

**Albanian Biblical Counseling Coalition**  
**TRAINING/ CERTIFICATION PROGRAM**  
**IN**  
**BIBLICAL COUNSELING/DISCIPLESHIP**

***Missions and goals:***

- to strengthen the evangelical churches in Tirana, Korça and Albania for their ministry of biblical soul-care by developing practical ministry resources and intensive training of pastors and church leaders in the practice of biblical counseling/discipleship;
- to train future leaders, pastors, counselors and people with a heart for discipleship/biblical counseling;
- to teach people/students how to explore the wisdom and depth of the Bible and apply its Christ-centered message to the problems of daily living.

The biblical counseling training program will start in January 2015 with a first generation of pastors, leaders, layworkers, and growing Christians. It will be over a period of two years, with weekend intensive modules (6 modules per year), every two months, that will consist in courses and seminars. The program will start with the people from Tirana, Korça, and surrounding areas but it is desired to be extended and implemented in the entire country, in close cooperation with the main Evangelical Churches.

The weekend intensive module schedule: Tirana: Friday (6 pm – 9 pm)  
Saturday (9 am – 4 pm)  
Korça: Tuesday (6 pm – 9 pm)  
Wednesday (6 pm – 9 pm)

**MODULE 1: BIBLICAL COMMUNICATION AND RECONCILIATION**

**Date:** January 13-14, 2015 (Korça), January 16-17, 2015 (Tirana)

**Instructors:** Blair Alvidrez & Doug Markesbery

**Suggested Lecturing Topics:**

- How to improve your communication (NANC)
- Biblical view of conflict
- Biblical peacemaking/Conflict Resolution
- Watching DVD + discussion

**Suggested Reading Assignments:**

- *The Peacemaker – A Biblical Guide to Resolving Personal Conflict* by Ken Sande
- *Communication and conflict Resolution* by Stuart Scott
- *War of Words – getting to the heart of your communication struggles* by Paul Tripp
- *Peacemaking for Families* by Ken Sande

**MODULE 2: COUNSELING AND PHYSIOLOGY**

**Date:** March 10-11, 2015 (Korça), March 13-14, 2015 (Tirana)

**Instructors:** Blair Alvidrez, ?

**Suggested Lecturing Topics:**

- Counseling people who have illness (NANC)
- Counseling people who are on psychological drugs (NANC)
- Depression (NANC)
- Watching DVD + discussion

**Suggested Reading Assignments:**

- *The Christian Counselor's Manual: The Practice of Nouthetic Counseling* by Jay Adams (Manualul consilierului spiritual crestin: practicarea consilierii spirituale noutetice de Jay Adams)
- *Depression – The Way Up When You Are Down* by Edward Welch

**Supplemental Reading:**

- *Blame it on the Brain? Distinguishing Chemical Imbalances, Brain Disorders and Disobedience* by Edward Welch
- *Depression: Light for the Path* by Edward T Welch
- *OCD: Freedom for the Obsessive-Compulsive* by Michael Emlet
- *Asperger Syndrome* by Michael Emlet
- *Self-injury: When pain feels good* by Ed Welch
- *A.D.D.: Wandering minds and wired bodies* by Ed Welch

**MODULE 3: COUNSELING IN THE LOCAL CHURCH**

**Date:** April 21-22, 2015 (Korça), April 28-29, 2015 (Tirana)

**Instructor:** Steve Viars

**Course description:** Biblical counseling – is it just for the pastors and elders? Or for trained professionals? What does it look like to restore counseling to the local church? This course aids church leaders and lay people alike to broaden their definition of “counseling.” Counseling is found in both the formal and interpersonal interactions and advice we give and receive within the body of Christ on any given day. We all are counselors – from the casual hallway conversations, to the over-the-fence neighborly chat, to the more formal counseling and ministry structure of a church for conflict resolution, evangelism, and church discipline. This course benefits pastors and church leaders who are thinking about how to create structures and systems for pastoral care and how to equip leaders for counseling ministry. This is also a course for lay people in the church who are not counseling in a formal way, but desire to use their gifts in ministry within the local church. Case studies, reading, and project assignments will help the students to apply what they are learning to their own current ministry situation and to develop a practical understanding of how counseling ministry functions effectively within the church.

