

# **400+ Resources on Biblical Counseling and Psychology-Related Research**

**Resources Related to**

**Scripture and Extra-Biblical Resources,**

**Descriptive Research and  
Evidenced-Based Counseling Intervention Research, and**

**Physiological/Neurological Resources on the Complex Interconnection  
of Our Brain/Mind, Body/Soul, Physical/Spiritual Nature**

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**Collated By**

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## **Introduction: The Sufficiency of Scripture and Extra-Biblical Resources**

“Sufficiency of Scripture” is a vital and much-used term in the biblical counseling world. Of course, defining “sufficiency of Scripture” is essential. Once defined, it is important to describe the practical implications and applications of sufficiency of Scripture in the real world of providing biblical counseling to real people.

In particular, there is much debate about **scriptural sufficiency and extra-biblical resources and psychological research**. What is the role and relationship of Scripture and science? What is the role and relationship of Scripture and scientific research, descriptive psychological research, evidenced-based counseling intervention research, and neurological (brain/body/mind/soul) research?

### **Why This Collation**

I’ve found that we often talk past each other in these complex discussions. One of the reasons we talk past each other is **we have no clear, agreed-upon definitions, descriptions, or examples of our terms**.

- What do we mean by “scientific research”?
- What is “descriptive psychological research”?
- What are examples of “evidenced-based counseling intervention research”?
- What are examples of “neurological research findings”?

I’ve also found that in the biblical counseling world our **default** view is to take a critical approach toward anything that is extra-biblical—often before we even define it, and before we even engage with it honestly, respectfully, and carefully. Thus, the first major purpose of this collation:

*I am providing **100s of first-hand, primary sources**—examples of scientific research, descriptive psychological research, evidenced-based counseling intervention research, and neurological research findings—so you can define them accurately and assess them fairly.*

So now if someone says, “I’m skeptical of “evidenced-based counseling intervention research,” then we could discuss together scores of particular examples and we could specifically identify potential areas of concern...and potential areas of positive contribution.

This document not only includes primary source examples of extra-biblical resources related to the care and cure of the soul. It also includes **100s of secondary sources**—a broad spectrum of perspectives on the possible negative or positive relationship of extra-biblical sources to biblical counseling. Thus, a second major purpose of this collation:

*You, the reader, can be a “wise Berean” (see Acts 17) who reads **original/primary sources**, reads a cross-section of **secondary sources** providing their perspective, and then you can become an informed and discerning reader drawing your own biblical conclusions—so you can assess everything through the lens of Scripture.*

## What This Collation Is NOT

This collation is **not** a collection exclusively of *biblical counseling* resources. I have produced such collated lists yearly in [The Annual Guide to Biblical Counseling Resources](#).

Instead, this collation includes resources from biblical counselors, from Christian integrative counselors, from Christian psychologists, and from “secular” writers and researchers. Obviously, inclusion in this list is **not** an endorsement of the individual authors or of individual resources. Each resource is included so that you—the reader—can do your own primary source and secondary source research into these issues.

This collation is **not** simply a list of resources on the sufficiency of Scripture for a theology of biblical counseling. Such resources are included, but this resource collation adds hundreds of items related to the broader topics of this collation.

The modern biblical counseling movement has held that the Scriptures are sufficient for developing a **prescriptive** model of people (anthropology, Creation), problems (hamartiology, Fall), and solutions (soteriology, Redemption). Therefore, this collation is **not** focused on resources related to the integration or non-integration of a biblical **theology** of biblical counseling with secular psychological **theories** of therapy.

Instead, this collation focuses on various elements of **descriptive** research. Traditionally, the modern biblical counseling movement—based upon a theology of common grace and upon the application of the Creation/Cultural Mandate—has valued the role of scientific research, descriptive psychological research, and neurological (brain/body) research as having an adjunctive and “catalytic” role under the ultimate authority of Scripture.

This collation is **not** a list focused on specific theories of and interventions for particular life issues. For those resources, I again point you toward [The Annual Guide to Biblical Counseling Resources](#).

