



ANTIOCH

COUNSELING TRAINING

You guide me with your counsel - Psalm 73:24

Dear Applicant,

The Antioch Counselling Training (ACT) course is built on the conviction that God has, in the Bible, given us all the instruction necessary to live a rightly ordered life (2 Pet. 1:3). With this as the foundation, the goal of the Antioch Counselling Training course is to equip God's people to better understand how God's Word describes the various problems of life and how to remedy them.

We are confident that learning and applying the truths of Scripture will produce lasting change in your life and the lives of those you counsel.

The requirements for this course, including meeting times, reading, assignments, costs, and other policies are explained below.

Should you have any other questions, feel free to contact me directly at any time.

Matt Floreen
Pastor of Counselling and Discipleship
matt@antioch.org.za

Contents:

Course Overview	2
Class Times	2
Tuition Fees	3
Assignments.....	3
Reading	3
Response Papers	5
Self-Counselling Project	6
Scripture Memory	6
Course Completion	8
Applying for ACT	8

Course Overview

The structure of this course is based off the very successful course held by Grace School of Ministry in Pretoria and follows their modules giving the same 200-hour course. Various writers including Joel James have developed the materials. We are using all the materials from Grace School of Ministry with their full permission.

The course will cover the following:

Fundamentals of Biblical Counselling

This is a basic introduction to biblical counselling. Biblical counselling and its distinctive features are defined. The role of the counsellor, the place of counselling in the ministry, and various types of counselling are discussed. A comparison between biblical counselling and secular counselling models and theories is also studied.

Theology of Biblical Counselling

In this module students develop a comprehensive theology model for counselling biblically.

Marriage Counselling

In this module students are given an overview of general marriage counselling issues. Specific issues, like husband/wife roles, are then dealt with in more detail.

Parenting and other Counselling Topics

This module continues the theme of the marriage counselling module and discusses a range of issues typical in marriage and family counselling, such as pre-marital counselling, divorce, and financial counselling. Other topics such as depression, addictions, medically unexplained symptoms, etc. are also addressed.

Counselling Topics and Practicals

During the Saturday sessions and the week of practicals, students apply all the skills they have acquired in the course of their studies. Videos of authentic counselling sessions are observed and then discussed. Students also participate in counselling sessions as counsellor, counselee, and observer. These sessions encourage the practical application of biblical counselling principles.

Class Times

ACT is a one year course. All classes will be held at Antioch Bible Church. The majority of classes take place from 6:30-9:30pm on Wednesday evenings with breaks for select school holidays. There are also seven Saturday sessions throughout the year which take place from 8:00am-1:00pm and help students with the mechanics of counselling. Finally, there is an intensive week of practicals in November during which students will work together to practice counselling in role-playing scenarios.

Students are expected to attend all classes to receive a certificate of completion. In rare occasions, if a student is unable to attend a particular class, he or she may request to make up the course by listening to the recording of the class. However, this is only meant to be done on rare occasions. While the classes have a large lecture component, they also involve class interaction that cannot be reproduced by a recording.

The class times are listed below.

Wednesday night sessions (6:30-9:30pm)

13 January–24 March 2021 (11 nights)
14 April–9 June 2021 (9 nights)
7 July–15 Sept 2021 (11 nights)
29 September–10 November 2021 (7 nights)

Saturday morning sessions (8:00am-1:00pm)

6 February 2021
6 March 2021
1 May 2021
5 June 2021
7 August 2021
4 Sept 2021
2 October 2021

Practicals Week (8:00am-4:00pm)

Monday-Friday, 15-19 November 2021

Graduation (Evening service at Antioch)

Sunday, 21 November 2021

Tuition Fees

Tuition for Antioch Counselling Training is R2,000 total. This is payable in two installments as follows:

R1,000 - Wednesday, 13 January
R1,000 - Wednesday, 7 July

Payments should be made by EFT to the following account with the reference “ACT Counselling Course”

Antioch Bible Church
ABSA Clearwater Branch (632005)
Acct. No.: 407 880 9755
Business Cheque Account

Please note that the tuition does not include the cost of books.

A limited number of scholarships are available for those who would have financial difficulty paying tuition fees. Scholarships should be requested in writing and sent to matt@antioch.org.za for consideration as early as possible.

