

ASSOCIATION OF BIBLICAL COUNSELORS

LEVEL 2 CERTIFICATION (ABC2)

This document outlines the basic structure and requirements for the Gospel Care Collective's Level 2 certification with Association of Biblical Counselors (ABC2). The overall goal for this level of certification will be to guide and evaluate practical experience and oversight in counseling ministry to identify men and women who demonstrate appropriate care, wisdom, and faithfulness at this level of training.

A. BIBLICAL COUNSELING EXAM

Students will prepare for and complete a multiple-choice questionnaire from *Biblical Counseling Basics Roots, Beliefs and Future* By: Jeremy Lelek, along with summary answers applying to specific case study.

Drawing from a wide range of resources and experts in Christian soul care, this book is a well-researched, easy-to-read, and practical guide for students and counselors both inside and outside of biblical counseling to better understand its aspects, methods, and goals. *Biblical Counseling Basics* equips readers with practical skills for one-another ministry and engages them with their divine call to counsel. Since God first spoke words of life to Adam and Eve in the Garden of Eden, counseling has been foundational to God's people. Many of the most basic questions of psychology—who we are, why do we do what we do, and how do we change—are informed by the Bible, which speaks profoundly to each and every one.

In this resource, Dr. Jeremy Lelek offers a comprehensive approach to biblical counseling, beginning by retracing the movement's history, then exploring its basic tenets, and finally providing helpful insight for the future of biblical counseling. Helping to connect the dots between soul care and theology, and including real-life case studies, readers are encouraged to apply theology to current issues and the here and now needs of others. Also offering a way forward, this guide encourages counselors that the use of the Bible is central to their practices and development. Offering the Bible as the preeminent resource to address even the most complex mental and emotional struggles, *Biblical Counseling Basics* exposes readers to the finished work of Christ as the greatest hope for all believers.

B. THEOLOGY EXAM

Students will prepare for and complete the Biblical Counseling theology exam over the course of the year. This exam is designed to help students gain a deeper understanding of biblical theology and the importance of being able to communicate in a counseling session. It will be a

series of questions, that you are to answer as if you were speaking to the counselee. We believe this exam will also be a great resource and tool you can reference back to.

- 1) Students will purchase and read through 'Bible Doctrine' by Wayne Grudem.
- 2) Exam can be written during the time of apprenticeship and during the time Level 2 requirements are being met.

C. BIBLICAL COUNSELING APPRENTICESHIP

The Biblical Counseling Apprenticeship is the primary and most important element of the ABC2 process. Putting everything the Lord is teaching you about the personal ministry of His Word into actual personal ministry, all the while under the oversight of a discerning and seasoned leader, is critical to your growth as a biblical counselor. The apprenticeship requires 75 hours of face-to-face counseling experience, and 25 hours you must observe counseling (100 hour total)

1. 25 counseling hours observing counseling using the IBCD Observation videos online or other videos and live observation (where available).
2. 25 counseling hours with direct supervision. Students will submit notes to be read by supervisor for each session, record 4 sessions, and participate in group supervision.
3. 12 months of Group Supervision. Once a month we provide group supervision with case conceptualization. This is a time to review counseling situations, talk about your progress, and discuss anything pertinent to your growth in the personal ministry of God's Word.

A minimum of **9 months** before the counseling Apprenticeship can be considered completed but can take **up to 12 months to complete**. If the 100-hour minimum has been gained in less time, the Apprenticeship must continue until 9 months have been completed. We want all Counselors-In-Training (CIT's) to have an opportunity to grow and learn over time.

D. 12 UNITS OF BIBLICAL COUNSELING EDUCATION (BCE)

1. Reading in Biblical Counseling

We believe it will be important for you to cultivate the delight and habit of reading in the area of biblical counseling, if you haven't already. For every book you read, please write a 2-page summary and personal reflection to give to your Training Leader. These reading projects will count for 3 BCE units.

2. Conference Attendance

By the grace of God, there are many good biblical counseling conferences available around the United States and worldwide each year. Every hour of a conference workshop counts as 1 BCE unit. Often, attending a single counseling conference each year will cover the 12 BCE units needed. For each workshop or conference attended, please write a 2-page summary and personal reflection to give to your Training Leader.

3. Additional Counseling Training

Sometimes local churches, seminaries, or other organizations will offer training in the area of biblical counseling, and we want you to feel free to attend these and submit documentation of the training for consideration toward your BCE requirement. For each training course attended, please write a 2-page summary and personal reflection to give to your Training Leader.

E. EVALUATION AND RECOMMENDATION FROM THE TRAINING LEADER (TL)

Throughout your apprenticeship, your TL will have the opportunity to observe you in counseling ministry with others. Hopefully your TL will watch the Lord growing you in your love people, joy in Jesus Christ, and wisdom from the Scripture. Your TL will use the following scales to assess your progress and give you feedback along the way.

1. *Spiritual Maturity Assessment*
2. *Training Assessment*
3. *Training Leader Review and Recommendation*

F. ABC MEMBERSHIP

In order to hold ABC2, you will need to be a member in good standing of the Association of Biblical Counselors.