



Psychology, Theology, and Spirituality in Christian Counseling (AAC 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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- Rank: #42585 in eBooks
- Published on: 2012-03-19
- Released on: 2012-03-19
- Format: Kindle eBook

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Editorial Review

Review

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)

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)

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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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:

Salvatore Anthony:

Now a day those who Living in the era everywhere everything reachable by connect with the internet and the resources inside it can be true or not require people to be aware of each info they get. How a lot more to be smart in getting any information nowadays? Of course the reply is reading a book. Reading through a book can help people out of this uncertainty Information specially this Psychology, Theology, and Spirituality in Christian Counseling (AACC Library) book since this book offers you rich details and knowledge. Of course the details in this book hundred per-cent guarantees there is no doubt in it you know.

Denise Swann:

A lot of people always spent their very own free time to vacation as well as go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you just read you can spent the whole day to reading a e-book. The book Psychology, Theology, and Spirituality in Christian Counseling (AACC Library) it is very good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy often the e-book. You can m0ore very easily to read this book from the smart phone. The price is not to cover but this book has high quality.

Mark Montague:

The book untitled Psychology, Theology, and Spirituality in Christian Counseling (AACC Library) contain a lot of information on this. The writer explains the woman idea with easy approach. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read the item. The book was authored by famous author. The author will take you in the new period of literary works. You can read this book because you can read on your smart phone, or model, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site in addition to order it. Have a nice read.

Joseph Cole:

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