

BC 7622 Biblical Approach to Addictions

Birmingham Theological Seminary
Instructors: Dr. Larry Dozier and Dr. Mark E. Shaw
Fall 2010

COURSE PURPOSE:

To introduce the student to addiction literature providing the student with an understanding of the basic individual and family dynamics of addiction, the types of models that are currently being used to counsel addicts, and the heart issues underlying addictive thoughts and behaviors. To acquaint the student with specific methodologies for counseling addicts from a biblical counseling perspective.

COURSE OBJECTIVES:

1. The student will identify the basic elements of addictive behavior.
2. The student will discern commonly identifiable addictive behaviors, thoughts, and ruling heart motives.
3. The student will discover biblical concepts for counseling addicts and their families.
4. The student will gain insight into heart issues and tendencies toward addiction.
5. The student will contrast secular methodologies for addiction with the biblical approach.

TEXTBOOKS:

Required:

- 1) *Created in God's Image* by Anthony Hoekema
- 2) *The Heart of "Addiction"* by Mark E. Shaw
- 3) *A Banquet in the Grave* by Ed Welch
- 4) *Cross Talking: A Daily Gospel for Transforming Addicts* by Mark E. Shaw

Suggested Collateral Reading:

The Enemy Within by Kris Luundgard
Idols of the Heart by Elyse Fitzpatrick
Love to Eat, Hate to Eat by Elyse Fitzpatrick
Addicted to Recovery by Almy and Almy
The Useful Lie by William Playfair
Where Sin Abounds, Does Grace Abound More? by Don Bowen
Divine Intervention: Hope and Help for Families of Addicts by Mark E. Shaw
The Heart of Addiction Workbook by Mark E. Shaw
Hope and Help for Videogame, TV, and Internet "Addiction" by Mark E. Shaw
Hope and Help for Gambling by Mark E. Shaw
Hope and Help for Cutting/Self-injury by Mark E. Shaw

CLASS SCHEDULE

- Week 1 Sep. 13th Overview of Course; Basics for Addiction
Read *Created in God's Image* by Hoekema; Begin daily reading of *Cross Talking*
- Week 2 student to enter date Lecture: The Battle Within
Attend at least 1 A.A./C.A./N.A. meeting
- Week 3 Lecture
Attend at least 1 Celebrate Recovery meeting
- Week 4 Lecture
Finish reading Holcombe; begin *Addictions: A Banquet in the Grave* by Ed Welch
- Week 5 Lecture
- Week 6 Lecture
Begin reading *The Heart of Addiction* by Shaw
- Week 7 Lecture
- Week 8 Lecture
Finish reading Welch's book and *Cross Talking* book
- Week 9 Lecture
Begin working with a counselee on addictions using *Cross Talking* as resource
- Week 10 Lecture
Work with a Counselee
- Week 11 Lecture
Work with a Counselee
- Week 12 Lecture
Finish reading *The Heart of Addiction*
- Week 13 Turn in Papers, Review for test, Take-home handed out

COURSE FLOW:

Each week, students are expected to read the text book PRIOR to class to facilitate discussion. Class discussion will be a portion of course and will be greatly enhanced by the students' faithful reading and completion of weekly assignments. Understanding of course material will increase as student works incrementally on assignments.

PROJECTS:

1. On the final class date, submit a written paper (3-5 pages) sharing your personal insights of addiction through the reading of texts, lectures, and time spent counseling an "addict." What did you learn and how will it affect you personally? How it will improve your skills as a biblical counselor?
2. Visit at least 1 self-help meeting for addiction (A.A., N.A. Ala-non) and at least 1 Celebrate Recovery meeting.
3. Write at least a 10 page research paper on one of the following topics (students must choose different topics and topic must be approved by instructor by week 4 of class):

- 1- Eating addiction (overeating, bulimia, or anorexia – but only 1 of these!)
- 2- Pornography addiction
- 3- Anger as an “addiction”
- 4- Nicotine addiction
- 5- Caffeine addiction
- 6- Sexual addiction, in terms of prostitution and/or adultery
- 7- Shopping, spending addiction
- 8- Cutting/Self-injury
- 9- Cell phone “addiction”
- 10- Videogame, TV, and Internet “addiction”
- 11- Gambling

Be sure to support your writing with Scriptures! Also, use at least 10 outside sources to support your paper.

4. Take-home exam. **NO NOTES OR TEXTBOOK.**

The Seminary guidelines for all papers submitted is Turabian style. Students can order the CD from www.styleease.com at a \$10 reduction in price. When ordering this CD online, put in the coupon code “Birmingham” in the place where it asks for a coupon code. Contact Thad James in the seminary office with any questions.

GRADING:

Written 3-5 page paper on Addiction Insights: Personally and Professionally	20%
Self-Help Meeting Attendance and CR Attendance	20%
Research Paper on Approved Addiction Topic (Project 3)	30%
Final Take-Home Exam (Project 4)	20%
Completion of Assigned Reading, Text Reading, & Participation in Class	10%

All course materials must be submitted to the professor at the end of the semester (last day of class). Thereafter, course materials may be submitted for up to six weeks after the end of the semester directly to the office of the registrar with the permission of the professor. If a student submits course materials after the end of the semester but within the six week grace period, the student’s grade will be lowered by one letter grade. The course materials will not be accepted after the six week grace period and a failing grade will be posted to the student’s transcript.