## What This Collation IS

This collation seeks to provide select resources for thinking through the relationship between Scripture and research. **More specifically**, this collation seeks to provide resources—divided into three categories—for thinking through the relationship of biblical counseling and the possible/potential roles of:

1. Category #1: Scripture and Extra-Biblical Resources (General, Broad, Introductory Category)
2. Category #2: Descriptive Research and Evidenced-Based Counseling Intervention Research
3. Category #3: Physiological/Neurological Resources on the Complex Interconnection of Our Brain/Mind, Body/Soul, Physical/Spiritual Nature

Here are more detailed descriptions of these three categories:

- **Category #1: Scripture and Extra-Biblical Resources (General, Broad, Introductory Category):** This is an introductory, general, broad category of resources. It includes resources that address the relationship of Scripture and science, sufficiency of Scripture and theory-building, the nature of psychology, and the relationship of Scripture to extra-biblical resources. It includes resources that examine the input of theological concepts such as common grace, the noetic effect of sin, general versus special revelation, the Creation/Cultural Mandate, etc. These resources explore how these topics relate to biblical counseling.
- **Category #2: Descriptive Research and Evidenced-Based Counseling Intervention Research:** This category focuses on descriptive research and on a subset of descriptive research—evidenced-based counseling intervention resources. Some of the resources are broad-based—providing introductory definitions and descriptions of descriptive research and evidenced-based research. Some of the resources are more specific—providing resources that give specific examples of articles that offer descriptive research and/or evidenced-based counseling research findings. These resources explore the potential impact of empirical research on biblical counseling practice.
- **Category #3: Physiological/Neurological Resources on the Complex Interconnection of Our Brain/Mind, Body/Soul, Physical/Spiritual Nature:** As the title suggests, this category focuses on resources related to the complex interconnection of our brain/mind, body/soul, and physical/spiritual nature. This category also includes resources related to neuroscience, psychotropic medication, mental illness, mental health, and the DSM. It highlights resources that explore how being embodied beings relates to the process of biblical counseling.

This collation is a **“work in progress.”** It started when friends inside and outside the biblical counseling movement were increasingly asking me for resources related to these topics. Initially I collated a list of just **9** resources. As of this writing, this document includes more than **400** resources—and continues to expand. If you are aware of resources that you think could be added to any of these three categories, please feel free to contact me.

Though already stated, this bears repeating: inclusion in this list does **not** note agreement with the resource. It simply notes that it is **a** resource related to the topic and potentially useful for thinking about these issue—always using a biblical grid/lens and a Christian/scriptural worldview.

You’ll quickly note that these references are not according to a formal Style Guide and that they typically provide incomplete bibliographic information. However, **every** reference includes the author(s) name(s), the title of the resource, and **a direct link**—so that complete references can be located and so that the resource can be easily and quickly accessed.

## Category #1: Resources on Scripture and Extra-Biblical Resources

This is an introductory, general, broad category of resources. It includes resources that address the relationship of Scripture and science, sufficiency of Scripture and theory-building, the nature of psychology, and the relationship of Scripture to extra-biblical resources. It includes resources that examine the input of theological concepts such as common grace, the noetic effect of sin, general versus special revelation, the Creation/Cultural Mandate, etc. These resources explore how these topics relate to biblical counseling.

1. Adams, Jay. [\*A Theology of Christian Counseling: More Than Redemption\*](#)
2. Arms, Donn, and Dave Swavely, Editors. [\*Whole Counsel: The Public and Private Ministries of the Word\*](#)
3. Baker, Ernie and Howard Eyrich. "Caution: Counseling Systems Are Belief Systems." Chapter 9 in [\*Scripture and Counseling: God's Word for Life in a Broken World\*](#)
4. Barrett, Matthew. [\*The Sufficiency of Scripture: An Essay\*](#)
5. Bavinck, Herman. [\*Biblical and Religious Psychology\*](#)
6. Bavinck, Herman. "[Calvin and Common Grace.](#)" Geerhardus Vos, Translator. *The Princeton Theological Review*, 7(3), 1909, 437-465
7. Bavinck, Herman. [\*Essays on Religion, Science, and Society\*](#)
8. Bavinck, Herman. "[Herman Bavinck's 'Common Grace.'](#)" Raymond C. Van Leeuwen, Translator. *Calvin Theological Journal*, 24(1), April 1989
9. Bavinck, Herman. [\*Reformed Dogmatics, Vol. 2: God and Creation\*](#)
10. The Biblical Counseling Coalition, [\*Confessional Statement\*](#)
11. Brooks, Nate. [\*The Bible Keeps a Record of Trauma. But Is It Trauma-Informed?\*](#)
12. Brown, Warren. "Resonance: A Model for Relating Science, Psychology, and Faith," in [\*Integrating Psychology and Theology: Research and Reflections\*](#), ed. Al Dueck (Pasadena: Fuller Seminary Press, 2006
13. Cherry, Ellen. [\*Augustine of Hippo: Father of Christian Psychology\*](#)
14. Cherry, Ellen. [\*Positive Theology: An Exploration in Theological Psychology and Positive Psychology\*](#)