**Suggested Lecturing Topics:**

- Developing a Counseling Ministry in a Local Church (NANC)
- Counseling Study Cases in the local church

**Suggested Reading Assignments:**

- *Counseling: How to Counsel Biblically* by John MacArthur
- *Why Small Groups* by C.J. Mahaney

- *Nine Marks of a Healthy Church* by Mark Dever
- *Let the Nations Be Glad* by John Piper

#### **MODULE 4: FAMILY COUNSELING**

**Date:** July 14-15, 2015 (Korça), July 17-18, 2015 (Tirana)

**Instructors:** Dr. Bob & Ruth Forese (IABC)

##### **Suggested Lecturing Topics:**

- Biblical Parenting (NANC)
- Parent and Child Relationship
- Principles of discipline
- Counseling Children and Teens
- Watching DVD + discussion

##### **Suggested Reading Assignments:**

- *Christian Living in the Home* by Jay Adams
- *Shepherding A Child's Heart* by Tedd Tripp
- *Josh McDowell's Handbook on Counseling Youth* by Josh McDowell and Bob Hostetler

##### **Supplemental Reading:**

- *Gospel-Powered Parenting – How The Gospel shapes and Transformed Parenting* by William P. Farley
- *The Faithful Parent – A Biblical Guide to Raising A Family* by Martha Peace and Stuart Scott
- *Age of Opportunity* by Paul Tripp

#### **MODULE 5: CHRISTIAN FAITH AND SECULAR PSYCHOLOGY**

**Date:** September 15-16, 2015 (Korça), September 18-19, 2015 (Tirana)

**Instructors:** Blair Alvidrez, ?

##### **Suggested Lecturing Topics:**

- The Origin & Purpose of Biblical Counseling (NANC) OR Introducing the Ministry of Biblical Soul Care for the Local Church
- Comparisons of Counseling Philosophies; Implications of Biblical Counseling (NANC)
- Psychological Labels and Biblical Equivalents (Session 8 in Biblical Soul Care for the Local Church)
- Common Mistakes in Counseling (Session 6 in Biblical Soul Care for the Local Church)

##### **Suggested Reading Assignments:**

- *Hope & Help through Biblical Counseling* by Mark Shaw
- *Why Christians Can't Trust Psychology* by Ed Bulkley, PH.D.
- *Psychology & Christianity: Four Views OR Five Views* (Eric Johnson & Stanton Jones, eds., Downers Grove: InterVarsity Press, 2000).
- *Blame it on The Brain?: Distinguishing Chemical Imbalances, Brain Disorders, and Disobedience* by Ed Welch
- *Seeing with New Eyes* by David Powlison
- *Speaking Truth in Love* by David Powlison

- *Competent to Counsel?: The History of a Conservative Protestant Biblical Counseling Movement* by Powlison (Glenside: CCEF, 2006 2<sup>nd</sup> edition, with new preface and appendices).
- Change Them?...Into What? by Jay Adams, *The Journal of Biblical Counseling*, Vol. 13, No. 2, Winter 1995, pp. 13-17.
- How Do You Help a “Psychologized” Counselee? by David Powlison, *The Journal of Biblical counselling*, Vol. 15, No. 1, Fall 1996, pp. 2-7.
- A Discussion Among Clergy: Pastoral Counseling Talks with Secular Psychology by Edward Welch, *The Journal of Biblical Counseling*, Vol. 13, No. 2, Winter 1995. pp. 23-34.

## **MODULE 6: MARRIAGE COUNSELING**

**Date:** November 17-18, 2015 (Korça), November 20-21, 2015 (Tirana)

**Instructors:** Blair Alvidrez, ?

### **Suggested Lecturing Topics:**

- How to Improve Your Marriage (NANC)
- Husband’s Role (NANC)
- Wife’s Role (NANC)
- Biblical View of Sexuality (NANC)
- Workshop: Developing Counseling Skills

