



Psychology, Theology, and Spirituality in Christian Counseling (AACC Library)

By Mark R. McMinn

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The American Association of Christian Counselors and Tyndale House Publishers are committed to ministering to the spiritual needs of people. This book is part of the professional series that offers counselors the latest techniques, theory, and general information that is vital to their work. While many books have tried to integrate theology and psychology, this book takes another step and explores the importance of the spiritual disciplines in psychotherapy, helping counselors to integrate the biblical principles of forgiveness, redemption, restitution, prayer, and worship into their counseling techniques. Since its first publication in 1996, this book has quickly become a contemporary classic—a go-to handbook for integrating what we know is true from the disciplines of theology and psychology and how that impacts your daily walk with God. This book will help you integrate spiritual disciplines—such as prayer, Scripture reading, confession—into your own life and into counseling others.

Mark R. McMinn, Ph.D., is professor of psychology at Wheaton College Graduate School in Wheaton, Illinois, where he directs and teaches in the Doctor of Psychology program. A diplomate in Clinical Psychology of the American Board of Professional Psychology, McMinn has thirteen years of postdoctoral experience in counseling, psychotherapy, and psychological testing. McMinn is the author of *Making the Best of Stress: How Life's Hassles Can Form the Fruit of the Spirit*; *The Jekyll/Hyde Syndrome: Controlling Inner Conflict through Authentic Living*; *Cognitive Therapy Techniques in Christian Counseling*; and *Christians in the Crossfire* (written with James D. Foster). He and his wife, Lisa, have three daughters.

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Editorial Review

Review

This book—one of the best in its field—is a gift to counselors. The chapters on sin and prayer alone are worth the price of the book. And the ‘What If This Happened’ sections take the material out of the merely cerebral and force readers to interact with it in real-life scenarios. This book fills a major void and will become required reading for my seminary students. The six integration challenges are a gold mine for both the practitioner and the professor. (Gary J. Oliver, Ph.D., director of the D.Min. program in Marriage and Family Counseling, Denver Seminary)

McMinn directly targets areas that have not been addressed in an in-depth or systematic manner elsewhere. This comprehensive and unique treatment of the key issues that distinguish Christian from secular counseling is important reading for both prospective and practicing counselors. (Joe Kloba, Ph.D., director of the Graduate Counseling Psychology Program, Palm Beach Atlantic College)

Dr. Mark McMinn has written a thoughtful and important book covering areas of psychology, theology, and spirituality. I highly recommend it to everyone interested in Christian counseling and integration. (Siang-Yang Tan, Ph.D., director of the Psy.D. program at the Graduate School of Psychology, Fuller Theological Seminary)

McMinn’s experience and wisdom as both a teacher and a practitioner are reflected throughout this work. He has nailed a critical subject in Christian counseling, pushing the challenge of explicit integration of spiritual practice in counseling to a refined level. (George Ohlschlager, J.D., L.C.S.W., associate director of Redwood Family Institute)

From the Inside Flap

After years of discussion about the relationship between psychology and theology, it is time to move the discussions to a more intimate level: what actually happens in the Christian counseling office? It is here that counseling becomes intensely personal, reflecting counselors' spiritual lives as much as their psychological preparation and theological sophistication. This updated landmark book looks at what happens in two secret places in counselors' lives: behind the closed doors of their counseling offices and in their own spiritual lives. It asks such probing questions as How can we move into the frontier of interdisciplinary integration, where the practical implications of responsible psychology, Christian theology, and spiritual growth are seen in every counseling interaction? What challenges do we face as we critically evaluate dominant views of mental health, establish a scientific base, and define relevant ethical standards for Christian counseling? How can we adapt our definitions of training? How can we nurture our own spiritual lives so that Christ will be revealed through us? It also asks practical questions, such as Is it wise to pray with a particular client? Under what circumstances should I use Scripture memory as part of counseling? What is the proper role of confession in the therapy process? Is forgiveness a reasonable goal in a specific situation? Mark R. McMinn is professor of psychology at George Fox University, where he teaches and serves as the director of faith integration in the Graduate Department of Clinical Psychology. Mark holds a Ph.D. from Vanderbilt University, is a licensed psychologist in Oregon, and is board certified by the American Board of Professional Psychology. He is a fellow of the American Psychological Association (APA) and a past president of the APA's Psychology of Religion division. Mark has received teacher-of-the-year awards at both George Fox University and Wheaton College, where he taught from 1993 to 2006. He was recently awarded the 2010 Graduate Researcher of the Year award at George Fox. Much of his research and all his

clinical work in recent years have focused on clergy health and finding effective ways for mental health professionals and clergy to work well together. Mark's wife, Lisa, is a sociologist and an author. Together they raised three daughters, who are now grown. Mark and Lisa live in rural Oregon, where they attend Newberg Friends Church, tend honeybees and chickens, and run a small Community-Supported Agriculture (CSA) farm.

From the Back Cover

Revised and Updated for the 21st Century

What happens in your Christian counseling office? How do you integrate your spiritual life with your psychological expertise and theological understanding?

Since its first publication in 1996, *Psychology, Theology, and Spirituality in Christian Counseling* has quickly become a contemporary classic—a go-to handbook for integrating what we know is true from the disciplines of psychology and theology and the impact it has on our everyday walk with God.

This book will help you evaluate how you can effectively integrate prayer, Scripture, confession, forgiveness, and redemption into your own life and your counseling practice.

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How can we adapt our definitions of training?

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Is it wise to pray with a particular client?

Under what circumstances should I use Scripture memory as part of counseling?

What is the proper role of confession in the therapy process?

Is forgiveness a reasonable goal in a specific situation?

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Users Review

From reader reviews:

Henry Barba:

The book Psychology, Theology, and Spirituality in Christian Counseling (AACC Library) gives you the sense of being enjoy for your spare time. You can use to make your capable considerably more increase. Book can to get your best friend when you getting tension or having big problem with the subject. If you can make reading a book Psychology, Theology, and Spirituality in Christian Counseling (AACC Library) to become your habit, you can get much more advantages, like add your current capable, increase your knowledge about many or all subjects. You are able to know everything if you like open and read a reserve Psychology, Theology, and Spirituality in Christian Counseling (AACC Library). Kinds of book are a lot of. It means that, science book or encyclopedia or some others. So , how do you think about this reserve?

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Bernard Davisson:

This Psychology, Theology, and Spirituality in Christian Counseling (AACC Library) is new way for you who has interest to look for some information mainly because it relief your hunger info. Getting deeper you

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