



Biblical Help & Hope Ministries



In Partnership with
ASSOCIATION of
BIBLICAL COUNSELORS

ABC Level 1 Counseling Certification Course Syllabus

Year 2026

WEEK		DESCRIPTION	COMPLETED
		PREPARE	
		Setup your Google Classroom account and get familiar with the portal	<input type="checkbox"/>
		Read over the syllabus and let us know if you have any questions	<input type="checkbox"/>
		Begin filling out your Spiritual Assessment	<input type="checkbox"/>
		Start watching the Paul Tripp video series to get ahead of the game! :)	<input type="checkbox"/>
		Pray and ask God to speak to you, to equip you, to prepare your heart.	<input type="checkbox"/>
		Live Session #1 Introduction Session Time Jan 10 AGENDA	
		Introduction to ABC Certification Process	
		Discuss writing assignments & counseling journal articles	
		A Vision for Gospel-Centered, Clinically-Informed Counseling	
		Introductions to other participants	
1		Watch Video Series: Your Walk with God Is A Community Project	<input type="checkbox"/>
2		Watch Video Series: Your Walk with God Is A Community Project	<input type="checkbox"/>
3		ETC Module 1: A Vision for Counseling Lesson 1: Counseling Ministry in the Church & Lesson 2: The Origin of Counseling Ministry	<input type="checkbox"/>
		Read Article: <i>Counseling Is the Church</i>	<input type="checkbox"/>
		Read Article: <i>Cure of Souls (and the Modern Psychotherapies)</i>	<input type="checkbox"/>
4		ETC Module 1: A Vision for Counseling Lesson 3: The Place of Counseling Ministry & Lesson 4: A Definition for Biblical Counseling	<input type="checkbox"/>
		Read Article: <i>The Great Commission: A Paradigm for Ministry in the Local Church</i>	<input type="checkbox"/>
		Read Article: <i>Affirmations & Denials: A Proposed Definition of Biblical Counseling</i>	<input type="checkbox"/>
		Read Article: <i>What is Biblical Counseling Anyway?</i>	<input type="checkbox"/>
		Paper Due: Your Walk with God Is A Community Project — Add to Google Classroom	<input type="checkbox"/>
		Live Session #2 Time Feb 7 AGENDA	
		Integrating the Gospel Story & Our Story	
		Importance of Rightly Interpreting the Person, Situation, and Bible in Counseling	
		Basic Counseling Skills	
		Discuss My Story Assignment	
5		FLEX Week – Catch up on reading and/or rest	
6		ETC Module 2: Counseling Foundations Lesson 5: Counseling Worldview, Part 1 & Lesson 6: Counseling Worldview, Part 2	<input type="checkbox"/>
		Read Article: <i>Speaking Redemptively</i>	<input type="checkbox"/>
		Read Article: <i>Toward a Definition of the Essence of Biblical Counseling</i>	<input type="checkbox"/>
		Read Article: <i>Four Models of Counseling in Pastoral Ministry</i>	<input type="checkbox"/>

