form of Christian ministry that is having a large impact on both sides of the Atlantic, and in many other countries across the world. This presentation examines the ideas and assumptions that lie behind the counselling scene.



Two Questions

Two questions are addressed.

- (1) Is Christian Counselling, as currently practised, a legitimate part of Christian ministry?
- (2) Does the Church benefit from integrating Psychology theories with Scripture?

Christian Counselling and the New Evangelicals

The story of the Christian counselling movement starts in the USA after the Second World War.

The compromised New Evangelicals, a movement that wanted the evangelical faith, but without the spiritual battle of defending the Faith against false teaching, eagerly accepted the ideas of psychology

Christianity Today

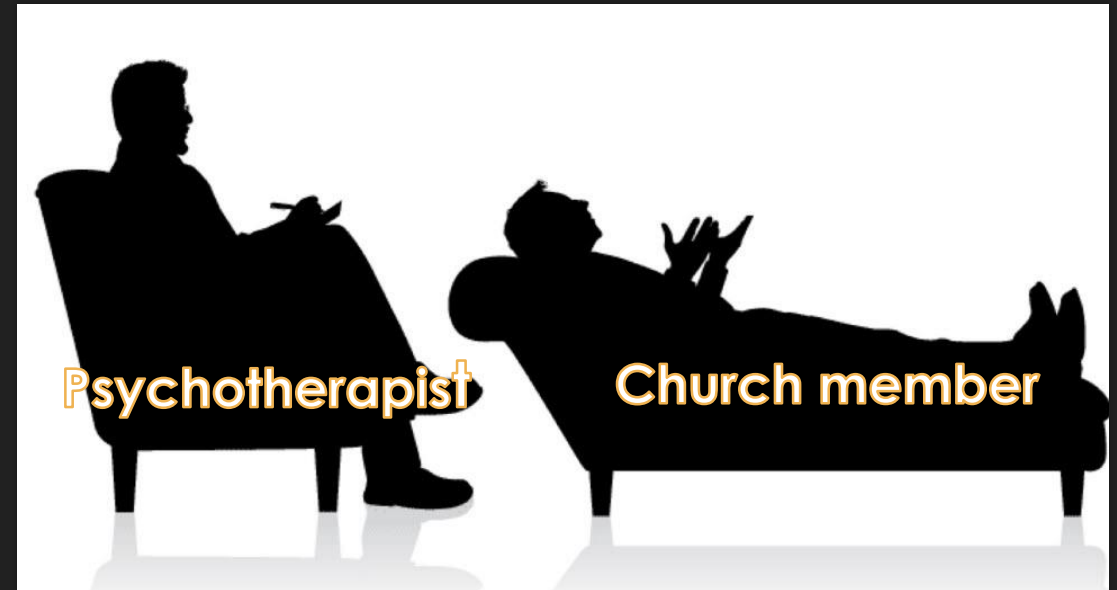
Christianity Today, mouth piece of the New Evangelicals, confidently declared:

Myth: A pastor is competent to counsel his parishioners. Fact: Most pastors are armed with only a meagre knowledge of behavioural therapies.

As a consequence, many pastors began to feel that they were not properly trained to deal with the problems of daily living that were becoming increasingly common among Christians

Psychotherapy

Pastors were persuaded that Christians suffering with deep inner hurts needed counselling by a psychotherapist. They were urged not to meddle with psychological problems for which they had not been properly trained



The psychological ideas that drive Christian counselling have found acceptance across a wide spectrum—evangelicals, Catholics, charismatics and liberals have all embraced this new ‘ministry’

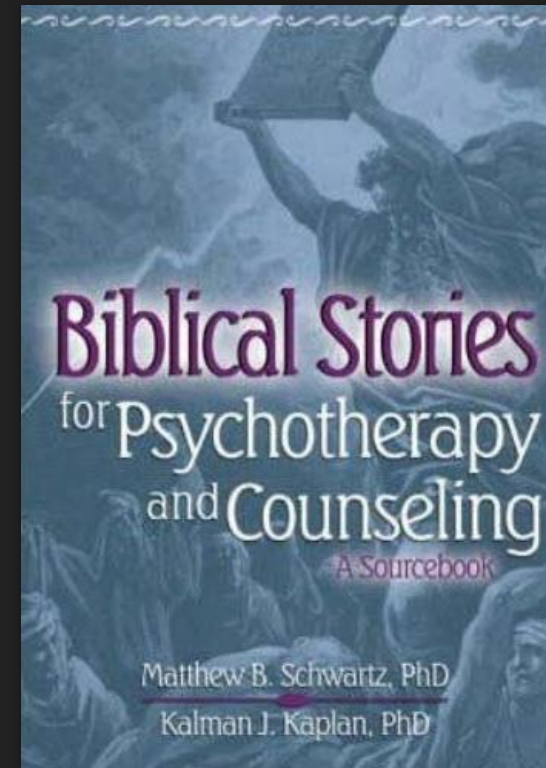
Fuller Theological Seminary

In the 1960s, Fuller Seminary established a School of Psychology to run alongside the School of Theology. Students were taught the benefits of integrating the ideas of psychology with Scripture. Thousands of theological seminaries and Bible schools followed Fuller's example

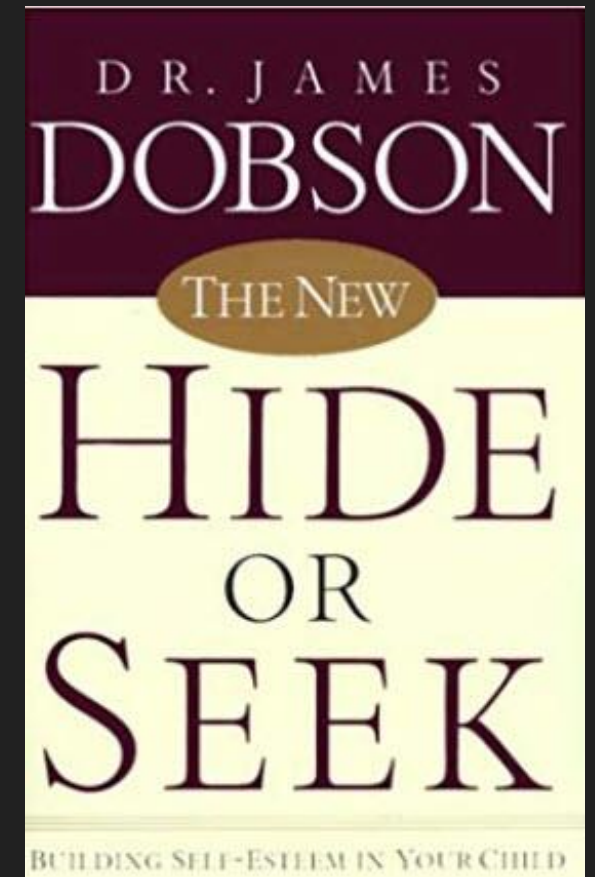
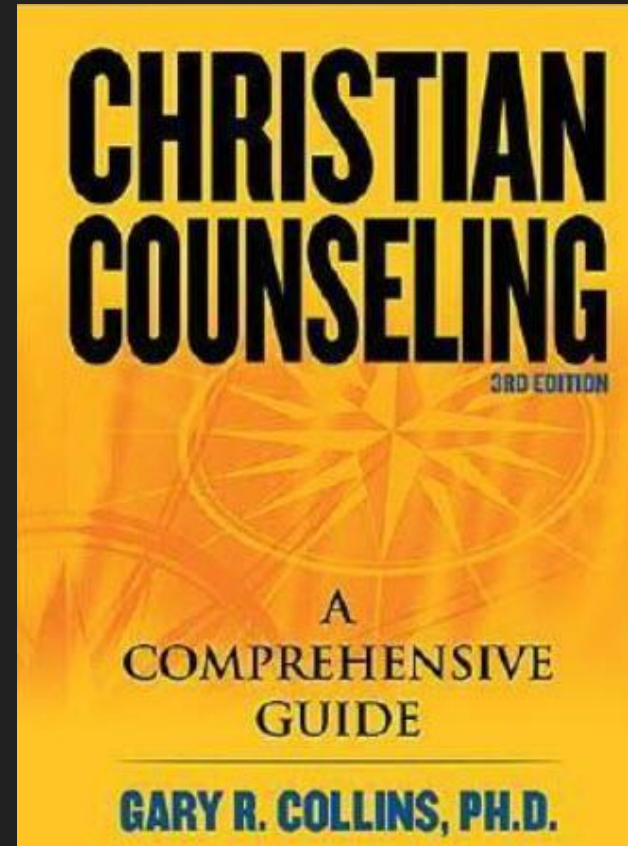
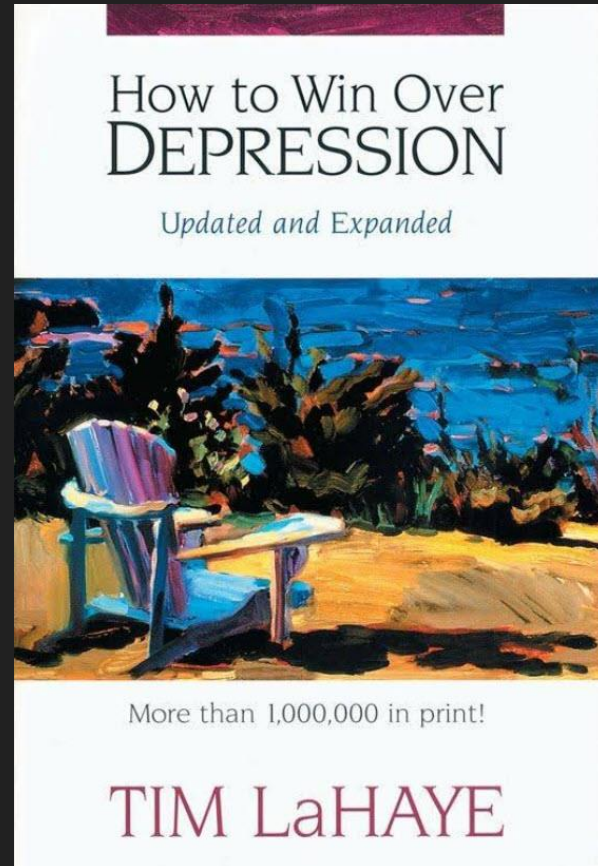
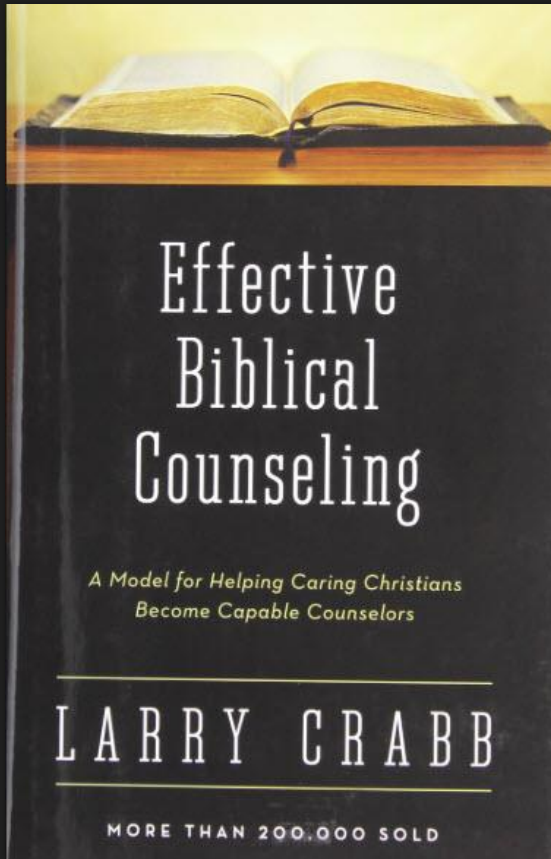


Christian books

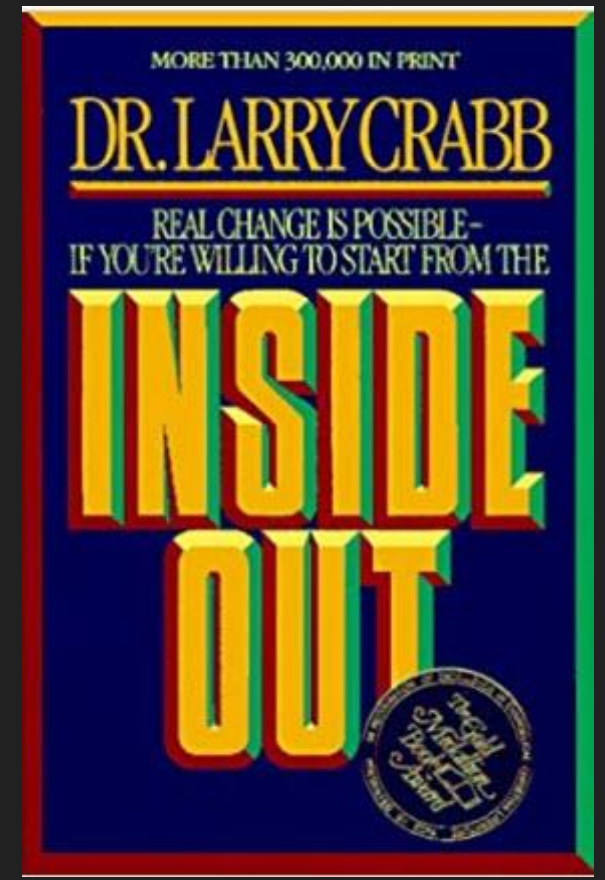
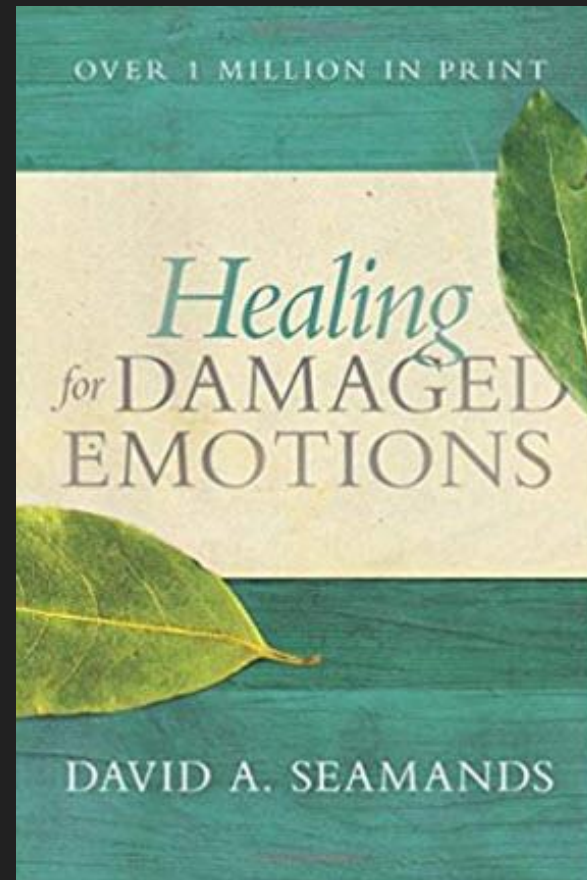
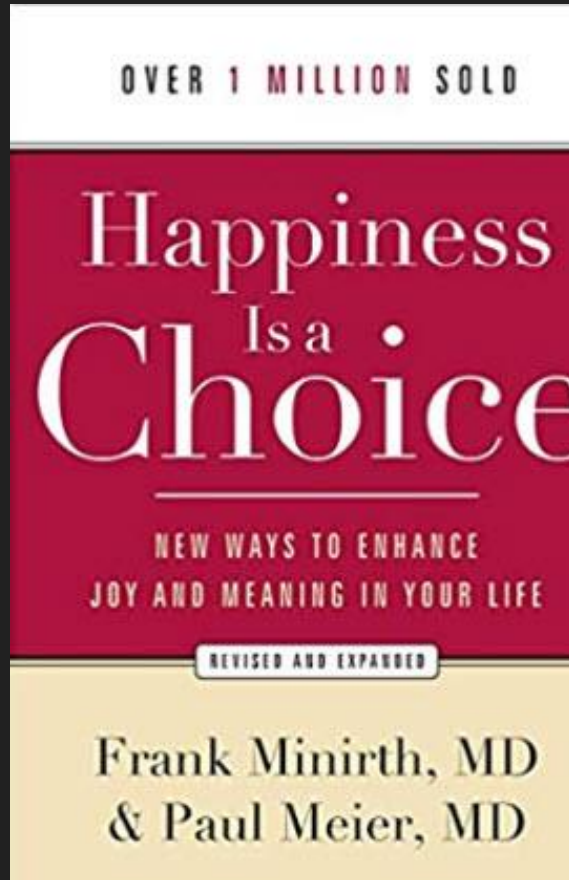
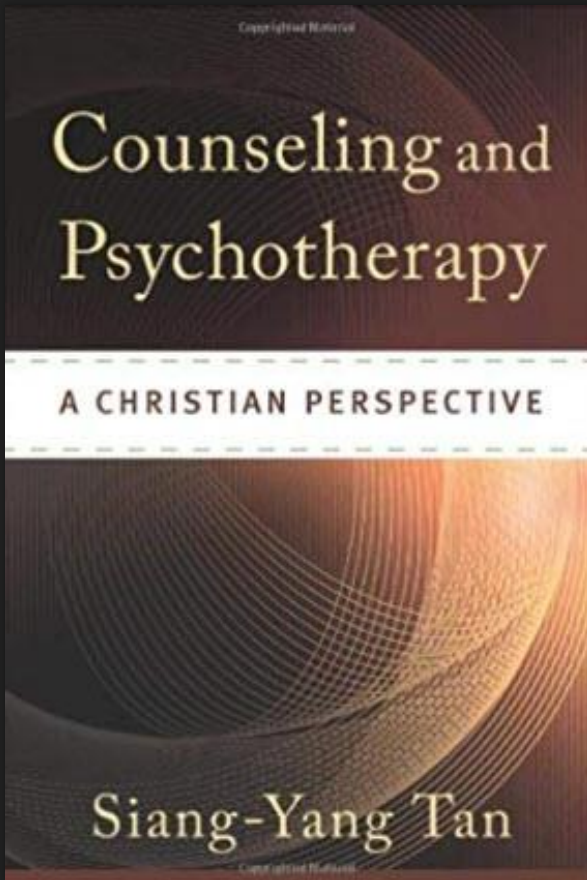
Christian books offering guidance on stress, anxiety, inner pain, conflict resolution, depression and low self-esteem became best-sellers