15. Dew, James. [\*How Do We Know: An Introduction to Epistemology\*](#)
16. Dew, James. [\*Science and Theology: An Assessment of Alister McGrath's Critical Realistic Perspective\*](#)
17. Emler, Mike. [\*How Should Biblical Counselors View Material from Secular Psychology?\*](#)
18. Forrey, Jeff. "What Is Psychology," Chapter 4 in [\*Scripture and Counseling: God's Word for Life in a Broken World\*](#)
19. Forrey, Jeff. "Where Do We Find Truth," Chapter 3 in [\*Scripture and Counseling: God's Word for Life in a Broken World\*](#)
20. Frame, John. [\*The Doctrine of the Christian Life\*](#). Phillipsburg, NJ: P&R, 2008
21. Frame, John. [\*The Doctrine of God: A Theology of Lordship\*](#). Phillipsburg, NJ: P&R, 2002
22. Greggo, Stephen, Editor. [\*Counseling and Christianity: Five Approaches\*](#)
23. Grudem, Wayne. "Common Grace," in [\*Systematic Theology: An Introduction to Biblical Doctrine\*](#)
24. Hall, Todd, and Elizabeth Hall. [\*Relational Spirituality: A Psychological-Theological Paradigm for Transformation\*](#)
25. Hambrick, Brad. [\*5 Types of Biblical Counselors\*](#)
26. Hambrick, Brad. [\*Are You For or Against "Psychology"?\*](#)
27. Hambrick, Brad. [\*Should We Be For or Against Psychology?\*](#)
28. Hathaway, William. [\*An Examination of Two Biblical Cases for One Approach to the Sufficiency of Scripture\*](#)
29. Hathaway, William, Guest Editor. *The Journal of Psychology and Theology*. "[Special Issue: The Sufficiency of Scripture,](#)" Vol. 49, Issue 3, September 2021
30. Hathaway, William. "[Integration, Biblical Counseling, and Hermeneutics,](#)" in *The Journal of Psychology and Theology*. "Special Issue: The Sufficiency of Scripture," Vol. 49, Issue 3, September 2021
31. Hathaway, William. "[Introduction: Sufficiency of Scripture,](#)" in *The Journal of Psychology and Theology*. "Special Issue: The Sufficiency of Scripture," Vol. 49, Issue 3, September 2021

32. Hindson, Ed, and Howard Eyrich, Editors. [\*Totally Sufficient: The Bible and Christian Counseling\*](#)
33. Huie, Eliza, and Beth Broom. [\*Using Scripture in Counseling: Featuring Nate Brooks\*](#)
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36. Johnson, Eric. [\*God and Soul Care: The Therapeutic Resources of the Christian Faith\*](#)
37. Johnson, Eric, Editor. [\*Psychology and Christianity: Five Views\*](#)
38. Johnson, Eric. [\*Reformational Counseling: A Middle Way\*](#)
39. Johnson, Eric. [\*Where Are the Pharisees Today?\*](#)
40. Johnson, Eric, and Stanton Jones. [\*A History of Christians in Psychology\*](#)
41. Jones, Robert, Kristin Kellen, and Rob Green. [\*The Gospel for Disordered Lives: An Introduction to Christ-Centered Biblical Counseling\*](#)
42. Johnston, Kyle. [\*Why Biblical Counselling Needs Complex Theocentrism\*](#)
43. Kellemen, Bob. [\*7 Reformed Theologians on "Common Grace"\*](#)
44. Kellemen, Bob. "The Bible Is Relevant for That?", Chapter 10 in [\*Scripture and Counseling: God's Word for Life in a Broken World\*](#)
45. Kellemen, Bob. [\*A Biblical Counseling Model of Humanity: Understanding People Scripturally\*](#)
46. Kellemen, Bob. [\*Biblical Counseling and Scientific Research\*](#)
47. Kellemen, Bob. [\*Consider Your Counsel: Addressing Ten Mistakes in Our Biblical Counseling\*](#)
48. Kellemen, Bob. "Discovering Wisdom for Life in a Broken World: Our Treasure Hunt for Wisdom," Chapter 2 in [\*Gospel-Centered Counseling: How Christ Changes Lives\*](#)
49. Kellemen, Bob. "Examining the Spiritual Anatomy of the Soul: Our View of People," Chapter 6 in [\*Gospel-Centered Counseling: How Christ Changes Lives\*](#)
50. Kellemen, Bob. [\*Gospel-Centered Counseling: How Christ Changes Lives\*](#)
51. Kellemen, Bob. [\*John Calvin on "Common Grace"\*](#)

