



***Word Of Hope Ministries
Online/Distance Biblical Counseling Training***

We are affiliated with the International Association of Biblical Counselors
as an approved Training Center

- 1. Please let us know when you are firm in your decision to enroll in this training. You may email us or use the website contact form.**
- 2. Prior to beginning the course, you are required to have your pastor or an elder (or similar church leader) fill out the recommendation form at the end of this document. (please copy/paste the recommendation to a new document for him.) Please instruct him to email the completed form to: ellen.wordofhope@gmail.com (pastors and their wives are exempt from this.)**

If you have not done so, please go to the www.wordofhopeministries.com website and look through the entire website, including all of the training pages. Please view the videos there and read all of the content in order to make an informed decision about this training. You are welcome to contact Ellen with any further questions.

NOTE:

Completion of this prerequisite course does not qualify you as a Biblical Counselor. It is simply the foundation that prepares you for further training.

Please do not call yourself a “Biblical Counselor” unless you complete the entire certification training process beyond just taking this course. This course alone will enhance your personal ministry but it is not a complete training on its own.

If you choose to pursue IABC certification as a Biblical Counselor upon completion of our course, please let us know so that we can discuss the process. More specific information will also be given in the final class sessions.

COST of online/distance training: (this covers the course only, there will be additional costs when you begin the certification process with us.)

\$500.00* nonrefundable. We appreciate payment in full at the beginning of your course, but will also accept payments of \$50.00 per month for 10 months. This balance is due whether or not you complete the course.

Make checks out to Word of Hope Ministries, Inc. or pay on our website's "Training Details" page (we use PayPal, therefore your actual payments will be slightly higher to cover their fees). Please contact us for our street mailing address if you prefer to mail checks.

Additional Purchases Required:

*Two \$18.00 Workbooks from IBCD (you will be able to purchase them directly online as you need them, more info below.) You may opt to download these on the IBCD site instead.

*Required Reading books can be purchased through Amazon (including Kindle versions). More info below.

*Upon completion of this course, if you choose to pursue certification there will be additional IABC costs. Ask us for details.

PURCHASE IBCD WORKBOOKS:

Both Level 1 and Level 2 workbooks can be purchased from IBCD. DO NOT purchase the observation workbook, you will not need it:

Go to these two links to purchase workbooks (copy and paste if you are not able to use the link directly):

<https://ibcd.org/product/level-1-handbook/>

<https://ibcd.org/product/cdc2-hbk/>

NOTE: There are pdf download versions of these workbooks available, but you will have to print out all the pages to use them, which would be quite a lot of printing. It's up to you. This option is a bit cheaper initially but more cumbersome and potentially expensive.

SELF PACED COURSE:

To do the course (at your own pace), you will:

*Listen to all free mp3 "Care and Discipleship" teaching sessions at the IBCD website at www.IBCD.org - Level 1, Level 2, and including the observation videos at the end (the observation videos do not have free mp3's, so we will give you instructions regarding how to view them when you are ready).

To access the free mp3 versions of the video sessions, use these links (or copy and paste if you are unable to access the link directly):

LEVEL ONE sessions: <https://ibcd.org/Series/care-discipleship-level-1/>

LEVEL TWO sessions: <https://ibcd.org/Series/care-discipleship-level-2/>

On these IBCD website pages, you will see the sessions listed in order. Click on them to listen. There is also a podcast version of all sessions – on itunes search for “Care and Discipleship Level 1 IBCD” or “Care and Discipleship Level 2 IBCD”

*Do the required reading simultaneously with the above mp3s.

*Complete homework summaries of teaching sessions and required reading (instructions below.)

*******DO NOT complete the IBCD forms or certification documents – you will not be seeking their certification. We are only using their video/audio as curriculum, not doing any of their other certification requirements.*******

HOMEWORK Requirements:

For every mp3 you complete, be sure to check the website for more resource suggestions. This page is password protected, so you must email Ellen for the password prior to accessing it. On this page you will find additional resources we recommend per topic, pdf's of some helpful counseling tools we use, and some audios of workshops Ellen gives at conferences. You will find this page at:

www.wordofhopeministries.com - click on ‘resources’, then click on ‘for trainees only’

I. For every teaching mp3 you listen to, your assignment is to then write a summary and email it to Ellen as you complete them. Keep sending them even when she has not yet returned prior summaries. She gets to them as time allows.

The length of the summary is less important than the content, but be thorough and write it in “essay” form.

(The purpose in writing summaries is to be sure that you have grasped the teaching from the videos and discussions.)

Summarize the videos and discussions utilizing these guidelines:

The outline in your workbook is a good overview of the content you need to focus on. If you have taken notes during the teaching sessions, you will be well prepared to write a thorough summary.

Here are several points that should be included in your summaries in no particular order. Do not write it in question/answer format, but use an essay format that covers all of these points (unless it is clear that the point does not apply to that particular topic.)

