

Recommended Biblical Counseling Resources

The following are recommended **books** which may be helpful in guiding your thinking on various counseling issues:

Books on General Biblical Counseling Issues:

[A Theology of Biblical Counseling by Heath Lambert](#)

[Instruments in the Redeemer's Hands by Paul Tripp](#)

[Counseling the Hard Cases by Stuart Scott and Heath Lambert](#)

Books on Depression and Biblical Counseling:

[Depression: Looking Up from the Stubborn Darkness by Ed Welch](#)

[When the Darkness Will Not Lift by John Piper](#)

[If I am a Christian, Why Am I Depressed? by Robert B. Somerville](#)

Books on Sexual Purity and Biblical Counseling:

[Closing the Window: Steps to Living Porn Free by Tim Chester](#)

[Finally Free: Fighting for Purity with the Power of Grace by Heath Lambert](#)

[Passions of the Heart: Biblical Counsel for Stubborn Sexual Sins by John Street](#)

Books on the Differences Between Psychology and Biblical Counseling:

[Biblical Counseling and The Psychologies by Ernie Baker](#)

[Biblical Counseling and Mental Disorder Diagnosis by Jenn Chen](#)

[PsychoBabble: The Failure of Modern Psychology – And the Biblical Alternative by Richard Ganz](#)

Books on Anxiety, Fear, and Worry and Biblical Counseling:

[Trusting God by Jerry Bridges](#)

[Anxious for Nothing: God's Cure for the Cares of Your Soul by John MacArthur](#)

[Running Scared: Fear, Worry, and the God of Rest by Ed Welch](#)

Recommended Biblical Counseling Resources

The following are recommended [podcasts and sermons](#) from trusted counselors, ministries, and pastors that may be helpful in guiding your thinking on various counseling issues:

Understanding the Relationship Between the Mind and the Brain:

[Mind vs Brain](#)

[The Mind and the Brain, Part 1](#)

[The Mind and the Brain, Part 2](#)

[The Mind and the Brain, Part 3](#)

[The Mind and the Brain, Part 4](#)

[The Mind and the Brain, Part 5](#)

[The Mind and the Brain, Part 6](#)

[The Mind and the Brain, Part 7](#)

Postpartum Depression:

[Postpartum Depression](#)

[Counseling Postpartum Depression](#)

[When Postpartum Depression Sends Us Into a Spiral](#)

Depression:

[Is it a Sin to be Sad?](#)

[Talking to a Friend Who's Depressed](#)

[Adolescent Anxiety and Depression in Time Magazine](#)

[Honesty about Depression](#)

[Despair: A Medical Perspective](#)

[The Deseasing of Anxiety and Depression](#)

[The Surprising Link between Disappointment and Depression](#)

[All the Feels: Depression, Part 1](#)

[All the Feels: Depression, Part 2](#)

Recommended Biblical Counseling Resources

Thinking Biblically about Medication:

[Christians and Psychiatric Medication](#)

[Myths about Biblical Counseling and Medication](#)

[How to Approach New Medical Research](#)

[Understanding Psychotropic Medication Biblically](#)

Anxiety:

[A Biblical Response to Panic](#)

[The Bible and Anxiety](#)

[Adolescent Anxiety and Depression in Time Magazine](#)

[The End of Anxiety](#)

[Counseling Those with Panic Attacks](#)

[The Diseasing of Anxiety and Depression](#)

[Medicating Anxiety: Are We Missing the Real Solution?](#)

[Unmasking Social Anxiety](#)

[Biblical Wisdom for Anxiety](#)

[The “Respectable” Sin of Anxiety](#)

Feelings & Emotions:

[Understanding Feelings Biblically](#)

[Emotions as Vital Indicators](#)

[When you Feel Like a Fraud: Faith vs. Feelings](#)

[What to Do When Your Emotions Take Over Your Life](#)

[Do Your Emotions Control You? Here’s How to Take Them Back](#)

[Feelings Aren’t Facts: How to Let Faith Lead Your Life](#)