Assignments

Reading

An essential part of growing as a counselor is to develop the habit of reading the Bible and other good Christian books. This course will expose students to a wide variety of books,

and requires them to read an average of 70 pages per week. Participants will need to obtain the following books and read them according to the eight deadlines specified below:

Due 6 Feb 2021:

1. John MacArthur et. al., *Counseling: How to Counsel Biblically*
[Previously published as *Introduction to Biblical Counseling*; either version may be read.]
-

Due 6 Mar 2021:

2. Greg Gilbert, *What Is the Gospel?* [Available through the Antioch book table]
 3. David M. Tyler and Kurt P. Grady, *Deceptive Diagnosis: When Sin Is Called Sickness*
-

Due 1 May 2021:

4. Jay E. Adams, *How to Help People Change*
 5. A selection of approximately 250 pages from: John MacArthur and Richard Mayhue, eds., *Biblical Doctrine* [A free print copy of this book is available to ACT students.]
-

Due 5 June 2021:

6. Elyse Fitzpatrick, *Idols of the Heart*
-

Due 7 Aug 2021:

7. Gary Ricucci and Betsy Ricucci, *Love That Lasts*
 8. One of the following, depending on whether the student is a man or woman:
 - a. R. Kent Hughes, *Disciplines of a Godly Man*
 - b. Barbara Hughes, *Disciplines of a Godly Woman*
-

Due 4 Sept 2021:

9. Jay E Adams, *Marriage, Divorce and Remarriage in the Bible*
 10. Wayne A Mack, *Your Family, God's Way*
-

Due 2 Oct 2021:

11. Tedd Tripp, *Shepherding a Child's Heart*
-

Due 15 Nov 2021:

12. Paul David Tripp, *Instruments in the Redeemer's Hands*
13. At least 250 pages of any of the following books:
 - a. William B. Barclay, *The Secret of Contentment*
 - b. Elyse Fitzpatrick, *Overcoming Fear, Worry, and Anxiety*

- c. Jim Neweiser & Elyse Fitzpatrick, *You Never Stop Being a Parent: Thriving in Relationship With Your Adult Children*
- d. Stuart Scott, *The Exemplary Husband: A Biblical Perspective*
- e. Ken Sande, *The Peacemaker*
- f. Paul David Tripp, *Age of Opportunity: A Biblical Guide to Parenting Teens*
- g. Nancy DeMoss Wolgemuth, *Lies Women Believe: And the Truth that Sets Them Free*
- h. Edward T. Welch, *Blame it on the Brain? Distinguishing Chemical Imbalances, Brain Disorders, and Disobedience*
- i. Edward T. Welch, *When People Are Big and God is Small: Overcoming Peer Pressure, Codependency, and the Fear of Man*

Students are responsible for finding these books. Unless indicated otherwise above, the church does not keep a supply of these books. However, you can contact Dom at the church office if you need suggestions of where to find them. Ordering them early is highly recommended.

With each deadline, students will be asked to record their reading percentage on Canvas, the online learning management system which will be used for submitting assignments for this course (more information on Canvas will be given in class). Print, ebooks, and audiobooks are all considered acceptable for the purpose of this course. We do suggest students consider which books they might want to loan to others as they become more involved in counselling.

If you have already read some of these books and remember the main points from them well enough to write a response paper (see below) and participate in a class discussion, then you would not need to re-read them.

Additionally, students will be provided with a printed copy of the course notes for the class, and are expected to read the assigned section before each lecture.

Response Papers

To help you engage with the material you are reading, you will be required to write response papers on the following dates.

1 May 2021	Book Response Paper
7 Aug 2021	Book Response Paper
4 Sep 2021	Book Response Paper
15 Nov 2021	Class Response Paper

Each response paper should be typed, 1-1.5 pages long, single-spaced, and should be uploaded to the Canvas website by the deadline above (details will be given in class).

For the Book Response Papers, you should choose one of the books you have read for the class thus far and write a response paper of it. The book response paper is not a summary of the whole book, but rather a development of the points that have most influenced your thinking and living. A sample response paper will also be available on the Canvas page for the course.

Similarly, for the Class Response Paper you should describe the parts of the class lectures and discussions that have most impacted you.

Self-Counseling Project

An important part of the preparation to counsel others is understanding and applying the process of biblical change to one's own life (Matthew 7:1-5). As a result, we must always begin by examining our own lives and seeking to submit ourselves in obedience to Christ.

To that end, students will do a Self-Counseling Project throughout the course of this year, identifying a particular issue in your own life and addressing it using the principles learned in the class. You will need to answer some questions about the issue you have chosen (a template will be provided), find Scripture passages that address the topic, keep a journal how you are applying them, and record your progress. The project will be done throughout the year, with portions due at three points:

6 Mar 2021	Part One - Identification
5 Jun 2021	Part Two - Application
2 Oct 2021	Part Three - Conclusion

Scripture Memory

Based on the conviction that God's Word is sufficient to meet every need of the human soul, it is essential that biblical counselors have an understanding of Scripture that is both deep and broad. To help you develop the extremely valuable discipline of Scripture memorization, we have compiled a selection of about 100 verses particularly useful for counseling.

