

# Competent to Counsel

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A Classic in the Field of Christian Counseling Competent to Counsel has helped thousands of pastors, students, laypersons, and Christian counselors develop both a general approach to Christian counseling and a specific response to particular problems. Using biblically directed discussion, nouthetic counseling works by means of the Holy Spirit to bring about change in the personality and behavior of the counselee. As Dr. Jay Adams points out in his introduction, 'I have been engrossed in the project of developing biblical counseling and have uncovered what I consider to be a number of important scriptural principles. . . . There have been dramatic results. . . . Not only have people's immediate problems been resolved, but there have also been solutions to all sorts of long-term problems as well.' Since its first publication in 1970, this book has gone through over thirty printings. It establishes the basis for and an introduction to a counseling approach that is being used in pastors' studies, in counseling centers, and across dining room tables throughout the country and around the world

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Dr. Jay E. Adams is Director of Advanced Studies and Professor of Practical Theology at Westminster Theological Seminary in Escondido, California. He received his B.A. from Johns Hopkins University, his B.D. from the Reformed Episcopal Theological Seminary, his S.T.M. from Temple University, and his Ph.D. from the University of Missouri. In addition to having served as a pastor and then a Professor of Practical Theology at Westminster Theological Seminary in Philadelphia, Dr. Adams has been the Dean of the Christian Counseling and Educational Foundation, Laverock, Pennsylvania, since its founding in the early 1970s. He has written over fifty books, translated the New Testament into English (The Christian Counselor's New Testament), and lectured throughout the world. His books deal with many aspects of pastoral ministry and counseling as well as Bible study and practical Christian living

#### Other Books

Core Clinical Competencies in Counseling and Psychotherapy, Core Clinical Competencies in Counseling and Psychotherapy addresses the core competencies common to the effective practice of all psychotherapeutic approaches and includes specific intervention competencies of the three major orientations. This second edition emphasizes six core competencies common to the effective practice of all psychotherapeutic approaches. It includes the most commonly used intervention competencies of the cognitive-behavioral approaches—including Mindfulness-Based Cognitive Therapy, Dialectical Behavioral

Therapy, and Acceptance and Commitment Therapy—psychodynamic approaches, and systemic approaches. This highly readable and easily accessible book enhances the knowledge and skill base of clinicians—both novice and experienced. The second edition has been fully revised throughout and includes a new appendix featuring handouts and worksheets. This book is essential to practicing clinicians and trainees in all mental health specialties, such as counseling, counseling psychology, clinical psychology, family therapy, social work, and psychiatry.

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