[Feelings and Faith](#)

[Counseling and the Emotions](#)

Recommended Biblical Counseling Resources

Responding to Trauma-Informed Counseling and Clinically-Informed Counseling:

[How to Deal with Bad Memories](#)

[Counseling Those Impacted by Trauma](#)

[Considering Neuroscience in Biblical Counseling](#)

[Biblically Informed Trauma Care](#)

[Discerning Trauma Informed Therapy](#)

[Engaging Trauma Biblically](#)

[Biblical Discernment, Neuroscience, and Trauma](#)

[Complex Trauma](#)

[Does the Body Keep the Score?](#)

[Answering Your Questions on Trauma and Memory](#)

Addiction:

[The Bible and Alcoholics Anonymous](#)

[The Secret of Addiction](#)

[Addiction Intervention](#)

[Destigmatizing Addiction](#)

Eating Disorders:

[A Journey Out of Anorexia](#)

[Eating Disorders - Part 1](#)

[Eating Disorders - Part 2](#)

[Helping Women Who Struggle with Eating Disorders](#)

[Biblical Help with Eating Disorders](#)

Self-Harm/Cutting:

[What the Bible Says about Self-Harm](#)

[What the Bible Says about Cutting](#)

Recommended Biblical Counseling Resources

Bipolar, Schizophrenia, & Hallucinations:

[Helping People with Hallucinations](#)

[Biblical Answers for Schizophrenia](#)

[Biblical Answers for Bipolar Depression](#)

[Schizophrenic Unicorn](#)

[Schizophrenic Unicorn - Part 2](#)

Mental Illness:

[How Should Christians Think About Mental Illness?](#)

[The Concept of Mental Health](#)

[Reorienting the Therapeutic](#)

[The Bible of Psychiatry](#)

[Biological Psychiatry](#)

[The Problem with the Mental Illness Narrative](#)

[Misrepresentations of Biological Psychiatry, Part 1](#)

[Misrepresentations of Biological Psychiatry, Part 2](#)

[A Christian's Guide to Mental Illness](#)

[You are More Than a Diagnosis: How to Break Free from Mental Health Labels - Part 1](#)

[You are More Than a Diagnosis: How to Break Free from Mental Health Labels - Part 2](#)

[Biblical Counseling and Mental Disorder Diagnosis - Part 1](#)

[Biblical Counseling and Mental Disorder Diagnosis - Part 2](#)

[Dealing with Diagnosis](#)

Responding to Various Counseling Methodologies:

[Christians and Cognitive Behavioral Therapy](#)

[When Secular Counseling Succeeds](#)

[Should Christians be Licensed by the State to Counsel?](#)

Recommended Biblical Counseling Resources

[Christians Don't Need Secular Therapy](#)

[How to Help Psychologized Counselees](#)

[The Noetic Effects of the Fall in Psychology](#)

[How Should Biblical Counselors Assess EMDR Therapy?](#)

[Not All Counseling is Equal: Here's How to Find the Right Biblical Support](#)

[Is Therapy Helping You or Just Masking Deeper Spiritual Issues?](#)

[The Use of Extra-Biblical Methods in Counseling](#)

[Lies My Therapist Told Me - Part 1](#)

[Lies My Therapist Told Me - Part 2](#)

[Discerning Types of Integration](#)

Transgenderism:

[A Pastoral Response to Transgenderism](#)

[What Should I Do When My Young Son Wants to Become a Girl?](#)

[First, Do No Harm: A Biblical Approach to the Transgender Movement](#)

[Trans Agenda: A Biblical Doctrine of Gender, Part 1](#)

[Trans Agenda: A Biblical Doctrine of Gender, Part 2](#)

[A Biblical Understanding of Gender](#)

Biblical Perspective on Autism:

[Thinking Biblically about Autism](#)

[Autism from a Biblical Perspective - and How to Apply Love](#)

[How Autism Can be Both a True Challenge and a Blessing](#)

[Psychological Terminology on the Autism Spectrum](#)