



# IBCD

## NEWSLETTER

December 2014

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**IMPORTANT  
NOTICE**

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# A CHAPTER COMPLETE

*IBCD office closes in La Mesa*

by **Christina Henson**

**1982** - CCEF West founded by George Scipione and counseling begins at Reformed Presbyterian Church of San Diego

**1991** - CCEF West is brought under the umbrella of Bayview OPC

**1998** - CCEF West becomes the Institute for Biblical Counseling & Discipleship and moves into its new offices at New Life Presbyterian Church in La Mesa.

**2006** - Jim Newheiser becomes the director of IBCD and oversight is transferred to Grace Bible Church. George Scipione moves out of state to pursue other ministry opportunities.

**2014** - Counseling centralizes in Escondido

On September 25, counseling at IBCD La Mesa took place for the final time. As you read this, some of you will immediately be flooded with memories and emotions. You can picture yourself in the waiting room, faces fill your mind of people you counseled or someone who's counseling impacted your life forever. A few of you are among those who think oh yes, New Life La Mesa is where we moved to after our time at the Reformed Presbyterian Church of San Diego. Back then we weren't even called IBCD. We were called CCEF West. Others of you, like me, are more recent arrivals to the IBCD community. You know names like George Scipione, Elyse Fitzpatrick, and Laura Hendrickson, but really don't know the story of IBCD's development.

Perhaps one of the best people to share with us about the work and ministry that went on at La Mesa is the woman who for over 20 years was the first voice a counselee heard and the first face a counselee saw when they came for help. Betsy Smith, a spunky woman with a genuine smile that puts you right at ease, has served in the San Diego offices since 1994. Like so many in the biblical counseling community, her passion to help others grew out of her first-hand experience with counseling.

"I saw the benefits of biblical counseling early in my own quest for peace with family illnesses and financial worries," says Betsy. In 1991 she responded to an advertisement she heard on the radio for CCEF West and was counseled by Andy Peterson. After that experience she wanted to be able to help others in the same way. "I was encouraged to audit the courses offered and observe counseling from time to time," she says. I learned enough to be able to help friends and neighbors and callers to the counseling center with scriptures and resources."

Three years after receiving counseling Betsy was brought on staff in June of 1994 as a part-

time office helper. She was interviewed by Elyse Fitzpatrick who was working in an administrative capacity for CCEF West. Former director George Scipione officially hired her. Over the next 20 years Betsy's passion and dedication would bless counselees, counselors, conference-goers and friends of IBCD.

Betsy warmly recalls her time at the La Mesa offices working with former Director George Scipione and many of the first counselors and staff including Eileen Scipione, Elyse Fitzpatrick, Jack Dundas, Laura Hendrickson and Bonnie Graham. One of her fondest memories was a prayer time they would share together under Director George Scipione. "He led us in prayer on the first Thursday of the month for 1-2 hours, setting us on a good course to serve God every month," she recalls.

She has also seen God's faithfulness as the organization underwent changes and overcame challenges. "The biggest challenge was usually living on faith for donations, asking only once a year in the newsletter and then watching God bring amazing results!"; she remembers. "We always paid our bills and our workers and provided counseling free of charge, only mentioning donations in our initial instructions to counselees. The twenty years flew by and I am grateful to God for every day He has allowed me to serve."

As I chatted with Betsy and searched for names and dates of who served where and when a few things came clearly into focus. First, I was struck by the rich heritage of this organization. IBCD has been a part of the biblical counseling discussion since its inception. Second, I saw many people like Betsy who had come for counseling, or had a desire to help out on staff and had been used by the Lord to serve in ever-increasing capacities. Betsy's story exemplifies the reason we exist, so that people can be cared for and learn to care for one another. Finally as we reflect on the history of this ministry we get a clearer picture of the Lord's providence in guiding and sustaining IBCD. Whether in location, staffing, or leadership He has superintended every change and fulfilled all that was needed for each new chapter. With on-site counseling now centralized in Escondido and more people than ever before having access to training through new opportunities and resources, we look forward to what God has in store for the future.