Christian books on Counselling



Christian books on Counselling



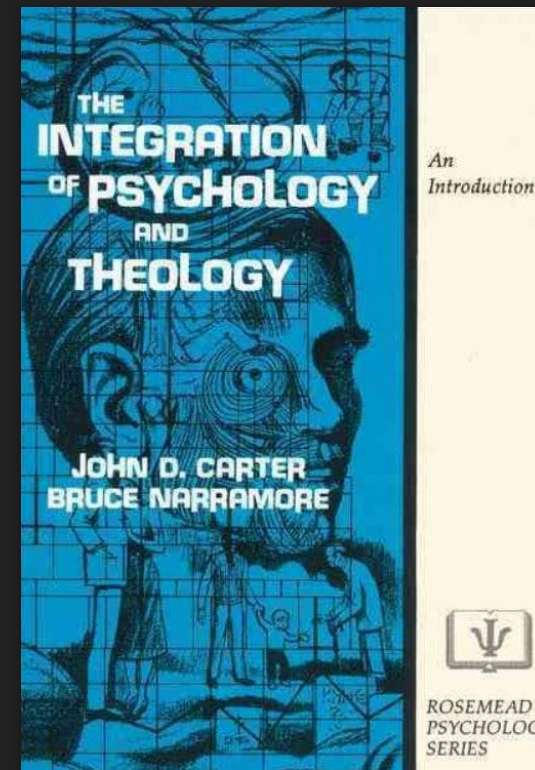
Christian Counselling Movement

The Christian counselling movement gained momentum during the 1970s and 1980s when many young evangelicals were persuaded to take up careers in psychology



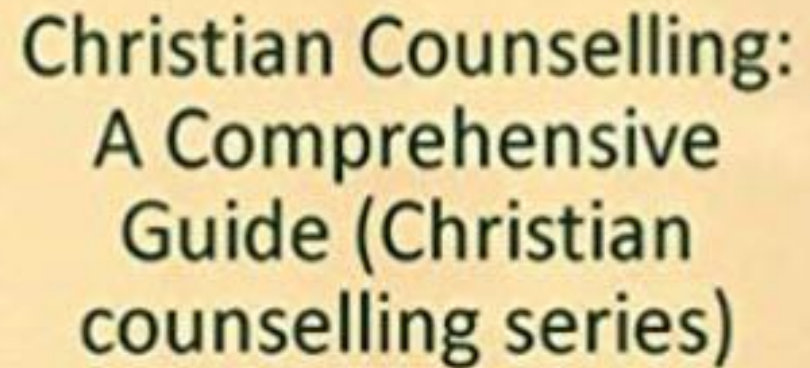
Integration of Psychology and Theology

Christian counselling industry is based on an integration model that incorporates the theories of secular psychology with biblical truth



Christian Counselling in the UK

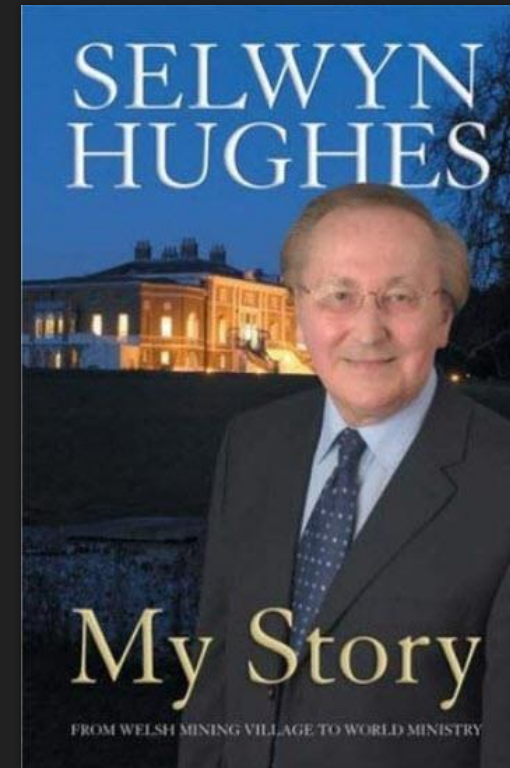
Christian counselling in the UK is a new form of ministry that has developed over the second half of the 20th Century and is having an enormous impact on the Church



Christian Counselling:
A Comprehensive
Guide (Christian
counselling series)

Christian Counselling in UK

Pastor Selwyn Hughes, founder of the Crusade for World Revival (CWR), in partnership with the London School of Theology, played a pioneering role in developing the Christian Counselling Movement in the UK



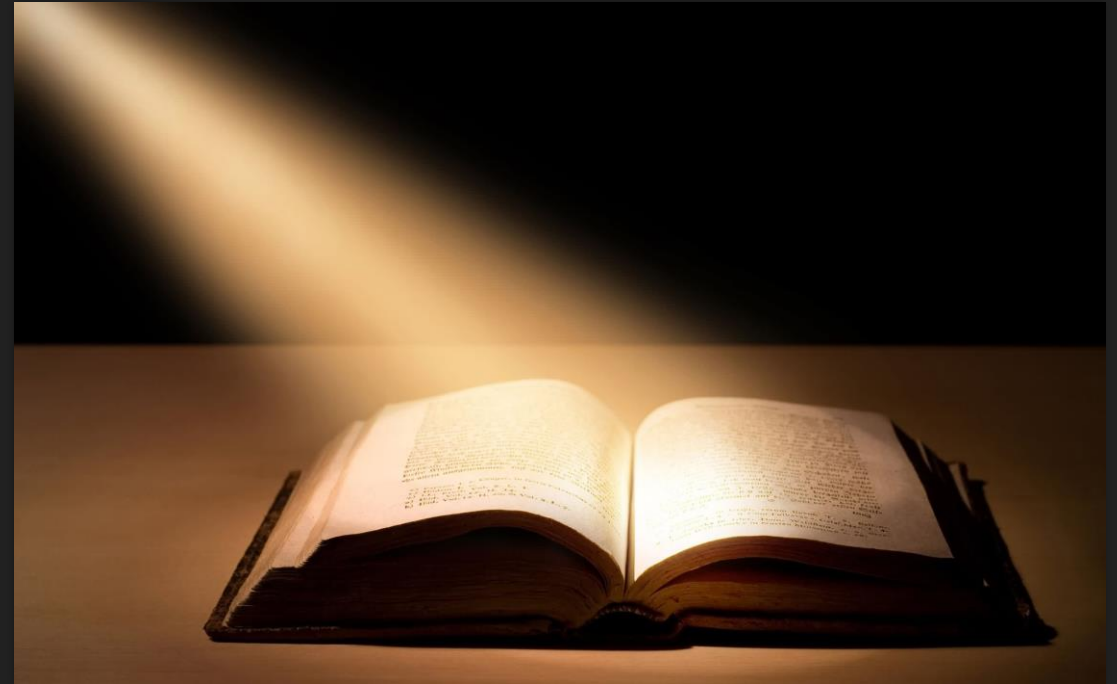
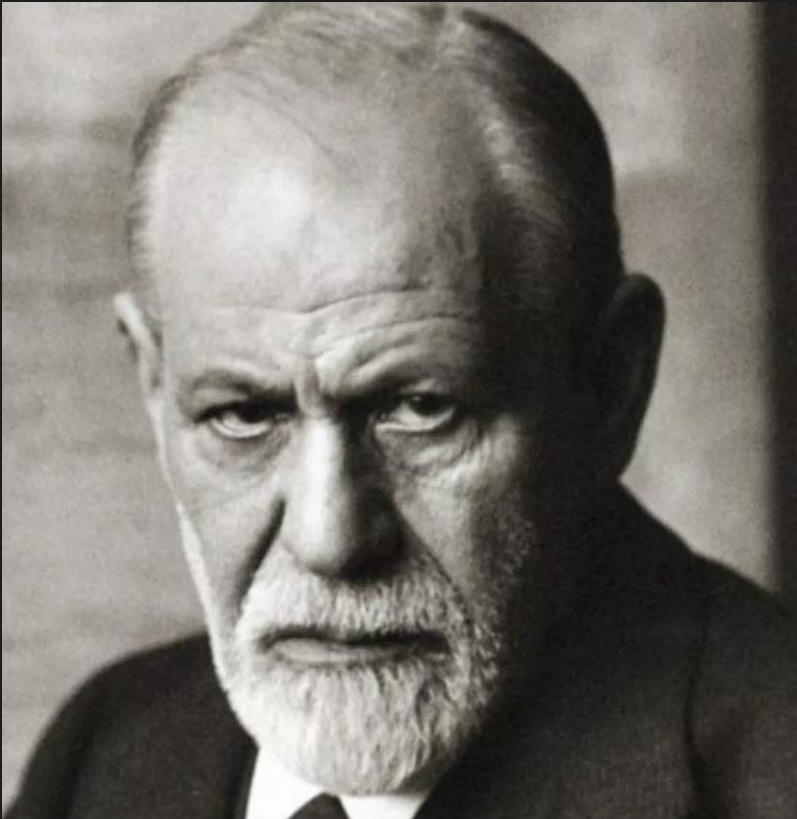
Association of Christian Counsellors (ACC)

Christian Counselling in the UK, and in most countries in the West, is now a highly organized industry and there is hardly a church that has not been touched in some way

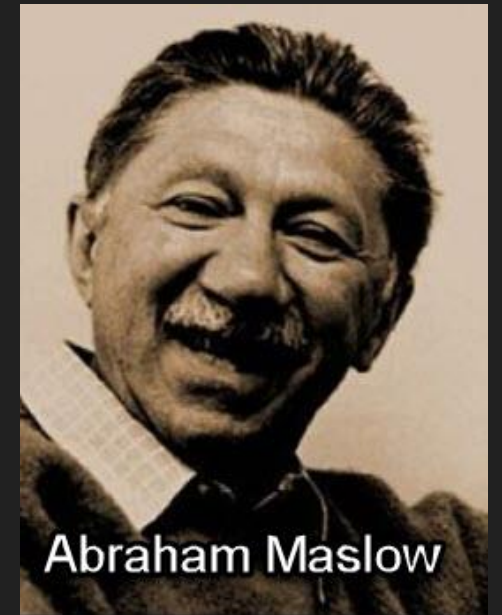
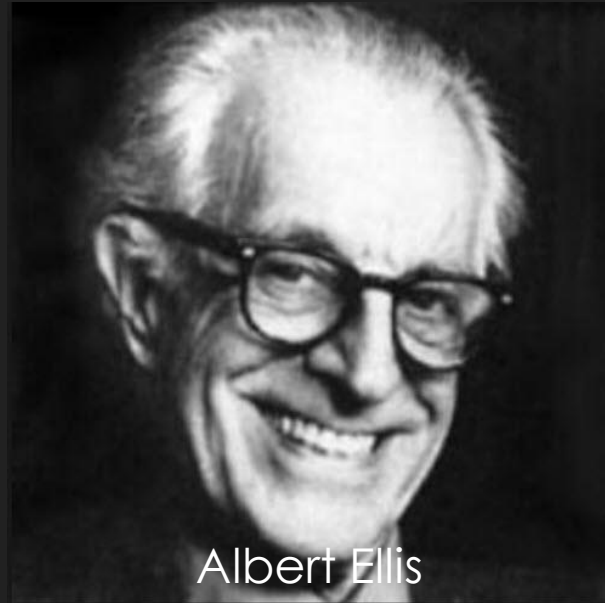
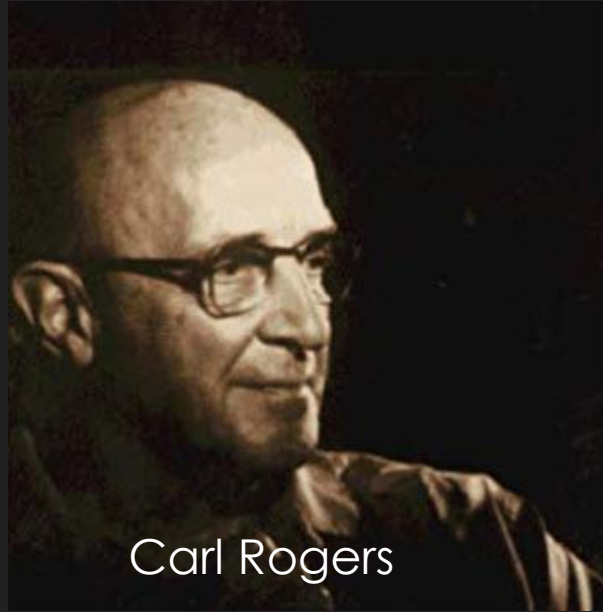
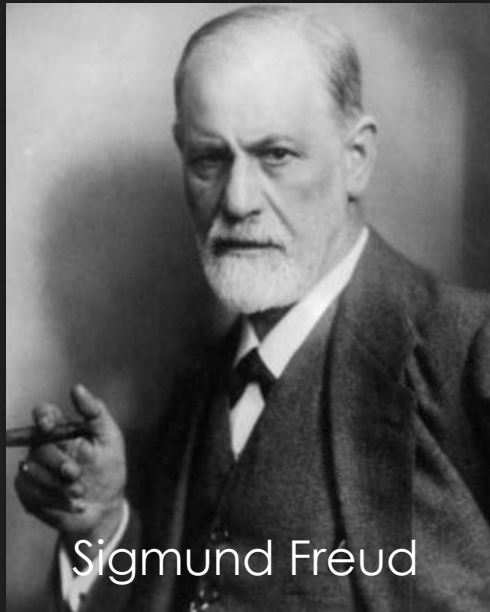


The screenshot shows the top section of the ACC website. On the left is the ACC logo (Association of Christian Counsellors) and the Professional Standards Authority logo (accredited register). To the right is the tagline: "To facilitate provision by Christians of quality counselling and pastoral care". Below this is a navigation menu with five items: "Find a Counsellor", "Become a Counsellor", "ACC Membership", "The ACC Accredited Register", and "Professional". Below the navigation menu is a large image of two people silhouetted against a bright sky, one helping the other climb a rock. Below the image is the text "Counselling Training Courses" and a link: "We have a list of organisations that offer Christian Counselling Training [click here](#)".

