A Christian Worldview & Counseling
Mark A. Caswell, MS, LPC, NBCC
“Compotence”
What is a Worldview?

-A worldview is a way of viewing or interpreting all of reality.

-It is an interpretive framework through which or by which one makes sense out of the data of life and the world.

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<th>Focus</th>
<th>Key Questions</th>
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<td>Cosmology</td>
<td>Totality of Reality; Physical and Nonphysical Reality</td>
<td>Where did I come from? Is there a God</td>
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<td>Teleology</td>
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<td>Why am I here?</td>
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<td>Epistemology</td>
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<td>What can I know? How can I know it?</td>
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<td>Morality, Values</td>
<td>Why do I do what I do? How do I live?</td>
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Thomas & Sosin,
Worldview Illustrations

Map
Pair of Glasses
Filter
Five Presuppositions of a Christian Worldview

- The Existence of God
- The Existence of Absolute Truth
- The Existence of Revelation
- Biblically Based Anthropology
- A fallen Creation
Presupposition 1: The Existence of God

C = Creator of Everything

R = Relational with the son & mankind

E = Eternal, without beginning & end

A = Abiding because he is immutable

T = Transcendent outside and above all that is

E = Ever-present because he is immanent

S = Sovereign ruler of all
Presupposition 2: The Existence of Absolute Truth

- God is the author
- God cannot change so truth cannot either
- All Truth is God’s Truth.
- Reason, revelation, & scientific inquiry are all valid from a Christian Worldview.
Presupposition 3: The Existence of Revelation

God has revealed Himself through his Word (Scripture) and his Work (Creation)

2 Timothy 3:16-17

New International Version (NIV)

16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness

The Bible is authoritative and profitable but not “all-sufficient“. There are other sources of truth.
Light out of Darkness

Some Examples
Attachment Theory
Cognitive Behavior Therapy
Rational-Emotive Behavior Therapy
Reality Therapy
Choice Theory
Presupposition 4: A Biblically Based Anthropology

**Tenet 1:** The Origin of Mankind

**Tenet 2:** The Nature of Mankind

**Tenet 3:** The need of mankind

**Tenet 4:** The motivation of mankind
The Origin of Mankind

Created in the Image of God “imago Dei”

Since all men are created in God’s image, this provides a bridge between people of different cultures and times and aids in our understanding of them.
The Nature of Mankind

Life is Sacred
Human Dignity
Inherent Value
Spiritual Beings (Dualistic vs Monistic)
Relational
Gives us meaning
Free Will
The Need of Mankind

The need of Mankind is Redemption

Sin caused a separation for God but he offers a remedy for our sin that allows us to be reconciled to him.

This not only saves us from the consequences of the Fall but also allows us to live in spiritual abundance.

This is the heart of counseling.

Thomas & Sosin, 27
The Motivation of Mankind

-To search for Truth
-This is the Search for God for God is Truth
-The existential vacuum inside all of us is God-Shaped

Thomas & Sosin, 28
Presupposition 5: A Fallen Creation

Trait Sin – We have a sinful nature.

State Sin – Engaging in sinful choices.

Romans 5:12

King James Version (KJV)

Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:
1 John 5:20

And we know that the Son of God is come, and hath given us an understanding, that we may know Him that is true, and we are in Him that is true, even in His Son Jesus Christ. This is the true God, and eternal life.
Jesus Testifies to the Truth

John 18:37

King James Version (KJV)

. . . To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth. Every one that is of the truth heareth my voice.
Jesus is the Truth

John 14:6

King James Version (KJV)

6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.
Sanctify them through thy truth: thy word is truth.
The Spirit of Truth

John 14:17
King James Version (KJV)

17 Even the Spirit of truth . . .

John 16:13
King James Version (KJV)

13 Howbeit when he, the Spirit of truth, is come, he will guide you into all truth
Absolute Truth

These passages reinforce the idea that ABSOLUTE TRUTH does exist and it is found in the character and nature of God.
How does fallen man respond to the truth?

