

COURSE SYNTHESIS PAPER

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Course Synthesis Paper

Becoming a counselor educator comes with great responsibility. Though there is debate regarding the validity and value of integrating spirituality into counseling, Liberty University supports the importance and value of integration. Liberty produces leader-educators who learn the core competency of the counseling profession and how to teach it, but also the importance of integration. How can one employ and educate spiritual integration when they do not understand Biblical doctrine?

Biblical Doctrine

Webster's definition of doctrine is a system of belief. Bible Doctrine is what the entire Bible teaches us regarding a particular subject matter today (Grudem, 2022). One of the methods used to study the Bible per topic is called systematic theology. Employing systematic theology leads us to everything the Bible says about a topic. For example, by using systematic theology, one would look up all the scriptures about peace. Then after reading the scriptures and understanding the context of where each scripture was found in the Bible one would have a complete understanding of what the Bible says about peace and how to apply it.

There are three other methods to study the Bible: biblical theology, Old Testament theology, and New Testament theology. All three of these theologies differ from systematic theology. Biblical theology is the study of both the Old and New Testament theologies. It also focuses on the teachings of each author (Grudem, 2022). In both the Old and New Testament theologies, the focus is on what each book within says about a particular topic and how the teaching of the subject changed over the history of the individual book (Grudem, 2022).

Doctrine of the Word of God

The Bible is the word of God. So, the Doctrine of the Word of God is the study of what the Bible says about itself in the scriptures. What the Bible says about itself is separated into four

categories: 1) the authority of scripture, 2) the clarity of scripture, 3) the necessity of scripture, and 4) the sufficiency of scripture. The authority of scripture is the understanding that all the words in scripture in the Bible are God's. Based on this, to disobey the scripture (God's Words) is to disobey God (Grudem, 2022). This can be evidenced in the Old Testament by the phrase, "Thus says the Lord" (Grudem, 2022). This phrase can also be found in the Old Testament when prophets deliver the word of God to the people (Grudem, 2022). The scripture 2 Timothy 3:16 NIV says that all scripture is "God-breathed" for our edification, correction, rebuking, and training in righteousness (Grudem, 2022).

Clarity of scripture refers to the ability to comprehend what is written. Parts of the Bible are easy to understand while others are more difficult. Clarity of scripture means the Bible was written to be clear and understandable. However, comprehension will also require time, determination, means, and the guidance of the Holy Spirit (Grudem, 2022). My favorite scripture that speaks to the clarity of scripture is Deuteronomy 30:10-14 KJV. Here God is saying that he does not desire his word to be hidden. He desires truth, understanding, and clarity for all His children. So much so, that we may freely speak it and have it embedded in our hearts and minds.

The necessity of scripture is knowing the Gospel and maintaining a spiritual and righteous life. It is also for knowing the will of God. It is not for the knowledge that God is real or understanding His character (Grudem, 2022). Without knowing the word of God, how can anyone know or understand the Gospel? So, scripture is a necessity. I cannot share the Gospel if I have not read and understood the Gospel. I also cannot live a spiritual life if I do not know what God says about living a spiritual life.

Sufficiency of scripture denotes that through scripture, God has given us everything we need to understand redemption, salvation, obedience, and trust. Nothing is lacking nor any

instruction with imperfection. Through scripture, we have everything we need to live the life God has called those who accept Jesus to live. It also provides the consequences if we choose not to obey Him. An example of the sufficiency of scripture can be found in Psalms 19:7-9 as David, through the Holy Spirit wrote about how steadfast, pure, and true the Word of God is.

Doctrine of God

How do we know there is a God? There is evidence around us every day. We can also feel God within us. Even as a child I believed in God. I have never not known of God or felt there was someone and something bigger. I could see him in creation, in the things around me, in nature. My biggest evidence of God as a child was when I was at the ocean. There was a peaceful rest there. Only God could create the beauty and power of the ocean. I still have the same feeling today when I go to the ocean. Evidence of God's existence is also found in John 1:1-5. "In the beginning, there was the word, and the word was with God, and the word was God....)" It goes on to say that with the word everything was made and without the word nothing was made. God is the creator of the heavens and the earth. God is the creator of man and all living beings. God is eternal and has always been. He is Alpha and Omega (Revelations 22:13).

