



New Counseling Book Series from

Shepherd Press

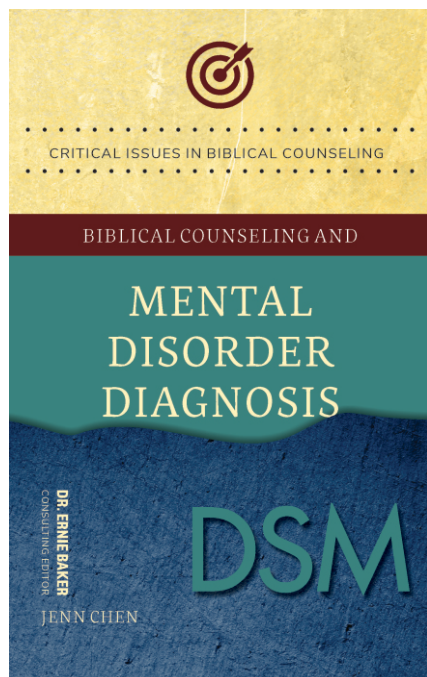


Gospel driven • Heart focused • Life changing

From the publishers of Shepherding a Child's Heart

TRUTH[®]
IN LOVE

A Resource from ACBC



At a Glance...

Biblical Counseling and
Mental Disorder Diagnosis

Jenn Chen

Trade Paperback 120pp

ISBN Paper: 978-1-63342-325-1

ISBN ePub: 978-1-63342-326-8

Suggested retail prices

Paper: \$17.99

Epub: \$8.00

Ebook: Available now

Paper: Available October 2024

Series Consulting Editor:
Dr. Ernie Baker



Table of Contents

A Word from the Consulting Editor

Introduction

Mental Disorder Diagnosis

Secular Limitations of the DSM

Biblical Analysis of Mental Health Disorders

When a Counselee has a DSM-5 Diagnosis

Conclusion

Discussion Questions



Author Dr. Jenn Chen is ACBC certified and has taught biblical counseling at seminaries and universities. With a Psy.D in Clinical Psychology and an MA

in Marriage and Family Therapy, Jenn was formally trained in psychotherapeutic evidence-based practices and held a faculty appointment as a clinical instructor at UCLA. After a life-changing encounter with biblical counseling, she returned to school for her MABC and now practices biblical counseling.

Short Description: Dr. Jenn Chen, a veteran psychologist turned biblical counselor, addresses the very relevant topic of mental disorder diagnosis and how to think about it biblically. She will help you to understand the DSM (The Diagnostic and Statistical Manual of Mental Disorders), what some have incorrectly labeled “the bible” of mental health. Jenn demonstrates how the DSM is not as scientific as it is purported to be, nor is the process of diagnosing. While some in the biblical counseling world are seemingly moving toward the DSM, Jenn has removed herself from it and has accepted the Bible as her standard.

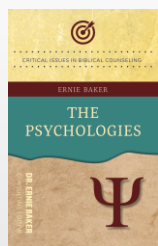
Reading Audience

- Biblical Counselors
- Pastors
- Students

Features and Benefits

- A carefully reasoned response to trends in modern counseling that subtly endorse an integrationist position
- Written in an irenic spirit yet clearly addressing important issues
- Robust view of the sufficiency of Scripture
- Extensively referenced with many footnotes

Other books in this series. . .



TRUTH[®]
IN LOVE

A Resource from ACBC

Next in the series. . . Coming in 2025

Biblical Counseling and the Body

Dan Dionne

ISBN 978-1-63342-327-5

Many issues are being raised today about the body and biblical counseling by those who identify as “holistic, clinically informed” biblical counselors and claim that biblical counselors should use tools such as bio-neurofeedback, EMDR (Eye Movement Desensitization and Reprocessing), and muscle relaxation techniques. Dr. Dan Dionne not only discusses how to think about the body and science theologically but also biblically evaluates the truth claims of the “holistic, clinically informed” biblical-counseling movement.



Endorsements

Being herself well-versed in the discipline, Dr. Chen analyzes the ICD, DSM, and the topic of mental illness in light of what those in the field are themselves saying and in light of the greater light of Scripture. Chen demonstrates that psychology has medicalized human experience, which has made people believe there are biological problems when there are none, led people to fabricate disorders based upon subjective criteria, and given ineffective and even harmful solutions to these issues. Such dangers ultimately arise because, in accepting the notion of mental illness, one shifts one's presuppositions away from the truth of Scripture to a completely antithetical worldview. "There is a way that seems right to a man, but its end is the way of death" (Prov. 16:25). This work is a reminder that even though believers must remain humble, they should not be intimidated away from the sufficiency of God's Word by technical labels. While man can suffer physical afflictions in this fallen world, only Scripture has the revelation to identify the problems of the heart and the power to transform the inner man from sin to Christlikeness. This book is clear, illuminating, and practical, a must-read for those who desire to discern biblically through the intricate matters of psychology and mental illness.

