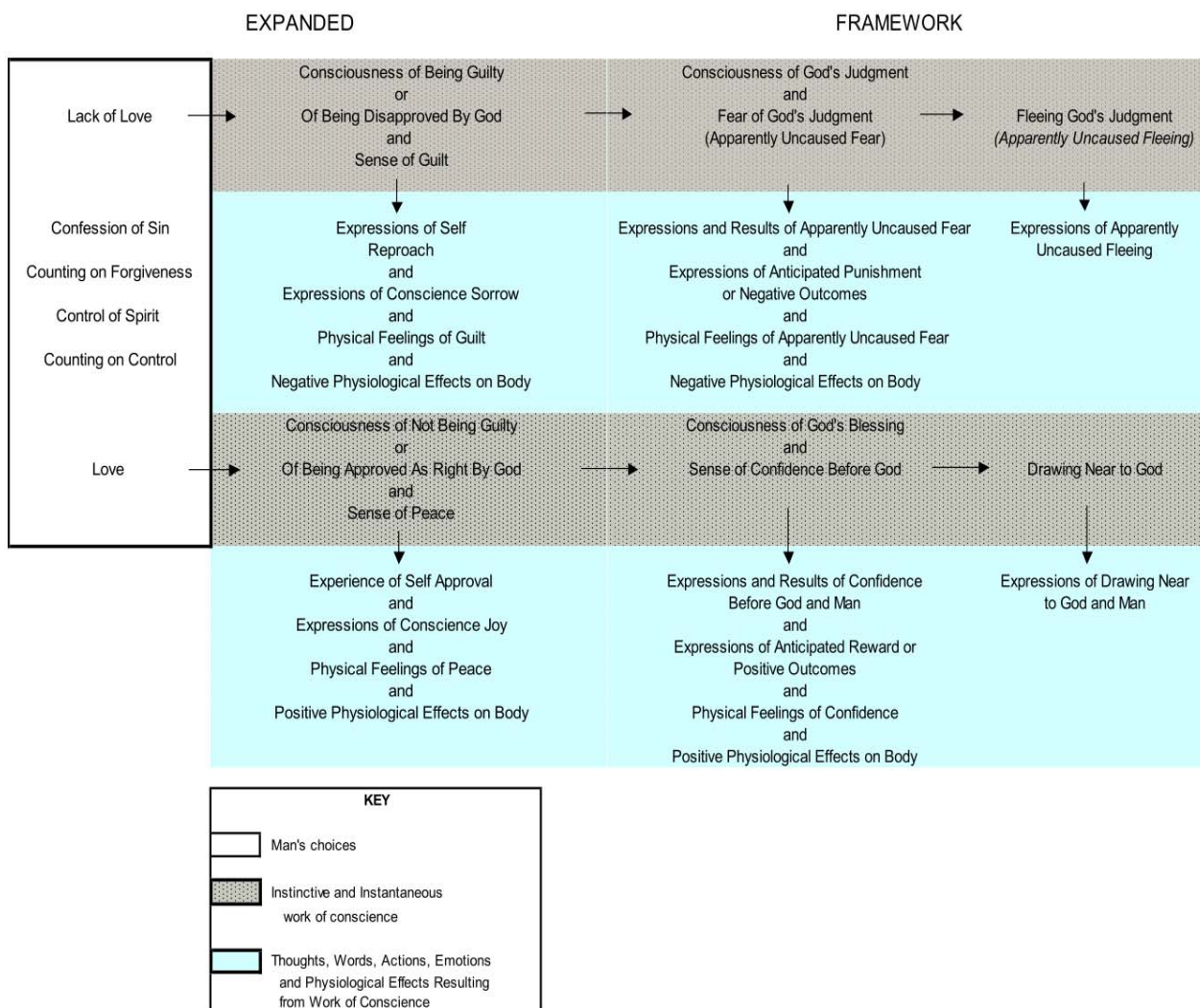


Supplemental Digital Content

The figure and table below accompany Valerie Oji's article, "Mind, Medications, and Mental Disorders: A Spiritual Approach" (April/June JCN).

Biblical Frame or Template Used in Biblical Framework Counseling



Source: Thomson R. (2004). *The heart of man and the mental disorders: how the word of God is sufficient*. Houston: Biblical Counseling Ministries. Used with permission.

