

COURSE DESCRIPTION

COURSE TITLE:	<i>BIBLICAL THERAPY</i>
SUBJECT/CONTENT/SKILLS:	INTEGRATION OF BIBLICAL TEACHINGS INTO MENTAL HEALTH, ADDICTIONS, COUPLES, AND FAMILY COUNSELING/SPIRITUALITY/ CULTURAL DIVERSITY
OHIO CONTENT AREAS:	PREVENTION R1 CHEMICAL DEPENDENCY C2
COURSE FORMAT:	ONLINE COURSE; DIGITAL WORKBOOK/ONLINE TEST & COURSE EVALUATION/ INSTANT TEST SCORES/DOWNLOADABLE COMPLETION CERTIFICATE
INTENDED AUDIENCE:	THIS COURSE IS APPROPRIATE FOR PRACTITIONERS OF ALL LEVELS AND IS APPLICABLE WITHIN VARIOUS PROFESSIONAL SPECIALTIES (ADDICTION, MENTAL HEALTH, PASTORAL, ETC.) AND SETTINGS (HOSPITAL-BASED, OUTPATIENT CLINICS, CHURCHES, SHELTERS, JAILS, ETC.).
CE HOURS:	12
COST INITIAL/RENEWAL:	\$90/\$45
NUMBER OF PAGES: (INCLUDING INTRO MATERIALS)	139
NUMBER OF POST-TEST QUESTIONS:	60

NAMES/CREDENTIAL(S) OF PRESENTER/AUTHOR

Seth F. Nieding, LISW, LICDC

Seth has spent much of his career as a director of hospital-based mental health and chemical dependency treatment programs. Seth has also been a joint owner and practitioner of an interdisciplinary private practice group. He is currently semi-retired doing individual, couples, and family therapy at Nieding Therapy. Seth says, "There is no such reference to retirement in the Bible, especially when you love what you are doing." Seth is the author of *Biblical Therapy*, which he has taught in church settings, prison settings, and university-held (state-wide) CE trainings.

EDUCATION CLINICAL CREDENTIALS

- Bachelors degree in sociology and psychology from Miami University in Oxford, Ohio
- Masters degree in clinical social work from Case Western Reserve University in Cleveland, Ohio
- Three year post graduate certification in Gestalt therapy from the Gestalt Institute in Cleveland, Ohio
- Biblical studies certification from Moody Bible Institute, extension program of Northeast Ohio
- Licensed Independent Social Worker, LISWs, state of Ohio
- Licensed Independent Chemical Dependency Counselor, LICDCs, state of Ohio

INSTRUCTIONAL EXPERIENCE

- Past Adjunct professor/field instructor, Case Western Reserve University, School of Applied Social Sciences
- Past Field instructor, Case Western Reserve University, Department of Family Medicine

PROFESSIONAL CAREER

- Past therapist/supervisor Family Service Association of Lorain County, Ohio
- Past Director, Chemical Dependency Services, Lakeland Institute of Lorain Community Hospital, Lorain, Ohio
- Past Director, Mental Health Services, Lorain Community Hospital and Lakeland Guidance Centre, Lorain, Ohio
- Past therapist and partner, Haidar MD, Almhana MD, and Nieding LISW, LICDC, LLC private practice outpatient mental health services in Avon Lake, Ohio
- Current owner and therapist of Nieding Therapy, private practice outpatient mental health services, North Ridgeville, Ohio
- Author and seminar instructor of *Biblical Therapy*

COURSE DESCRIPTION

Remember all those textbooks you read in college that were intended to prepare you to be a competent clinician? I'll bet the Bible wasn't one of your textbooks, yet (as this course will explain), it has applicable answers.

- From Depression to Joy
- From Anxiety to Peace
- From Anger to Patience
- From Damaged Self Esteem to Purpose
- From Life Dominating Problems to Freedom
- From Conflict to Forgiveness

Biblical Therapy is an essential read for all therapists who work with Catholic, Protestant, or non-denominational Christian clients. As we examine the Bible, you may be surprised regarding what it has to say about

treatment plans for depression, anxiety, anger, marital and family relationships, parenting, sex, money management, salvation, damaged self-esteem, traumas, and addictions. This course will equip you to utilize specific chapters and verses within the Bible to guide the therapeutic process and will provide an understanding of Biblical cognitive behavioral therapy (CBT). Following your CE training, you and your clients may access *Biblical Therapy* as a FREE PDF download (text only-not CE) at biblicaltherapyseth.com.

This course is applicable for professionals and practitioners of all levels. Course content applies to various client populations (i.e., addiction, mental health, pastoral, etc.) and is relevant for services provided in a variety of settings (hospital-based, outpatient clinics, shelters, jails, churches, etc.).

GOAL

Participants will gain knowledge about the values and beliefs of Christian clients and learn how to effectively integrate biblical teachings into the treatment plan and therapeutic process.

OBJECTIVES

1. Participants will be able to recognize, understand, and describe cognitive behavioral therapy techniques that are actually prescribed in the Bible.
2. Participants will be able to recognize, understand, and describe the elements of the change process.
3. Participants will be able to recognize, understand, and describe Biblical therapeutic approaches to inspire clients to move from depression to joy, from anxiety/panic to peace, from anger to patience, from damaged self-

esteem to purpose and direction, from relational conflicts to relational health, from life dominating problems (addictions) to freedom, from resentments to forgiveness, from sexual problems to sexual pleasure, and from childhood traumas to healing.

4. Participants will be able to recognize, understand, and describe the Christian message of salvation.

5. Participants will be able to recognize, understand, and describe specific therapeutic exercises and homework assignments that inspire client movement.

6. Participants will be able to recognize, understand, and describe the Christian principle of peace and joy as a therapeutic outcome.

7. Participants will be able to recognize, understand, and describe the reasons for therapeutic failures with Christian clients.

COURSE OUTLINE

- I. Introduction Materials (Tech Support, How it works, About the Author, Welcome, Disclaimers)
- II. Pre-test
- III. Introduction
- IV. An Explanation of Biblical Therapy
- V. Hope and Health for Healing
- VI. The Change Process, Victory Over Ourselves
- VII. Role of the Holy Spirit in the Therapeutic Process
- VIII. Throw-Offs and Put-Ons in the Renewal of Self
- IX. Biblical Therapy Case Examples

- X. From Major Depression to Happiness and Abundant Joy
- XI. From Anxiety/Panic Attacks to Peace
- XII. Restoring Damaged Self-Esteem with Purpose and Direction
- XIII. Couples, Family, and Relational Health
- XIV. From Anger to Patience
- XV. From Resentment to Forgiveness
- XVI. Sexual Problems or Sexual Pleasure
- XVII. From Life Dominating Problems (Addictions) to Freedom
- XVIII. Overcoming Childhood Traumas
- XIX. A Hopeful Message about Salvation
- XX. Self Help Therapeutic Exercises, Counseling Homework Assignments
- XXI. Therapeutic Outcomes, Peace and Joy
- XXII. Reasons for Therapeutic Failures
- XXIII. References
- XXIV. Post-Test
- XXV. Course Evaluation/Survey