		Read Article: <i>How Do You Help a Psychologized Counselee?</i>	<input type="checkbox"/>
7		ETC Module 2: Counseling Foundations Lesson 7: The Aim of Biblical Counseling & Lesson 8: The Fruit of Biblical Counseling	<input type="checkbox"/>
		Read Article: <i>The Search for Truth in Psychology and Counseling</i>	<input type="checkbox"/>
		Read Article: <i>God's Glory Is the Goal of Biblical Counseling</i>	<input type="checkbox"/>
		Read Article: <i>Modern Therapies and the Churches Faith</i>	<input type="checkbox"/>
		Live Session #3 Time Mar 7 AGENDA	
		Emotions + Embodiement + Sin, Suffering & The Gospel	
		Counseling Skills	
8		ETC Module 3: God and His Word	<input type="checkbox"/>
		Lesson 9: Scripture Tells the Story & Lesson 10: Creation, Fall, and Judgement	<input type="checkbox"/>
		Read Article: <i>Augustine and Psychology</i>	<input type="checkbox"/>
		Read Article: <i>Who Is God?</i>	<input type="checkbox"/>
10		FLEX Week – Flex Week: Catch up / Rest	
9		ETC Module 3: God and His Word Lesson 11: Redemption, Consummation, and Eternity & Lesson 12: Knowing the Word of God	<input type="checkbox"/>
		Read Article: <i>The Present Glories of Redemption</i>	<input type="checkbox"/>
		Read Article: <i>Is the “Adonis Complex” In Your Bible?</i>	<input type="checkbox"/>
		Read Article: <i>How Does Scripture Change You?</i>	<input type="checkbox"/>
		Paper Due: Your Story — Add to Google Classroom	<input type="checkbox"/>
11		ETC Module 4: The Gospel Lesson 13: The Gospel Outlined & Lesson 14: Gospel Implications	<input type="checkbox"/>
		Read Article: <i>Who Are We? Needs, Longings, and the Image of God in Man</i>	<input type="checkbox"/>
		Read Article: <i>The Therapeutic Gospel</i>	<input type="checkbox"/>
		Read Article: <i>How Does Sanctification Work?</i>	<input type="checkbox"/>
		Live Session #4 Time Apr 4 AGENDA	
		Getting to the Heart of a Counselee	
		Discuss Mini Practicum	
		Discuss Exam & Counseling Practicum	
		Exam #1 – Take open book exam on Modules 1-5 / Due Monday	
12		ETC Module 4: The Gospel Lesson 15: The Gospel Lived, Part 1 & Lesson 16: The Gospel Lived, Part 2	<input type="checkbox"/>
		Read Article: <i>How Does Sanctification Work? Part 2</i>	<input type="checkbox"/>
		Read Article: <i>How Does Sanctification Work? Part 3</i>	<input type="checkbox"/>
13		FLEX Week – MERRY CHRISTMAS - Catch up on reading, counseling and/or rest	
14		FLEX Week – MERRY CHRISTMAS - Catch up on reading, counseling and/or rest	
15		ETC Module 5: Understanding People Lesson 17: Suffering & Lesson 18: Whatever Rules Your Heart Rules Your Life	<input type="checkbox"/>
		Read Article: <i>Understanding the Influences on the Human Heart</i>	<input type="checkbox"/>
		Read Article: <i>Suffering and Psalm 119</i>	<input type="checkbox"/>

		Read Article: <i>Biological Psychiatry</i>	<input type="checkbox"/>
		Read Article: <i>What if Your Father Didn't Love You?</i>	<input type="checkbox"/>
		Live Session #5 Time May 23 AGENDA	
		The Gospel & Trauma	
		Suicide: Handling with Care	
		Q&A	
16		ETC Module 5: Understanding People Lesson 19: The Descent into Depression & Lesson 20: The Ascent into Joyful Abundance	<input type="checkbox"/>
		Read Article: <i>Puritan Resources for Biblical Counseling</i>	<input type="checkbox"/>
		Read Article: <i>Learning Contentment in All Our Circumstances</i>	<input type="checkbox"/>
17		FLEX Week – Catch up on reading and/or rest	
		Paper Due: Process Paper #1 — Add to Google Classroom	<input type="checkbox"/>
18		ETC Module 6: Counseling Methods Lesson 21: General Methods: Love and Discern & Lesson 22: General Methods: Identify and Exhort	<input type="checkbox"/>
		Read Article: <i>X-Ray Questions: Drawing Out the Whys and Wherefores of Human Behavior</i>	<input type="checkbox"/>
		Read Article: <i>Opening Blind Eyes: Another Look at Data Gathering</i>	<input type="checkbox"/>
		Read Article: <i>Data Gathering Part 2: What the Counselor Brings to The Process</i>	<input type="checkbox"/>
19			<input type="checkbox"/>
20		ETC Module 6: Counseling Methods Lesson 23: Specific Counseling Methods & Lesson 24: Specific Counseling Conditions	<input type="checkbox"/>
		Read Article: <i>Strategies for Opening Blind Eyes: Data Gathering Part 3</i>	<input type="checkbox"/>
		Read Article: <i>Illustrative Counseling</i>	<input type="checkbox"/>
		Read Article: <i>Counseling People Who Resist Change</i>	<input type="checkbox"/>
		Counseling Journals Meeting 2	<input type="checkbox"/>
21		ETC Module 7: Addictions Lesson 25: Understanding Addiction & Lesson 26: Counsel for Addiction	<input type="checkbox"/>
		Read Article: <i>The Bondage of Sin</i>	<input type="checkbox"/>
		Read Article: <i>Addictions: New Ways of Seeing, New Ways of Walking Free</i>	<input type="checkbox"/>
		Counseling Journals Meeting 3	<input type="checkbox"/>
22		ETC Module 7: Anxiety Lesson 27: Understanding Worry and Anxiety & Lesson 28: Counsel for Worry and Anxiety	<input type="checkbox"/>
		Read Article: <i>Getting to the Heart of Your Worry</i>	<input type="checkbox"/>
		Read Article: <i>"Peace Be Still": Learning Psalm 131 by Heart</i>	<input type="checkbox"/>
		Counseling Journals Meeting 4	<input type="checkbox"/>
23		ETC Module 8: Anger Lesson 29: Understanding Anger & Lesson 30: Counsel for Anger	<input type="checkbox"/>
		Read Article: <i>Anger Part 1: Understanding Anger</i>	<input type="checkbox"/>
		Read Article: <i>Anger Part 2: Three Lies About Anger and the Transforming Truth</i>	<input type="checkbox"/>
		Read Article: <i>Anger Part 3: Getting to the Heart of Conflict</i>	<input type="checkbox"/>
		Counseling Journals Meeting 5	<input type="checkbox"/>
		Paper Due: Case Study Paper — Add to Google Classroom	<input type="checkbox"/>