God is Trinity. He is one God represented in three persons: God (the Father), Jesus (the Son), and the Holy Spirit. They are in unity with one another, triunity. Though the word Trinity is not used in the Bible, it is inferred in the Old Testament, e.g., John 1:1-5 and in Genesis 1:26-27 (Grudem, 2022). It is also directly spoken of in the New Testament many times. An example of this is in John 5:17-18 where Jesus speaks of being one with the Father and in John 15:26 when Jesus tells the disciples that he is sending the Great Comforter (the Holy Spirit) to them from the Father.

Doctrine of Man

The doctrine of man is that man was created in God's image. Man was created to glorify God (Grudem, 2022). We were created sinless and without knowledge of good and evil. God created the garden and all the animals and put Adam in charge over them. Then man sinned by disobeying God and eating from the Tree of Knowledge. This is when sin entered the world and man was banned from the garden. God cursed the ground they would work from (Genesis 3:1-24). Though sin entered the world of man, man is still created in God's image. Sin disfigures our image, but it does not irradicate it (Grudem, 2022). God's plan for redemption which is implied in Genesis 3:15 restores our relationship with God through the death and resurrection of Jesus, the lamb of God. Because of the Lamb of God, if we sin, God is faithful and just to forgive us of our sins (1 John 1:9 KJV).

Doctrine of Christ

Christ is the son of God and part of the Trinity. Christ is also referred to as Jesus, the Lamb of God, the Light of the World, etc. These names represent his purpose upon the Earth. He was born through immaculate conception by the Virgin Mary as the savior of our sins. Before Jesus, to atone for our sins man gave blood sacrifices of different animals as described by the law of Moses. God had already chosen a spotless lamb to redeem us to him, which is why Jesus is called the Lamb of God. No other sacrifice would have forever atoned for our sins.

Jesus's life, death, resurrection, and ascension all serve a purpose. During his life, he was a servant to man. He taught; he fed; he healed; he delivered; he raised from the dead, and he loved. What a mighty sacrifice for a sinful world. The purpose is very well spoken in scripture. "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16). Because of Christ life, we know

God understands us in the flesh. The Bible even mentions Jesus being in agony before the crucifixion in the Garden of Gethsemane (Luke 22:44). This gives us confirmation that we have a God that truly knows our feelings as well as our thoughts. On the cross, Jesus bore all the sin of the world and shed his blood accepting the wrath of God for our forever atonement (Grudem, 2022). His resurrection represents our regeneration in the spirit after salvation (Grudem, 2022). Upon Jesus' ascension, he sent the Great Comforter to dwell within us.

Doctrine of the Application of Redemption

From the very beginning before creation God elected to redeem man (Grudem, 2022). There are other steps to the application of God's redemption from sharing the message of the gospel to receiving a resurrection body (Grudem, 2022). Becoming a Christian involves hearing and accepting the call of the gospel, regeneration, conversion from sin to repentance and faith in God, righteousness/justification and being accepted as a child of God (Grudem, 2022). The sanctification process is an ongoing process of conforming to the likeness of God through the guidance of the Holy Spirit and learning God's word. Perseverance is remaining a Child of God and continuing to live life as a Christian. Our fleshly bodies will die but our spirits will be with the Lord. "We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord" (2 Corinthians 5:8). The last step in the application of redemption is glorification. Glorification occurs when Christ returns (Grudem, 2022).

Doctrine of the Church

The church is God's people. It is all believers who have been or will be saved. After Christ it is the people who have repented of their sins, confessed with their mouths, and believed with their hearts that Jesus is the Son of God, crucified, resurrected, and ascended. In the Old Testament, it is those that walked with God, such as Enoch and Elijah (Grudem, 2022). The

church is not always visible because only God knows the heart of man (Grudem, 2022). This means that some will come to Christ but will not earnestly accept him with their hearts only with their mouths but only God knows who. The first purpose of the church is to praise and worship God. It is also to edify other believers, to evangelize and extend grace and mercy to the world (Grudem, 2022).

Doctrine of the Future

The beginning of the future starts with Christ's return. There are many scriptures in the Bible that speak of Christ's return. "Behold, I come quickly; and my reward is with me, to give every man according as his work shall be" (Revelation 22:12). The Bible also says no man, angel, or Jesus himself knows when he will return. Only God knows (Matthew 24:35-37). However, we are to be ready, and the book of Revelations provides of signs of Jesus' return.