52. Kellemen, Bob. [\*Herman Bavinck on "Common Grace," Part 1\*](#)
53. Kellemen, Bob. [\*Herman Bavinck on "Common Grace," Part 2\*](#)
54. Kellemen, Bob. "Mining the Riches of God's Word: God's Treasures of Wisdom," Chapter 1 in [\*Gospel-Centered Counseling: How Christ Changes Lives\*](#)
55. Kellemen, Bob. "The Rich Relevance of God's Word", Chapter 11 in [\*Scripture and Counseling: God's Word for Life in a Broken World\*](#)
56. Kellemen, Bob. [\*Soul Physicians: A Theology of Soul Care and Spiritual Direction\*](#)
57. Kellemen, Bob. [\*Theo-Drama and Gospel-Centered Counseling\*](#)
58. Kellemen, Bob. [\*A Theologically-Informed Approach to Sexual Abuse Counseling: Implementing the Hermeneutical Spiral\*](#)
59. Kellemen, Bob, and Jeff Forrey, Editors. [\*Scripture and Counseling: God's Word for Life in a Broken World\*](#)
60. Kellemen, Bob, and Steve Viars, Editors. [\*Christ-Centered Biblical Counseling: Changing Lives with God's Changeless Truth\*](#)
61. Kellemen, Bob, and Sam Williams. "The Spiritual Anatomy of the Soul," Chapter 7 in [\*Christ-Centered Biblical Counseling: Changing Lives with God's Changeless Truth\*](#)
62. Kutter Callaway, and William Whitney. [\*Theology for Psychology and Counseling: An Invitation to Holistic Christian Practice\*](#). Grand Rapids: Baker Academic, 2022
63. Kuyper, Abraham. [\*Common Grace: God's Gifts for a Fallen World\*](#). Vol. 1. Bellingham, WA: Lexham Press, 2016
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66. Lambert, Heath. [\*Biblical Counseling, Common Grace, and the Noetic Effects of Sin\*](#)
67. Lambert, Heath "Introduction: The Sufficiency of Scripture, the Biblical Counseling Movement, and the Purpose of This Book." In S. Scott & H. Lambert, H. (Eds), [\*Counseling the Hard Cases: True Stories Illustrating the Sufficiency of God's Resources in Scripture\*](#) (1-24). Nashville: B&H, 2012
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69. Lambert, Heath. [\*A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry\*](#)
70. Lambert, Heath, Wayne Mack, Doug Bookman, and David Powlison. [\*Sufficiency: Historic Essays on the Sufficiency of Scripture\*](#)
71. Lelek, Jeremy. [\*Biblical Counseling Basics: Roots, Beliefs, and Future\*](#)
72. Lelek, Jeremy. [“The Sufficiency of Scripture and Holistic Care: A cursory Introduction,”](#) in *The Journal of Psychology and Theology*. “Special Issue: The Sufficiency of Scripture,” Vol. 49, Issue 3, September 2021
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74. McGrath, Alister. [\*A Scientific Theology, Vol 2: Reality\*](#)
75. McGrath, Alister. [\*A Scientific Theology, Vol 3: Theory\*](#)
76. McGrath, Alister. [\*Science & Religion: A New Introduction\*](#), 3rd Edition
77. Murray, David. [\*Biblical Counseling and a Theology of Scripture\*](#)
78. Murray, David. [\*Calvin and Piper on Sufficiency of Scripture\*](#)
79. Murray, David. [\*A Theology of Biblical Counseling: Some Questions and Clarifications\*](#)
80. Murray, David, and John Belden. [\*The Role of Science in Biblical Counseling\*](#)
81. Murray, David, and Heath Lambert. [\*Dialogue with Heath Lambert\*](#)
82. Murray, John. “Common Grace,” in the [\*Collected Writings of John Murray\*](#), II:93-111
83. Murray, John. [“Common Grace,”](#) *Westminster Theological Journal* 5, no. 1 (1942)
84. Newheiser, Jim. [\*Preaching, Counseling, and Common Grace Wisdom\*](#)
85. Park, Lilly. “The Authority and Sufficiency of Scripture for Biblical Counseling,” Chapter 9 in [\*The Authority and Sufficiency of Scripture\*](#), Adam Greenway and David Dockery, Editors
86. Pierre, Jeremy. “Scripture Is Sufficient, But to Do What?” Chapter 5 in [\*Scripture and Counseling: God’s Word for Life in a Broken World\*](#)
87. Piper, John. [\*Thoughts on the Sufficiency of Scripture: What It Does and Doesn’t Mean\*](#)
88. Piper, John. [\*Toward a Definition of the Essence of Biblical Counseling\*](#)