*Photos:  
Above - Former IBCD Director George Scipione and his wife Eileen Scipione.*

*Left - 2004 IBCD staff and counselors Jim Newheiser, Phil Fitzpatrick, Bonnie Graham, Terry Meihaus, Jack Dundas, Eileen & George Scipione, Elyse Fitzpatrick, Lori Ann Bailey, Allison Ewing, Laura Hendrickson, Betsy Smith*

## 3 QUESTIONS WITH RETIRING IBCD COUNSELOR ANITA MANATA



### **What motivated you to become a biblical counselor?**

I was introduced to biblical counseling in the 80's when I read *Competent to Counsel* in a leadership class at church. The book rang so true to Scripture and to God's character that I knew this was God's answer to people's problems; the current trend toward psychological "wisdom" fell short. Then when the bottom fell through in my life, I experienced the help and hope of biblical counseling firsthand. I knew I wanted to share this help. A dear friend who had also become convinced of biblical counseling encouraged me to get certified through NANC (ACBC) and so I did.

### **How were you able to help other people through their struggles without personally becoming overwhelmed?**

My comfort and strength was found in a biblical understanding of who God is and what His purpose is in our lives. I needed the same kind of comfort and hope that I counseled people to have. I trust that God's purposes for his children are always good and that His use of suffering in people's lives will always have a good purpose. Having this perspective helped me to understand my role was not to fix the pain or resolve the problem. That misconception would be quickly devastating to both of us. My role was to show them the beauty of Christ in their suffering.

### **What have you found to be the most rewarding part of being a biblical counselor?**

The most rewarding part of biblical counseling is seeing people changed by the Holy Spirit. As people use the Bible to see God's love and His purpose, they gain a new perspective on not just their struggle, but on all of life. They take ownership of the ways they have drifted from biblical living and come back to it. Sometimes the change has been so dramatic it is like helping a completely different person. Seeing the Holy Spirit work in believers' lives, not me or a method, has brought me great joy.

# Care & Discipleship

## *A Closer Look at*

by Christina Henson



### **In the Church - Minden, Nevada**

“Going through the CDC curriculum was a clear choice for our church,” says pastor Jason Ching of Grace Community Church. A few months ago the leadership of Grace Community began offering Levels 1 & 2 of Care and Discipleship Training during Sunday School. They have seen an enthusiastic response with an average of 50 attendees per class. “Being able to give biblical counsel is an indispensable part of the spiritual war we are fighting, says Ching. “As Jim Newheiser says, ‘We’re all counselors; the question is whether we’re good counselors or bad ones.’ So many brothers and sisters desperately need God’s word to restore them, to convict them, to build them up and to give them hope. Yet so many Christians are unequipped for this ongoing work. The need is grave and the potential gains are wondrously profound.”

### **In the Community - Ventura, California**

At the Ventura County Rescue Mission all of the staff are going through Care and Discipleship training. The Mission offers a wide variety of programs to serve the needs of the poor and homeless in their community including counseling services for over 100 men and women assigned to their alcohol and drug recovery program. Director John Saltee, a graduate of Westminster Seminary California, says that already in the 8 weeks since they began the training he has seen a positive impact. “We are more unified, praying for each other more,” he observes. “Now all the counselors are using their Bibles ... pointing to God and His wisdom....” He and other leaders have a vision to take Care and Discipleship to similar rescue missions in their region.

Counseling, according to dictionary.com, is “professional guidance in resolving personal conflicts and emotional problems.” How different that sentence would read with the drop of the word “professional.” Somehow in the last century the culture has hijacked the normal process of Christians helping one another “in resolving personal conflicts and emotional problems” and placed it into the hands of outsiders through the insertion of that one little word, “professional.”

Few of us have escaped the impact this has on our thinking. Just ask your average American where someone should go for help in times of serious crisis like divorce or death. Chances are they will suggest a counselor, therapist or psychiatrist. Even among Christians it is rare to hear someone say that you should go to a pastor or seek help from other church members.

