

## **RECOMMENDED BIBLICAL COUNSELING RESOURCES**

### General & Basic Counseling Resources

- Competent To Counsel by Jay Adams
- Curing the Heart by Howard Eyrich & William Hines
- The Christian Counselor's Manual by Jay Adams
- Counseling – How to Counsel Biblically by John MacArthur (formerly known as Intro. to Biblical Counseling)
- Seeing With New Eyes by David Powlison
- The Peacemaker by Ken Sande
- Instruments in the Redeemer's Hands by Paul Tripp
- Christian's Guide to Psychological Terms by M. Asher
- Christian Psychology's War on God's Word - Jim Owen
- Quick Scripture Reference for Counseling - John Kruis
- Quick Scripture Reference for Women - Tricia Miller
- Quick Scripture Reference for Counseling Youth by Patricia & Keith Miller
- How to Help People Change by Jay Adams
- The Case of the Hopeless Marriage by Jay Adams
- Ready to Restore by Jay E. Adams
- A Theology of Christian Counseling by Jay Adams
- The Journal of Biblical Counseling (PDF's of past journals 1977-2005 on CD)

### Counseling Categories

#### **ABUSE**

- Recovering from Child Abuse: Healing and Hope for Victims (ccef booklet) by David Powlison
- Living with an Angry Spouse: Help for Victims of Abuse (ccef booklet) by Ed Welch
- Domestic Abuse (booklet) by David Powlison, Paul Tripp & Edward Welch
- Leaving Yesterday Behind: A Victim No More - Hines
- Only God Can Heal A Wounded Heart - Ed Bulkley
- Bad Memories: Getting Past Your Past (booklet) by Robert D. Jones
- "Why Me?": Comfort for the Victimized (booklet) by David Powlison
- Counseling The Abuse Victim (pamphlet) [Faith Baptist Resources]

#### **ADD / ADHD / ASPERGER SYNDROME / OCD**

- Asperger Syndrome (booklet) by Michael Emlet
- A.D.D: Wandering Minds and Wired Bodies (booklet) by Edward Welch
- OCD: Freedom from the Obsessive-Compulsive (booklet) by Michael Emlet
- Finding Your Child's Way On The Autism Spectrum by Laura Hendrickson
- Running The Christian Race: Helping the Child Labeled ADD/ADHD by Sharon Backus
- Adhd (booklet) Rita Jamison

#### **ADDICTIONS OR LIFE DOMINATING SINS**

- Addictions: A Banquet to the Grave by Ed Welch
- Crossroads: A Step-by-Step Guide Away from Addiction (Facilitator's Guide) by Ed Welch
- Crossroads: A Step-by-Step Guide Away from Addiction (Study Guide) by Ed Welch
- What do you do when you know that you're hooked? (pamphlet) by Jay Adams
- 'Just One More': When Desires Don't Take No for an Answer (booklet) by Edward T. Welch
- The Useful Lie byusfeu William Playfair

#### **ADOPTION/FOSTER CARE**

- Successful Adoption A Guide for Christian Families by Natalie Nichols Gillespie
- Adopted for Life: The Priority of Adoption for Christian Families & Churches by Russell D. Moore
- Helping Your Adopted Child: Understanding Your Child's Unique Identity (Booklet) by Paul Tripp

## **AGING/CARE GIVERS/DYING/DEATH/GRIEVING**

- Wrinkled But Not Ruined by Jay Adams
- Help for the Caregiver: Facing the Challenges with Understanding and Strength (ccef booklet) by Emlet
- Facing Death with Hope: Living for What Lasts (ccef booklet) by Powilson
- Grief: Finding Hope Again (booklet) by Paul David Tripp
- Loneliness (booklet) by Jayne V. Clark
- Lost in the Middle: Midlife and the Grace of God - Paul Tripp

## **ANGER/BITTERNESS/STRESS**

- The Heart of Anger by Lou Priolo
- Bitterness (booklet) by Lou Priolo
- What do you do when anger gets the upper hand? (pamphlet) by Jay Adams
- Angry Children: Understanding and Helping Your Child Regain Control (CCEF booklet) by Emlet
- Anger & Stress Management God's Way by Wayne Mack
- Uprooting Anger - Robert D. Jones
- Anger: Escaping the Maze (booket) by David Powlison
- Angry at God?: Bring Him Your Doubts and Questions (booklet) by Robert D. Jones
- Stress: Peace amid Pressure (booklet) by David Powlison
- Counseling Those Who Are Bitter (pamphlet) [Faith Baptist Resources]

