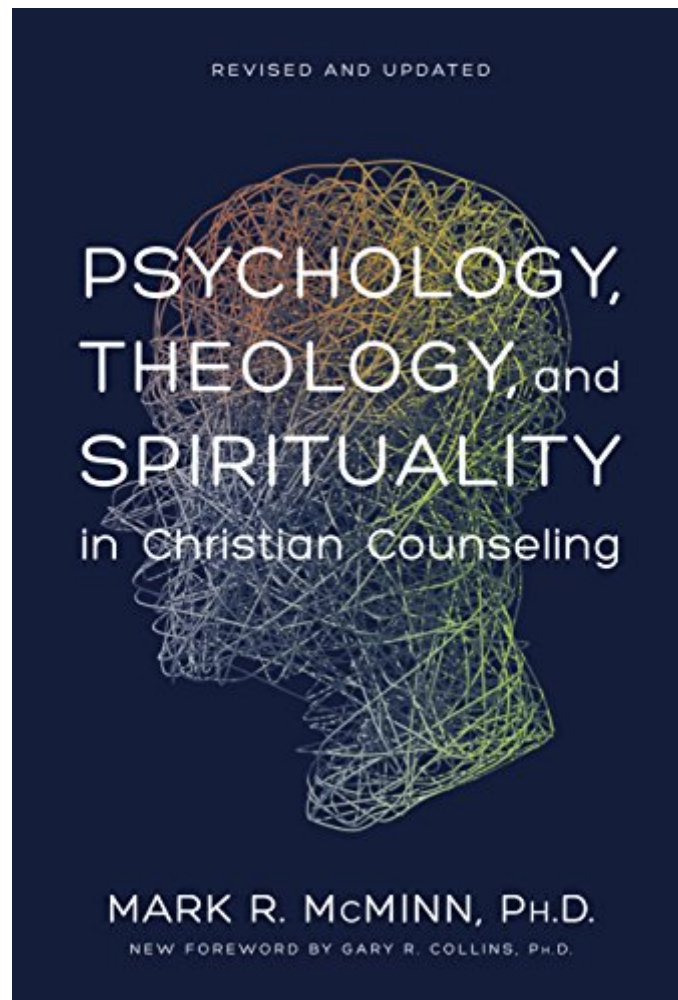




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# Psychology, Theology, And Spirituality In Christian Counseling (AACC Library)



## Synopsis

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.

## Book Information

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## Customer Reviews

I'm just about done reading this book. It was a required read for my Ph.D Christian Counseling Course. I'm so glad they chose this book. The writer is a sure pro in the field. He works at a Seminary training Doctorate students who do tons of research so he has the latest and greatest. The book is updated from 1986. And the way he updates it is the best I've ever seen. he adds the update after the chapter to not change the original text that helped so many but to only add to it! The language used is perfect. It's understandable but make you feel very studious! I'm learning tons and I can see the application everyday to my marriage:) Watch out wife:) But I'm loving the book and have been thinking this book is a keeper and will use as a reference book for many cases to come.

Got this book for one of my classes and I am glad I was required to read it. McMinn is a reputable writer and professional with many great books supporting his work. He writes from a professional perspective at the same time easy to understand for those who are not familiar with psychology terms. He addresses the concept of sin, confession, Scriptures and many other relevant aspect of the person from both psychological and theological perspective. You will not find a better book neither for the content nor for the price.

The book was filled with worthy information to help counselors who want to integrate thier Christian faith into thier practice. Honestly, I only remember the section on prayer and the implications for practice. It is a good resource to read, highlight and refer to when your mind gets cloudy.

Gives the reality of being a Christian counselor and I love the "What if this happened?" Scenarios. A lot of Christians believe that you can't be a a believer and work in or study psychology, but this books explains that a believer can. we just have to remember that only God can heal a person and God can use some psychology as tools to help the client. If your a christian who is praying or even

already studying to be a counselor or are just interested in the psychology field I highly recommend this book!

I feel that McMinn's textbook was another overall excellent book for me personally. The healing cycle that McMinn proposes in chapter two, makes perfect sense to me, and it fits well with the Scripture as I understand it. I was delighted to read McMinn's statement that counseling was integrative by its very nature. I was also relieved to see that McMinn did not settle with addressing Prayer, Scripture and Forgiveness in counseling, but also expanded his book to include the topics of Sin, Confession and Redemption. However, I found the way that McMinn arranged his chapters somewhat disjointed. The last six chapters deal with spiritual and theological concepts, but prayer, the use of Scripture, confession and forgiveness are active behaviors. McMinn describes sin as an underlying cause or state of existence, and redemption is an end result. Jumbling them all together in no particular order, without an introduction or explanation of the order of presentation, left me feeling a little discombobulated. There was one more thing that left me slightly unsatisfied. Why did McMinn choose to address those particular six aspects of Christian doctrine and not any others? Why did not he speak, for instance, on the benefits of tithing, the practice of hospitality, and the catharsis of service? While I recognize that every author must limit their work, I wonder what the purpose of selecting these six particular aspects was. It would have been beneficial to have addressed that topic.

Probably the most appropriate and balanced text of its kind available outside of a structured classroom. The author is more than qualified to bring his unique perspective and illustrate how theology, psychology and spirituality are disciplines that are needed by the professional counsellor. A Must Read!!

This is an excellent and thoughtful approach to the task of integrating these three streams in the course of our various works for healing. The update keeps the basic contents of the earlier book but adds enriching reflections from the perspective of the years since its first publication. I think it is thought-provoking for any person interested in this subject, whether just beginning or with long years of experience.

Excellent book, very well thought out. I especially liked that at the end of every chapter the author included a review of his own work (15 years after the original publishing). He included response to

critiques and added updates. This a book I believe more Christian counselors need to read.

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