Over the years we have seen hundreds of people wanting godly help in crisis and feeling clueless about where to turn. Oftentimes they don’t even consider their church. We can get so caught up in trying to keep a smile on Sundays that we hide our problems from one another and turn to strangers for help in times of crisis. IBCD’s goal is to help believers cultivate a culture of one-another care in their own local churches so we can stop hiding from one another and start running to one another in our times of need. That’s why we have developed Care & Discipleship training, to equip believers to help one another through life’s problems with the Word of God.

### **What exactly does the training consist of?**

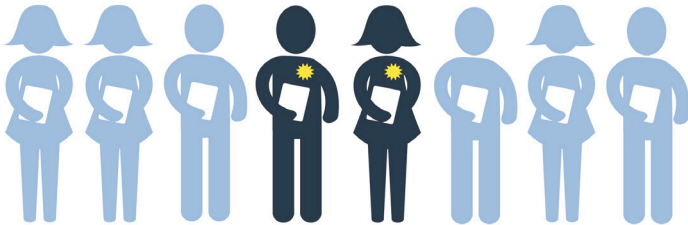
Care and Discipleship training is laid out in a three-part course. Level 1 is a great introduction to biblical counseling involving 15 hours of instruction examining the basics of biblical counseling, principles of change, peacemaking, trials, anger, depression worry and temptation. The next 15 hours in Level 2 cover key topics such as marriage and family, parenting challenges, divorce and remarriage and biblical decision making. This level also further explores the interplay of body and soul in relation to medicine and mental disorders. The course culminates in Level 3 with the recently-released Observation videos. Ten hours of video follow the development of four different counseling cases with three different counselors. Through these videos viewers get to see the concepts they have been learning applied to individual counseling scenarios.

## How do you use it?

We have crafted materials for each level so that this training can easily be used in any group setting. Levels 1 & 2 are available on DVD, audio and Vimeo with student handbooks to go along with each session. The Leader Guide makes it easy to take a class or small-group through the material with suggested discussion breaks and discussion questions and answers. Level 3 Observation videos are available on DVD and Vimeo and have their own handbook designed to simulate the live observation process an observer would have in our counseling center. Observation can serve as a stand-alone component or be integrated into the Level 1 & 2 materials as suggested in our Teaching Guide. Individuals are welcome to work through the training on their own as well, but the interaction afforded by a group setting is ideal.

## How long does it take?

The total instruction time for the course is 40 hours and can be adapted to suit the needs of any group or individual. Some people opt to work very quickly through the material in a few intensive weekend or week-long training sessions. In our Teaching Guide we have laid out a suggested plan to cover all the material over four, sixteen-week classes, assuming each class is an hour in length. For example, a small-group or Sunday School could commit to meeting for 16 weeks and cover a quarter of the lectures as well as one of the cases from Observation. The next class could begin immediately after that, but it allows for breaks to accommodate scheduling as well as entry and exit points for newcomers or people interested in certain segments of the training.



## What is CDC Certification?

CDC Certification is an optional component individuals may pursue to enhance their training. It involves a few additional steps including listening to electives, taking a short exam after Levels 1 & 2, interviewing with church leadership, reading and responding to key counseling texts and writing a reflection to Observation. It can also be useful to those interested in ACBC Certification as it breaks the process into smaller steps. Those who complete Levels 1-3 will find themselves well prepared to continue the final steps required for ACBC Certification.

## How do I start?

Access the CDC materials on our website at [www.ibcd.org/cdc/](http://www.ibcd.org/cdc/) to get started right away. You can also watch an introductory video, read FAQs, view a complete list of products and purchase training materials from the CDC Store.



### In the Classroom - Berlin, Germany

Students in the second year of the Biblical Counseling program at Europaiches Bibel Trainings Centrum are now able to watch Care & Discipleship Observation videos in their “Beobachtung und Analyse” (Observation and Analysis) class. Thanks to the efforts of a young woman named Angelica, each observation video is being transcribed in English and then translated into German. The EBTC audio-visual team then adds subtitles to the video. “For many of the students, this is the first time they have seen pastoral care of this quality in action,” says missionary Nick Kalena. “The Observation videos provide a much-needed, high quality resource here in Germany for demonstrating to believers how to biblically care for one another. They are kindling for the counseling movement that is just starting to ignite here.”