89. Plantinga, Alvin. [\*Knowledge and Christian Belief\*](#). Eerdmans, Grand Rapids, MI: 2015
90. Plantinga, Alvin. [\*Where the Conflict Really Lies: Science, Religion, and Naturalism\*](#). New York: Oxford University Press, 2011
91. Powlison, David. [\*Affirmations and Denials: A Proposed Definition of Biblical Counseling\*](#)
92. Powlison, David. [\*The Biblical Counseling Movement: History and Context\*](#). Greensboro, NC: New Growth Press, 2010
93. Powlison, David. "A Biblical Counseling Response." Chapter 6 in, [\*Psychology and Christianity: Five Views\*](#)
94. Powlison, David. [\*Can I Pursue Psychiatry as a Vocation While Maintaining a Biblical Worldview?\*](#)
95. Powlison, David. [\*Critiquing Modern Integrationists\*](#)
96. Powlison, David. [\*Cure of Souls \(and the Modern Psychotherapies\)\*](#)
97. Powlison, David. "Does Biblical Counseling Really Work?" in [\*Totally Sufficient: The Bible and Christian Counseling\*](#). Ed Hindson and Howard Eyrich (Eds.), Eugene, OR: Harvest House, 1997): 53-87
98. Powlison, David. [\*Faith's Psychology and the Psychological Faiths\*](#)
99. Powlison, David. [\*How Does Scripture Teach Us to Redeem Psychology?\*](#)
100. Powlison, David. (1995). [\*"Idols of the Heart and 'Vanity Fair.'" Journal of Biblical Counseling, 13\(2\), 35-49\*](#)
101. Powlison, David. [\*Is Biblical Counseling For or Against Psychology?\*](#)
102. Powlison, David. [\*Is There Value in Biblical Counselors Pursuing a Ph.D. at Secular Institutions?\*](#)
103. Powlison, David. [\*Issues in Biblical Counseling: An Interview with David Powlison\*](#)
104. Powlison, David. [\*Let's Talk \(Interactions About 1\) How Do We Help Non-Christians, 2\) What Is the Place of Psychotropic Medications? 3\) How Much Attention Should We Pay to Situational Factors, and 4\) How Do We Interact with Secular Knowledge, Theory, and Practice?\*](#)
105. Powlison, David. "Questions at the Crossroads," in [\*Care for the Soul: Exploring the Intersection of Theology and Psychology\*](#), eds. Mark R. McMinn and Timothy R. Phillips (Downers Grove: IVP, 2001)