1. The main theme of the video teaching in a sentence or two.
2. A fairly thorough overview of the teaching video key points.
3. What new concepts did you learn?
4. Has your idea of how to offer counsel to someone changed because of this teaching?
5. What challenged you?
6. What caused you to consider your own life struggles and how you approach them?
7. How will this teaching change your approach to your current ministry?
8. How might this teaching impact your future ministry?
9. What questions do you still have related to the teaching?
10. How confident are you that you have grasped the concepts taught?
11. Have you been in a situation helping someone that would have benefitted from something you learned from the teaching; how?
12. If you were presented with a person who needed help today, what concepts did you learn that would benefit your ability to help?
13. If the teaching addressed a specific life issue (such as depression, anxiety, a marriage problem, etc.) – imagine that a person with that struggle came to you for help. Talk about how you might approach this, to the best of your ability based on what you know thus far in our course. (in other words, you are inventing your own “mini-case study” so that you can think through how to help someone with this life struggle in general.)
14. Can you think of anything else from Scripture that either supports or contrasts the teaching but wasn’t included in the video? (if you believe there is a contrast, how have you sorted that out?)
15. Feel free to add anything else you wish to your summary as it pertains to the topic of the video.

In addition, before you write your summary, dig a bit deeper: look up the Scripture that is in the workbook, point by point, studying it more deeply as you are able (even though they were covered in your notes during the session.) Consider context, use study tools, and stick to the application to the topic. The deeper you study, the more your own heart will be impacted and the more equipped you will be for counseling. It is a good idea to make this a guideline for your personal Bible Study and devotions’ focus for the coming year.

When you complete a summary, please email it (as a Pages OR Word-compatible document) to Ellen at ellen.wordofhope@gmail.com

Be sure to note in the title of the document which summary it is. For example: “Summary #13” – the number corresponds to the # video or mp3.

Note: As time allows, Ellen will review your summary and send it back to you with feedback. You do not need to wait for her to reply with comments before sending in the next summaries.

II. Over the course of this portion of your training, you will be required to read and do 5 book review/summaries. Pace yourself so that these are completed while you are also completing the session summaries.

Below are the books that you will be required to purchase and read, in any order you choose.

1. ***Christ Centered Biblical Counseling, Changing Lives with God's Changeless Truth*** by James MacDonald, Bob Kellemen and Steve Viars
2. ***Scripture and Counseling, God's Word for Life in a Broken World*** by Bob Kellemen and Jeff Forrey
3. ***Counsel from the Cross, Connecting Broken People to the Love of Christ*** by Elyse Fitzpatrick and Dennis Johnson
4. ***Instruments in the Redeemer's Hands: People in Need of Change Helping People in Need of Change*** by Paul David Tripp
5. Women: ***Women Counseling Women, Biblical Answers to Life's Difficult Problems*** by Elyse Fitzpatrick
Men: ***Men Counseling Men: A Biblical Guide to the Major Issues Men Face*** by John Street and John MacArthur

The length of the summary is not as important as the content, but do be thorough. Here are several points that should be included in your summaries in no particular order. Do not write it in question/answer format, but use an essay format that covers all of these points (unless it is clear that the point does not apply to that particular book.)

1. What is the main theme/topic of this book? Summarize, in your own words, what the book offers.
2. How does this book apply to Biblical Counseling ministry?
3. What insights did you glean from this book that you didn't have before?
4. How might this book impact your counseling ministry?
5. What questions did this book answer for you?
6. What questions do you still have after reading this book?
7. What is the most difficult concept for you to grasp in this book?
8. Did you disagree with anything in this book? Why?
9. What challenged you in this book?
10. What was the most encouraging thing about this book?
11. How did this book impact your own heart?
12. Include anything else that struck you about this book.

Tips for writing your summaries:

*Answer any chapter questions as you read. This will help the content to take root in your heart, and it will also help you with your summary later.

*When you come across Scripture as you read, open up your Bible and look at the passage there. Do some deeper study as it pertains to your reading. Read it in context, use study tools, etc. The deeper you study, the more you will find your own heart changed and your ministry to others impacted.

When all summaries are turned in and comments have been returned to you, your coursework is complete and you may then proceed with the IABC requirements by working with Ellen at Word of Hope Ministries towards certification. Upon completion of all requirements, you will be recommended to the IABC for certification. (You will have additional costs and coursework to complete for the certifying organization as well as the requirement of logging 50 counseling hours in order to become a Certified Biblical Counselor.)

CERTIFICATION:

Completion of our course does not qualify you as a Biblical Counselor. It is simply the foundation that prepares you for further training.

Please do not call yourself a “Biblical Counselor” unless you complete the entire certification training process beyond just taking this course. This course alone will enhance your personal ministry but it is not a complete training on its own.

We are able to mentor and supervise you through this IABC Certification process. (This process also requires your church’s approval and some involvement on their part as well.)

QUESTIONS? Here are several ways to get ahold of Ellen Castillo:

Email: ellen.wordofhope@gmail.com

Website contact form: www.wordofhopeministries.com OR
www.biblicalmentor.com

TEXT or Phone: 805-478-6892

Friend me on Facebook: Ellen Conover Castillo

“Like” the Word of Hope Ministries Facebook Page

Follow us on Twitter: @EllenWordOfHope

Word of Hope Ministries, Inc.