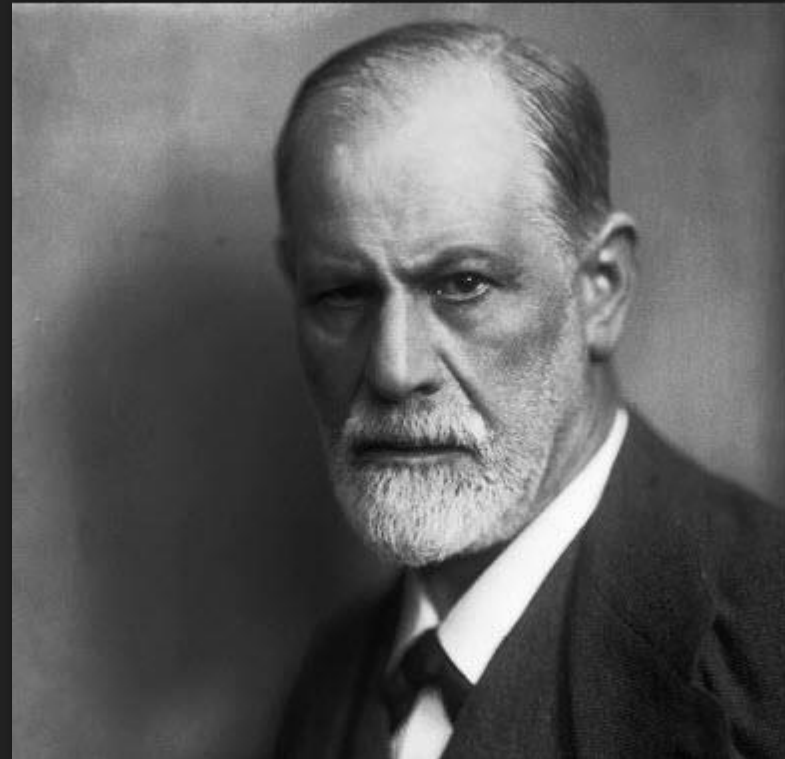
Does the Church benefit from integrating Psychology and Scripture?

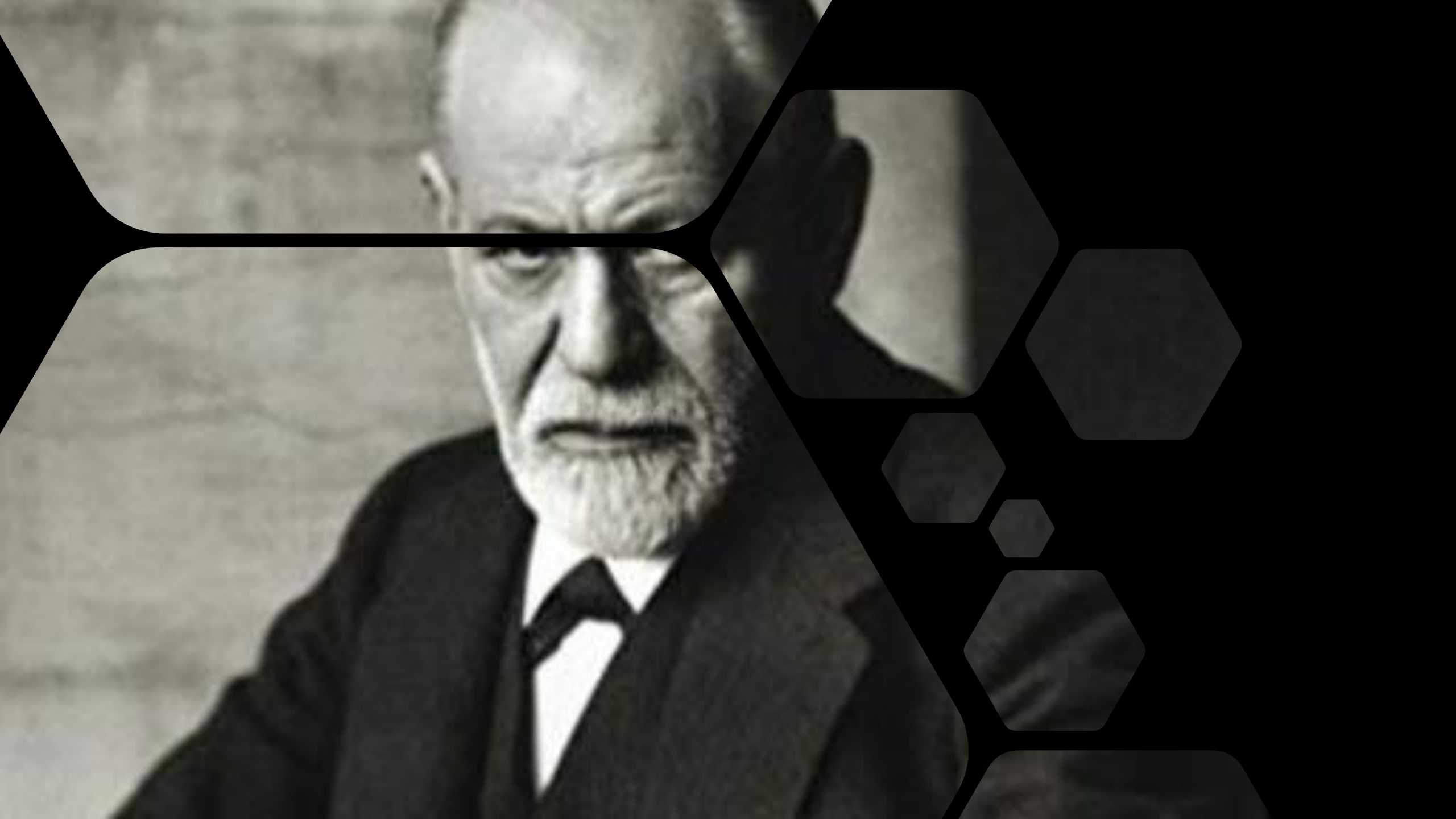


Giants of Psychotherapy



Sigmund Freud (1856–1939)





Sigmund Freud

- Established the worldwide psychotherapy movement to promote his theories
- Claimed to have discovered the unconscious mind
- Developed a passion for pagan idols
- A covert hatred of the Christian Church
- Taught that the libido is part of the id, and the driving force of all behaviour
- Promoted the sexualization of children; developed the theory of the Oedipus Complex and encouraged sexual perversion

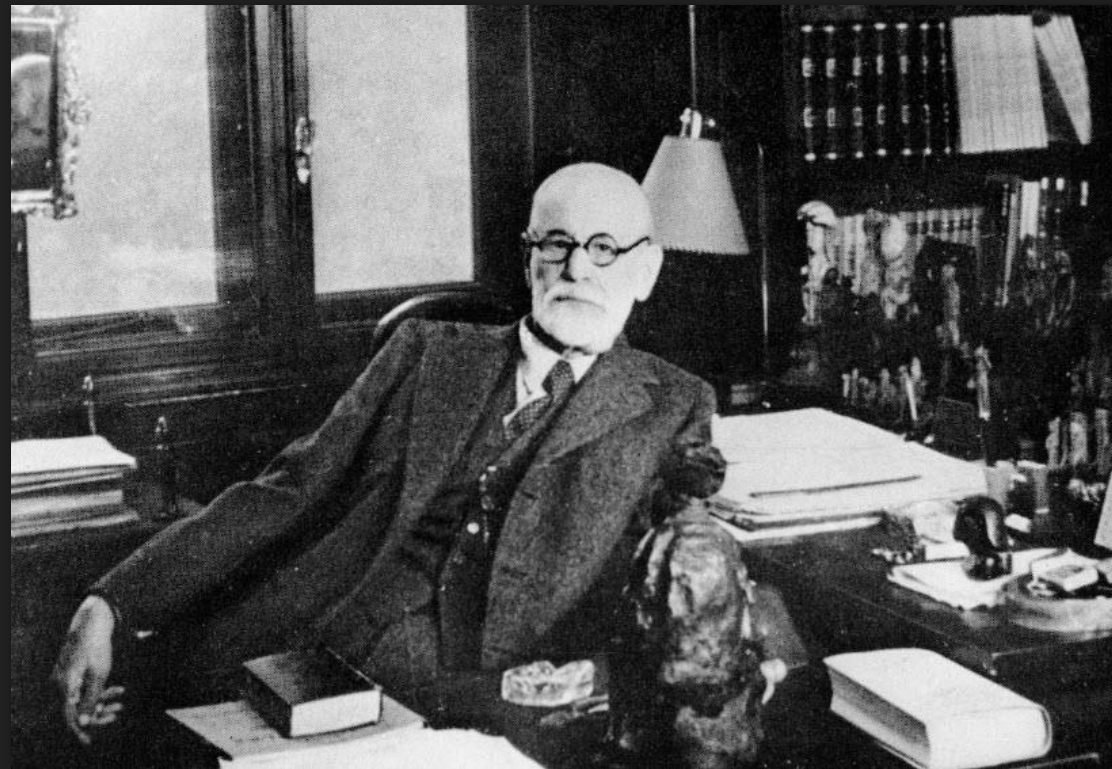
Freud's Friends



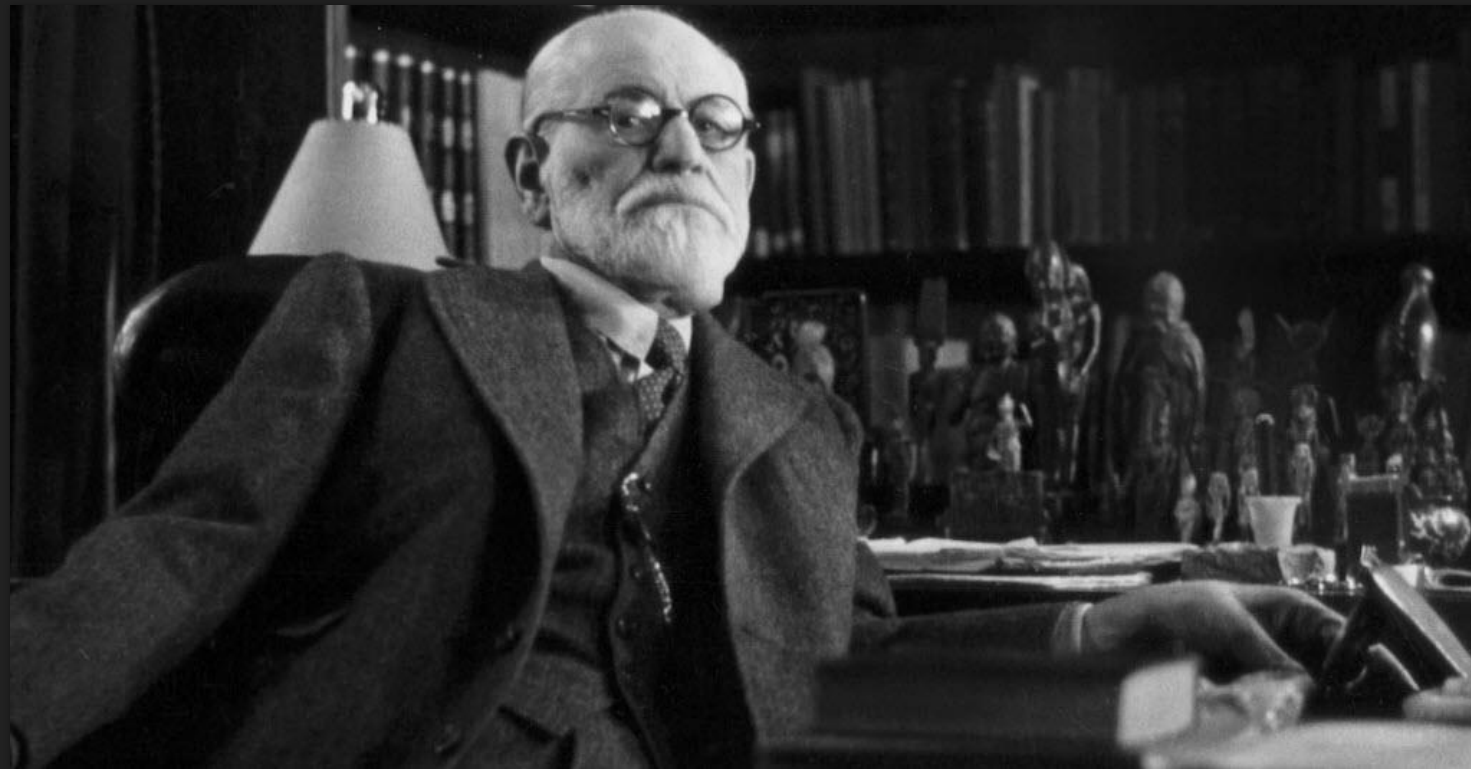
Freud's love of pagan idols



Freud's idols

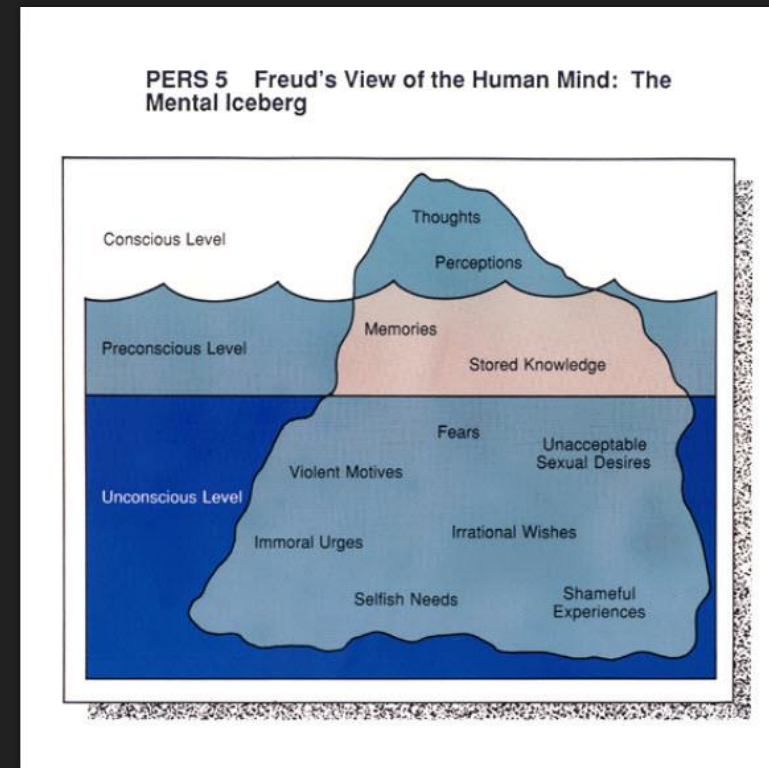


Freud's idols



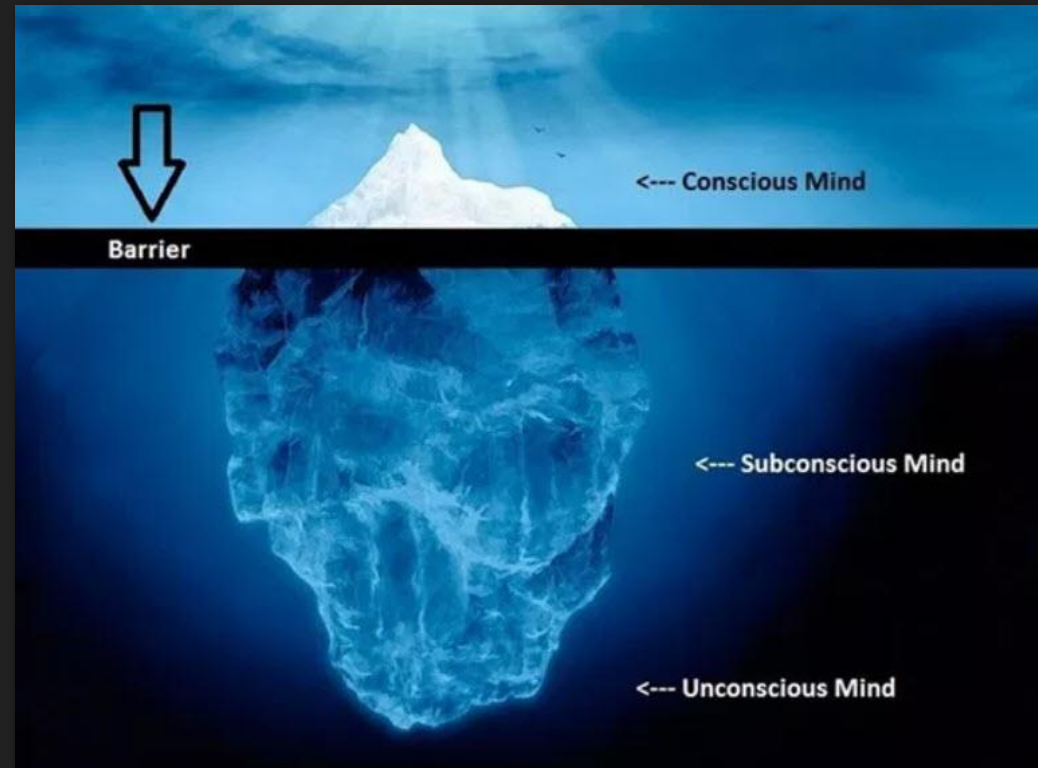
Freud's Unconscious Mind

Freud's great contribution to psychological theory is his invention of the unconscious mind, which he claimed, to a large degree, controls human behaviour