Table: Four Key BFC sessions With EZ

First Session	Seventh Session	Eighth Session	Ninth Session
<p>Explanation of Biblical Framework and the conscience using Genesis 3:6-13; Romans 2:14-15; 1 Timothy 4:2.</p> <p>Discussion of how all humans have conscience, but some are not “working” when seared or insensitive.</p> <p><u>Homework:</u> Scripture readings from Romans 1:32; 9:1; 13:5 1 Corinthians 4:4-5; 8:7,10,12 Ephesians 4:19 1 Timothy 1:5,19; 4:2 Titus 1:15; 4:2, 1 John 3:19-21</p>	<p>Review of the Framework and showing EZ some of her actions as evidence that fit into the Framework in all categories</p> <p>Review of the 4 C’s. The BFC Counselor shares with EZ her own application of these frequently to deal with unloving attitudes in her life, too.</p> <p>Explanation of four types of relationships using Proverbs 27:5-6. Counselor assists EZ in identifying that the kind of relationship that best describes the way she generally operates is closed, unloving.</p> <p><u>Homework:</u> Open and loving to God: 1. Scripture–read 1 John 4:7-21 daily 2. Audible prayer 10 minutes daily 3. Practice entrusting herself to God–1 Peter 5:6-7</p> <p>Open and loving to Man: 1. Apologize to father, mother, ex-husband and children for unloving attitudes and actions 2. Practice praising each family member as</p>	<p>Session started with prayer.</p> <p><u>Previous Homework</u> Discussion: EZ decided she wouldn’t apologize to her father because he owed her an apology, but felt convicted after review of 1 John 4:7-21. She called her father and apologized; he laughed at her. She expressed hurt and anger about this response. Counselor cried with EZ, reminded her that when apologizing to expect nothing in return, to confess the anger, and ask God for help controlling these reactions.</p> <p>EZ expressed difficulty praising her children because it was hard to find anything praiseworthy. She was encouraged to look at her children the way God sees them, with love and forgiveness.</p> <p><i>Agape</i> love was reviewed with 1 Corinthians 13:4-7. EZ remarked she was not ready for that kind of love. Attributes of God’s love were discussed, emphasizing they have nothing to do with “feelings.”</p> <p><u>Homework:</u></p>	<p>Session started with prayer.</p> <p><u>Review of Homework:</u> EZ expressed having <i>agape</i> love for other people was practically impossible. Counselor affirmed this was absolutely correct and that only God could do the work in our hearts—it cannot be done on one’s own; however, one must be yielded to him before he will do it.</p> <p>EZ said her mother accepted her apology and asked her forgiveness in failing her, and EZ forgave. EZ asked forgiveness of her ex-husband which he gave, but he has remarried, so reconciliation is not an option. EZ admired qualities in her family members and told them; indicated it “revolutionized” her relationships. Her children were respectful and thankful. EZ was not sure she was ready to do this with her father, and was encouraged by the counselor to meditate on and practice three qualities of <i>agape</i> love (believes, hopes, and endures all things).</p> <p>Counselor and EZ discussed guilt feelings and partial responsibility in her</p>

	<p>opportunity presents</p> <p>3. Have talk date with each child twice weekly for an hour if possible</p> <p>Closed session with prayer thanking God for his forgiveness and asking him for control by his Spirit</p>	<p>Open and loving to God:</p> <ol style="list-style-type: none"> 1. Scripture–1 Corinthians 13:4-7; replace the word love with EZ's own name as she read it. 2. Practice thankfulness for all and in all things 3. Attend church regularly and serve in some capacity <p>Open and loving to Man:</p> <ol style="list-style-type: none"> 1. Continue with apologies 2. Find qualities in each family member you admire, tell them why you admire those qualities 3. Set aside an hour weekly for talking openly and lovingly with mother, father, uncle, son, daughter. <p>Closed session with prayer thanking God for his forgiveness and asking for help in forgiving others.</p>	<p>children's rebellion and mental instability.</p> <p><u>Homework:</u></p> <p>Open and loving to God:</p> <ol style="list-style-type: none"> 1. Scripture–Read Proverbs, looking for specifics on dealing with children 2. Audible prayer 15 minutes daily 3. Focus on finding spiritual gifts and ways to exercise them. <p>Open and loving to Man:</p> <ol style="list-style-type: none"> 1. Apologize to children for unloving attitudes and ask forgiveness. 2. Talk dates with children, asking what has been done that EZ can make amends for. 3. Comfort, praise of children
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