Acts 20:30 – “distort the truth”

Roman 1:18 – “suppress the truth”

Romans 1:25 – “exchanged the truth of God for a lie”

Romans 2:8 – “reject the truth and follow evil”
Connecting Sin with Lies

Hebrews 3:13 – “sins deceitfulness”
Ephesians 4:22 – “deceitful desires”
2 Thes. 2:10 – “evil that deceives”
Romans 7:11 – “sin . . .deceived me”
Every sin that besets us can be traced to a belief in a lie. Our sins take us captive to the lies of the world.
God’s Solution

John 17:17

King James Version (KJV)

17 Sanctify them through thy truth: thy word is truth.

2 Thessalonians 2:13

King James Version (KJV)

13 . . . God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth:
Is there a link between Mental Illness & Lies?

Eating Disorders  Substance Abuse
Depression  Addiction
Anxiety  Gender Identity
Phobias  Dissociative Identity Disorder
Sexual Orientation
Matthew 12:34-35

34 O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of
the heart the mouth speaketh.

35 A good man out of the good treasure of the heart bringeth forth good things: and an evil man
out of the evil treasure bringeth forth evil things.

Proverbs 23:7

For as he thinketh in his heart, so is he
Just as accepting and believing the truth (Jesus Christ) sets us free from sin, accepting a believing the truth can help to set us free from much of what is called mental illness.
John 8:36

If the Son therefore shall make you free, ye shall be free indeed.
Filling your Counseling Tool Box
Worldviews in Conflict
## Absolute Truth

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<tr>
<th>Biblical Worldview</th>
<th>Naturalism</th>
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<td>Truth is absolute and God is the Author.</td>
<td>Truth is relative and is completely dependent on the knower.</td>
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The Truth Will Not Set You Free

“We do not see the world as it is. We see the world as we are.”

Published on May 6, 2012 by William Berry, LMHC., CAP. in The Second Noble Truth

“We do not see the world as it is. We see the world as we are.” This quote has been attributed to both the Talmud and Anaïs Nin (although an actual citation for neither quote can be found). This quote summarizes the idea that truth, the truth that one perceives, is subjective and can be wrong.

We have long been taught that the truth will set us free, and that seeking the truth is a worthy goal. What if there is no absolute truth? What if there are just degrees of truth (or lies) that we tell ourselves? What if, as some insightful, anonymous person once purported, “People tell themselves stories, and then pour their lives into the stories they tell”?

Meaning is created in life. Neutral events are made subjective by interpreting them through the lens of perception. “Truth” is merely a product of perceptions; perceptions are colored by experience, which is then filtered through the current state of mind and altered even further. By the time the neutral event is processed in this manner, it is little more truth than fiction. Yet personal truth is accepted wholeheartedly.
Nature of Man

**Biblical Worldview**

*Man is Inherently Sinful and in need of redemption*

**Naturalism**

*Man is basically good.*

*Carl Rogers – “I do not find that evil is inherent in human nature.”*

**Romans 5:12**

*King James Version (KJV)*

12 Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:
Maslow’s Hierarchy of Needs

- Physiological
- Safety
- Social
- Esteem
- Self-actualisation

Naturalism (Foundation)
Biblical Worldview

Mankind is Dualistic, consisting of both body and mind (spirit), therefore problems can be either physical or spiritual or both.

Naturalism

The medical model of abnormal psychology treats mental disorders in the same way as a broken arm, i.e. there is thought to be a physical cause.

If the cause is physical, then the cure must be physical as well.
Health & Healing

**Biblical Worldview**

Man’s dilemma is ultimately a spiritual one and his ultimate salvation is found in the truths of God that have been revealed to us.

**Naturalism**

Maslow’s Hierarchy of needs would indicate that the indicator of health is becoming who we truly are through self actualization.
## Directive vs. Non-Directive

### Biblical Worldview

- Understands that men can be taken captive by the Lies of the world and of Satan.
- Understand that man in his natural state is unable to “will good”.
- There are elements of counseling that must be directive.
- Guidance
- Admonition

- The Christian Counselor must be able to: “speak truth in love.”

### Naturalism & Humanism

- Man is basically good and if his basic needs are met, he will experience self-actualization.
- Man somehow instinctively know what is best for him and the counselors job is the help him realize that.
Christian Worldview Foundation

Case Conceptualization

Treatment Planning

Termination & Referral

Change & Healing

Helping

House

Christian Worldview Foundation