Freud's Unconscious Mind

Freud claimed that psychotherapy gave him the ability to delve into the hidden depths of the unconscious mind

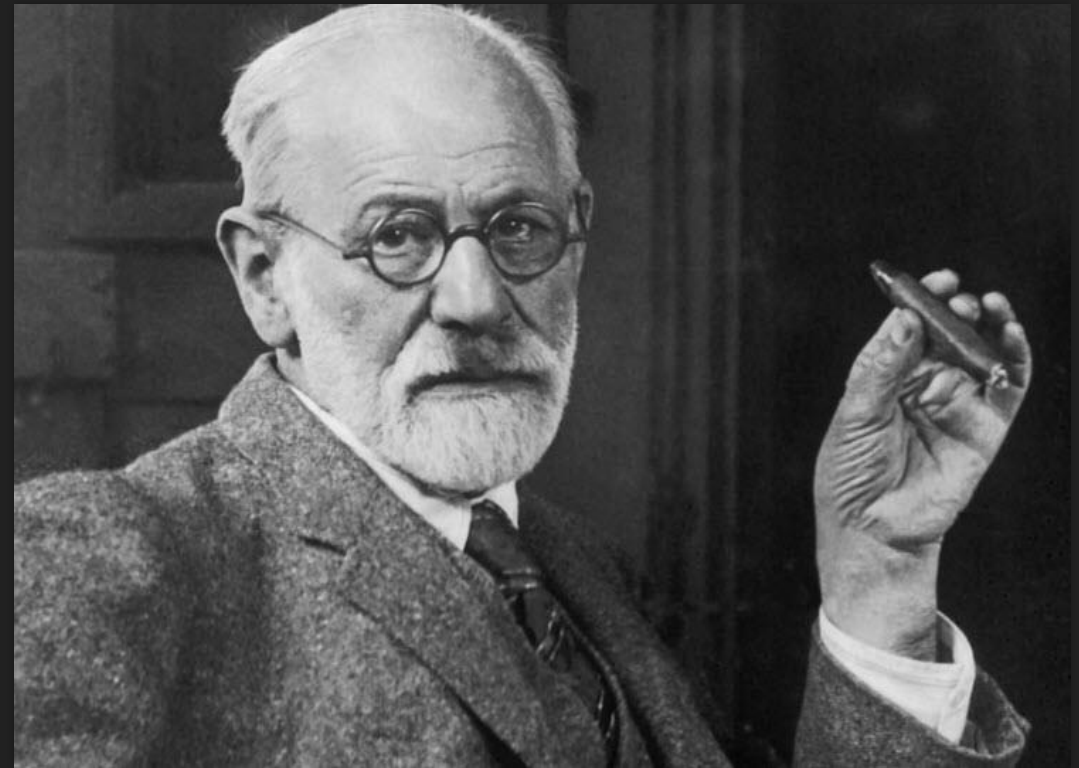


Uncovering the Unconscious mind

Freud claimed that certain counselling techniques, such as free association, hypnosis, the interpretation of dreams, recollection of memories, helped a psychotherapist uncover and analyse the unconscious mind

Theory of the unconscious mind

Freud's theory of the unconscious is extremely subtle, for it places enormous power in the hands of the therapist, for only the therapist has esoteric knowledge to delve into the deepest recesses of the unconscious mind and interpret its motivations

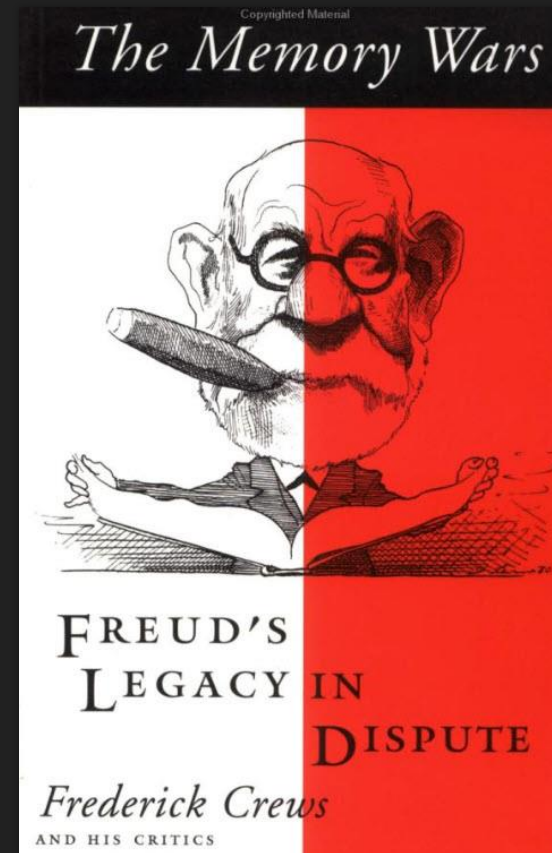


Psychoanalysis depends on the postulate of an unconscious mind, and without it, the whole edifice collapses.

Yet it can never be proved or disproved and does not even qualify as a scientific hypothesis. Its contribution to understanding the human condition is zero

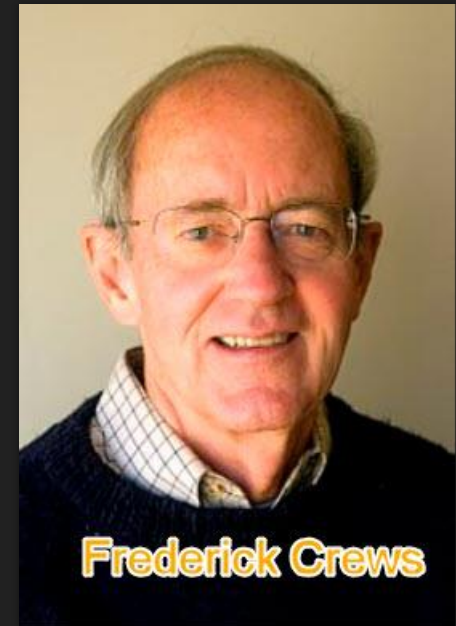
Freud's psychotherapy challenged

In *The Memory Wars* (1995) Professor Frederick Crews convincingly dismantles the entire Freudian enterprise, from beginning to end



Crew's Critique of Freud

Freud's dynamic unconscious turns out to be 'a morass of contradictions'. Crews concludes that Freud 'has been the most overrated figure in the entire history of science and medicine—one who wrought immense harm through the propagation of false aetiologies, mistaken diagnoses, and fruitless lines of inquiry'.

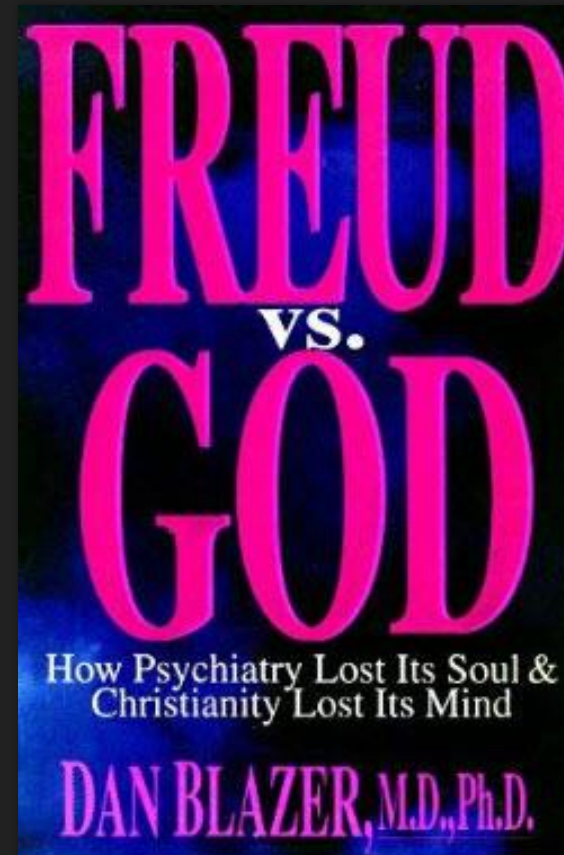


What is not widely known is that
Sigmund Freud had a deep interest in
the occult

“Do you not know that I am the Devil? All my life I have had to play the Devil, in order that others would be able to build the most beautiful cathedrals with the materials that I produced” – Sigmund Freud

Freud's hatred of Christianity

An important driving force behind Freud's development of psychotherapy was an intense hatred of the Christian faith. This produced an inner conviction which became the dominant, but covert, aim of his life



Oedipus Complex



The Oedipus Complex

- Occurs in phallic stage of psychosexual development
- Feelings of desire for opposite-sex parent
- Competition with same-sex parent



SON



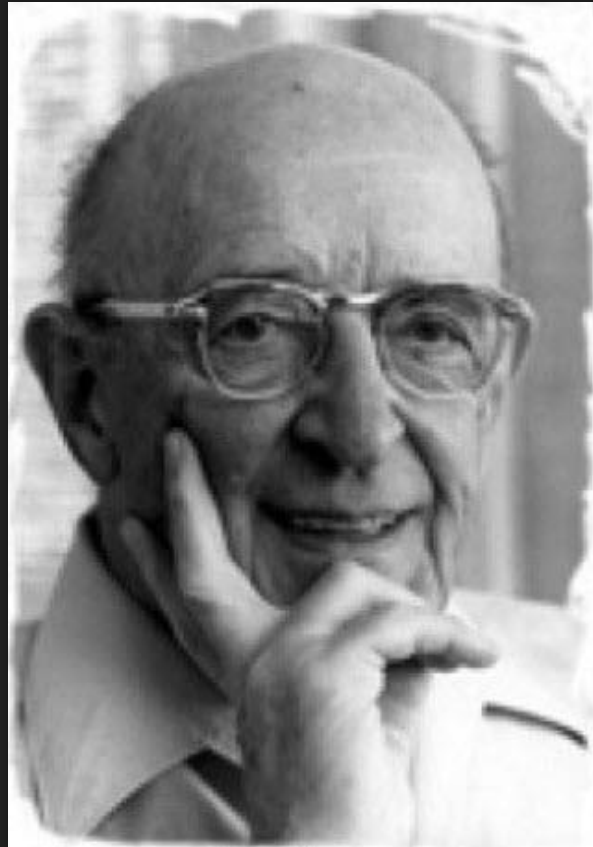
MOM

The term
'Oedipus complex'
was coined by
Sigmund Freud in
the psychoanalytic
theory.

The Christian counselling movement, that freely uses the technique of psychoanalysis, is asking us to accept that Freud's theory of the unconscious is founded on psychological 'truth'!

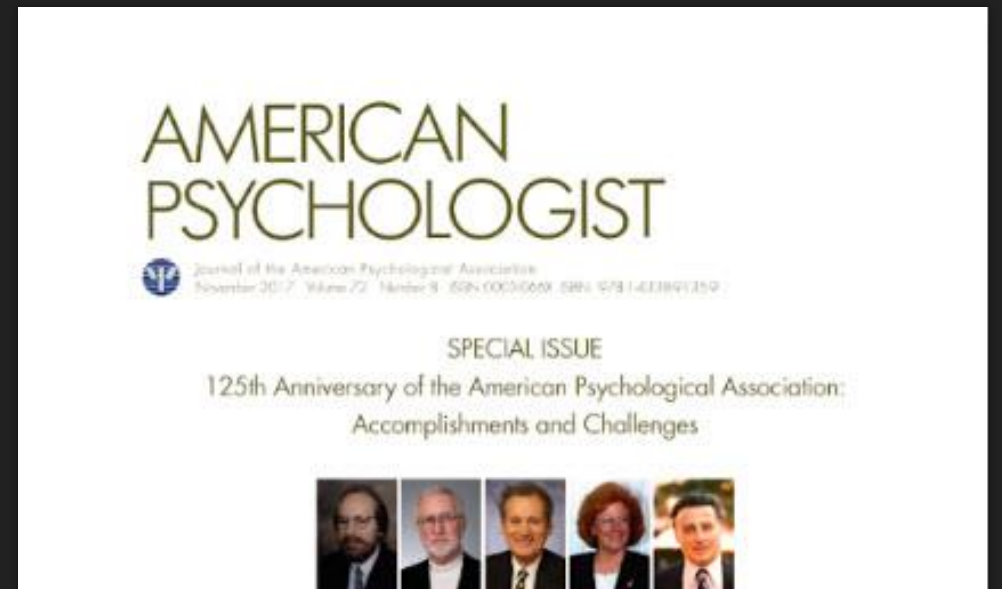
Carl Rogers (1902-1987)

