



IBCD

NEWSLETTER

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Making Peace With the Past

Summer Institute 2014

by Christina Henson



June 26 dawned bright and hot as IBCD's annual summer conference launched into full swing. Keynote speaker Steve Viars along with fourteen other pastors and counselors taught on the importance of understanding the role of the past in a biblical way. The six general sessions and 24 workshops explored the importance of this theme in various counseling scenarios such as divorce, abortion, suicide and many other issues. You can access the audios of any of these sessions for free on our website.

This year we welcomed attendees representing over 60 different churches, some traveling from as far away as Hawaii, South Dakota and New Hampshire. In addition to the teaching, people cite fellowship with other conference attendees as a major highlight of the Summer Institute. Whether veterans, newbies or somewhere in between, what draws them all together is a desire to be better equipped to help others through life's struggles with the Word of God.

Duane Koonce, an elder at the Escondido URC, is one of those veterans who can recall IBCD all the way back to its inception as CCEF West over three decades ago. He still remembers the first time he heard George Scipione (founding director of IBCD) speak about biblical counseling in a Sunday school class in the early 1980s. "It was riveting when he came out to start CCEF west," Koonce says. "I remember thinking, it's so wonderful to hear about biblical counseling and that the Bible has answers to life's problems." From that point on Koonce was hooked. He and his wife have continued to attend the conferences year after year as they seek to apply their training to build up their own local church. "Each year, there is a relevant conference theme that directly relates to life circumstances," says Koonce. "The conference has always blessed my life and helped me to encourage those I come in contact with."

Others, like church planting pastor Jonathon Ransom, experienced the Summer Institute for the very first time. Ransom and his wife relocated to the West Coast this past year to help plant Pillar Church in Oceanside. "We really want biblical counseling to be part of the DNA of our local church," says Ransom. He and his wife have been interested in biblical counseling since the Lord used a biblical counselor to speak into their own marriage. They are thrilled to now live in an area with a training center so close by and are trying to take full advantage of it. He says they have rarely had access to teaching "where truths from the Scripture are presented in such a practical way." "They (IBCD) provide a training opportunity that is really hard to find and they present it in a way that is attainable," he adds. He plans to return to next year's Summer Institute with an even larger group from his church.

We already have some exciting things lined up for next year's conference with Heath Lambert and Voddie Bauchum among the keynote speakers. Whether you have lost count of how many conferences you have attended or have yet to experience one for yourself, we hope that you will plan to join us June 25-27 for Summer Institute 2015, Equipped to Counsel.



Photos by Anthony Parisi:

top left - Dr. Ernie Baker teaches on Psalm 28

top right- One woman enjoys a general session

bottom left- Three women attend a workshop

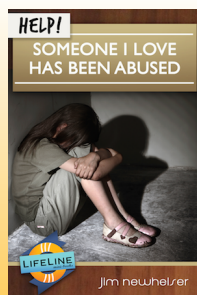
In the **Spotlight**

IBCD Volunteer *Melissa Penaflor*



If you've placed an order with IBCD this year, chances are you have Melissa Penaflor to thank for its arrival. She has been volunteering at IBCD since January, filling nearly every order that comes through as well as helping with resource duplication and handling other web and clerical issues.

Nineteen-year-old Melissa is currently taking classes at Mira Costa Community College where she is pursuing a major in office administration. She loves Menchie's frozen yogurt with M&M's and gummy worms. We are so grateful for her excellent work and cheerful service here at IBCD.



Jim Newheiser's booklets are now available at special pre-order pricing of \$2.99 through Shepherd Press.

To purchase these or other great titles visit:
www.shepherdpress.com/real-help-for-real-problems

The Director's Take

Dear Friends of IBCD

This is a very exciting time for those of us who are passionate about biblical counseling. Another major seminary has launched a counseling program committed to the sufficiency of Scripture and the centrality of the gospel in people-helping ministries. Several new ACBC (the Association of Certified Biblical Counselors – formerly NANC) training centers are springing up across the country. Interest in biblical counseling is widening throughout the world. The Biblical Counseling Coalition is bringing together many key leaders from our movement. We are excited to participate in conferences of CCEF (our mother organization) and ACBC here in Southern California this fall, and for the growing cooperation between these two organizations which have been used by God to equip and help so many.