# Santiago's story: an unexpected encounter



by Santiago Ruiz  
Poiema Publications

On just a normal day, making a normal trip, with normal weather, looking out any ordinary window of the Medellín Metro while headed for the office of Poiema Publications, which is where I work, something happened to me that could never be described as “an ordinary experience.” The truth is that it was something extraordinary.

I told you that I work at Poiema Publications (a Spanish Christian book publishing company). Well, that day was a casual-dress day at work, and I had decided to wear the shirt with the company logo on the front left shoulder.

I got on the Metro at my usual station headed for the station near the office, which has become part of my routine. Along the way I suddenly felt someone thumping my shoulder to get me to turn around and give him my attention. As I turned my head, I saw a tall, dark-haired, brown-eyed man. Just as I opened my mouth to ask how I could help him, he announced, “I know that logo. It’s a company that makes Christian books, right?”

Surprised, I responded, “Yes, sir. It’s the

logo of Poiema Publications, a Christian book publisher.” After I confirmed his assumption he began to tell me a fragment of his life story. What he began to tell me so captivated me that we had to get off the Metro at a different station than either of us had planned, just to talk a little more.

He told me that his name is Carlos, that he was raised as a Christian, but that through the cares of life he’d gotten so far from God that he ended up in a tangled web of endless vices: alcoholism and women among them. As he continued his testimony he confessed that his mother, a Christian woman, had been advising him to remember God and return to Him. At last, he said, his mother convinced him to go and buy a Bible. In a Christian bookstore he found the Bible that his mother



wanted to give him, but he saw another book nearby that captured his attention: “Help, I Want to Change!” by Jim Newheiser. He said that as soon as he saw it he decided to buy it—it didn’t cost much and was pocket-sized, so it would be easy to read. He added its price to that of the Bible and went home.

He spent a week reading it.

I’d been listening silently; he stopped speaking. Tears came down his face as he remembered vividly how it had happened. Then he said, “I give thanks to God because through His Word and the help of that little book He turned my life around. I have come back to see the richness of Christianity.” I wept with him. I prayed with him. I prayed for him. We said goodbye and went our separate ways.

I got into another Metro car and resumed my trip to work. He headed for another station. He doesn’t live in Medellín but in another city and was leaving for home the next day. I don’t know how he’s doing right now. I don’t have direct contact with him, but one thing I know: Carlos has changed! The power of the gospel has transformed him, and without a doubt that change will be evident in the city where he lives, causing others to turn to Christ in their time of need.

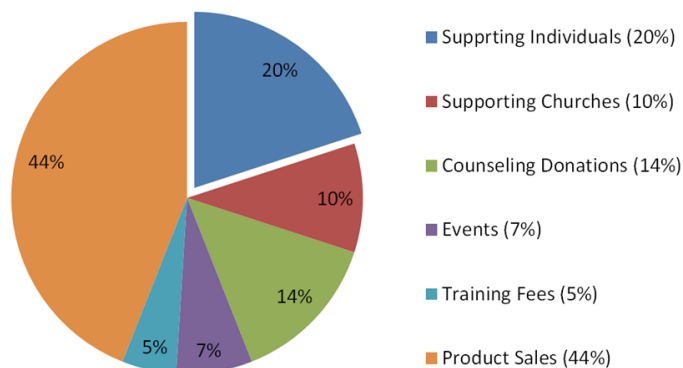
That encounter was truly unexpectedly surprising: a daily routine, a Poiema Publications shirt, and the sovereign hand of God moving the threads of history combined to make my heart burn to know that Poiema Publications is sending the gospel to every corner of life. Glory to God!