## **ANXIETY/FEAR/PANIC/WORRY**

- Overcoming Fear, Worry, and Anxiety by Elyse Fitzpatrick
- Fear: Breaking Its Grip (booklet) by Lou Priolo
- Anger, Anxiety and Fear (booklet) by Stuart Scott
- What do you do when fear overcomes you? (pamphlet) by Jay Adams
- What do you do when you worry all the time? (pamphlet) by Jay Adams
- When People Are Big and God is Small By Ed Welch
- Fear Factor (workbook) by Wayne Mack and Joshua Mack
- Worry: Pursuing a Better Path to Peace (booklet) by David Powlison
- Pleasing People by Lou Priolo
- Shyness And Social Anxiety (booklet) by Amy Baker
- Running Scared: Fear, Worry, and the God of Rest by Ed Welch

## **CONFLICT RESOLUTION**

- The Peacemaker by Ken Sande
- Peacemaking Principles Responding to Conflict Biblically (pamphlet)
- The Young Peacemaker with Comic books by Ken Sande
- The Peacemaker Student Edition by Ken Sande & Kevin Johnson
- Peacemaking Women by Tara Klana Barthel & Judy Dabler
- Peacemaking For Families by Ken Sande
- Your Family, God's Way by Wayne Mack
- War on Words by Paul Tripp
- Ready to Restore by Jay Adams
- Communication and Conflict Resolution (booklet) by Stuart Scott
- How to Love Difficult People: Receiving and Sharing God's Mercy (ccef booklet) by Smith
- Family Feuds: How to Respond (ccef booklet) by Lane
- How to Overcome Evil by Jay Adams
- From Pride to Humility (booklet/worksheets) Stuart Scott
- Judgments: Rash or Righteous (booklet) by Ed Welch
- Manipulation: Knowing How to Respond (booklet) by Lou Priolo
- How To Help People In Conflict by Jay Adams

## **DECISION MAKING**

- Decisions, Decisions, Decisions by Dave Swavely

- Motives “Why Do I Do the Things I Do?” (Booklet) by Ed Welch
- Step By Step - Jim Petty
- Procrastination: First Steps to Change (booklet) by Walter Henegar
- Priorities: Mastering Time Management (booklet) by James C. Petty
- Guidance: Have I Missed God's Best? (booklet) by James C. Petty

#### **DEPRESSION**

- Down But Not Out by Wayne Mack
- What do you do when you become depressed? (pamphlet) by Jay Adams
- Depression: The Way Up When You (booklet) by Edward Welch
- Out Of The Blues by Wayne Mack

#### **EATING DISORDERS / BULIMIA / ANOREXIA**

- Love to Eat - Hate to Eat by Elyse Fitzpatrick
- Uncommon Vessels by Elyse Fitzpatrick
- Eating Disorders: The Quest for Thinness (ccef booklet) by Ed Welch
- Counseling Anorexics Or Bulimics (pamphlet)

#### **FAMILY/BLENDED FAMILIES/SINGLE PARENTING/ADOPTION**

- Help for Stepfamilies: Avoiding the Pitfalls and Learning to Love (ccef booklet) by Smith
- Single Parents: Daily Grace for the Hardest Job (ccef booklet) by Jones
- Helping Your Adopted Child: Understanding Your Child’s Unique Identity (ccef booklet) by Tripp
- Family Feuds: How to Respond (booklet) by Timothy S. Lane
- Singleness Redefined by Carolyn Leutwiler
- Surviving A Spiritual Mismatch by Lee & Leslie Strobel

#### **FINANCES**

- Master Your Money. By Ron Blue
- Faith-Based Family Finances By Ron Blue, Jeremy L. White

#### **GENERAL PROBLEMS OVERARCHING SOLUTIONS**

- Christ and Your Problems (booklet) by Jay Adams
- How to Overcome Evil (small book) by Jay Adams
- How to Handle Trouble (small book) by Jay Adams
- Deception: Letting Go of Lying (booklet) by Lou Priolo
- Hope...the Best of Things (booklet) by Joni Eareckson Tada
- You Can Trust God (booklet) by Jerry Bridges
- Trusting God by Jerry Bridges
- Problems: Solving Them God’s Way (booklet) by Jay Adams
- I Really Want to Change...So, Help Me, God. By James McDonald
- Godliness Through Discipline by Jay Adams
- How to Love Difficult People: Receiving and Sharing God’s Mercy (ccef booklet) by Smith
- When Bad Things Happen: Thoughtful Answers to Hard Questions (ccef booklet) by Smith
- Changed into His Image by Jim Berg
- From Pride to Humility (booklet/worksheets) Stuart Scott
- Thankfulness: Even When It Hurts (booklet) by Susan Lutz
- Suffering: Eternity Makes a Difference (booklet) by Paul David Tripp
- Rest (booklet) by Winston Smith
- Priorities: Mastering Time Management (booklet) by James Petty
- Procrastination: First Steps to (booklet) by Walter Henegar
- Motives: Why Do I Do the Things (booklet) by Edward T. Welch
- Lost in the Middle: Midlife and the Grace of God - Paul Tripp
- It's Not Fair by Wayne Mack with Deborah Howard