We also are thankful for God's kindness in enabling IBCD to expand our focus on training Christians to care for one another in the context of the local church. Over 80 people across thirteen states as well as in the countries of Germany, Hungary, Papua New Guinea and Zimbabwe have completed the Care & Discipleship certification. Many more are in the process. Our website, which has hundreds of free audios and handouts, is being utilized by thousands of people every month and is recognized as a premier resource for equipping Christians to help others and to face their own spiritual challenges. Our new Observation videos have been very well received and are being used not only to train people in local churches, but also in academic settings. People who have been learning counseling theory are eager to see what biblical counseling looks like. This summer I had the opportunity to show one of our videos, which portrays one of our counselors compassionately helping a woman with an eating disorder, to a class at the Master's College. Some students were in tears and the class burst into applause when the video ended.

I am very grateful to God for our Assistant Director, Craig Marshall, who has had the vision to greatly extend the usefulness of IBCD in so many ways. We are also thankful for Christina Henson and Anthony Parisi whose exceptional gifts have enabled us to produce professional quality materials to send around the world, and for donors and volunteers whose generosity has enabled us to extend the reach of this ministry beyond where I would have imagined just a few years ago.

We are excited about further opportunities to serve Christ and His church in the coming year. We continue to offer counseling with live observation in Escondido. Our instructors will be teaching at several local churches and counseling conferences. We plan to continue to develop new materials (audios, books, booklets and videos) to benefit the wider church. All of this will be possible through your continued support.

Your servant,

A handwritten signature in black ink that reads "Jim Newheiser".

Jim Newheiser, Director IBCD

Caring for the Distressed

*how our shared humanity
enables us in surprising ways*

by Craig Marshall
assistant director



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MODERN
REFORMATION

Watching other people suffer is one of the most difficult realities of the human experience. We can feel especially helpless when it comes to others' internal struggles, many with daunting labels like depression, bipolar disorder, schizophrenia, anorexia, bulimia, obsessive-compulsive disorder, and the list goes on. Some assert that these types of "problems" need to be dealt with outside the church. Others simplistically relegate such things to the category of "sin problem" and ostracize those who are not quickly changed. Both of these responses fail to see the amazing work God does when his church enters into these exact situations.

How does God call us to engage in these struggles? While the specifics in each situation obviously vary, in one sense it's as simple as seeking to love a fellow human. This may sound a bit elementary, but when we grasp the biblical realities of all that it means to be human, it helps us better love and care for one another as we live in this fallen world.

We have more in common than we think. Sometimes a particular struggle seems so foreign that we feel we really don't even know how to interact with someone in the throes of it. We fear awkward pauses. We don't want to ask the wrong question or embarrass them. We don't want to reveal how much we really don't know. The reality is that being human yourself gives you a lot more to go on than you may think. Paul reminds us that "no temptation has seized you except that is common to man" and the Teacher reminds us that "there is nothing new under the sun" (1 Cor 10:13, Ecc 1:9). There is a sense in which our common experience of living as humans in a fallen world with a fallen body and a fallen heart enables us to enter into the struggles of another. In this way even Christ himself became the perfect high priest able to sympathize with our weaknesses and make intercession for us (Heb 2:14-18; 4:14-16). As believers we have been given the opportunity to engage in the lives of fellow strugglers, following in the steps of our compassionate Savior. The key is for us to seek ultimately to point them to him, not to be their savior ourselves. As humans, we are more alike than we are different, so we can have confidence to engage in each other's lives.

We have more differences than we know. Be careful not to assume that you understand another's situation, or to equate your struggles with theirs. I have even heard people try to encourage others in times of trial by saying that they have personally faced "harder" struggles in their own lives. This can be dehumanizing and makes a struggle into something that we rate and compare, like earthquakes or hurricanes. Part of treating someone as a human is understanding that this person is unique. Medical studies have made us more aware than ever of the wide variety of physical differences between us. Some have higher pain tolerances, others

can deal well with less sleep, some struggle deeply with escaping through substances, and others seem prone to discouragement and depression. Some have minds that do not function as they ought. The reality is that our “natures” can be very different, impacting our ability to deal with trials.

And while we don't believe that one's upbringing or life experiences are determinative in the absolute sense, we do know that one's “nurture” can also greatly impact how a person perceives and responds to life. Has the person had a traumatic experience in the past? What was his home situation like and how did his parents and siblings treat him? Has there been a pattern of a particular struggle throughout his life? Yes, our own humanity gives us enough common ground to seek to engage, but the complexity of these factors demands humility when entering into the suffering of another. The most effective engagement will be that which seeks to truly understand and serve another in self-sacrificing love (Prov 20:5, Phil 2:3-4).