The man who believed in himself



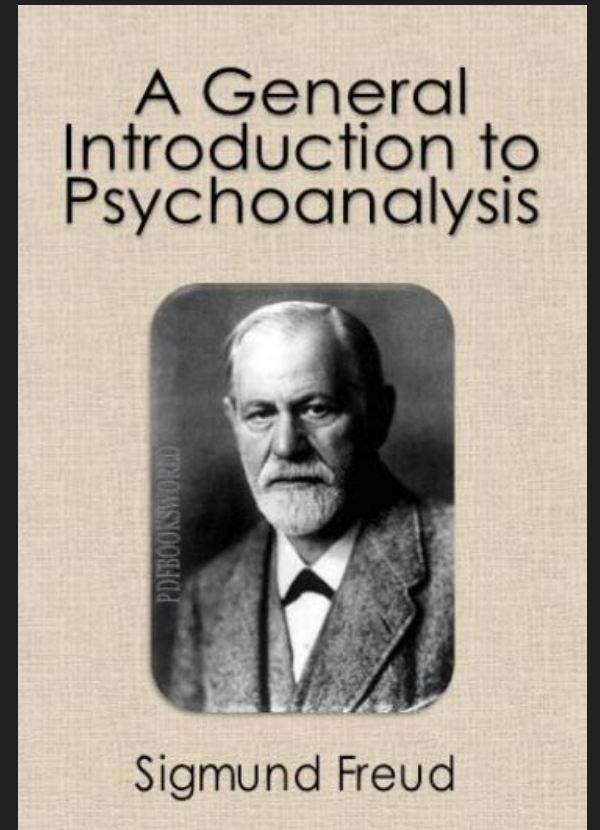
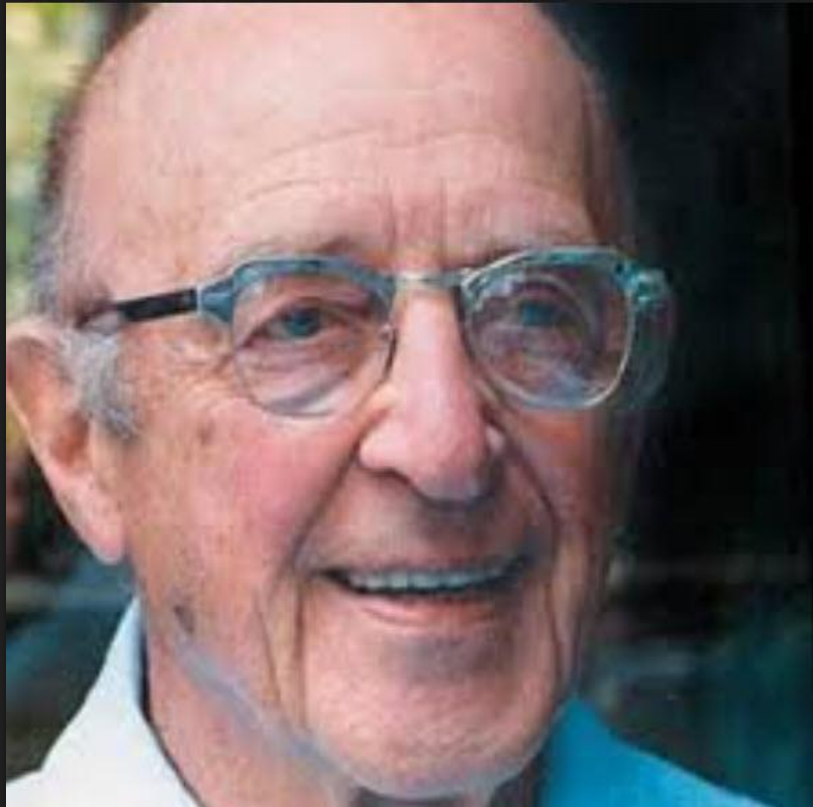
American Psychologist

An article in the *American Psychologist* in 1982 ranked the ten most influential psychotherapists in history. Carl Rogers was first, followed by Albert Ellis and Sigmund Freud



Most influential psychologists in history

1) Carl Rogers; 2) Albert Ellis; 3) Sigmund Freud



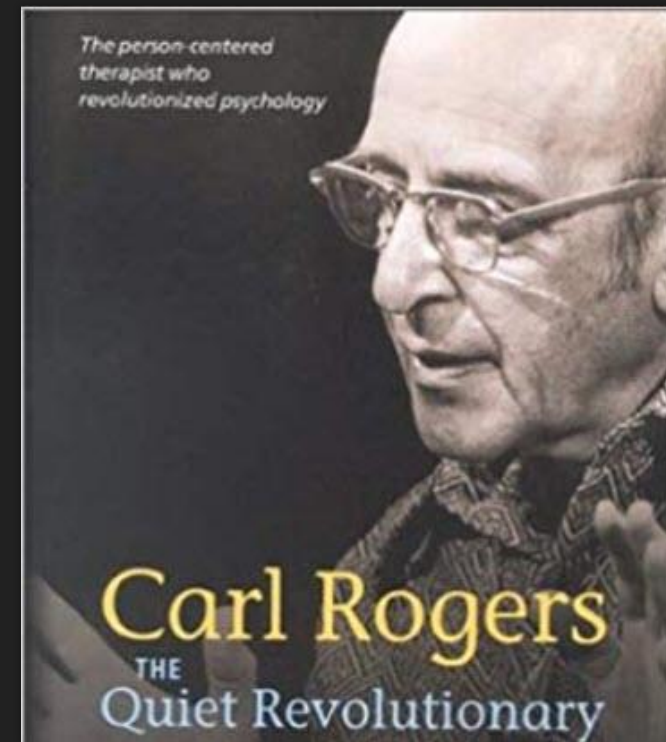
Carl Rogers

- Rejected the Christian faith as a young man
- Believed people are basically good
- Developed a client-centred, non-directive, non-judgement approach to counselling
- Focussed on feelings. If it feels right it probably is
- Highest moral authority – his own experience
- Humanist of the Year in 1964
- Founded human potential psychology with Abraham Maslow

Roger's morality

Rogers asserted that his own experience is the highest moral authority.

He wrote: 'Neither the Bible nor the prophets – neither Freud nor research – neither the revelations of God nor man – can take precedence over my own direct experience.'



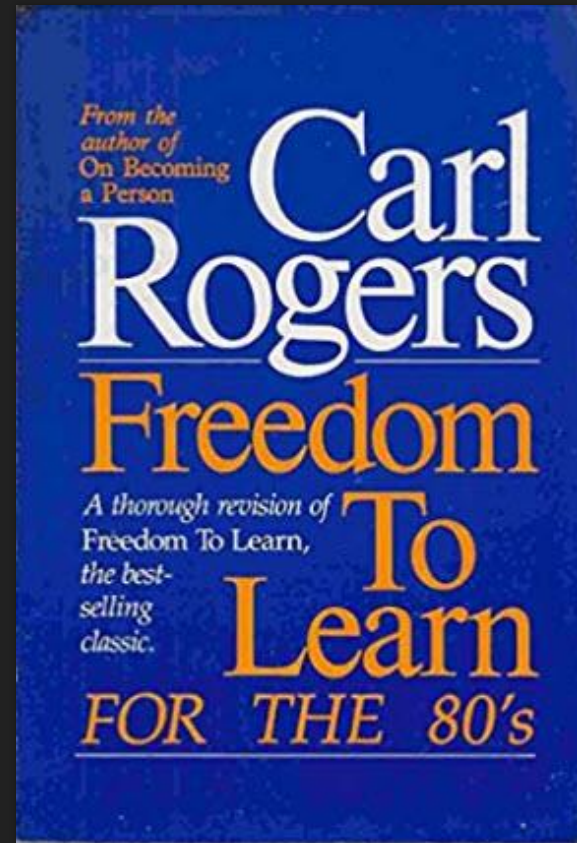
Roger's moral relativism

Rogers promoted moral relativism. He believed that each person is free to decide their own moral standards—there is no place for the moral absolutes of God's law



Impact on moral education of children

Rogers' non-directive, non-judgmental moral relativism has had a large impact in the school classroom and in the abortion counselling office



The consequences of Rogers' non-judgmental moral relativism have been catastrophic for the moral education of children, for they are no longer able to tell right from wrong

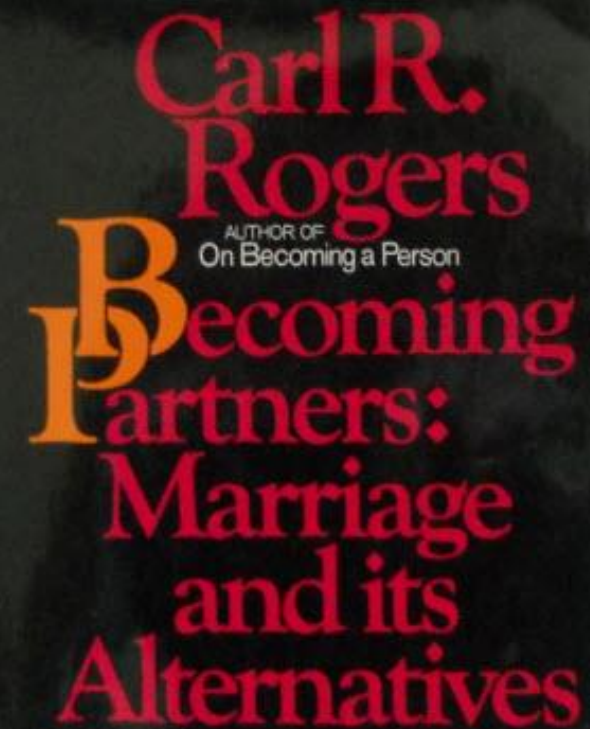
Pro-choice abortion counselling

Virtually all abortion counselling services in the Western World, both secular and Christian, follow Rogers' non-directive, non-judgemental approach



Alternatives to Marriage

Rogers saw marriage as a failing, oppressive and outdated institution. He taught that adultery was an enriching experience, as long as both husband and wife agreed to it



Carl R.
Rogers
AUTHOR OF
On Becoming a Person
Becoming
Partners:
Marriage
and its
Alternatives

Positive Self-regard

Rogers' central idea was the glorification of self. He promoted self-esteem as essential to psychological health



Rogers and Necromancy

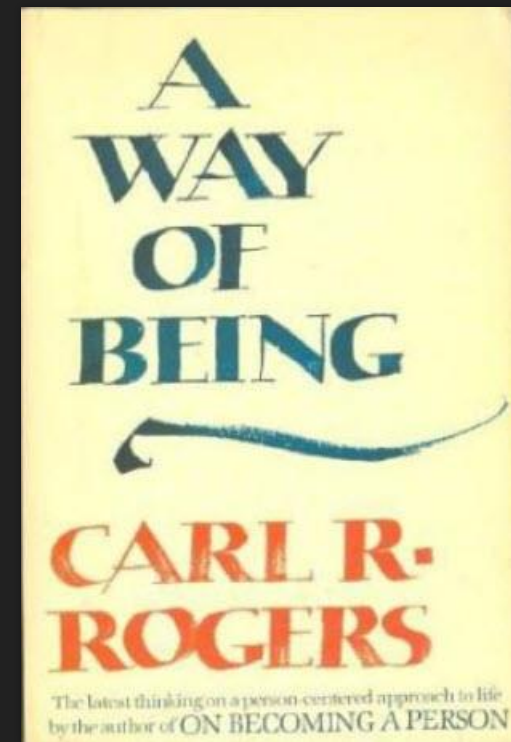
Rogers and his wife Helen, shortly before her death, attended a séance in which, with the help of a medium, they spoke with her deceased sister.



Carl and Helen Rogers, 1973

Rogers and Necromancy

In *A Way of Being* (1980), Rogers wrote:
'Yet, upon invitation, my wife and I visited a thoroughly honest medium, who would take no money. There, Helen experienced, and I observed, a 'contact' with her deceased sister'



Without God, without hope

Rogers' humanist worldview proved so inadequate that at the end of his life he turned to the occult for comfort. It seems he felt unable to deal with death and the judgment to come.



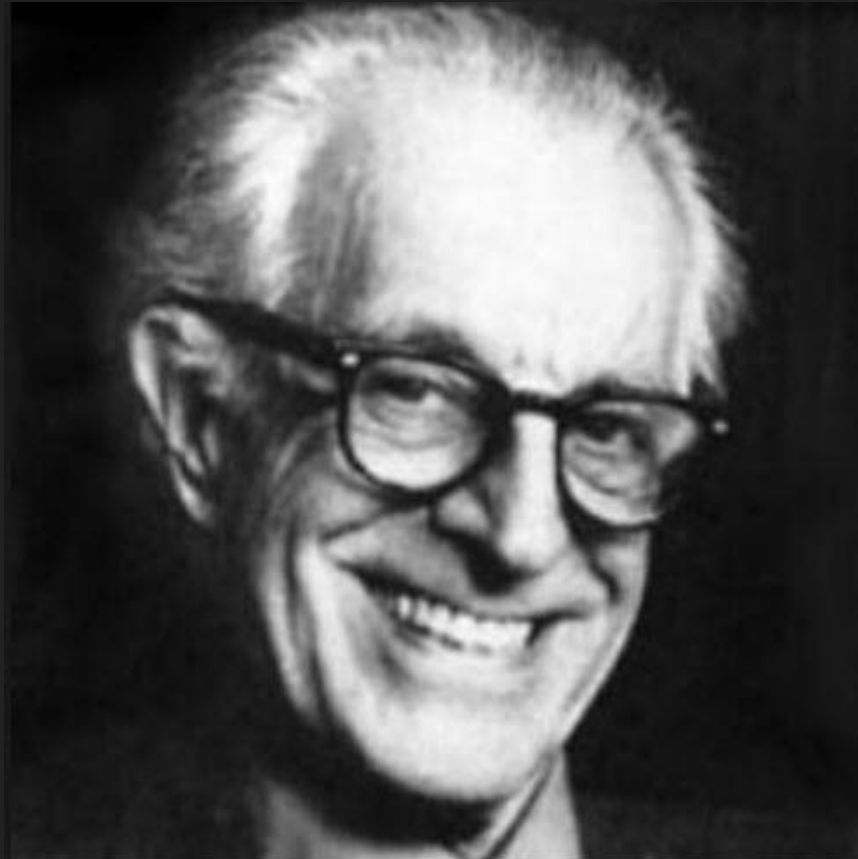
A Way that seems right to man

In the ultimate analysis, Carl Rogers, according to Scripture, was a fool, for he did not realize that the 'way that seems right to man' is the way that ends in death (Proverbs 14:12)



Albert Ellis (1913-2007)

devoted atheist and unabashed hedonist



Albert Ellis

- Second most influential psychotherapist in history
- Developed Rational Emotive Behaviour Therapy (REBT), and is grandfather of Cognitive Behavioural Therapy (CBT)
- Founded the Albert Ellis Institute to promote REBT
- Humanist of the Year in 1971
- Known for his use of foul language
- He despised the Christian Faith

Belief in God is irrational

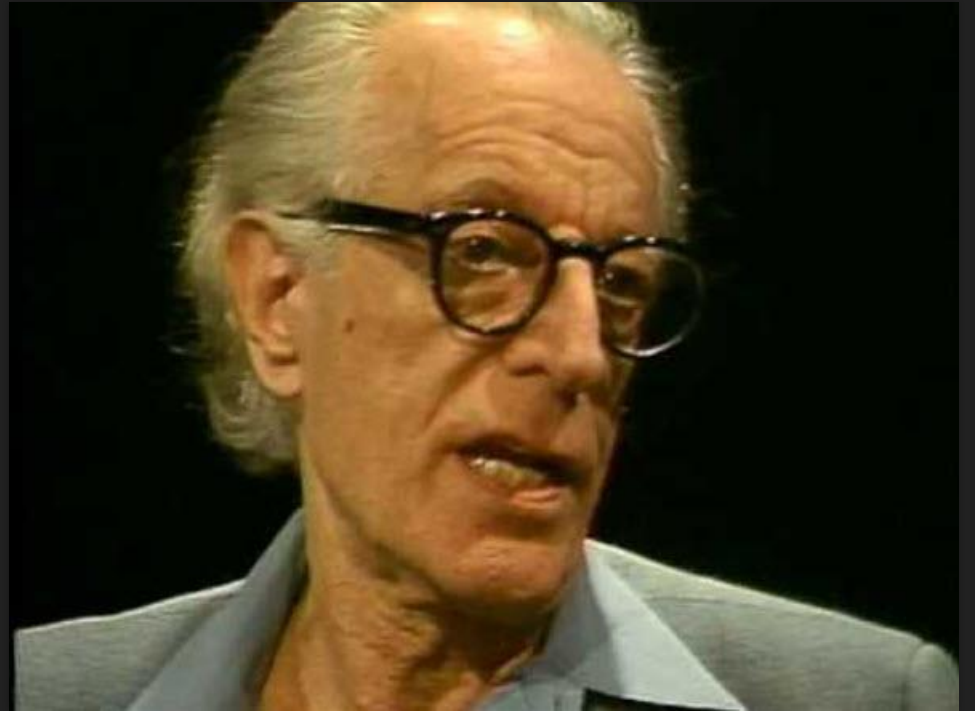
In Ellis' mind, belief in the God of the Bible is irrational, and therefore true believers 'are distinctly disturbed, since they are obviously rigid, fanatic and dependent individuals'

The logo for The Albert Ellis Institute. It features the words "THE Albert Ellis" in a serif font, with "Albert" and "Ellis" in red and "THE" in black. Below this, the word "INSTITUTE" is written in a larger, black, all-caps serif font.