Integrative Approaches to Psychology and Christianity

Understanding our faith and the doctrines that guide our daily lives is something some have suppressed when dealing with day-to-day functioning and activities such as work. Seeking excellence in our careers is a common goal. We sometimes only focus on our spirituality when we are at church or our Christian friends. God has called us to be the light. How can we be the light if we hide it around those who need it most? We cannot. What does it look like to integrate Christianity into all parts of our lives, including our careers as counselors? Let us use the Entwistle book to find out.

Psychology and Christianity

There are so many opinions regarding the integration of psychology and Christianity. There have been efforts towards integration of psychology and Christianity for many years. For example, in 1965, Fuller Theological Seminary began its doctoral programs in clinical

psychology. The core of their program was Christianity (Yarhous, 2021). Shortly thereafter, professional journals were published such as Journal of Psychology and Theology and the Journal of Psychology and Christianity and are still being published today containing peer-reviewed articles (Yarhous, 2021).

Some of the Christian and psychological communities oppose the union and cite that Psychology is empirically driven and a profession, whereas Christianity is just a religion. Others believe that the two subjects are incompatible and not viable for integration (Entwistle, 2021). This worldview creates segregation of the two worlds. There are some with the Christian worldview that Psychology is a sin and should not be utilized by Christians. Others believe that Christianity should have their own title of Christian Counseling or Christian Psychology (Entwistle, 2021). This is yet another form of segregation. Psychology and Christianity can benefit each other and the client.

Epistemology

In Psychology and Christianity, it is important to understand what distinguishes one's belief from opinion. It is important not to be so rigid in your belief that you do not consider other alternatives. Entwistle gives an example of a client learning to play a guitar. When he asked the client how he learned to play, the client gave this wild story about getting on stage with an artist at a concert and instinctively knowing how to play. This made me laugh as well as the reasoning given for those that believed this story. Instead of just going with the story, the clinician had researched the client's history which documented his past drug usage and current delusional thoughts. Because the clinician knew how to distinguish belief from opinion, he was able to understand the story was a delusion and not an actual occurrence (Entwistle, 2021). The clinician

used logic, as well as empirical information to lead him to truth. This truth was found in multiple places, not just one area of deduction.

Here are three reasons positive psychology and Christianity should work in an integrated counseling model. 1) positive psychology (PP) may increase in audience if coupling PP research to the manner of Christian living. The increase in audience would come from Christians who have not supported PP because they did not feel the profession validated their worldviews. 2) By employing Christian practice to build a theoretical model would emphasize why individuals should participate in psychology research and practice. 3) Cohesiveness between psychology and Christianity may assist one-third of the entire population in acquiring strategy to develop virtue because it's aligned with their own values and beliefs (Hodge, 2023).

Integrative Models.

The model of Disciplinary Relationship consists of enemies, spies, colonialists, rebuilders, neutral parties and allies (Entwistle, 2021). The enemies' model is composed of two types of enemies: secular combatants and Christian combatants. The telos of this model is that both combatants are restrictive to each other. For example, the secular combatants exclude religious beliefs and Christian combatants exclude perceptions from human deduction (Entwistle, 2021). Spies consist of foreign spies and domestic spies. They tend to be on the side of whatever will assist human wellness. However, they are shallow and will not commit to any spiritual doctrine faithfully. Colonialists support Christian doctrine but will consider and employ psychological findings if they support their doctrine. Rebuilders are supportive of creating a Christian Psychology setting separate from integration. Rebuilders believe in empirical findings but tend to believe that theology will influence psychology (Entwistle, 2021). Neutral parties support the validity of both theology and psychology but consider them independent beings (Entwistle,

2021). The last model is the allies. Allies believe in the unity of psychology and Christianity. They believe that blending the two provides a more complete comprehension of truth (Entwistle, 2021).

Integration in Research and Practice

Christian reflection may hinder an individual's ability to effectively conduct or analyze research. While working with an integrated model a Christian must be cognizant of why they pick a particular research topic and whether it will be beneficial to the profession. The researcher also be aware of what the mutual research topics will be (Entwistle, 2021). This last statement leads the integrationist to consider the methods in which the research will be conducted. It must be ethical and well-matched with the Christian doctrine (Entwistle, 2021).

Discerning Your Place in Integration?