We have bodies that need care. Sometimes Christians focus exclusively on the spiritual aspect of a struggle and neglect the physical. While it is important not to posture as a medical professional if you are not one, it is also crucial that you acknowledge the profound interplay between the body and the soul and seek to help as you are able. Often a person struggling deeply will not see the possible connection between bodily neglect and further difficulty. Encouraging the person to seek proper medical assessment is an act of love, and often what they will need most is someone to accompany them to hear the prognosis and help them decide on and implement a course of action. Our Heavenly Father cares for our physical needs, and we have the opportunity to exhibit this care toward those who are suffering (Matt 6:30-32, Jas 2:14-17).

We have souls that need care. While the medical role many of us can play will be limited, the Bible teaches that we all can have a great impact on the soul of another. In writing to the Romans, the Apostle Paul was confident of their goodness, knowledge and ability to instruct one another (Rom 15:14). As embodied souls, every struggle we face in this life has a spiritual component. Our hearts are being affected by our situation and our hearts are shaping how we respond. Mental illnesses, physical difficulties and besetting sins are particularly disorienting. The interplay between body and soul can be very confusing. As believers, we have the opportunity to move towards those who are suffering, seek to better understand their hearts, and gently and lovingly speak words of truth, life, and hope found in the Scripture (Gal 6:1). Sharing truth in this way can send beams of light through the darkness of confusion and despair.

We are made to be cared for by others. The independent, self-sufficient culture in which we live causes many people to lose sight of how interrelated the Body of Christ is meant to be. God intends for us to truly depend upon one another. One who is in the midst of a serious struggle, however, often feels shame over his condition and reluctance to reach out to others for help. Mental difficulties may make it necessary for the person to have to learn to trust others to help him understand what is true because his mind is not always trustworthy. Such trials can serve as opportunities to

bring the body of Christ together, poignantly demonstrating how incomplete we really are without one another. It is not just the weak who need the strong. Paul reminds us that the weaker parts are indispensable by God's design so that the body together can glorify him (1 Cor 12:14-27).

We are made to have hope. Part of being human is that we were created for more than life in this fallen world (Heb 2:5-10, Ecc 3:11). We even see this in the world's messages of trite consolation, “I'm sure things are going to get better”, “I know it's going to be okay”, or “It will all work out in the end.” Believers have real words of hope because the eternal glories have begun in us even now. In the age to come these troubles of mind and body will not even compare with the glory that is to be revealed in us (Rom 8:18). Yet our hope is not merely in the fact that God will one day consummate a perfect existence for all of his own. Part of our present hope is the encouragement that God is working in us even now as the firstfruits of that new creation (2 Cor 5:17, Jas 1:18). We are able to see the supernatural work that God is doing even in the darkness of sin and suffering. Helping someone who is suffering to recognize that work is perhaps one of the most important ways to truly treat them as human – because it connects the difficulties of their life with the eternal purposes of our good and loving God.

In the midst of suffering people often have a truncated view of what constitutes God's working. Such a view can easily be confined to the struggle ending. A person with a mental disorder may think that evidence of God working in his life would be his mind being clear again. A depressed person views the might of God as lifting the darkness; life once again having meaning, peaceful sleep returning, and once again experiencing delight. While we hope and pray for these great displays of the power of God, the Bible opens our eyes to much more. Paul prays that the Colossians would be “strengthened with all power, according to his glorious might, for all endurance and patience” (Col 1:11). Peter speaks of being grieved by various trials in this age so that our faith may be shown forth in a way that brings divine praise (1 Pet 1:7). We see God's glorious might working in a person's life when he is able to endure even the most trying situations and still bless the Lord (Job 1:21). This side of glory we don't have guarantees that struggles will ever end. But we do know that the Spirit of God is at work in the hearts of struggling believers. As those coming alongside we get a front row seat to the budding and growth of spiritual fruit. Even the fact that the person is still struggling, still coming to church and participating in the means of grace, still crying to God for help – these are all testimonies of a life filled with the “glorious might” of Christ himself. We need to help shine the light of these supernatural realities into the lives of strugglers allowing them to see any glimpses of the glory of God at work in them.

Engaging in the sufferings of humanity is by no means easy, but Christ's love for us in the Gospel gives us the supernatural ability to truly love others (1 Jn 4:19). May God grant us wisdom and grace as we tread these valleys of the shadow. May we be vessels of His goodness and mercy until at last we all dwell in the house of the Lord forever and ever.

IBCD's Fourth Annual **Bilingual** Conference

"The Rosarito conference was born out of a desire to equip Mexican national pastors to realize and cultivate their competency to counsel based on the sufficiency of the word of God."

by **Christina Henson**

On September 19th an eager crowd gathered together at Capillo Calvario (Calvary Chapel) in Rosarito, Mexico for the 2014 IBCD Bilingual Conference, Grace in Marriage. "Since many of the struggles in our churches are marriage-related, we were very excited to have this topic covered in our 2014 conference," says missionary pastor Mike Vincent. Speakers addressed common marriage related counseling issues including preparing for marriage, conflict resolution and intimacy in marriage.