THE Albert Ellis
INSTITUTE

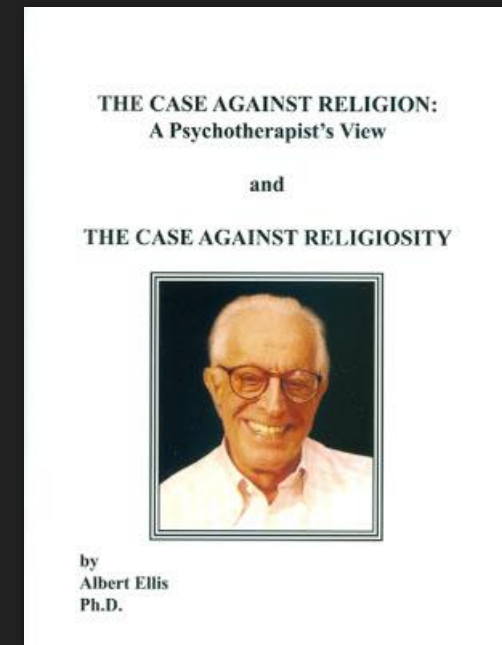
Supernatural nonsense

Ellis had the effrontery to suggest that a true faith in Christ is a form of mental illness. He regarded all religion as mere 'supernatural nonsense'



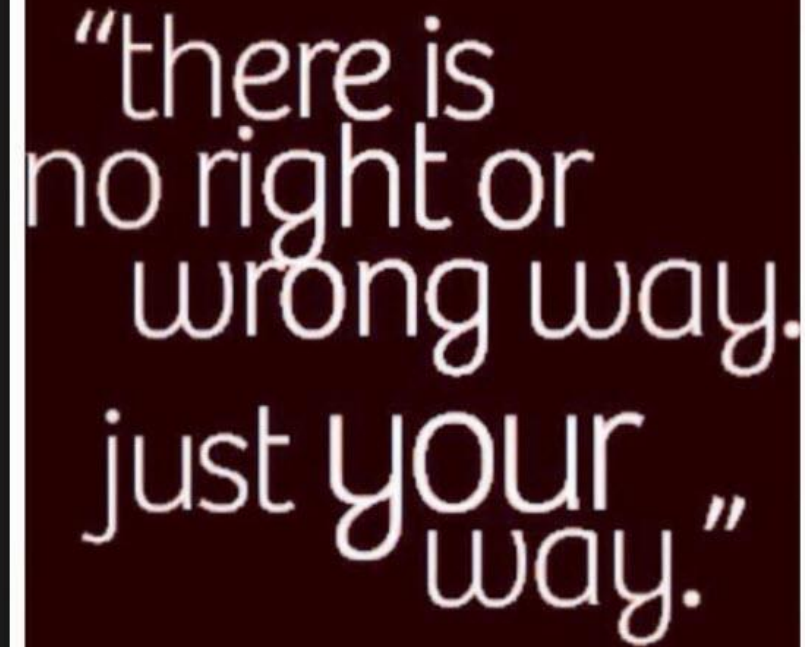
Hatred of true Christianity

In *The Case against Religion*, Ellis argues that 'if religion is defined as man's dependence on a power above and beyond the human, then, as a psychotherapist, I find it to be exceptionally pernicious.'



No absolute truth

At the centre of Ellis' thinking is the rejection of absolute truth and absolute moral standards. Ellis had a strong aversion to the concept of absolute right and wrong. He despises committed Christians who live by the teachings of Scripture

A quote by Albert Ellis, presented in white text on a dark red background. The quote reads: "there is no right or wrong way. just your way." The text is arranged in four lines, with the first line being "there is", the second "no right or", the third "wrong way.", and the fourth "just your way." The word "way." is positioned below "your" in the fourth line.

"there is
no right or
wrong way.
just your
way."

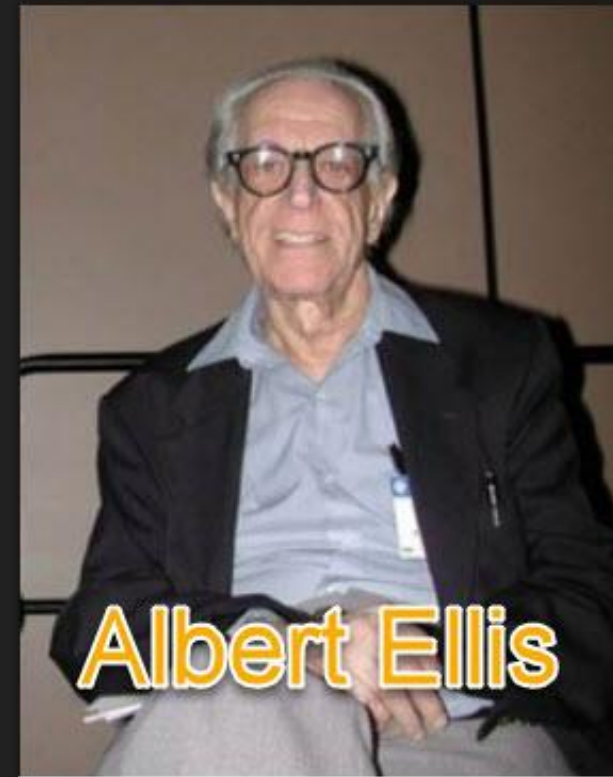
Ellis opposed absolute moral laws

- The counselling system developed by Albert Ellis is aggressively against the God of the Bible.
- The basic presupposition is that God's absolute moral law is the cause of mankind's emotional problems.



A very difficult man

At the end of his life, the trustees of Albert Ellis Institute removed an unhappy Ellis from his professional duties, and from the board of his own Institute. Ellis was a very difficult and opinionated man—when crossed in a board meeting he was known to erupt in obscenities





Abraham Maslow

1908-1970

The father of humanistic psychology and creator of Maslow's Hierarchy of Needs.

Abraham Maslow (1908-1970)

The man with New Age tendencies



Abraham Maslow

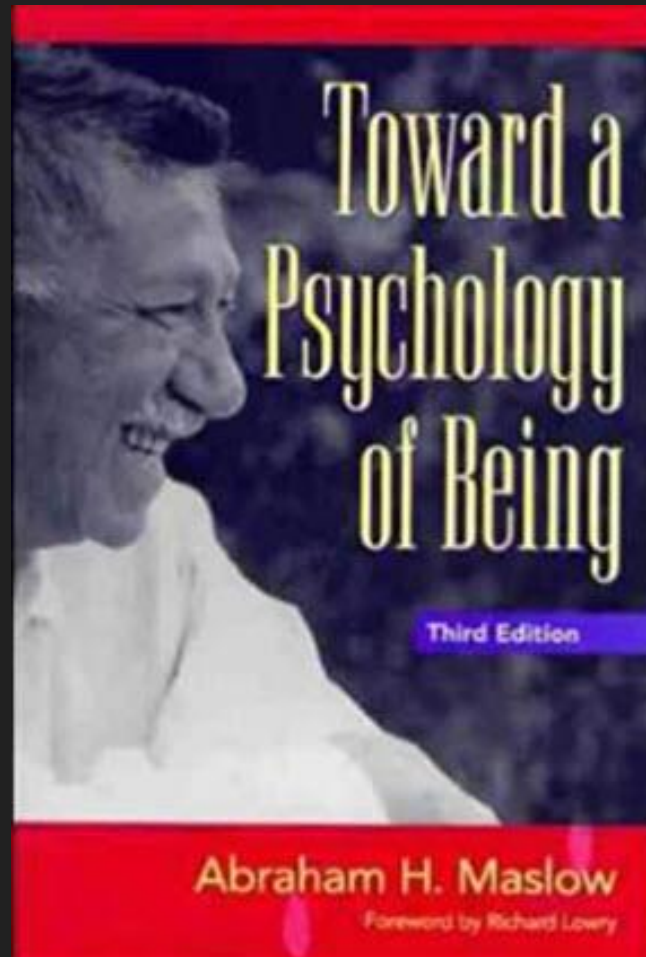
- Co-founder of human potential psychology
- Human nature is basically good
- Developed a hierarchy of needs
- Believed that people possess great inner resource for healing and inner growth
- Aimed to help humans develop their full human potential
- Self-esteem essential for human well-being
- Strongly opposed traditional Christian religion, and doctrine of original sin
- Promoted self-actualization (peak experience)

Maslow's Hierarchy



Maslow's philosophy:

Becoming more fully human



Maslow was optimistic about human nature. 'This inner nature, as much as we know of it so far, seems not to be intrinsically or primarily evil.'

Maslow's thirsty man

Maslow cultivated the idea of a thirsty man with needs that demand to be satisfied. The reason people behave badly is because they have been deprived of certain satisfactions, so it's not their fault. They are victims



Abraham Maslow

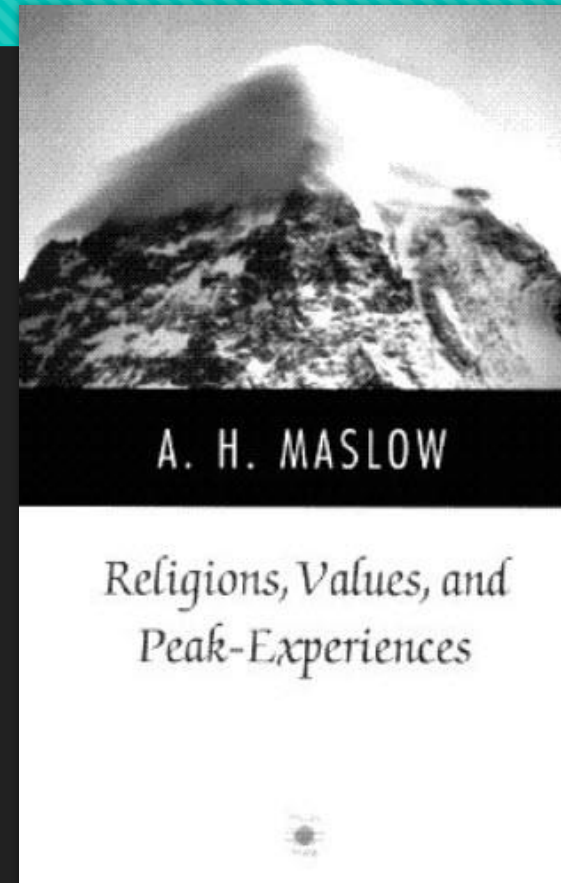
Self-esteem, a basic human need

Maslow emphasizes our need for self-esteem. High self-esteem is a basic human need—if we don't have it we become neurotic, even mentally ill



Maslow on True Religion

Openly hostile to traditional Christian Faith. In his book *Religions, Values, and Peak-Experience* (1964) he claimed that the truly religious are those who have mystical peak-experiences



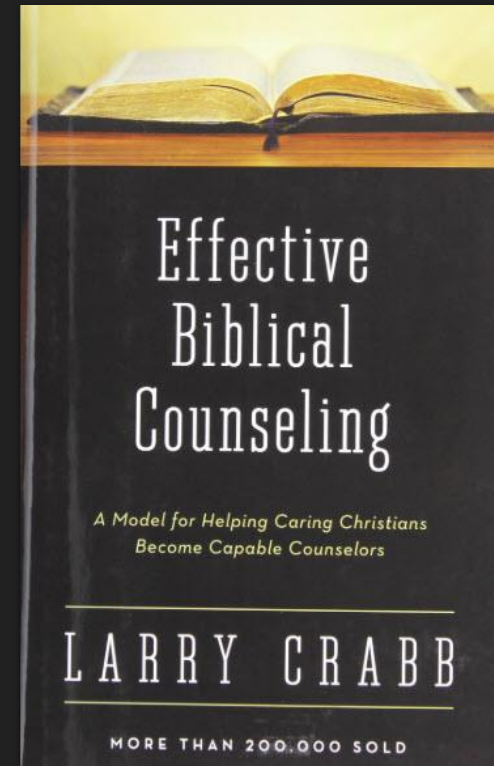
Maslow's Peak Experience

Maslow described peak experiences, where a self-actualized person has an experience that takes him out of himself, that makes him feel one with Life or Nature or a Superior Being



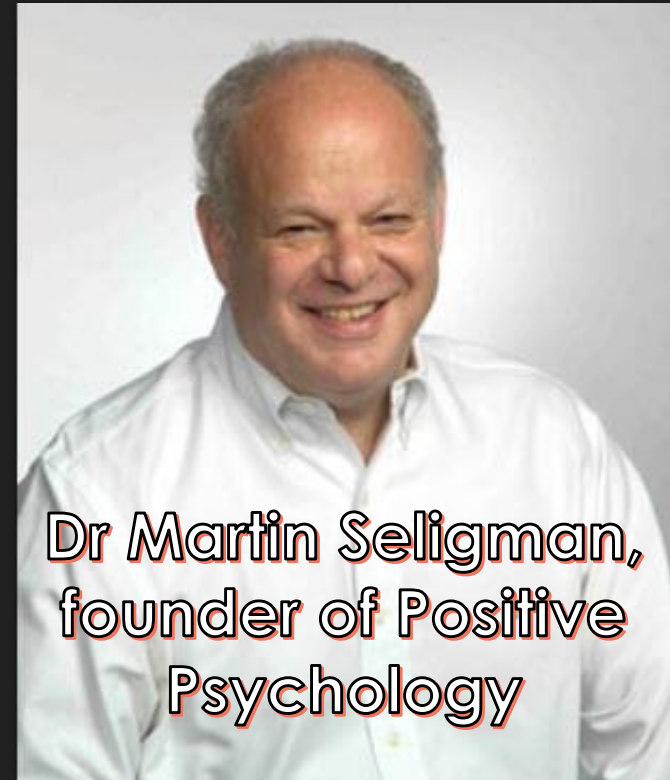
Maslow's Impact on Christian Counselling

Maslow's false psychological worldview has had a large impact on the Christian counselling movement



Positive Psychology

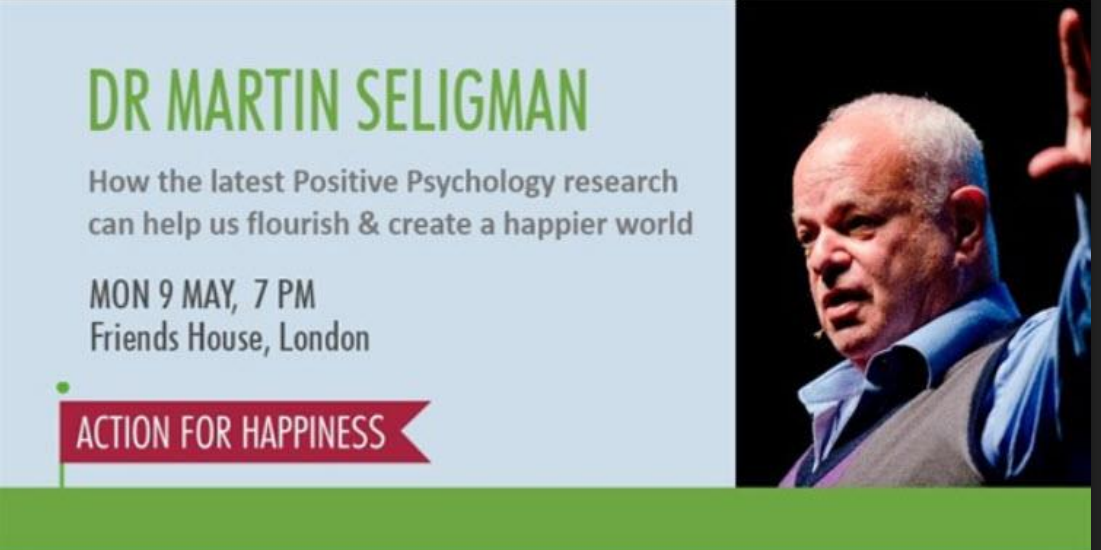
Positive psychology has come to the fore over the last two or three decades. It seeks to find the best in people and to inspire them to focus on their strengths and live out their potential



**Dr Martin Seligman,
founder of Positive
Psychology**

Positive Psychology Movement

The new positive psychology movement was launched in the late 1990s. It promises abundant life through psychological interventions, and plans to create a happier world



DR MARTIN SELIGMAN

How the latest Positive Psychology research can help us flourish & create a happier world

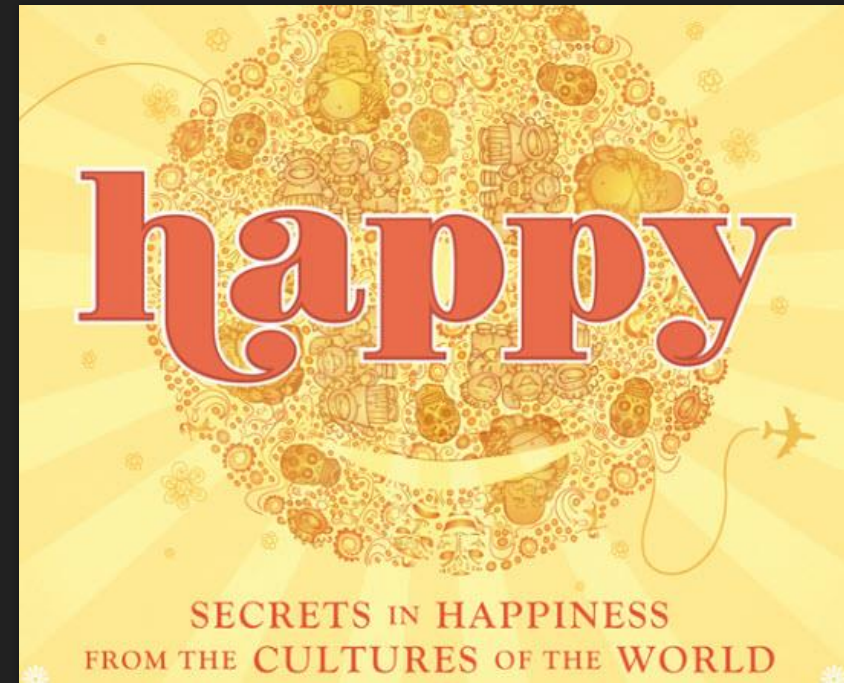
MON 9 MAY, 7 PM
Friends House, London

ACTION FOR HAPPINESS

The image shows a promotional poster for a lecture by Dr. Martin Seligman. The poster is white with a green header and footer. It features the name 'DR MARTIN SELIGMAN' in green, the title 'How the latest Positive Psychology research can help us flourish & create a happier world' in black, and the date and location 'MON 9 MAY, 7 PM Friends House, London' in black. A red banner at the bottom contains the text 'ACTION FOR HAPPINESS' in white. To the right of the text is a photograph of Dr. Seligman speaking, wearing a blue shirt and a grey vest, with his right hand raised.