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108. Powlison, David. [\*What Are the Strengths and Weaknesses of Biblical Counseling?\*](#)
109. Ramm, Bernard. [\*The Christian View of Science and Scripture\*](#). Grand Rapids, MI: Eerdmans, 1954
110. Scott, Stuart, and Heath Lambert, Editors. [\*Counseling the Hard Cases: True Stories Illustrating the Sufficiency of God's Resources in Scripture\*](#)
111. Smith, Christian. [\*The Bible Made Impossible: Why Biblicism Is Not a Truly Evangelical Reading of Scripture\*](#)
112. Steffaniak, Jordan. ["Everything in Nature Speaks of God: Understanding Sola Scriptura Aright."](#) *Modern Reformation* 31, no. 3 (June 2022)
113. Steffaniak, Jordan. ["The God of All Creation: A Critique of Evangelical Biblicism and Recovery of Perfect Being Theology."](#) *Journal of Reformed Theology* 14, no. 4 (December 1, 2020): 360
114. Storm, Sam. [\*The Goodness of God and Common Grace\*](#)
115. Svensson, Craig. [\*Is Biblical Counseling Anti-Science?\*](#)
116. Taylor, Justin. [\*Powlison on Six Aspects of "Psychology" and Christianity\*](#)
117. Vanhoozer, Kevin. ["The Sufficiency of Scripture: A Critical and Constructive Account,"](#) in *The Journal of Psychology and Theology*. "Special Issue: The Sufficiency of Scripture," Vol. 49, Issue 3, September 2021
118. Vanhoozer, Kevin, and Eric Johnson. [\*Interview with Kevin Vanhoozer: What Does It Mean to Be Biblical? What Should Biblical Authority Look Like in the 21<sup>st</sup> Century?\*](#)
119. Vos, Geerhardus. [\*Natural Theology\*](#)
120. Welch, Ed. [\*CCEF, Science, and ADHD\*](#)
121. Welch, Ed. [\*Is CCEF Anti-Science?\*](#)
122. Whelchel, Hugh. [\*Common Grace for the Common Good\*](#)
123. Whelchel, Hugh. [\*Common Grace for the Common Good, 2\*](#)

124. Wilde, Ed. ["The Manner in Which a Biblical Counselor Should Interact with Secular Psychology."](#) *The Journal of Biblical Soul Care* 5 (1), Fall 2021
125. Wilde, Ed. ["Why Common Grace Is Not Enough for Christians Who Counsel, Part 1."](#) *The Journal of Biblical Soul Care* 1 (2), Spring 2018
126. Wilde, Ed. ["Why Common Grace Is Not Enough for Christians Who Counsel, Part 2."](#) *The Journal of Biblical Soul Care* 2 (1), Fall 2018
127. Williams, Sam. [\*Secular Psychology, Christian Psychology, and Christian Counseling\*](#)

## Category #2: Resources on Descriptive Research and Evidenced-Based Counseling Intervention Research

This category focuses on descriptive research and on a sub-set of descriptive research—evidenced-based counseling intervention resources. Some of the resources are broad-based—providing introductory definitions and descriptions of descriptive research and evidenced-based research. Some of the resources are more specific—providing resources that give specific examples of articles that offer descriptive research and/or evidenced-based counseling research findings. These resources explore the potential impact of empirical research on biblical counseling practice.

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2. Ali, B., M. Rahbar, S. Nareem, and A. Gul. (2003). ["The Effectiveness of Counseling on Anxiety and Depression by Minimally Trained Counselors: A Randomized Controlled Trial."](#) *American Journal of Psychotherapy*, 57, 324-336
3. Allchin, Tim. [\*Is Lay Counseling a Good Idea? What the Research Says\*](#)
4. APA Presidential Task Force on Evidence-Based Practice. (2006). ["Evidence-based Practice in Psychology."](#) *American Psychologist*, 61, 271-285
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6. Atkins, D., and A. Christensen. (2001). ["Is Professional Training Worth the Bother? A Review of the Impact of Psychological Training on Client Outcome."](#) *Australian Psychologist*, 36(2), 1-9
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9. [BMJ Clinical Research](#)
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11. Brooks, Nate. [\*Does Secular Society Affect How We Talk About Change?\*](#)
12. Brooks, Nate. [\*If Christian Cognitive Therapy Works, Then Why Isn't It an Ally?\*](#)