### **Suggested Reading Assignments:**

- *Pre-Engagement – 5 Questions to Ask Yourself* by David Powlison
- *Marriage: Whose Dream?* by Paul Tripp
- *Sacred Marriage* by Gary Thomas
- *Sex & the Supremacy of God* by John Piper
- *What Do You Do When Your Marriage Goes Sour?* by Jay Adams
- *How to save your marriage alone* by Ed Wheat
- *Renewing Marital Intimacy* by David Powlison
- *How to Change Your Husband by Faith* by James MacDonald
- *Help! My Spouse Committed Adultery* by Winston Smith
- *After Adultery* by Robert Jones

### **Supplemental Reading:**

- *The Excellent Wife – A Biblical Perspective* by Martha Peace
- *The Complete Husband – A Practical Guide to Biblical Husbanding* by Lou Priolo OR *The Exemplary Husband – A Biblical Perspective* by Stuart Scott
- *Homeward Bound: Building An Attractive Christ-Centered Family On Eternal Principles* by Edward Hartman (D.Min. Westminster Theological Seminary)
- *The Seven Principles for Making Marriage Work*, John M. Gottman, Ph.D.
- *How to Act Right When Your Spouse Acts Wrong*, Leslie Vernick
- *Marriage Matters: Extraordinary Change Through Ordinary Moments* by Winston T. Smith
- *What did you expect? Redeeming the Realities of Marriage* by Paul David Tripp

## SECOND YEAR OF TRAINING

### MODULE 7: DYNAMICS OF BIBLICAL COUNSELING

**Date:** January 12-13, 2016 (Korça), January 15-16, 2016 (Tirana)

**Instructors:** Bill Tully ? , Blair Alvidrez

#### **Orientative Lectures:**

- What is Biblical Counseling? / Definition of Biblical Counseling (NANC)
- What makes Biblical Counseling Biblical (NANC)
- Personal ministry (CCEF / *Changing Hearts, Changing Lives – Session 1*)
- The heart is the target (CCEF / *Changing Hearts, Changing Lives – Session 2*)
- Life as God sees it, Change as God does it (CCEF / *Changing Hearts, Changing Lives – Session 3*)
- Key Elements of Biblical Counseling (NANC)
  - a. Gather Data
  - b. Discerning Problems
  - c. Establish Involvement
  - d. Give Hope
  - e. Instruction
  - f. Homework
- How to Get Started (Watching DVD 1/ Randy Patten + discussion)

#### **Reading Assignments:**

- *Instruments in the Redeemer's Hands* by Paul Tripp (Chapters: 1-6)  
(Instrumente ne Duarte Shpenguesit nga Paul Tripp kap. 1-6)
- *A Theology of Christian Counseling: More than Redemption* by Jay Adams
- Scripture reading (*assigned*)
- Exam Questions – deadline for turning their response papers: March 9, 2016

### MODULE 8: METHODS OF BIBLICAL CHANGE

**Date:** March 15-16, 2016 (Korça), March 18-19, 2016 (Tirana)

**Instructors:** Ken Long, Blair Alvidrez

#### **Suggested Lecturing Topics:**

- Idols of the Heart (NANC)
- How to be one of God's instruments of change (CCEF / *Changing Hearts, Changing Lives – Session 9*)
- **Love** (A Model for Heart Change: **Love**-Know-Speak-Do) (CCEF / *Changing Hearts, Changing Lives – Session 10*)
- **Know** (A Model for Heart Change: Love-**Know**-Speak-Do) (CCEF / *Changing Hearts, Changing Lives – Session 11*)
- **Speak** (A Model for Heart Change: Love-Know-**Speak**-Do) (CCEF / *Changing Hearts, Changing Lives – Session 12*)
- **Do** (A Model for Heart Change: Love-Know-Speak-**Do**) (CCEF / *Changing Hearts, Changing Lives – Session 13*)
- Laying the Foundation (Watching DVD 2 / Randy Patten + discussion)

**Reading Assignments:**

- *Instruments in the Redeemer's Hands* by Paul Tripp (Chapters: 7-14)  
(Instrumente ne Duarte Shpenguesit nga Paul Tripp kap. 7-14)
- *A Theology of Christian Counseling: More than Redemption* by Jay Adams
- Scripture reading (assigned)
- Exam Questions (assigned) – dead line for the students homework:

**MODULE 9: MAJOR CHRISTIAN DOCTRINES**

**Date:** May 17-18, 2016 (Korça), May 20-21, 2016 (Tirana)

**Instructors:** Dr. Petru Bulica (?) & Dr. Paulian Petric (?)

**Suggested Lecturing Topics:**

- Doctrine of the Bible + specific applications relevant to BC
- Doctrine of God + specific applications relevant to BC
- Doctrine of Salvation + specific applications relevant to BC
- Doctrine of Christ + specific applications relevant to BC
- Doctrine of the Holy Spirit + specific applications relevant to BC
- Doctrine of Man & Doctrine of the Church + specific applications relevant to BC

**Reading Assignments:**

- *Systematic theology: An introduction to biblical doctrine* by Wayne Grudem
- *Foundations of the Christian Faith* by James Montgomery Boice
- Scripture reading & Exam Questions

**MODULE 10: CHRISTIAN LIFE & SPIRITUAL DISCIPLINE**

**Date:** July 12-13, 2016 (Korça), July 15-16, 2016 (Tirana)

**Instructors:** Blair Alvidrez, (?)

**Suggested Lecturing Topics:**

- Scripture for the Situation (CCEF / *Changing Hearts, Changing Lives – Session 4*)
- Thorn Bushes in the Desert (CCEF / *Changing Hearts, Changing Lives – Session 5*)
- James 3:13 – 4:12 (CCEF / *Changing Hearts, Changing Lives – Session 6*)
- Repentance and Faith (CCEF / *Changing Hearts, Changing Lives – Session 7*)
- A New Way of Living (CCEF / *Changing Hearts, Changing Lives – Session 8*)
- Watching DVD 1 / Steve Viars + discussion

**Reading Assignments:**

- *The Christian Counselor's Manual: The Practice of Nouthetic Counseling* by Jay Adams
- *Finally Alive – What Happens When We Are Born Again* by John Piper
- *Living the Cross Centered Life* by C.J. Mahaney
- *Respectable Sins* by Jerry Bridges

**Supplemental Reading:**

- *Lord, change my attitude before it's too late* by James MacDonald
- *Humility – True Greatness* by C.J. Mahaney

## MODULE 11: ISSUES IN COUNSELING I & BIBLICAL INTERPRETATION

**Date:** September 13-14, 2016 (Korça), September 16-17, 2016 (Tirana)

**Instructors:** Blair Alvidrez, (?)

### **Suggested Lecturing Topics:**

- Principles of biblical interpretation: specific applications relevant to biblical counseling
- Worry and Fear (NANC)
- Anger – biblical view and approach
- Counseling those in abusive relationships
- Watching DVD 2 / Steve Viars + discussion

### **Suggested Reading Assignments:**

- *How to read the Bible for all its Worth* by Gordon Fee and Douglas Stuart
- *The Christian Counselor's Manual: The Practice of Nouthetic Counseling* by Jay Adams
- *You Can Trust God* by Jerry Bridges
- *What do you do when fear overcomes you?* by Jay E. Adams
- *What do you do when you worry all the time?* by Jay Adams
- *Anger: Escaping the Maze* by David Powlison
- *Domestic Abuse: How to Help* by Powlison, Tripp and Welch

### **Supplemental Reading:**

- *Running Scared: Fear, Worry and the God of Rest* by Edward T. Welch
- **Articles on anger and conflict:**
  - a. **Anger Part 1: Understanding Anger** (or *Journal of Biblical Counseling*, 14:1, pp. 40-53)
  - b. **Anger Part 2: Three Lies About Anger** (or *Journal of Biblical Counseling*, 14:2, pp. 12-21)
    - c. **Getting to the Heart of Conflict: Anger, Part 3** (or *Journal of Biblical Counseling*, 16:1, pp. 32-42).

