TRACK ONE LESSON PLAN

The Track One Lesson Plan is laid out within a 12-week Sunday teaching cycle, or over a weekend Friday evening through Sunday Schedule.

Track One lessons will be available electronically before each class time. We encourage class members to obtain a three ring notebook binder with twelve dividers or tabs to hold each weeks lessons, or be able to access each lesson electronically during class time.

The class is a working class, so please be prepared by familiarizing yourself with the papers you will receive ahead of each class time. Our first meeting will cover the contents under tab #1. During class time you will be asked to comment on points that you found helpful in the lessons and papers.

We may not be able to discuss the full content of every lesson you receive each week because of time. We may spend a significant amount of time explaining certain areas in a particular lesson. We do want class input to be balanced with teaching, if you have questions or comments that did not fit into our class time please feel free to email your question or comments at a later date. Let’s grow and change together by being faithful working participants in Track One.

**Tab # 1  
Exploring A Philosophy Of Counseling Ministry.**

* The first lesson will center on a philosophy of counseling ministry, as well as how we would typically want to start a counseling session.

1 Counseling Training Power Point Slides.pptx Please God Chart

1a Counseling Structure Overview

1b Understanding Focus And Purpose In Life

1c Power point please God Chart Demonstrations

1d Books Recommended

**Tab # 2   
Exploring Documents That We Use During Counseling.**

* The second meeting will be an introduction to documents that we use during counseling as well as documents to aid counselors for data gathering.

2 Counseling Questionnaire

2a Gathering Data

2b Weekly Counseling Record

2c Growing and Changing Together

2d Change Them Into What?

**Tab # 3  
Exploring The Role Of The Church In Biblical Counseling.**

* The third session will cover the subject of counseling and the church. The churches discipleship model is comprehensive within the main flow of church life.

3 Counseling Training Power Point Slides.pptx

3a Counseling is the Church

3b The Great Confession About The Church

3c Establishing counseling

**Tab # 4 Exploring The Doctrine Of Man.**

* Understanding man from a biblical viewpoint places man in the proper context for soul care.

4 Counseling Training Power Point Slides.pptx

4a Anthropology

4b Sin or Sickness.

4c Biological Psychiatry

**Tab # 5  
 Exploring Progressive Sanctification.**

* Understanding the gospels power to change by progressive sanctification.

5 Counseling Training Power Point Slides.pptx

5a Spiritual Growth 1 pt1

5b Spiritual Growth 2 pt2

5c Growing In Christlikeness Through Change

**Tab # 6   
Exploring The Subject Of Questioning In Counseling.**

* Growing in our understanding on how to frame the right kind of questions during a counseling session.

6 Counseling Training Power Point Slides.pptx

6a How to ask Questions

6b Probing Questions

6c Being Wise In Understanding

**Tab # 7  
Exploring The Function Of Homework.**

* How to design homework around the counseling sessions.

7a Key Elements in Homework

7b Reading & Highlight

7c Using Books in Counseling

7d Homework Manuals

7e Planning

Tab # 8  
Exploring The Heart As A Target In Counseling.

* Learning how the heart is the control center and biblical key to human behavior.

8 Counseling Training Power Point Slides.pptx What Influences Or Informs Our Desires/Passions

8a Heart homework assignment

Tab # 9  
Exploring Confession And Repentance.

* How God uses our confession and repentance to bring us back into fellowship with Him and others.

9 Confession & Repentance homework assignment

Tab # 10  
Exploring Counseling Failure.

* How to deal with counseling failure and how to properly end counseling sessions.

10a 50-Failure Factors

10b What to do when counseling fails

10c When to End Counseling

10d Counseling Recovery

Tab # 11  
 Exploring Biblical Stewardship

* Learning how to teach counselees biblical stewardship so they will know how to manage life rightly.

11a Understanding The Life Principles Of Stewardship

Tab # 12  
Exploring Case studies

* Making use of what you have learned in case studies.

12 Living for Today

12a Marriage help

12b Testimony Case study

12c Jane Doe Case study

12d She Simply had been waiting.

12e Life is a Big Fat Zero

12f Get me out of this mess

12g Hope for a Hopeless Case Study

Tab # 13  
Exploring The Sufficiency of Scripture

* Learning how the Bible fully address everything in life and in godliness.

13a Sufficiency of Scripture to Diagnose and Cure Souls

13b Biblical Counseling and Our Sufficiency in Christ

13c Sufficiency of Scripture in Counseling