The Rosarito Conference is hosted by Calvary Chapel but is open to all. "One thing I love about the Rosarito Conference is that Christians from many theological persuasions come together around the all sufficient word to learn how to address complex issues in life," says Josh Henson, former missionary to Ensenada, Baja California.

During his time in Mexico Henson says he saw Christians going to witch doctors for "cleansings" while pastors stood aside feeling helpless. He believes many of these issues could and should have been handled through a consistent ministry of biblical encouragement,

discipleship and shepherding. "The Rosarito conference was born out of a desire to equip Mexican national pastors to realize and cultivate their competency to counsel based on the sufficiency of the word of God," he says.

Three years ago Vincent and Henson met and shared a desire to do something about this need. So in 2011 a group of IBCD counselors, staff and volunteers crammed themselves, their luggage, books and materials into a 15 passenger van and headed for the U.S. Mexico Border. What began as a simple plan has blossomed into the eagerly anticipated annual conference.

"Over the past three years we have seen God stir up our local Mexican church and other churches to return to biblical counseling," says Vincent. "The wisdom of IBCD and the biblical counseling model that they have taught us have trained up our pastors and counselors to use the word of God and the wisdom of God to meet the unique problems and challenges of the people in our congregations."

Vincent hopes to continue to use the conference as a way to reach and teach others "Our goal is to get more churches involved and attending the conference,"

he says. "We are inviting everyone that we know of, and through the generosity of IBCD the conference is absolutely free. I just wish more pastors and leaders would make the effort to attend." He also hopes that his church's biblical counseling program can serve as a model that other local church pastors can use to better meet the needs of their own congregations.

Even though great strides are being made, biblical counseling resources and training in Spanish are still scarce. IBCD hopes to broaden their Spanish resources and translate the Care & Discipleship program as the Lord enables in the future.

Photos: left to right

-A small group stops for prayer during one of the breaks.

- Mike Kelley, pastor at Grace Bible Church, teaches through a translator on gender roles in marriage.

-IBCD volunteer Junie Garcia (left) helps two conference attendees find resources at the information booth.



Reaching and Teaching:

IBCD Regional Trainings

Montana

A major goal we have is to use regional trainings to equip churches in areas where biblical counseling resources are not readily available.

For the past four summers IBCD Counselor Tom Maxham has had the opportunity to conduct regional trainings at Sovereign Hope Church in Missoula, Montana. This year's teaching focused on Drawing Out Idols of the Heart, Jesus and the Gospel in Counseling, Key Basics in Marriage Counseling and Observation videos.

Sovereign Hope's executive pastor K.J. Keogh had been researching various counseling systems and approaches to caring for people, including biblical counseling. Through his relationship with Maxham he came to connect the dots between the sufficiency of Scripture and the gospel as the means of change. "Personally, the training has changed my life," says Keogh. "It has changed my marriage, my parenting, pastoring and how I interact with everything else."

The church as a whole has also benefited greatly from the training. "It has changed the entire trajectory of our church, how we care for people and what we emphasize," says Keogh. "I can't think of one facet of our church that it hasn't touched: confidence in the

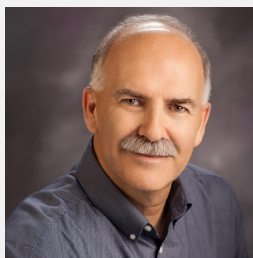


Scriptures, membership, church discipline, compassion, patience, grace, firmness, forgiveness and faithfulness," he adds. They are currently using Care & Discipleship materials to train church members and expect a small group to complete Level 1 certification this month. Meadowview Church, another church nearby, is also working through Care & Discipleship certification. Their pastor and fifteen church members attended Maxham's training as well.

While in Montana Maxham was also able to participate in the annual biblical counseling conference at Grace Bible Church in Bozeman. Grace Bible has a well established biblical counseling ministry and churches throughout their area are able to join them at their annual conference. Maxham taught one general session, Gospel Rest for Depression, and one workshop, a Depression Case Study. "We thank God that He is using IBCD as an instrument in many churches," says Maxham. "May God be glorified as churches become healthier places."

3

QUESTIONS WITH COUNSELOR TOM MAXHAM



What factors impacted your decision to become a counselor?