A BASIC BIBLICAL COUNSELING BIBLIOGRAPHY

These selected texts are not the only books written by biblical counselors, but they represent those resources that have been proven useful by many biblical counselors.

“Classical Works”

Adams, Jay E. 1970. *Competent to counsel*. Phillipsburg, NJ: P & R Publishing.
[Reprinted without change by Zondervan.]

Adams, Jay E. 1973. *The Christian counselor's manual*. Phillipsburg, NJ: P & R Publishing. [Reprinted without change by Zondervan.]

Adams, Jay E. 1972. *Christian living in the home*. Phillipsburg, NJ: P & R Publishing.

Adams, Jay E. 1980. *Marriage, divorce, and remarriage in the Bible*. Grand Rapids: Zondervan.

Adams, Jay E. 1979. *More than redemption: A theology of Christian counseling*. Grand Rapids: Baker. [Reprinted by Zondervan under the title *A theology of Christian counseling*.]

Adams, Jay E. 1981. *Ready to restore: The layman's guide to Christian counseling*. Phillipsburg, NJ: P & R Publishing.

Broger, John C. 1978. *Self-confrontation: A manual for in-depth discipleship*. Palm Desert, CA: Biblical Counseling Foundation.

Eyrich, Howard A. 1991. *Three to get ready: Premarital counseling manual*. Grand Rapids: Baker. [Revised and now published by Focus Publishing.]

Mack, Wayne. 1979. *A homework manual for biblical counseling, vol. 1: Personal & interpersonal problems*. Phillipsburg, NJ: P & R Publishing.

Mack, Wayne. 1980. *A homework manual for biblical living, vol. 2: Family and marital problems*. Phillipsburg, NJ: P & R Publishing.

Mack, Wayne. 1977. *Strengthening your marriage*. Phillipsburg, NJ: P & R Publishing.

Mack, Wayne A. 1991. *Your family, God's way*. Phillipsburg, NJ: P & R Publishing.

"Recent Works"

Adams, Jay E. 2003. *Is all truth God's truth?* Stanley, NC: Timeless Texts.

Fitzpatrick, Elyse. 2001. *Idols of the heart: Learning to long for God alone*. Phillipsburg, NJ: P & R Publishing.

Fitzpatrick, Elyse, and Carol Cornish, eds. 1997. *Women helping women: A biblical guide to the major issues women face*. Eugene, OR: Harvest House Publishers.

MacArthur, John F., Jr., and Wayne A. Mack, eds. 1994. *An introduction to biblical counseling*. Dallas: Word.

Peace, Martha. 2005. *The excellent wife*, 2d ed. Bemidji, MN: Focus Publishing.

Petty, James C. 1999. *Step by step: Divine guidance for ordinary Christians*. Phillipsburg, NJ: P & R Publishing.

Powlison, David. 2003. *Seeing with new eyes*. Phillipsburg, NJ: P & R Publishing.

Scott, Stuart. 2002. *The exemplary husband*, rev. ed. Bemidji, MN: Focus Publishing.

Shaw, Mark. 2006. *Hope and help for marriage*, Bemidji, MN: Focus Publishing.

Shaw, Mark. 2006. *Hope and help through biblical counseling*, Bemidji, MN: Focus Publishing.

Shaw, Mark. 2006. *Hope and help for husbands and fathers*, Bemidji, MN: Focus Publishing.

Tripp, Paul David. 2002. *Instruments in the Redeemer's hands: People in need of change helping people in need of change*. Phillipsburg, NJ: P & R Publishing.

Tripp, Tedd. 1995. *Shepherding a child's heart*. Wapwallopen, PA: Shepherd Press.

Tripp, Tedd. 2001. *Shepherding a child's heart: Parent's handbook*. Wapwallopen, PA: Shepherd Press.

Tripp, Paul David. 2001 *Age of opportunity: A biblical guide to parenting teens*, 2d ed. Phillipsburg, NJ: P & R Publishing.

Welch, Edward T. 2001. *Addictions: A banquet in the grave: Finding hope in the power of the gospel*. Phillipsburg, NJ: P & R Publishing.

Welch, Edward T. 1998. *Blame it on the brain? Distinguishing chemical imbalances, brain disorders, and disobedience*. Phillipsburg, NJ: P & R Publishing.

Welch, Edward T. 1997. *When People are big and God is small: Overcoming peer pressure, codependency, and the fear of man*. Phillipsburg, NJ: P & R Publishing.

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In addition to these books, the *Journal of Biblical Counseling*, edited by David Powlison, offers readers contemporary articles on matters of biblical counseling. It is available from the Christian Counseling & Educational Foundation: www.ccef.org, 1-800-318-2186

Taken from website: <http://www.trinitysem.edu/Student/Library/Counseling.html> except for a few additions.