There is still much debate about whether Christianity and Psychology should be integrated. The models in this book are evidence of that. Yet individuals like me employ the integration approach at each session. An example of what I mean by integration is that I pray for my clients and myself as a counselor every day. During the intake, I ask the clients about their spirituality and what they want to incorporate into the session. If a client is opposed to integration, then I will not work with the client in such a manner. However, if issues or subjects that arise during the session about the client are heavy on my heart, I will place them in God's care by prayer. If the client desires to incorporate Christianity/spirituality into the session, I ask if they want prayer, scripture, or both and follow their lead. These are things I would do if I were in session or not. There is no separation of faith and practice. There is simply me.

Case Study

The Jones family has requested my services because of the mother’s recent diagnosis of stage 4 lung cancer. She has been informed that she has a 10% survival rate of 4-6 months to live. I will be seeing the family as a group but will also see them individually. The treatment plans for the family and individual sessions are below.

Treatment Plans

Family Presenting Problem:

Clients are a family consisting of a 43-year-old Caucasian male (Mr. Jones), a 43-year-old Caucasian female (Mrs. Jones), a 19-year-old Caucasian male (Jim), a 17-year-old Caucasian female (Jana), and a 16-year-old Caucasian male (John) who all present with adjustment disorder as evidenced by learning Mrs. Jones has stage 4 lung cancer (diagnosed by hx). Mrs. Jones has a 10% survival rate of 4-6 months to live. Jana is individually dealing with disturbance of conduct in the form of breaking things when alone. Mr. Jones shows evidence of tearfulness and helplessness. Mrs. Jones is hypervigilant. Jim is experiencing unjustified guilt and condemnation and has increased his digital time and reduced his communication. The family has been experiencing this for two weeks. The clients have no previous mental health treatment history. At this time, the clients would like to seek treatment in the form of therapy to improve their daily life functioning. Clients deny SI/HI at this time.

Note: Clients have communicated they are Christians and would like to employ prayer and scripture in session. Therapist will also pray for the clients before and after session.

Problem or Concern	Measurable Treatment Goal	Treatment Interventions	Expected Number of Sessions Devoted to Reaching Goal	Measurable Means of Evaluating and Monitoring Progress Toward Treatment Goal	Aftercare Plan/ Follow-Up (Means of maintaining treatment gains) (Include titration of treatment dosage)
F43.25 Adjustment Disorder with Mixed Disturbance of Emotions and Conduct	Clients will attend therapy weekly as a family to reduce maladaptive emotions and anxiety. Clients will learn how to express emotions and thoughts with one another rather than maladaptive coping.	Mindfulness Techniques including Prayer and Scripture CBT Recognizing Emotional Triggers, Cognitive Challenging	8-12 weeks depending on the strength of Mrs. Jones. 1-hour sessions Seen weekly	Reduction in maladaptive emotions and outbursts (Jana) from 7 days a week to 2 days a week. Each client will keep a feelings journal that will be shared in the session. Client gets to choose what is shared. Clients will report on the effectiveness of the mindfulness tools they	Refer the family to a focused cancer counseling group: The Parents to an adult group and the teens to a teen group. with others dealing with the same issues. The group will meet for 6 weeks 1X weekly.

		Cognitive Reframing		have learned to manage anxiety.	
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Mr. Jones Presenting Problem:

Client is a 43-year-old Caucasian male who presents with adjustment disorder as evidenced by tearfulness, helplessness, and learning Mrs. Jones has stage 4 lung cancer (diagnosed by hx) and has a 10% rate of survival or 4-6 months left to live. Client has been experiencing this for two weeks. Client has no previous mental health treatment. At this time, the client would like to seek treatment in the form of therapy to improve his daily life functioning. Client denies SI/HI at this time.

Note: Client has communicated he is a Christian and would like to employ prayer and scripture in session. Therapist will also pray for clients before and after sessions.