13. Brown, Catana. [\*The Evidenced-Based Practitioner: Applying Research to Meet Client Needs\*](#)
14. Camerer, Colin. [\*Evaluating the Replicability of Social Science Experiments in Nature and Science between 2010 and 2015\*](#)
15. Carlson, C., P. Baceseta, and D. Simanton. (1988). [“A Controlled Evaluation of Devotional Meditation and Progressive Relaxation.”](#) *Journal of Psychology and Theology*, 16, 362-368
16. Carter, Jimmy. [\*The Force of Habit: A Defense of Jay Adams’s Focus on Habituation\*](#)
17. Cervone, Danile, and Lawrence Pervin. [\*Personality: Theory and Research\*](#), 14<sup>th</sup> Edition
18. Chambless, D. (2015). [“Bringing Identification of Empirically Supported Treatments into the 21<sup>st</sup> Century.”](#) *Clinical Psychology: Science and Practice*, 22, 339-342
19. Chambless, D. (2002). [“Identification of Empirically Supported Counseling Psychology Interventions: Commentary.”](#) *The Counseling Psychologist*, 30, 302-308
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21. Chambless, D., and Ollendick, T. (2001). [“Empirically Supported Psychological Interventions: Controversies and Evidence.”](#) *Annual Review of Psychology*, 52, 685-716
22. Cook, Sarah. Ann Schwartz, and Nadine Kaslow, [\*Evidenced-Based Psychotherapy: Advantages and Challenges\*](#)
23. David, D., and G. Montgomery. (2011). [“The Scientific Status of Psychotherapies: A New Evaluative Framework for Evidenced-Based Psychosocial Interventions.”](#) *Clinical Psychology: Science and Practice* 18(2), 89-104
24. Dobson, Debra and Keith Dobson. [\*Evidenced-Based Practice of Cognitive-Behavioral Therapy\*](#)
25. Drisko, James. [“Common Factors in Psychotherapy Outcome: Meta-Analytic Findings and Their Implications for Practice and Research”](#) in *Families in Society: The Journal of Contemporary Social Services*, (2004)
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30. Gilbert, Daniel, Gary Pettigrew, and Timothy Wilson. [Comment on “Estimating the Reproducibility of Psychological Science”](#)
31. Goodwin, Kerri, and C. James Goodwin. [Research In Psychology Methods and Design](#), 8<sup>th</sup> Edition
32. Groves, Alister. [The Best of Psychology with David Powlison](#)
33. Groves, Alister. [The Best of Psychology with Mike Emlet](#)
34. Groves, Alister. [The Best of Psychology with Ric Rodeveaver](#)
35. Harris, J. (1985). [“Non-Professionals as Effective Helpers for Pastoral Counselors.”](#) *Journal of Pastoral Care*, 39, 165-172
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39. Hodges, Charles. [Germs and Worry: New Research](#)
40. Hodges, Charles. [The Importance of Science in Biblical Counseling](#)
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**Category #3:**  
**Physiological/Neurological Resources on the Complex Interconnection  
of Our Brain/Mind, Body/Soul, Physical/Spiritual Nature**

As the title suggests, this category focuses on resources related to the complex interconnection of our brain/mind, body/soul, and physical/spiritual nature. This category also includes resources related to neuroscience, psychotropic medication, mental illness, mental health, and the DSM. It highlights resources that explore how being embodied beings relates to the process of biblical counseling.

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2. Allison, Gregg. [\*Embodied: Living as Whole People in a Fractured World\*](#)
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5. Arden, John. [\*Rewire Your Brain: Think Your Way to a Better Life\*](#)
6. Boland, Robert, and Marcia Verduin. [\*Kaplan & Sadock's Concise Textbook of Clinical Psychiatry\*](#), Fifth Edition
7. Brooks, Nate. [\*Depression Is a Biblical Concept\*](#)
8. Brooks, Nate. [\*Understanding the DSM\*](#)
9. Brooks, Nate, and Ann Maree Goudzwaard. [\*Emotional Abuse Harms the Body, Too\*](#)
10. Brooks, Nate, and Ann Maree Goudzwaard. [\*Emotional Abuse Is the Abuse of the Person\*](#)
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13. Chappell, Christine. [\*Help! I've Been Diagnosed with a Mental Disorder\*](#)
14. Choi, Octavio. ["What Neuroscience Can and Cannot Answer."](#) *Journal of the American Academy of Psychiatry and the Law Online* 45, no. 3 (September 2017): 278-85
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19. [\*Eat This, Not That\*](#)
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21. Emlet, Mike. [\*Description and Prescriptions: A Biblical Perspective on Psychiatric Diagnosis and Medications\*](#)
22. Emlet, Mike. *The Doctor Is In*. [\*Part 1. Part 2. Part 3. Part 4. Part 5. Part 6. Part 7\*](#)
23. Emlet, Mike. [\*DSM-5: The New Normal?\*](#)
24. Emlet, Mike. [\*Goldilocks, Psychiatric Diagnosis, and Psychoactive Medications\*](#)
25. Emlet, Mike, [\*How Do We Understand Biological Factors in Counseling?\*](#)
26. Emlet, Mike. [\*"Listening to Prozac . . . and to the Scriptures: A Primer on Psychoactive Medications."\*](#) *Journal of Biblical Counseling* 26, no. 1 (2012): 11-22
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29. Emlet, Mike. [\*What's in a Name? Understanding Labels and Diagnoses\*](#)
30. Emlet, Mike. [\*When Should a Pastor Recommend a Psychiatrist?\*](#)
31. Eswine, Zack. [\*Spurgeon's Sorrows: Realistic Hope for Those Who Suffer from Depression\*](#)
32. Eyrich, Howard. [\*What to Do with a Diagnosis\*](#)
33. Gifford, Greg. [\*Mind vs. Brain: Gaining Biblical Clarity on the Difference\*](#)
34. Gingrich, H.D. and F. C. Gingrich. [\*Treating Trauma in Christian Counseling\*](#)
35. Goldberg, Joseph, and Carrie Ernst. [\*Managing the Side Effects of Psychotropic Medications\*](#), Revised Edition