## MODULE 12: ISSUES IN COUNSELING II

**Date:** November 15-16, 2016 (Korça), November 18-19, 2016 (Tirana)

**Instructors:** Dr. Mark Shaw

### **Suggested Lecturing Topics:**

- Counseling those in Addiction
- The Heart of the Addict

### **Suggested Reading Assignments:**

- *The Christian Counselor's Manual: The Practice of Nouthetic Counseling* by Jay Adams
- *How to Handle Trouble* by Jay Adams
- *Christ and Your Problems* by Jay Adams
- *Godliness Through Discipline* by Jay Adams
- *Forgive! As the Lord Forgave You* by Patrick Morison
- *Forgiving Others: Joining Wisdom and Love* by Timothy Lane
- *Motives: "Why Do I Do the Things I Do?"* by Ed Welch
- *Just one more": When desires don't take no for an answer* by Ed Welch

- *Homosexuality: Speaking the truth in love* by Ed Welch
- *At the Altar of Sexual Idolatry* by Steve Gallagher

**Supplemental Reading:**

- *Forgiveness, "I just can't forgive myself"* by Robert Jones
- *Practicing Forgiveness*, Tim Lane
- *When people are big and God is small* by Ed Welch
- *Addictions – A Banquet in the Grave* by Edward T. Welch
- *Crossroads: a Step by Step Guide Away from Addictions* by Edward T. Welch (*to be acquired*)
- *Idols of the Heart – Learning to Long for God Alone* by Elyse Fitzpatrick
- *Seeing with New Eyes* by David Powlison

**Supplemental Reading List**

- How People Change*, Tim Lane and Paul Tripp ✓**
- Life Together*, Dietrich Bonhoeffer ✓**
- Relationships: A Mess Worth Making*, Tim Lane and Paul Tripp ✓**

**1. Redemptive Community**

- It Takes a Church To Raise a Christian: How the Community of God Transforms Lives*, Todd E. Bolsinger.**
- The Institutes, Book Four*, John Calvin ✓**

**2. Self Counsel: Gospel Living**

- The Discipline of Grace*, Jerry Bridges ✓**
- The Gospel for Real Life*, Jerry Bridges**
- In the Grip of Grace*, Bryan Chapell**
- How People Change* Tim Lane and Paul Tripp ✓**

**3. Community Counsel: Witness**

- The Contemporary Christian*, John Stott ✓**
- Seeing With New Eyes*, David Powlison ✓**
- Blue Like Jazz*, Donald Miller**
- A Faith Worth Sharing*, Jack Miller**
- Ministries of Mercy*, Tim Keller ✓**
- Evangelism: Doing Justice and Preaching Grace*, Harvie Conn**

**4. Public Counsel: Preaching and Lifestyle**

- Holiness*, J. C. Ryle ✓**
- Baptism and Fullness*, John Stott ✓**
- Charity and its Fruits*, Jonathan Edwards**
- Christ-Centered Preaching: Redeeming the Expository Sermon*, Bryan Chapell**
- Preaching Christ in all of Scripture*, Ed Clowney**
- The Supremacy of God in Preaching*, John Piper ✓**

**5. Sought and Created Counsel: One Anothering**

- Instruments in the Redeemer's Hands*, Paul Tripp ✓**
- Why Small Groups*, C. J. Mahaney**
- The Crisis of Caring*, Jerry Bridges**
- Love Walked Among Us*, Paul Miller ✓L.**



*Build Up One Another*, Gene Getz ✓

**6. Unsought One on One Counsel: Dealing with Obstacles**

*The Peacemaker*, Ken Sande ✓

*Life Together*, Dietrich Bonhoeffer ✓

*Practicing Forgiveness*, Tim Lane

*Bold Love*, Dan Allender ✓

**7. Unsought Group Counsel: Church Discipline**

*Handbook of Church Discipline*, Jay Adams ✓L.

*Healing the Wounded*, John White and Ken Blue ✓

**8. Local Church Identity**

*Pastoral Theology*, Thomas C. Oden

*Subversive Spirituality*, Eugene Peterson

*Working the Angles*, Eugene Peterson ✓

*Under the Unpredictable Plant*, Eugene Peterson

*The Contemplative Pastor*, Eugene Peterson

*Five Smooth Stones for Pastoral Work*, Eugene Peterson

*Escape From Church Inc.*, E. Glenn Wagner

*Nine Marks of a Healthy Church*, Mark Dever ✓

*The Kingdom and the Power: Rediscovering the Centrality of the Church*, Peter J. Leithart