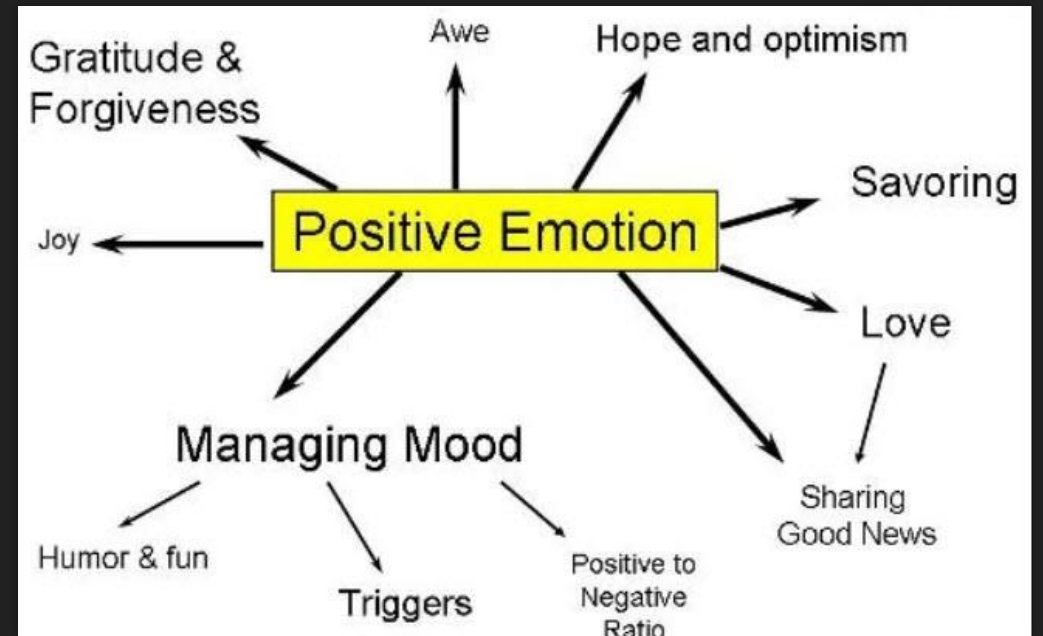
The secret of Happiness

The positive psychology movement is searching for the holy grail of the secret of happiness, which it believes can be uncovered through vigorous scientific research



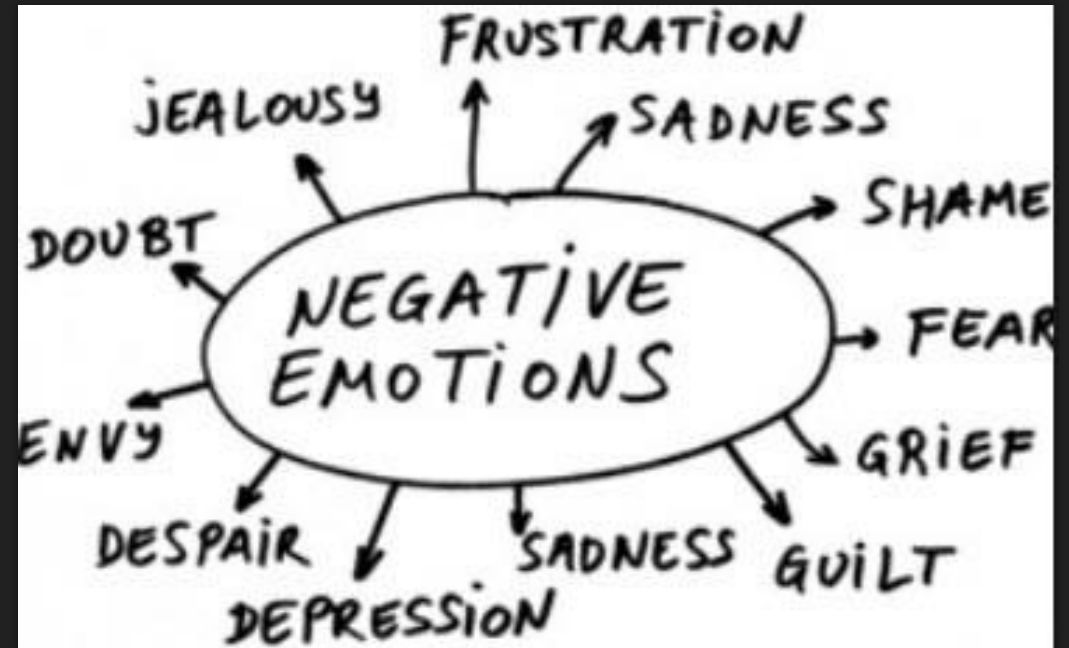
Positive emotions

Promoting positive emotions and positive thoughts are a key aspect of the new psychology. The claim is that positive emotions allow us to discover and build new skills, new knowledge, and new ways of flourishing



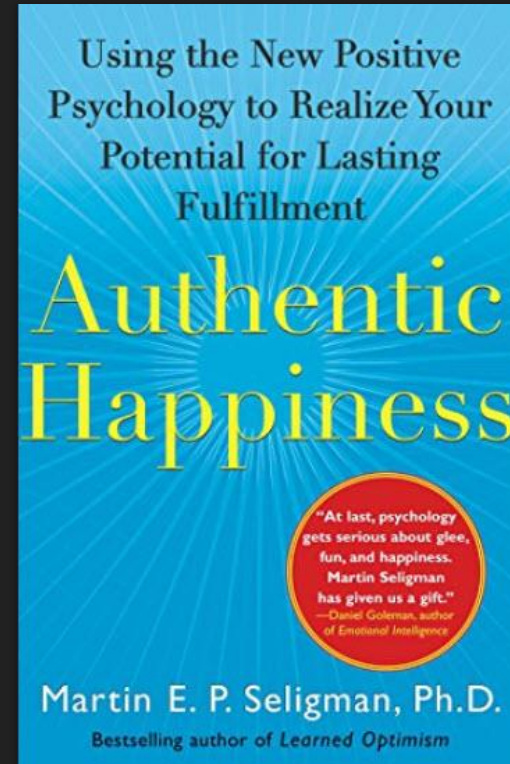
Negative emotions

Positive psychology teaches that we should reject all negative emotions, thoughts or feelings, for they are the cause of our unhappiness



Doctrine of Original Sin

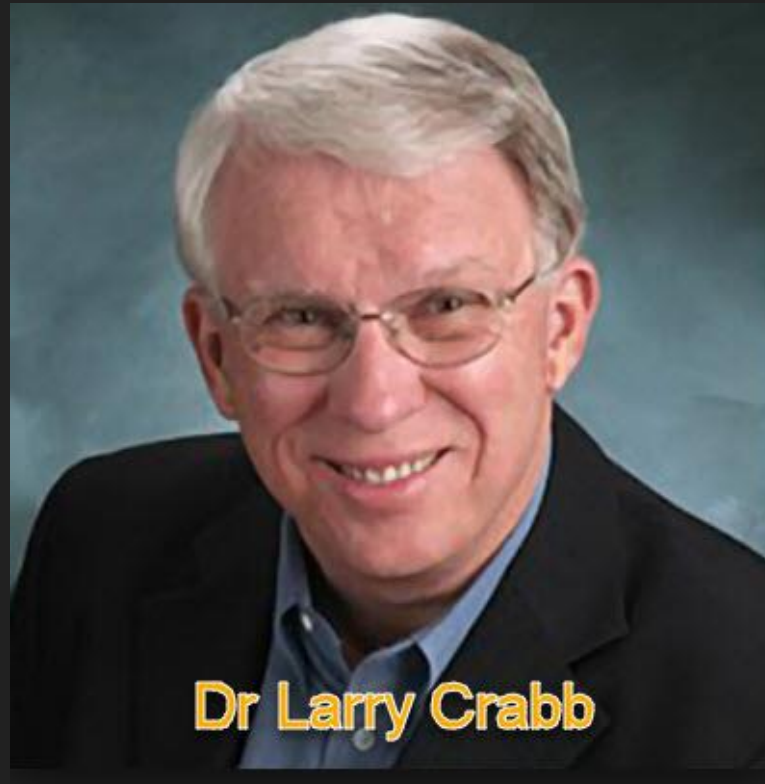
In *Authentic Happiness*, Seligman identifies a profound obstacle to our happiness, namely, the doctrine of original sin, which he refers to as the 'rotten-to-the-core' dogma. 'If there is any doctrine this book seeks to overthrow, it is this one.'



There is much common ground between Buddhism and positive psychology, for both are opposed to the most fundamental doctrines of the Christian faith

Dr Larry Crabb (born 1944)

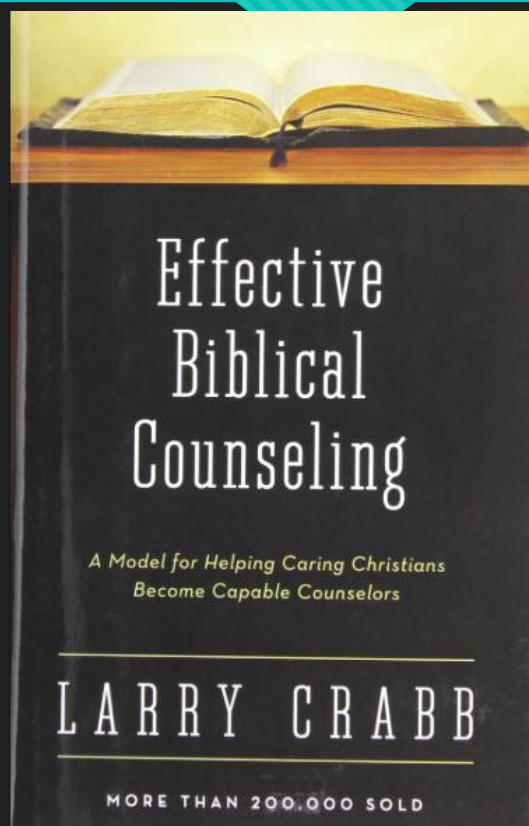
The intellectual power House of Christian counselling



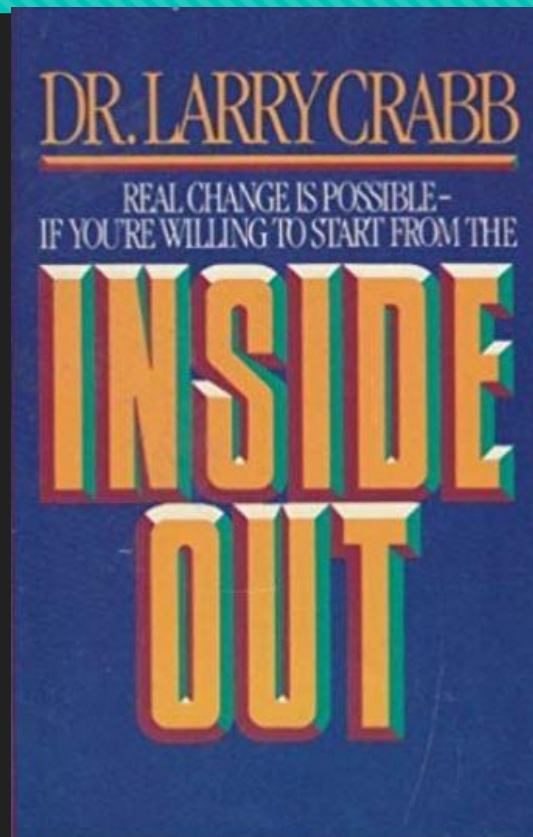
Larry Crabb

- Published over 20 books
- Spiritual Director for the American Association of Christian Counselors
- Integrates Scripture and psychological theories
- Christians need to reach the stage of Self-actualization (Maslow)
- Promotes Freud's theory of the unconscious. 'Think of yourself as an Iceberg'
- New birth is not enough to deal with sin below the waterline
- Presents a false view of God – 'a person energy'; 'a Final Person'

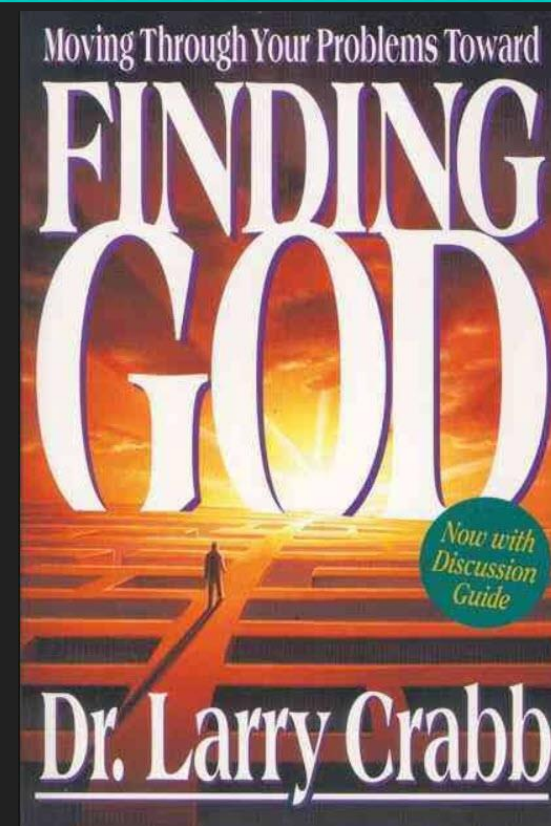
Crabb's Books



1977



1988



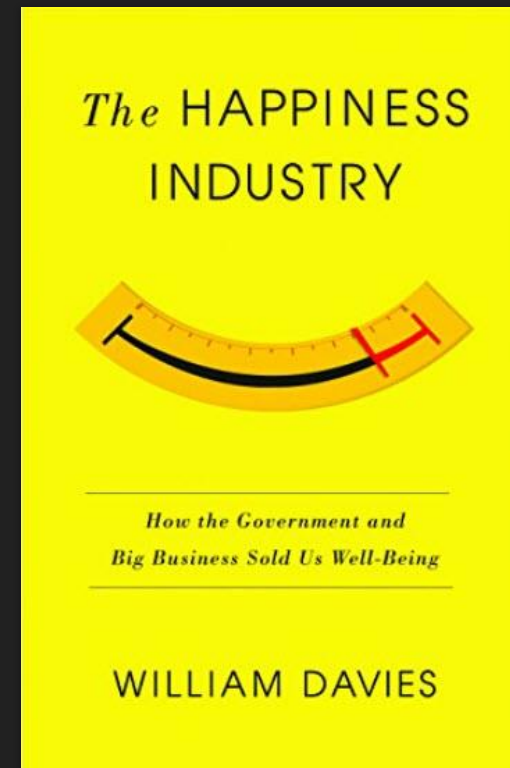
1993

Self-esteem

Self-esteem dogma is a psychological construct that flows from the secular humanism of Carl Rogers and Abraham Maslow

Self-esteem industry

A massive self-esteem industry has invaded virtually every aspect of life, including the arenas of education, health, religion and commerce. It has been erected on the theoretical foundation of humanistic psychology



Californian self-esteem task force

'Self-esteem is the likeliest candidate for a social vaccine, something that empowers us to live responsibly and that inoculates us against the lures of crime, violence, substance abuse, teen pregnancy, and educational failure.