Abner Chou, PhD, President and John F. MacArthur Endowed Fellow at The Master's University and Seminary; Author, *The Hermeneutics of the Biblical Writers*

When I look for books to read, I am always hoping to find one that meets a real need that I or a counselee is facing. *Biblical Counseling and Mental Disorder Diagnosis* is just such a book.

Dr. Jenn Chen has done us a great favor with this well-written book by giving us a clear understanding of the Diagnostic and Statistical Manual of Mental Disorders and its many limits. When suffering individuals come to counseling with multiple DSM labels, it is helpful to know that most of the labels are subjective descriptions of thinking, behavior, and emotions.

The book gives counselors a useful guide to helping those who come with DSM labels, using the principles of Scripture.

I highly recommend this book for anyone wanting to understand the DSM and how to help counselees who come with its labels. I enjoyed reading this book and you will, too!

Charles Hodges, MD FAAFP, Family Physician, Indianapolis, IN; Instructor/Counselor, Faith Biblical Counseling Ministry; Fellow, Association Certified Biblical Counselors; Author, *Good Mood Bad Mood*, *Hope and Help for Depression and Bipolar Disorder*; Author, Editor, *Christian Counselor's Medical Desk Reference*

Jenn brings experience and awareness of the relevant literature to assure us that Scripture goes right to the heart of modern diagnoses and descriptions of mental disorders. Her book is important especially if you care about someone who is not quite sure how God's words speak to the difficult and confusing troubles of life.

Edward Welch, Counselor and faculty member, The Christian Counseling & Educational Foundation; Author, *When People Are Big and God Is Small*, and many others

One of the most thoughtful, clear, and scientific critiques of mental health ideas you will ever find. Dr. Chen connects the reader to the biblical principles and provides examples to illustrate the superiority of the Scriptures in the study of the soul.

Mark Shaw, Dmin, Pastor of Counseling, First Baptist Church, Jacksonville, FL; Author, *The Heart of Addiction: A Biblical Perspective*; Director, The Addiction Connection

Over the years, God has providentially given me very close friends who are also strong leaders in the biblical counseling field, such as David Powlison, Edward Welch, Robert Smith, Howard Eyrich, and John Henderson. One of the joys of our friendship has been to glean from their incredible wisdom in specialized areas. The conversations have been deep, meaningful, and helpful to me personally and in ministry. This book by another of my friends, Jenn Chen, captures the feel and quality of those interactions. You get to experience through reading the helpful insight, wisdom, and advice from a seasoned professional, who is also a mature sister in Christ. I highly recommend this book for any biblical counselor, and I will be using it in my classroom.

Kevin Carson, Dmin, Pastor, Sunrise Baptist Church; Department Chair, Biblical Counseling, Mission University; ACBC and IABC certified counselor; Blogs at kevincarson.com

Counseling begins with certain beliefs about God and man in order to understand human experience and problems.

This brief work serves as an aid for biblical counselors to understand how many psychologized counselees see their problems. Dr. Jenn Chen explains the limitations of secular descriptions. She warns of the dangers of cultural assumptions about the DSM which move beyond mere descriptions, as if the labels provide explanations for human problems. Critical, but gracious, Dr. Chen provides the awareness we need of the DSM structure so that we remain steadfast in our first responsibility as counselors, which is to set human problems in proper theological context.

Dale Johnson, Executive Director, The Association of Certified Biblical Counselors

If you want to understand how the wisdom of the world tries to make sense of human suffering and misery, then this insightful book is for you. It is a clear, honest assessment from a biblical point of view of the diagnostic system that dominates our historical moment—a timely resource.

John Henderson, Associate Pastor of Counseling and Family Ministries, University Baptist Church; Association of Biblical Counselors board member; Council board member of The Biblical Counseling Coalition

For years, I have wanted a book that I could assign to my students which would clearly explain the concepts, terminology, and methodology of psychology (as reflected in the DSM) while helping us to evaluate these from a biblical perspective. Dr. Chen's unique training and experience, both in psychology and biblical counseling, make her the perfect person to meet this need. In addition to explaining these key concepts, she offers wise practical advice to biblical counselors who are seeking to help people who have received a psychological diagnosis. This very important book is carefully researched, well written, and easy to read.

Jim Newheiser, Professor of Christian Counseling and Pastoral Ministry, RTS, Charlotte; Executive Director IBCD; ACBC Fellow