Problem or Concern	Measurable Treatment Goal	Treatment Interventions	Expected Number of Sessions Devoted to Reaching Goal	Measurable Means of Evaluating and Monitoring Progress Toward Treatment Goal	Aftercare Plan/ Follow-Up (Means of maintaining treatment gains) (Include titration of treatment dosage)
F43.21 Adjustment Disorder with Depressed Mood	<p>Clients will attend therapy weekly to reduce depressed mood.</p> <p>Client will learn how to express emotions and thoughts with his family rather than maladaptive coping.</p> <p>Client will focus on additional scriptures regarding the promises of God in Session for reflection.</p>	<p>Mindfulness Techniques including Prayer and Scripture</p> <p>CBT Recognizing Emotional Triggers, Cognitive Challenging</p> <p>Cognitive Reframing</p>	<p>12 weeks</p> <p>1-hour sessions</p> <p>Seen weekly</p>	<p>Client will keep a feelings journal that will be shared in the family session but will also incorporate additional scriptures about the promises and love of God that he will discuss in reflection at individual therapy.</p>	<p>Refer the parents to a focused cancer counseling group for couples</p> <p>The group will meet for 6 weeks, 1x weekly.</p>

Mrs. Jones Presenting Problem:

Client is a 43-year-old Caucasian female who presents with adjustment disorder as evidenced by learning she has stage 4 lung cancer (diagnosed by hx) and has a 10% rate of survival, or 4-6 months left to live and hypervigilance. Client has been experiencing this for two weeks. Client has no previous mental health treatment. At this time, the client would like to seek treatment in the form of therapy to improve her daily life functioning. Client denies SI/HI at this time.

Note: Client has communicated she is a Christian and would like to employ prayer and scripture in session. Therapist will also pray for client before and after session.

Problem or Concern	Measurable Treatment Goal	Treatment Interventions	Expected Number of Sessions Devoted to Reaching Goal	Measurable Means of Evaluating and Monitoring Progress Toward Treatment Goal	Aftercare Plan/ Follow-Up (Means of maintaining treatment gains) (Include titration of treatment dosage)
F43.22 Adjustment Disorder with Anxiety	<p>Client will attend therapy weekly to learn 3 tools to help reduce anxiety.</p> <p>Client will learn the skill of listening to allow the other person to express emotions and not be saved but to process their emotions.</p> <p>Client will focus on additional scriptures regarding the promises and love of God in Session for reflection.</p>	<p>Mindfulness Techniques including Prayer and Scripture</p> <p>CBT Recognizing Emotional Triggers, Cognitive Challenging Cognitive Reframing</p>	<p>12 weeks</p> <p>1-hour sessions</p> <p>Seen weekly</p>	<p>Reduction in anxiety levels monitored by client reporting the effectiveness of mindfulness techniques.</p> <p>Client will keep a feelings journal that will be shared in the family session but will also incorporate additional scriptures about the promises and love of God that he will discuss in reflection at individual therapy.</p> <p>The client will also journal how it feels to listen and not run to save her family.</p>	<p>The Parents to an adult cancer group.</p> <p>The group will meet for 6 weeks, 1x weekly.</p>

Jim Jones Presenting Problem:

Client is a 19-year-old Caucasian male who presents with adjustment disorder as evidenced by learning his mother has stage 4 lung cancer (diagnosed by hx) and has a 10% rate of survival, or 4-6 months left to live, and unjustified guilt and condemnation. Client has been experiencing this for two weeks. Client has no previous mental health treatment. At this time, the client would like to seek treatment in the form of individual therapy to improve his daily life functioning. Client denies SI/HI at this time.

Note: Client has communicated he is a Christian and would like to employ prayer and scripture in session. Therapist will also pray for client before and after session.

Problem or Concern	Measurable Treatment Goal	Treatment Interventions	Expected Number of Sessions Devoted to Reaching Goal	Measurable Means of Evaluating and Monitoring Progress Toward Treatment Goal	Aftercare Plan/ Follow-Up (Means of maintaining treatment gains) (Include titration of treatment dosage)
F43.21 Adjustment Disorder with Depressed Mood	Client will learn to recognize emotional triggers, cognitive challenging thoughts, and cognitive reframing to mitigate depressed mood. Client will learn what scripture says about strife and life, (e.g., John 16:33).	Mindfulness Techniques including Prayer and Scripture CBT Recognizing Emotional Triggers, Cognitive Challenging, Cognitive Reframing	12 weeks 1-hour sessions Seen weekly	Reduction in depression levels monitored by client reporting the effectiveness of mindfulness techniques. Client will keep a feelings journal that will be shared in the family session but will also incorporate additional scriptures about the promises and love of God that he will discuss in reflection at individual therapy.	Refer Jim to a late teen or early twenties age cancer group. The group will meet for 6 weeks, 1x weekly.