# Year-End Giving Opportunities

*We are praising the Lord that we have met our 2014 financial goals to date.*

*Your generous gift can help us finish on budget and make 2015 a year where more churches than ever are equipped in one-another care through IBCD.*

## Our Income Sources



*Supporting individuals and churches enable us to continue helping churches grow in one-another care. As 2014 draws to a close please consider how you can partner with us in this endeavor.*

## Ways to Give

Mail your check to IBCD  
655 W 11th Ave. Escondido CA 92025  
(postmarked by 12/30/14)

Give online [www.ibcd.org/donate](http://www.ibcd.org/donate)

## The Director's Take

Dear Friends of IBCD,

We have had an incredibly exciting fall! It was a great privilege to participate in both the CCEF conference in San Diego and the ACBC conference in Los Angeles with thousands of people who are committed to helping others with biblically based gospel-centered counseling. The growing cooperation between these two organizations is a delight to see. A great highlight of the ACBC conference was the recognition of former IBCD Director George Scipione as a Member of the Academy, an honor only a few have attained. I was also excited to meet many people who are benefiting from IBCD's materials. Many thanked us for the hundreds of free resources (audios and outlines) available on our website. I was blessed to meet many people who are being trained through the Care and Discipleship videos in their local churches. The demand for our Observation videos was so great that we sold out of everything on hand and continue receiving online orders from those who heard about us at ACBC and CCEF.

In October Craig, Caroline and I had the privilege to visit the Ventura Gospel Mission where all of the staff are going through Care and Discipleship training. The scope of this ministry is amazing. I am so thankful for these people who reflect Jesus' compassion for the broken. I was thrilled by their enthusiasm for gospel-centered discipleship which addresses heart issues rather than just trying to improve outward morality.

We have had a wonderful season of counseling and training. Our observers, including pastors and other church leaders in Escondido, have been amazed to see the power of God's Word in the counseling room. Each week I get to hear in some detail about the cases of my favorite IBCD counselor (my wife, Caroline). It is wonderful to hear how the Lord is helping women who have suffered abuse to see that Jesus has taken away their shame.

We rejoice that because of your generous giving and the enthusiastic response to our DVD resources, IBCD is within sight of meeting our budgetary goals for the year (which would be the first time in many years). We are still hoping to secure funding for some exciting upcoming projects including a website revision to make our materials even more accessible, developing a Spanish version of our Care & Discipleship Course and creating modules to make our Care & Discipleship training more effective in rescue mission and prison settings. As 2014 comes to a close we would be grateful if you would consider supporting IBCD in your year-end giving.

Your servant,

Jim Newheiser, Director of IBCD



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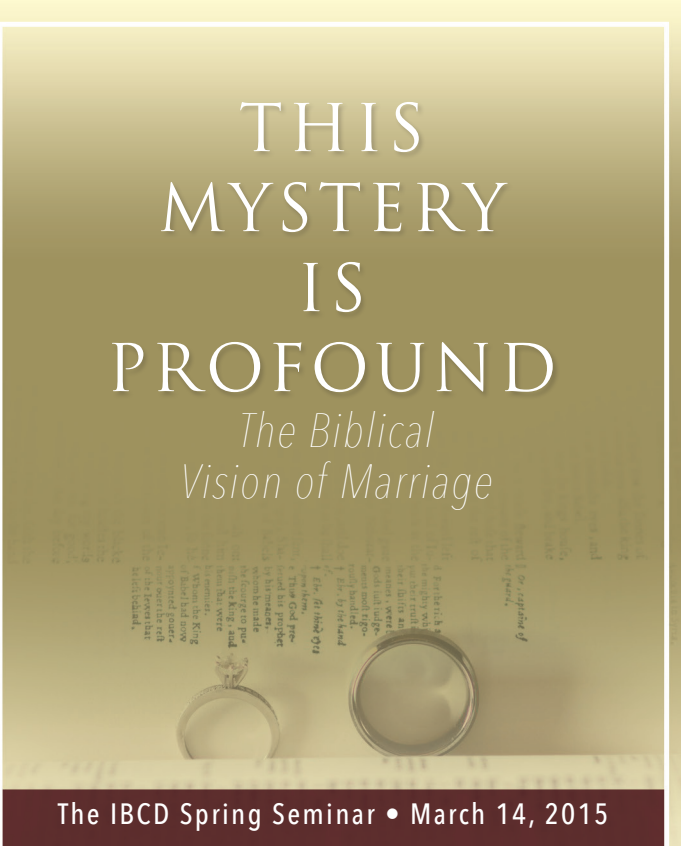
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# THIS MYSTERY IS PROFOUND

*The Biblical  
Vision of Marriage*



The IBCD Spring Seminar • March 14, 2015