Students will be expected to memorize these verses throughout the year. You will have the choice of using either the ESV or NASB translation for all your memory verses for the year.

There is a selection of approximately 3 verses to memorize each week. There will be a memory verse quiz every Wednesday, covering only the verses for that week. Before midnight each Wednesday, you will need to log-in to Canvas and take the online quiz, which consists of filling in the missing words. The schedule for verses is below.

Additionally, there will be 4 review quizzes at the end of each module, covering all the verses learned during that module. The review quizzes will be done in class, and will consist of two parts: 1) presenting Scripture references and requiring students to write the verse out from memory, and 2) matching portions of verses, or paraphrases of them, with their references. If you make a habit of regularly reviewing the verses learned throughout the year, you should have no problem with these review quizzes.

The review quizzes will be on the following nights:

17 Mar 2021
9 Jun 2021
1 Sep 2021
10 Nov 2021

Scripture memory often sounds difficult for those who are not used to doing it, but it is a skill that can be learned by nearly everyone. If there is sufficient demand, we may organize an optional session to teach some practical techniques that can aid in Scripture memory. Contact Matt if you are interested.

Weekly Memory Verses

Week	Passages
13 Jan 2021	Ps. 1:1-3
20 Jan 2021	2 Tim. 3:14-17
27 Jan 2021	Ps. 19:7-8
3 Feb 2021	Ps. 19:9-11
10 Feb 2021	John 17:17, Rom. 15:13-14
17 Feb 2021	1 Tim. 4:7-8, Rom. 8:28
24 Feb 2021	Col. 2:8, 1 Thess. 5:14, John 14:6
3 Mar 2021	Gal. 6:1-2, Heb. 4:12
10 Mar 2021	Matt. 18:15-17
17 Mar 2021	Prov. 28:13, 2 Tim. 2:24-26
24 Mar 2021	Jas. 1:22-25
14 Apr 2021	Gen. 50:20, 2 Cor. 10:5, Ps. 42:11
21 Apr 2021	Gal. 6:14, Eph. 4:29-30
28 Apr 2021	Prov. 18:2, Prov. 18:13, Prov. 18:17
5 May 2021	Jas. 1:13-16
12 May 2021	Jer. 17:9, Jas. 4:1-2
19 May 2021	Rom. 5:1, Rom. 8:1
26 May 2021	Eph. 4:22-24
2 Jun 2021	Luke 17:3-5, Eph. 4:15
9 Jun 2021	1 John 3:10, Rom 12:2
7 Jul 2021	Jer. 17:5-8
14 Jul 2021	Gen. 2:18, Heb. 13:4
21 Jul 2021	Eph. 5:22-25
28 Jul 2021	Eph 5:31-33
4 Aug 2021	1 Pet. 2:23, 1 Pet. 3:1-2
11 Aug 2021	Matt. 19:4-6
18 Aug 2021	Rom. 6:12-13, 1 Pet. 3:7
25 Aug 2021	1 Cor. 13:4-8
1 Sep 2021	Rom. 13:14, Gal. 5:16
8 Sep 2021	Deut. 6:4-9
15 Sep 2021	Eph. 6:1-4
29 Sep 2021	Prov. 13:24, Prov. 22:15
6 Oct 2021	Ps. 139:1-5
13 Oct 2021	1 Cor. 10:13, Ps. 119:68; 71
20 Oct 2021	Gal. 6:7, Ps. 16:11
27 Oct 2021	Jas. 1:19-20, Prov. 16:32
3 Nov 2021	Phil. 4:6-8
10 Nov 2021	1 Cor. 6:9-11

Course Completion

Antioch Counselling Training is not an accredited program. However, to maintain a high standard of training, we do record grades for assignments. Students who receive a 70% total score for the course will receive a certificate of completion at the ACT graduation.

Throughout the course, the pastors who teach these classes aim to help the students recognize their strengths and weaknesses as a counsellor and find ways to use their gifts to serve their church. Additionally, after completion of the course, the ACT teachers and students are eager to share counselling ideas and resources with one another.

Applying for ACT

We have designed Antioch Counselling Training to be a rigorous course, and it requires a certain level of commitment to complete it. However, we have also designed it to be manageable for someone who has other work and family obligations, if they are willing to apply themselves.

We are confident that if you put in the effort required for this course, that you will not only be much more prepared to counsel those in need, but also that you will grow spiritually.

To apply for this course, you need to complete the ACT application form found here: <https://www.antiochbiblechurch.org.za/act2021application/>

The application deadline for 2021 is 1 January 2021.

Should you have any questions or comments, please contact Matt Floreen at matt@antioch.org.za

*Do your best to present yourself to God as one approved,
a worker who has no need to be ashamed,
rightly handling the word of truth.*

–2 Timothy 2:15