Ellen Castillo, Certified Biblical Counselor and Executive Director

The following is the pastoral recommendation form. Please copy/paste it in to a separate document (including the logo), add your name to the first sentence and send it to your pastor or church leadership. Include an explanation of your desire to do this training and encourage him to read through our website for more information about the training.



Dear Pastor or Church Leader,

_____ has enrolled in Biblical Counseling Training with Word of Hope Ministries, Inc. This is a video and discussion based training for men and women in Santa Maria. We utilize the *Institute for Biblical Counseling and Discipleship Training* materials along with our own required reading. If you would like to learn more about this training and the materials we utilize, please visit our training pages at: www.wordofhopeministries.com. It is our desire that the ministry of Biblical Counseling would spread throughout our local area churches so that people are helped with the hope of The Gospel and God's Word.

Biblical Counseling is in-depth discipleship based on the sufficiency of Scripture to address life's struggles. The goal is transformation towards Christ-likeness as the counselor teaches the practical application of the Gospel and God's Word to promote change at the heart level.

Please answer the following questions about the applicant. We will keep your responses confidential. We intend to only enroll students who are gifted for counseling ministry and recommended by their church leadership, so please do not hesitate to let us know if you have any caution about this applicant.

Please email the document to: Ellen.wordofhope@gmail.com

1. How long have you known the applicant?
2. Do you know what kind of experience this applicant has had in any kind of discipleship ministry? (ie, Sunday School teacher, Awana leader, Bible Study leader, Youth leader, mentor, counselor, or anywhere that teaching God's Word is involved.)
3. Have you observed this applicant in a discipleship context? What type? What is your impression of their abilities?
4. Do you view this applicant as a mature believer?
5. Do you believe this applicant handles God's Word well and is able to understand and articulate a clear Gospel message?
6. Do you believe that this applicant is well suited for in-depth discipleship ministry? Why or why not?

7. Do you have any other concerns?

Thank you for helping us to determine the suitability of this applicant for Biblical Counseling Training. It is our privilege to serve local churches!

Your Name_____

Your position_____

Your contact information_____

Date_____

Ellen Castillo, Biblical Counselor and Executive Director

Word of Hope Ministries, Inc.

www.wordofhopeministries.com

ellen.wordofhope@gmail.com

805-478-6892

For your records:

What Is Biblical Counseling? Part 1 (CDC 1) _____

What Is Biblical Counseling? Part 2 (CDC 2) _____

What Is Biblical Counseling? Part 3 (CDC 3) _____

General Principles of Biblical Counseling Part 1 (CDC 4) _____

General Principles of Biblical Counseling Part 2 (CDC 5) _____

General Principles of Biblical Counseling Part 3 (CDC 6) _____

How Do People Change Part 1 (CDC 7) _____

How Do People Change Part 2 (CDC 8) _____

Theology and Biblical Counseling (CDC 9) _____

Peacemaking Part 1 (CDC 10) _____

Peacemaking Part 2 (CDC 11) _____

Peacemaking Part 3 (CDC 12) _____

Grace When Things Are Hard (CDC13) _____

Anger Mismanagement: Only Grace Transforms the Heart (CDC 14) _____

Biblical Counseling : Depression (CDC 15) _____

Biblical Counseling: Worry and Anxiety (CDC 16) _____

Biblical Counseling : Fear (CDC 17) _____

Temptation Part 1 (CDC 18) _____

Temptation Part 2 (CDC 19) _____

Understanding the Influences of Nature and Nurture (CDC 20) _____

Biblical Foundations: Marriage Is Made in Heaven (CDC 21) _____

Biblical Foundations: God's Directive for Marriage (CDC 22) _____

How to Change Your Husband (CDC 23) _____

How to Change Your Wife (CDC 24) _____

Solving Marriage Problems: Conflict Resolution and Communication(CDC 25) _____

Solving Marriage Problems: Using Financial Wisdom from Proverbs(CDC26)_____

From Idol to Blessing: How Grace Transforms Our Sexuality Part 1 (CDC 27) _____

From Idol to Blessing : How Grace Transforms Our Sexuality Part 2 (CDC 28) _____

Counseling in Cases of Separation, Divorce and Remarriage (CDC 29)_____

The Medicine-Only Approach to Counseling (CDC 30) _____

Psychotropic Drugs and Biblical Counseling (CDC 31) _____

Cognitive-Perceptual Disorders (CDC 32) _____

Parenting Is More Than a Formula Part 1(CDC 33) _____

Parenting Is More Than a Formula Part 2 (CDC 34) _____

But My Child Is Different! (CDC 35) _____

Dealing With Rebellious Teens: When “Good Kids” Make Bad Choices (CDC 36) _____

You Never Stop Being A Parent: Parenting Your Adult Children (CDC 37) _____

Knowing God’s Will (CDC 38) _____

OBSERVATION SUMMARIES:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

BOOK SUMMARIES:

Christ Centered Biblical Counseling _____

Scripture and Counseling _____

Counsel From the Cross _____

Instruments in the Redeemer's Hands _____

Women Counseling Women/Men Counseling Men _____