Jana Jones Presenting Problem:

Client is a 17-year-old Caucasian female who presents with adjustment disorder with mixed disturbance of emotions and conduct as evidenced by learning her mother has stage 4 lung cancer (diagnosed by hx) and has a 10% rate of survival, or 4-6 months left to live, and evidence of breaking items when alone. Client has been experiencing this for two weeks. Client has no previous mental health treatment. At this time, the client would like to seek treatment in the form of individual therapy to improve her daily life functioning. Client denies SI/HI at this time.

Note: Client has communicated she is a Christian and would like to employ prayer and scripture in session. Therapist will also pray for client before and after session.

Problem or Concern	Measurable Treatment Goal	Treatment Interventions	Expected Number of Sessions Devoted to Reaching Goal	Measurable Means of Evaluating and Monitoring Progress Toward Treatment Goal	Aftercare Plan/ Follow-Up (Means of maintaining treatment gains) (Include titration of treatment dosage)

<p>F43.25 Adjustment Disorder with Mixed Disturbance of Emotions and Conduct</p>	<p>Client will learn to recognize emotional triggers, cognitive challenging thoughts, and cognitive reframing to mitigate the disturbance of emotions.</p> <p>Client will learn 3 mindfulness tools to help mitigate anxiety and aggression.</p> <p>Therapist will pray with client in session as led by the Holy Ghost.</p>	<p>Mindfulness Techniques including Prayer and Scripture</p> <p>CBT</p> <p>Recognizing Emotional Triggers, Cognitive Challenging Cognitive Reframing</p>	<p>12 weeks</p> <p>1-hour sessions</p> <p>Seen weekly</p>	<p>Reduction in emotion disturbance levels monitored by client reporting the effectiveness of mindfulness techniques.</p> <p>Client will keep a feelings journal that will be shared in the family session but will also incorporate additional scriptures and prayers that she will discuss in reflection at individual therapy.</p>	<p>Refer Jana to a family cancer teen cancer group.</p> <p>The group will meet for 6 weeks, 1x weekly.</p>
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John Jones Presenting Problem:

Client is a 16-year-old Caucasian male who presents with adjustment disorder with depressed mood as evidenced by learning his mother has stage 4 lung cancer (diagnosed by hx) and has a 10% rate of survival, or 4-6 months left to live, and decreased communication and increased digital time on his video games. Client has been experiencing this for two weeks. Client has no previous mental health treatment. At this time, the client would like to seek treatment in the form of individual therapy to improve his daily life functioning. Client denies SI/HI at this time.

Note: Client has communicated he is a Christian and would like to employ prayer and scripture in session. Therapist will also pray for client before and after session.

Problem or Concern	Measurable Treatment Goal	Treatment Interventions	Expected Number of Sessions Devoted to Reaching Goal	Measurable Means of Evaluating and Monitoring Progress Toward Treatment Goal	Aftercare Plan/ Follow-Up (Means of maintaining treatment gains) (Include titration of treatment dosage)
<p>F43.21 Adjustment Disorder with Depressed Mood</p>	<p>Client will learn to recognize emotional triggers, cognitive challenging thoughts, and</p>	<p>Mindfulness Techniques including Prayer and Scripture</p>	<p>12 weeks</p> <p>1-hour sessions</p> <p>Seen weekly</p>	<p>Reduction in depression levels monitored by client reporting the amount of time gaming or alone.</p>	<p>Refer John to a family cancer focus group for teens.</p> <p>The group will meet for 6 weeks, 1x weekly.</p>

	cognitive reframing to mitigate depressed mood. Client will work with a feelings wheel to be able to pinpoint and verbalize his emotions.	CBT Recognizing Emotional Triggers, Cognitive Challenging, Cognitive Reframing		Client will keep a feelings journal that will be shared in the family session but will also incorporate additional scriptures about the promises and love of God that he will discuss in reflection at individual therapy.	
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Conclusion

There are many opinions developed and expounded upon about the integration of Christianity and psychology. There are many models regarding integration, yet no consensus. There is nothing officially stopping anyone from working with an integrated approach. You can see by the treatment plans above; that I start with prayer and scripture. The Holy Spirit guides me in what type of integration the client needs. I have found the biggest area of sorrow for people is seeing themselves as the world sees them not as God sees them. If they are Christians and want integration, we start with who God says they are. Then I integrate, recognizing triggers, cognitive challenging, and cognitive reframing into the session. Biblically, God created all things. As a result, both psychology and Christianity should be integrated.

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