- Where Is God When Things Go Wrong by John Blanchard
- Self-Image: How to Overcome Inferiority Judgements (booklet) by Lou Priolo

### **GOSPEL/EVANGELISM**

- The Ultimate Questions by John Blanchard (booklet)
- Two Ways To Live by Matthias Media (booklet)
- God's Solution to Life Problems (Graham's 5 lesson evangelistic study)
- Where Is God When Things Go Wrong by John Blanchard

### **MARRIAGE/DIVORCE**

- The Excellent Wife by Martha Peace
- Helper by Design by Elyse Fitzpatrick
- The Exemplary Husband by Stuart Scott
- The Complete Husband by Lou Priolo
- Communication and Conflict Resolution (booklet) by Stuart Scott
- Communication - Art of Relationship Building (booklet) by Rob Green
- Reforming Marriage by Doug Wilson
- What do you do when your marriage goes sour? (pamphlet) by Jay Adams
- Strengthening Your Marriage. By Wayne Mack
- Biblical Principles of Sex (booklet) By Dr. Robert Smith
- Divorce Recovery: Growing and Healing God's Way (CCEF booklet) by Smith
- Help! My Spouse Committed Adultery: First Steps for Dealing with Betrayal (ccef booklet) by Smith
- Living with an Angry Spouse: Help for Victims of Abuse (ccef booklet) by Ed Welch
- Who Does the Dishes?: Decision Making in Marriage (ccef booklet) by Smith
- Should We Get Married?: How to Evaluate Your Relationship (ccef booklet) by Smith
- Renewing Marital Intimacy: Closing the Gap Between You and Your Spouse (ccef booklet) by Powlison
- Intended for Pleasure by Ed Wheat
- Love Life by Ed Wheat and Gloria Perkins
- Losing That Loving Feeling by Lou Priolo
- Marriage, Divorce, & Remarriage in the Bible by Jay Adams
- Divorce (booklet) by Lou Priolo
- Restoring Your Broken Marriage (booklet) by Robert D. Jones
- How To Act Right When Your Spouse Acts Wrong by Leslie Vernick
- Unbelieving Spouse
  - Surviving A Spiritual Mismatch by Lee & Leslie Strobel
  - Beloved Unbeliever by Jo Berry
  - Women Helping Women (Chapter 9) by Elyse Fitzpatrick & Carol Cornish

### **MEDICAL ISSUES**

- The Christian Counselor's Medical Desk Reference by Dr. Robert Smith
- Blame It On the Brain by Ed Welch
- A Biblical Approach to Receiving Medical Care by James Halla, M.D.
- Are You Ill? You Can Be Happy! By Todd Adams
- Pain, The Plight of Fallen Man, Dr. Halla
- True Competence in Medicine - James T. Halla, M.D.
- Will Medicine Stop The Pain by Elyse Fitzpatrick & Laura Hendrickson

### **MEN**

- Manly Dominion - Mark Chanski
- Mighty Men - John Crotts
- Biblical Principles of Sex (booklet) By Dr. Robert Smith
- Sex, Romance And The Glory Of God: What Every Christian Husband Needs To Know by C. J. Mahaney
- For Men Only by Shaunti Feldhahn

## **REPENTANCE/FORGIVENESS**

- The Unrepenting Repenter (short article) by Jim Eliff
- Unpacking Forgiveness by Chris Brauns
- The Walk of Repentance (workbook) by Steve Gallagher
- From Pride to Humility (booklet/worksheets) Stuart Scott
- Forgiveness: "I Just Can't Forgive Myself!" (Booklet) by Robert D. Jones
- The Freedom & Power of Forgiveness by John MacArthur
- Forgiveness (booklet) by Rob Green [Faith Baptist Resources]
- Seeking Him – Personal Revival (workbook) by Nancy Leigh DeMoss & Tim Grissom