		Live Session #6 Time Jul 18 AGENDA	
		Group: Discuss Counseling Journals (6-9), Real case studies	
		Q&A	
24		ETC Module 8: Depression Lesson 31: Defining Depression, Lesson 32: Understanding Depression & Lesson 33: Counsel for Depression	<input type="checkbox"/>
		Read Article: <i>The Valley of the Shadow of Death</i>	<input type="checkbox"/>
		Read Article: <i>Counseling Those Who Are Depressed</i>	<input type="checkbox"/>
		Read Article: <i>Words of Hope for Those Who Struggle with Depression</i>	<input type="checkbox"/>
		Counseling Journals Meeting 6	<input type="checkbox"/>
25		ETC Module 9: Sexual Purity and Sexual Sin Lesson 34: God's Purpose and Design for Sex, Lesson 35: The Nature of Sexual Temptation and Sin & Lesson 36: Counsel	<input type="checkbox"/>
		Read Article: <i>What's Right About Sex?</i>	<input type="checkbox"/>
		Read Article: <i>Sexual Sin and the Wider, Deeper Battles.</i>	<input type="checkbox"/>
		Counseling Journals Meeting 7	<input type="checkbox"/>
26		FLEX Week – Catch up on reading, counseling and/or rest	
27		FLEX Week – Catch up on reading, counseling and/or rest	
		Paper Due: Process Paper #2— Add to Google Classroom	
28		ETC Module 9: Sexual Purity and Sexual Sin Lesson 37: Understanding Homosexuality & Lesson 38: Counsel for Homosexuality	<input type="checkbox"/>
		Read Article: <i>Homosexuality: Current Thinking and Biblical Guidelines</i>	<input type="checkbox"/>
		Read Article: <i>Getting to Know the Experience of Same-Sex Attraction.</i>	<input type="checkbox"/>
		Counseling Journals Meeting 8	<input type="checkbox"/>
29		Watch Video Series: <i>What Did You Expect?</i> Paul Tripp	<input type="checkbox"/>
		Write Response Paper — <i>What Did You Expect?</i> Paul Tripp	<input type="checkbox"/>
		Counseling Journals Meeting 9 & 10	<input type="checkbox"/>
		* Submit completed Counseling Journals 1-10	<input type="checkbox"/>
30		Exam #2 –Take open book exam on Modules 6-9 / Due Monday	<input type="checkbox"/>
		Paper Due: Response to What Did You Expect? — Add to Google Classroom	<input type="checkbox"/>
All Assignments must be submitted for graduation			
<i>Final grading, Data being submitted by Biblical Help & Hope for Approval.</i>			