The lack of self-esteem is central to most personal and social ills plaguing our state and nation.'

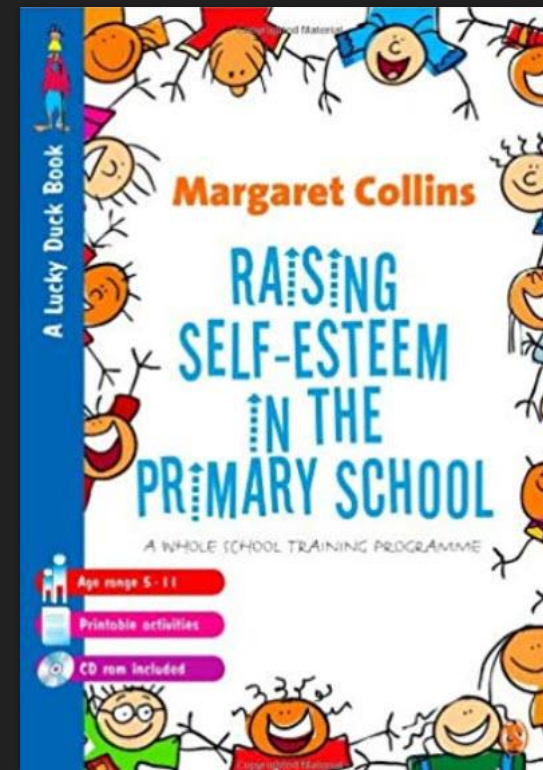
Self-harming

UK Government believes that the epidemic of self-harming among young women is caused by low self-esteem



Raising self-esteem in school

The UK Government has ploughed significant amounts of public funding into initiatives to improve self-esteem among schoolchildren





Helping Children to Build Self-Esteem

A Photocopiable Activities Book

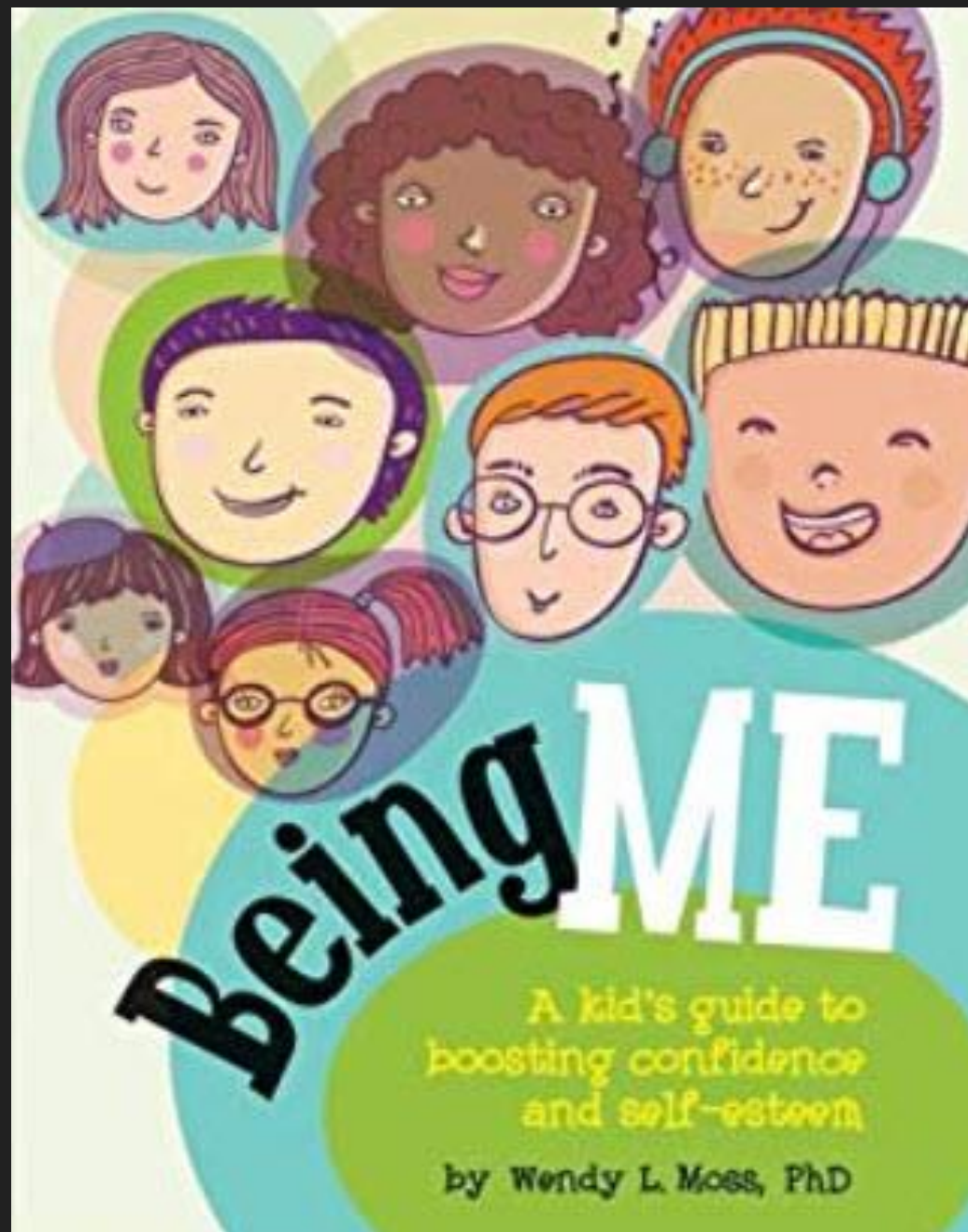
Second Edition

Deborah M. Plummer

Illustrations by Alice Harper



- Suitable for use with children aged 7–11
- Modular structure can be used for a course or to dip into
- Photocopy-friendly lay-flat spine



Being ME

A kid's guide to
boosting confidence
and self-esteem

by Wendy L. Moss, PhD

Understanding self-esteem

Secular psychologists have coined the term 'low self-esteem' to describe the feelings of shame, misery, guilt, and sadness that are the consequence of human sinfulness. Clear example of low-self esteem in Garden of Eden



Psychological understanding of low self-esteem

A psychological interpretation of the factors that cause low self-esteem



**BOOST
YOUR
SELF
ESTEEM**



Enhancing self-esteem

To enhance self-esteem, we must reject negative thoughts and cultivate positive thoughts. This is difficult because our inner voice reminds us of the strict rules (God's Word) that make us feel guilty



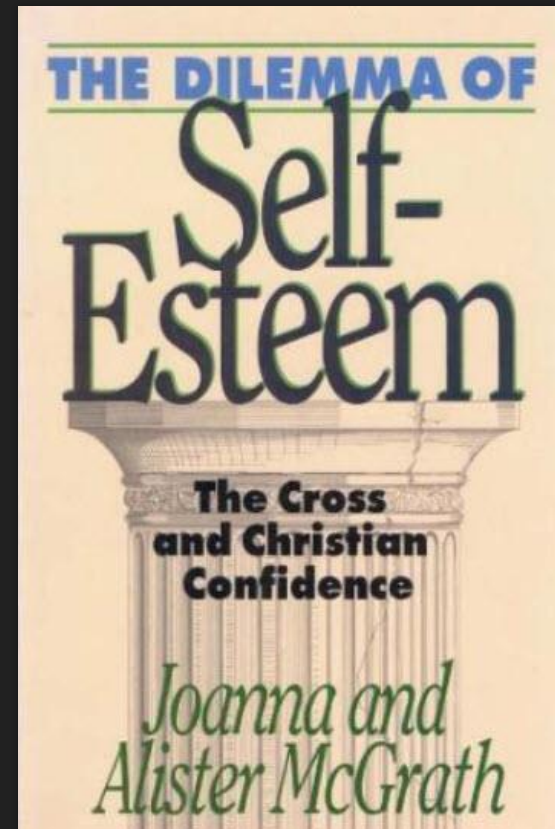
Enhancing self-esteem

To achieve healthy self-esteem we must reject all ideas about absolute rules, like the Ten Commandments, and develop flexible rules that do not judge so harshly, so that we feel good about ourselves



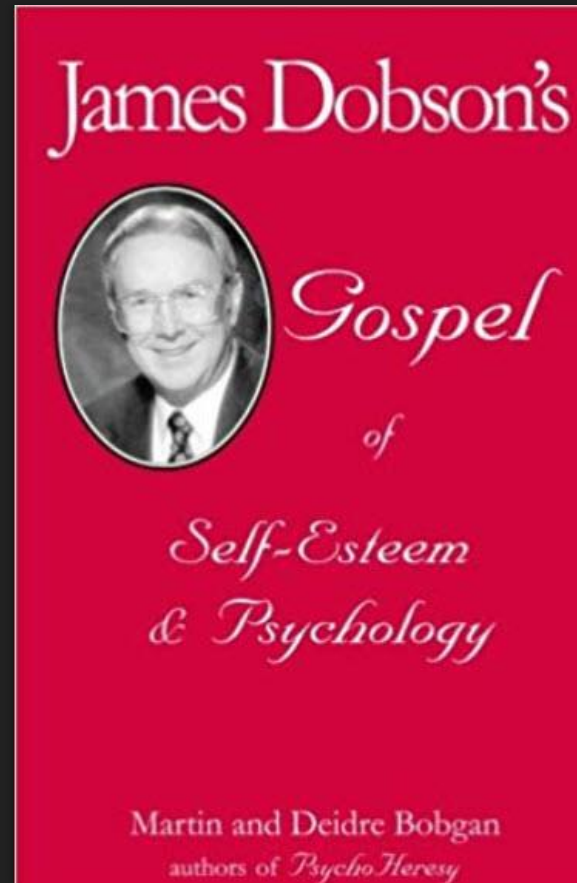
Christian self-esteem

The dogma of self-esteem has been enthusiastically embraced by the Christian counselling movement. Numerous Christian self-help books point to the importance of healthy self-esteem as a necessary ingredient for a successful life



Christian self-esteem

The popular American psychologist Dr James Dobson has done more than any other person to introduce the dogma of self-esteem to the Church. Self-esteem is a central theme that runs through his books, radio programmes, films, videos and tapes



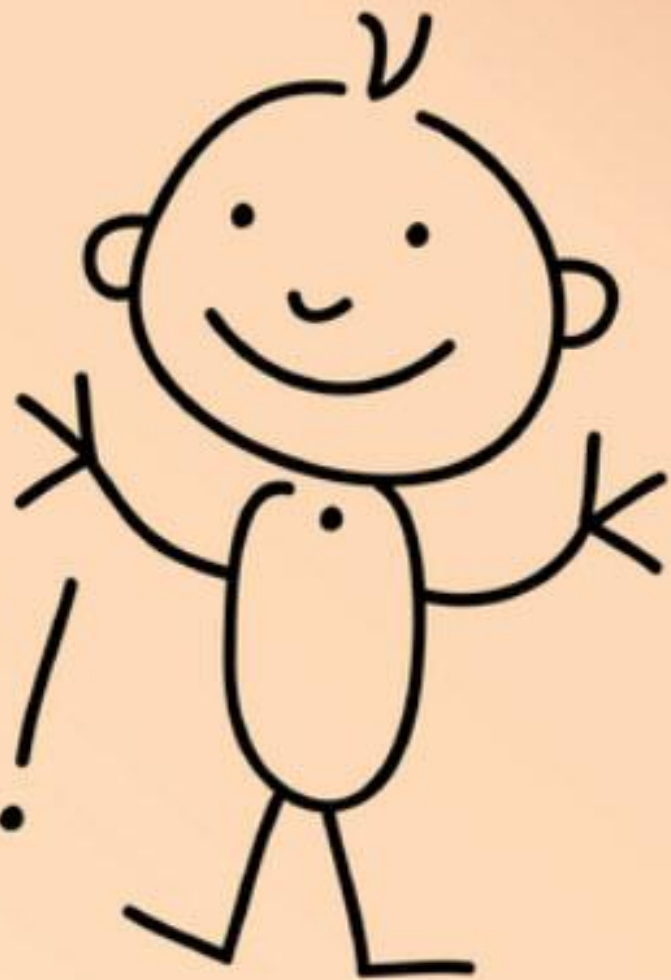
Christian Self-esteem teaches Self-love

Christians are to be taught to love themselves. There is a great emphasis on me and my needs. The most important thing in life is for me to feel good about myself and to be happy. Self-denial is never mentioned; discipline is unheard of



**I love and accept
myself exactly as I
am now.**

I
love
myself!

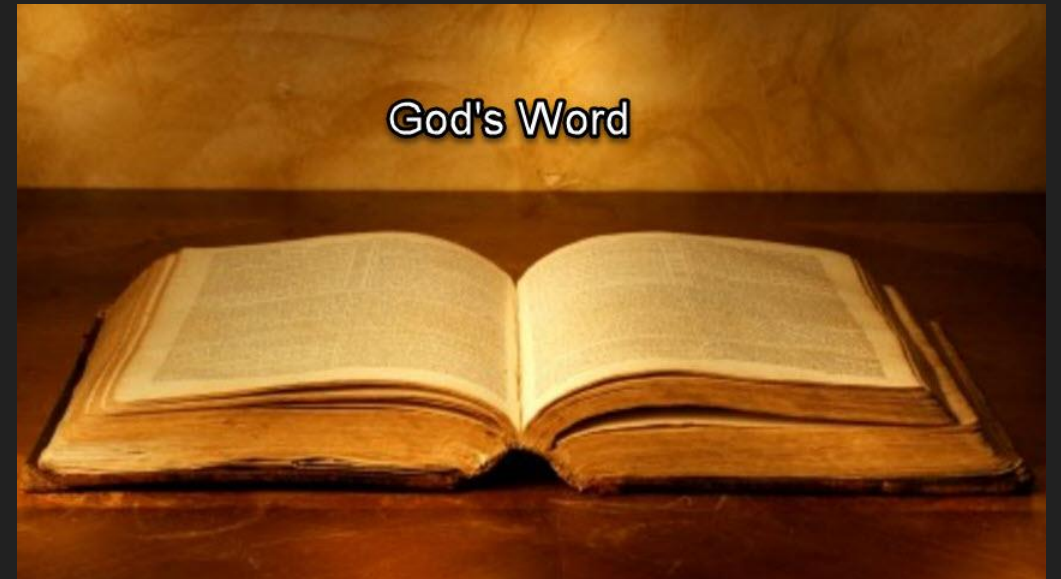


**I believe
in me**



The great fallacy of the self-esteem movement is that it does not acknowledge the effect that sin has on human beings

Self-esteem dogma ignores the fact that we have a God-given conscience, guided by the moral law that God has put into the hearts of all people (Romans 2:12-16).



We must conclude that the Christian counselling movement is based on the false thinking of the giants of psychology and has nothing to offer the Christian Church