A friend gave me a book called *How to Counsel God's Way*, and I was immediately sold on the sufficiency of Scripture for counseling. I soon read *Competent to Counsel* and became very excited about counseling from the Bible. There was a large need for counseling at the local church where I was a member, and I was asked to serve in this way. So I began to study and get involved. During this process, I more clearly recognized just how practical God's word was for my life and everyone in the church.

What is something you wish more people knew about biblical counseling?

Biblical counseling is simply the private ministry of God's word. It's not something new in church history, but it is a part of pastoring, it is women caring for the younger women and children, and it is every member one-anothering. Much of it is just age-old discipleship. Once a church is established, biblical counseling is the continual strengthening that is needed (Acts 20:20; Rom 15:14; Col 1:28; Titus 2:3-8).

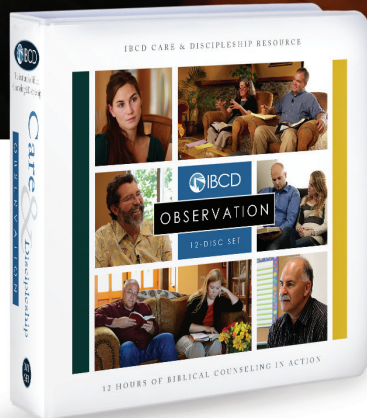
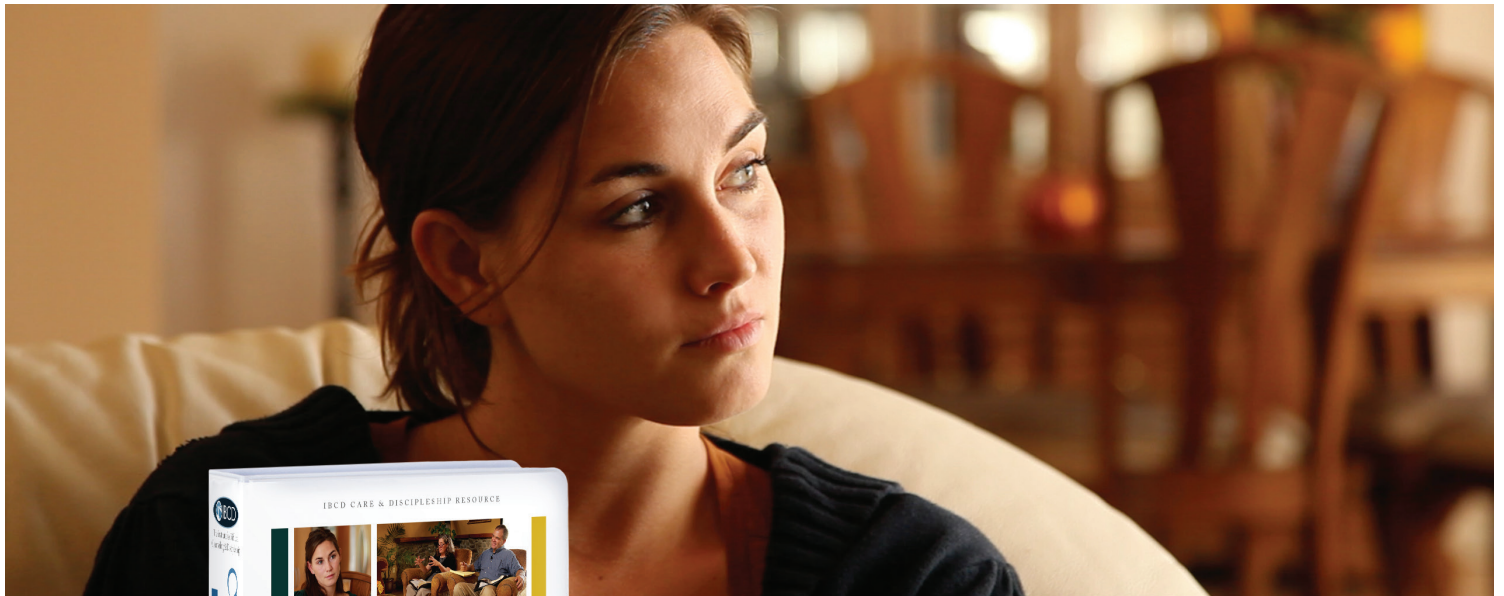
Who has had the biggest influence on you as a counselor?

As I began to train, and later counsel with IBCD, Jim Newheiser had a great influence on my counseling. He truly believes in the sufficiency and authority of Scripture, and this permeates his counseling. The professors at The Master's College comprehensively taught me the key elements of biblical counseling. David Powlison shaped my thinking about idols of the heart. Laura Hendrickson, M.D., was invaluable in my understanding of organic brain issues and medications.



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