## **PARENTING**

- Shepherding a Child's Heart by Ted Tripp
- Age of Opportunity by Paul Tripp
- The Heart of Anger by Lou Priolo
- When Good Kids Make Bad Choices by Elyse Fitzpatrick & Jim Newheiser
- Teach Them Diligently By Lou Priolo
- Withhold Not Correction by Bruce Ray
- Boy Meets Girl by Joshua Harris
- I Kissed Dating Goodbye by Joshua Harris
- How Do I Stop Losing It with My Kids?: Getting to the Heart of Your Discipline Problems (ccef booklet) by Smith
- Peer Pressure: Recognizing the Warning Signs and Giving New Direction (ccef booklet) by Tripp
- Teens & Sex: How Should We Teach Them? (Booklet) by Paul David Tripp
- Get Outta My Face by Rick Horne
- Getting A Grip by Lou Priolo
- Girl Talk by Carolyn Mahaney & Nicole Mahaney Whitacre
- Instructing A Child's Heart by Tedd & Margy Tripp
- Checklist For Parents by Pam Forster
- Parenting the Pew by Robbie Castleman
- The Family: Together in God's Presence (brochure) Desiring God Ministries (John Piper)

## **PRIDE & HUMILITY**

- Pride & Humility worksheets by Stuart Scott
- Humility: The Forgotten Virtue by Wayne Mack

## **SEXUAL SIN / PORNOGRAPHY**

- At the Alter of Sexual Idolatry by Steve Gallagher
- Sex Is Not the Problem (Lust Is): Sexual Purity in a Lust-Saturated World by Josh Harris
- Biblical Principles of Sex (booklet) By Dr. Robert Smith
- The Walk of Repentance (workbook) by Steve Gallagher
- Pornography: Slaying the Dragon - David Powlison
- Homosexuality: Speaking the Truth in Love (booklet) by Edward T. Welch
- Teens and Sex: How Should We Teach Them? (Booklet) by Paul Tripp

## **SUICIDE/SELF-INJURY**

- Suicide: Understanding and Intervening (booklet) by Jeffrey S. Black
- Self-Injury: When Pain Feels Good (booklet) by Edward T. Welch
- Cutting (booklet) by Amy Baker

## **THOUGHT LIFE/DEALING WITH THE PAST**

- In the Arena of the Mind by John Vandegriff
- Leaving Yesterday Behind: A Victim No More - Hines

- Only God Can Heal A Wounded Heart - Ed Bulkley
- Bad Memories: Getting Past Your Past (booklet) by Robert D. Jones
- Loving God With All Your Mind by Elizabeth George

## **WOMEN**

- Women Helping Women by Elyse Fitzpatrick & Cornish
- Biblical Principles of Sex (booklet) By Dr. Robert Smith
- Womanly Dominion: More Than A Gentle and Quiet Spirit by Mark Chanski
- Lies Women Believe by Nancy Leigh DeMoss
- Attitudes of a Transformed Heart by Martha Peace
- Afternoon Of Life by Elyse Fitzpatrick
- Damsels In Distress by Martha Peace
- Feminine Appeal by Carolyn Mahaney
- Peacemaking Women by Tara Klena Barthel & Judy Dabler
- Idols of the Heart by Elyse Fitzpatrick
- Because He Loves Me by Elyse Fitzpatrick
- For Women Only by Shaunti Feldhahn

## **MISC**

- Powlison, Healing after Abortion: God's Mercy Is for You (ccef booklet)
- Lane, Freedom from Guilt: Finding Release from Your Burdens (ccef booklet)
- Frustrated By Authority (booklet) by Bob Smith
- Shyness And Social Anxiety (booklet) by Amy Baker
- Handling The Past Biblically (booklet) by Steve Viars

## **TRAINING RESOURCES**

- Pastoral (or Basic) Counseling (DVD's) by Dr. Stuart Scott [The Master's Seminary]
- Marriage & Family Counseling (DVD's) by Dr. George Scipione [Institute for Biblical Counseling & Discipleship]
- Advanced Biblical Counseling (DVD's) by Dr. John Street [The Master's Seminary]
- Addictions: A Banquet in the Grave (VHS) by Ed Welch [CCEF]
- Changing Hearts Changing Lives (DVD's) by Paul Tripp & David Powlison [CCEF]
- Changed into His Image (DVD's) by Jim Berg
- Biblical Counseling Observations (DVD's) by Patten, Dutton, Viars, Baker, Smith [Faith Biblical Counseling Ministries]