



***Word Of Hope Ministries; Biblical Counseling Training,  
2016-17 Local Classes***

- 1. Please let Ellen Castillo know when you are firm in your decision to enroll in this training.**
- 2. Prior to our first class meeting 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](mailto:ellen.wordofhope@gmail.com) (pastors and their wives are of course exempt from this.)**

*If you have not done so, please go to the [www.wordofhopeministries.com](http://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.***

***If you would like to certify, you will then have additional costs, and IABC coursework and exams to complete as well as the requirement of logging 50 counseling hours in order to become a Certified Biblical Counselor. We are able to mentor and supervise you through this process. (This process also requires your church’s approval and some involvement on their part as well.)***

**COST for this course (there are additional costs for the certification process later if you choose to become certified, ask Ellen for details):**

**\$500.00** - due at the beginning of the course or you may choose to pay in installments of \$50.00 per month for 10 months. Pay by check, cash, or online.  
~The fee is nonrefundable. If you choose to quit the course, the remaining balance is still due at that time.

**NOTE:**

- \*For pastors who hold ministry degrees and wish to audit the course (no homework, can do the required reading with no written summaries), the course is free.
- \*For Word of Hope Ministries staff and board members, the course is free.

*Additional Purchases Required:*

- \*Two \$18.00 Workbooks from IBCD (you will be able to purchase them directly online as you need them through the year, more info is below.)
- \*Five Required Reading books can be purchased through Amazon (including Kindle versions).
- \*If you plan to become IABC certified with us, there will be additional fees at that time. More information will be given at the end of this course.

**YOU ARE REQUIRED TO HAVE INTERNET ACCESS AND AN EMAIL ADDRESS**

***SCHEDULE: Class is held 2 Monday evenings per month***

We will be meeting the 2<sup>nd</sup> and 4<sup>th</sup> Monday evening of each month, beginning October 24. Location to be determined, we will let you know prior to the class start date.

The course will take approximately one year to complete. There may be some weeks that class is canceled due to holidays or other circumstances. We will let you know in advance.

**ATTENDANCE REQUIREMENT:**

In order for WOHM to vouch for your completion of the training, your attendance is mandatory except for illness or traveling. We require that you attend at least 80% of the sessions. If more are missed, you will not have completed the course.

When you are absent, you will be able to listen to the free online audios of the sessions missed, but you will have lost the benefit of discussion and additional material presented in class time. This is why we require a minimum attendance to pass the course.

(If you have circumstances that require special allowances, we will consider those case by case.)

***A typical class session is as follows:***

- \*\*Viewing of the video sessions
- \*\*Group discussions, including “case studies” and introduction to resources applicable to this session’s topics.

**HOMEWORK Requirements:** There will be assigned class session summaries and Required Reading summaries to be turned in throughout the course. You will be given a **Homework Guideline** later in these instructions.

*REQUIRED READING:* 5 Book Summaries are due by the end of the course. It is recommended that you read and review at least one book every two months in order to pace yourself. Instructions are in the Homework Guidelines.

You will need to purchase the required reading books on your own. Amazon generally has the best prices, and most are available on Kindle. You can purchase all of them, or one at a time, but we would strongly encourage each participant (or couple) to have their own copy for their counseling library.

**What you need for the first class:**

**\*Your Bible**

**\*The first Workbook or notepaper if you have not purchased it by this time. (You will want to purchase it ASAP.)**

**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 probably fairly expensive to print.**

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

**Email: [ellen.wordofhope@gmail.com](mailto:ellen.wordofhope@gmail.com)**

**Website contact form: [www.wordofhopeministries.com](http://www.wordofhopeministries.com) OR [www.biblicalmentor.com](http://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, 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](http://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](mailto: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 our area churches!

Your Name\_\_\_\_\_

Your position\_\_\_\_\_

Your contact information\_\_\_\_\_

Date\_\_\_\_\_

Ellen Castillo, Biblical Counselor and Executive Director

Word of Hope Ministries, Inc.

[www.wordofhopeministries.com](http://www.wordofhopeministries.com)

[ellen.wordofhope@gmail.com](mailto:ellen.wordofhope@gmail.com)

805-478-6892



## Biblical Counseling Training HOMEWORK GUIDELINES:

**For every video/mp3 you complete, be sure to check the website for more resource suggestions. Ellen will be showing some of these in class, but a complete list is on the website. This page is password protected, so you must ask 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](http://www.wordofhopeministries.com) - click on 'resources', then click on 'for trainees only'**

I. For every video (#1-38) (and discussion about that video) your assignment is to write a summary and email it to Ellen. 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 for us to be sure that you have grasped the key concepts 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 classes, you will be well prepared to write a thorough summary. Be sure to take notes during discussions and any additional content Ellen adds.

*If you need some review of the video teaching, you can access the audio of the sessions at the IBCD website. In fact, this is encouraged! They are always available for free, so listen in to help you to learn more thoroughly:*

*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 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"*

*NOTE: Our last 12 videos (“observation”) do not have corresponding mp3 – if you miss those sessions, Ellen will give you access to them – ask her for instructions. There will be NO summaries due on these observation videos.*

*IF YOU ARE ABSENT: All mp3 online audios can also be used to make up the sessions that you may have missed due to absence. Keep in mind, however, that you will have lost the benefit of the discussion time and some additional content from Ellen if you are absent. Feel free to ask her about any handouts, links or critical discussion points that you may have missed.*

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 (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 devotion 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](mailto: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.

As time allows, Ellen will review your summary and send it back to you with feedback. If it is not thorough or clear enough, she will ask you to rewrite it or clarify points that need to be addressed. You do not need to wait to hear back from her before you complete and email the next summary, keep working on them regardless.

II. Over the training year, you will be required to read and do 5 book review/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.

### **CERTIFICATION:**

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**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:** (all 12 are required for all distance students, and only required for local students when an observation class session is missed - student must then write a summary for those missed observation sessions only)

1. \_\_\_\_\_

2. \_\_\_\_\_

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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\_\_\_\_\_