36. Goldberg, Joseph, and Stephen Stahl. [\*Practical Psychopharmacology\*](#), New Edition
37. Goudzwaard, Ann Maree. [“One of These Things Is a Lot Like the Other: A Biblical Perspective on the Devastating Body/Soul Impact of Domestic Abuse.”](#) (Unpublished Manuscript), 2022. Reformed Presbyterian Theological Seminary
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40. Greer, Lainey. [\*Don't Live Disembodied\*](#)
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42. Hambrick, Brad. [\*18 Questions About Faith and Mental Illness\*](#)
43. Hambrick, Brad. [\*50 Good Mental Health Habits\*](#)
44. Hambrick, Brad, General Editor. [\*Becoming a Church That Cares Well for the Abused\*](#)
45. Hambrick, Brad. [\*Blame It on the Body?\*](#)
46. Hambrick, Brad. [\*Brain Research, Biblical Counseling, and the Change Process: Habits\*](#)
47. Hambrick, Brad. [\*Can Someone Be Spiritually Healthy and Still Experience Mental Health Challenges?\*](#)
48. Hambrick, Brad. [\*On Diagnosing Mental Disorders: Interacting with a Quote from Allen Frances, M.D.\*](#)
49. Hambrick, Brad. [\*Dietrich Bonhoeffer on Psychiatry\*](#)
50. Hambrick, Brad. [\*My Resources on Mental Illness and Medication\*](#)
51. Hambrick, Brad. [\*Neuropsychology and Emotional Intelligence\*](#)
52. Hambrick, Brad. [\*The Role of Language in the Stigma of Mental Illness\*](#)
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88. Kellemen, Bob. [Biblical Counseling and Mental Illness: Promoting Compassionate, Comprehensive Care for the Whole Person](#)
89. Kellemen, Bob. [Biblical Counseling, Neuroscience, and Descriptive Research Psychology](#)
90. Kellemen, Bob. [Depression, Medication, and Biblical Counseling](#)
91. Kellemen, Bob. ["I'm Thinking About Going to the Doctor for Depression Meds": What Is a Compassionate, Comprehensive Response?](#)
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107. [\*Live Science: Anxiety\*](#)
108. [\*Live Science: The Brain\*](#)
109. [\*Live Science: Nutrition Science\*](#)
110. Martella, Dominic. [\*Schizophrenia and Bipolar Disorder May Be Detectable Years Before Illnesses Begin\*](#)
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114. Murray, David. [\*Christians Get Depressed Too: Hope and Help for Depressed People\*](#)
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117. Murray, David. [\*Pastoral Thoughts on Depression\*](#)
118. Murray, David. [\*The Problem with "Mental Illness"\*](#)
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154. Stryd, Todd, [\*Schizophrenia: A Compassionate Approach\*](#)
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164. Welch, Ed. [\*Biblical Counseling's "Dirty" Words\*](#)
165. Welch, Ed. [\*Bipolar Disorder: Understanding and Help for Extreme Mood Swings\*](#)
166. Welch, Ed. [\*Blame It On the Brain: Distinguishing Chemical Imbalances, Brain Disorders, and Disobedience\*](#)
167. Welch, Ed. [\*Can We Be Positive About Psychiatric Medications?\*](#)
168. Welch, Ed. [\*Counseling the Body: First Steps for Holistic Soul Care\*](#)
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