



Theology for Better Counseling: Trinitarian Reflections for Healing and Formation

By Virginia Todd Holeman

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At one time, Virginia Todd Holeman "Toddy" thought being biblically literate was all she needed and had little interest in what real theologians talked about. But in her counseling she found that clients pressed her for more. They didn't just want what she had gained through training in the best theories and practices available for counseling. They asked hard theological questions often related to their suffering. As she describes it, they experienced a kind of "theological disequilibrium . . . which left them discouraged, disoriented and often distraught." Holeman shows how deep and clear theological reflection can make a major difference in counseling practice. Not only can it shape who we are, it can also bring into greater alignment our theological commitments, our therapeutic practices and our professional ethics. All the while it can have the most practical effect on our counseling sessions. In this volume Holeman guides counseling students, pastoral counselors and licensed mental health professionals into becoming as well-formed theologically as they are trained clinically.

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Theology for Better Counseling: Trinitarian Reflections for Healing and Formation By Virginia Todd Holeman **Bibliography**

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Editorial Review

Review

"Holeman has written a unique book in the integration literature. Her theologically reflective practice model is neither treatment-model-specific nor is it generically thin Christianity. It is not psychology with a 'side of Jesus' but is a genuine and successful attempt to allow theology (specific, thick and strong) to have a real impact. This book will be very useful for Christian clinical graduate training as well as pastoral care and counseling." (Brad D. Strawn, *Perspectives on Science and Christian Faith*, March 2014)

"The great risk of twenty-first-century Christian counseling is becoming uprooted, neglecting the theological essence of our work. Dr. Holeman's book *Theology for Better Counseling* is an important corrective. She weaves theological insight and clinical wisdom together in this readable and practical book. I commend it to you." (Mark R. McMinn, author, *Sin and Grace in Christian Counseling* and coauthor, *Integrative Psychotherapy*)

"Going well beyond the questions of when and how to make use of explicit spiritual resources in counseling, Holeman's model of theologically reflective counseling provides a practical, user-friendly, integration tool for use by Christian counselors with both Christian and non-Christian clients--that is, not dependent upon particular theological or theoretical persuasions." (Heather Gingrich, associate professor of counseling, Denver Seminary)

"In *Theology for Better Counseling*, Holeman provides a bridge linking the languages of theology and psychology, demonstrating a theologically reflective model to integrate faith and counseling. Through case examples, jargon-free explanations and clear applications, this book provides a valuable tool for all who consider themselves Christian counselors." (Judith A. Schwanz, Ph.D., professor of pastoral care and counseling, Nazarene Theological Seminary)

"In *Theology for Better Counseling*, Virginia Todd Holeman artfully weaves together theological depth and practical counseling wisdom in ways I can immediately use as a therapist. Her mature integrative model emerges from her own personal and professional journey of spiritual growth and disciplined reflection, which is exactly the kind of integration needed for Christian counseling practice." (Steven Sandage, associate professor, Bethel Seminary)

"Virginia Holeman has done a beautiful job in vividly illustrating practical and useful guides for everyday Christian counseling. She is able to translate difficult theological concepts into everyday language for her clients and students. Clearly a labor of love, her work should be made compulsory reading for all counseling students." (Jenny Pak, Ph.D., associate professor, Rosemead School of Psychology, Biola University)

"While I am an active professional counselor and not a theologian, I find Dr. Holeman's book challenges me to see the links between my counseling practice and my own personal Christian theology. She weaves the two together by both concept and case study, so when applied, I grow into a more competent, theologically reflective counselor. This can be beneficial to both myself and my client(s), plus it surely must please the heart of God." (Bonnie Crandall, M.A., L.P.C.C.)

"Many--both laypeople and those who consider themselves theologians--flaunt the word *theology*. Yet, as Dr. Holeman demonstrates in her work, that does not mean that these people can articulate their theology and

how it affects (for good or bad) their work with people. Holeman challenges us to 'think deeply from theological wells' and to know how our theology drives our counseling. She calls it 'theologically reflective counseling'! Her Wesleyan voice profoundly enhances the ongoing discourse about the integration of theology and psychology in counseling practice. It speaks to the distinction between a Christian who counsels and one who intentionally perceives the client, defines the problem and strategizes a plan of intervention specifically from a reflective, theologically based worldview. If you have been searching for a book that clearly highlights God's therapeutic presence and work in the lives of people, hence making theology practical in the discipline of counseling, you have found it! I would be so bold as to say that Holeman's insights in this work are not limited to the counseling but all intervention professions and ministries with people." (Anne Kiome Gatobu, dean of the School of Practical Theology, associate professor of pastoral counseling, Asbury Theological Seminary)

"*Theology for Better Counseling* provides a thoughtful integration of theological themes into counseling practice that is judiciously informed by the author's Wesleyan roots. Dr. Holeman effectively weaves together prominent theological themes with research that describes the common factors that account for success in counseling practice. Her book advances the discussion of what constitutes Christian counseling and should be read by practicing professionals and counselors in training as they grapple with the challenges of explicit faith integration into counseling practice. I wish this book had been available during my graduate training." (Chuck Romig, Ph.D., Graduate Counseling Program, John Brown University)

"For current or aspiring counselors who want a clear look into what it means to integrate theology into their counseling practice--this book is a must-read. Dr. Holeman does a masterful job unfolding her own journey of faith integration, allowing the reader to walk alongside her while asking and answering questions of what it means to be a counselor who is a Christian." (Todd Frye, professor of counseling, MidAmerica Nazarene University)

About the Author

Virginia Todd Holeman is professor of counseling at Asbury Theological Seminary in Wilmore, Kentucky. She previously taught at Ashland Theological Seminary and Kent State University, and worked at New Life Family Ministries in Akron, Ohio. Holeman is a licensed psychologist in Ohio and a licensed marriage and family therapist in Kentucky. As a member of the American Association for Marriage and Family Therapy, she leads workshops and seminars around the country. She contributes to professional journals and speaks at churches, conferences and universities on the topics of forgiveness and family.

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Reading can called imagination hangout, why? Because if you are reading a book particularly book entitled *Theology for Better Counseling: Trinitarian Reflections for Healing and Formation* your mind will drift away trough every dimension, wandering in every single aspect that maybe unidentified for but surely can become your mind friends. Imaging each word written in a book then become one web form conclusion and explanation which maybe you never get prior to. The *Theology for Better Counseling: Trinitarian Reflections for Healing and Formation* giving you one more experience more than blown away your head but also giving you useful facts for your better life with this era. So now let us explain to you the relaxing pattern this is your body and mind will probably be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

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