IRBC Certification Level 2: Theology Exam

1. Using Scripture and theological sources, present your understanding of the doctrine of the inspiration of Scripture, along with the implications of this doctrine for counseling practice.
2. Using Scripture and theological sources, present your understanding of the doctrine of the inerrancy and authority of Scripture, along with the implications of these doctrines for counseling practice.
3. Define the doctrine of *Sola Scriptura* as understood by the Reformers and its relationship to the sufficiency of Scripture and extrabiblical information from psychology.
4. Define how the doctrines of the noetic effects of sin and common grace inform your engagement with secular counseling resources.
5. Define the following doctrines: Divine Simplicity, Aseity, and Impassibility.
6. Present a biblical understanding of the doctrine of the Trinity.
7. Present a biblical understanding of the doctrine of creation and its implications for understanding the counselee’s experience and your counseling practice.
8. Present your understanding of man as being made in God’s image, with attention to the relationship between the material and immaterial aspects of man.
9. Present your understanding of biblical manhood and womanhood along with its implications for the relationships between men and women in the family, church, and society.
10. Present your understanding of the doctrine of sin (including original sin and total depravity) and its relationship to the problems that counselees confront in life.
11. Explain the doctrine of providence and outline how this doctrine provides comfort and encouragement in counseling.
12. Present your biblical understanding of the Gospel, with attention to both the person and work of Christ.
13. Explain saving faith and how a counselee can put their faith in Christ.
14. Present your understanding of salvation, with attention to the doctrine of justification, regeneration, and conversion.
15. Define the doctrine of union with Christ and outline how you would apply this doctrine in counseling.
16. Describe the process of sanctification along with implications for the counseling process.
17. Defend your understanding of the work of the Holy Spirit in salvation and its implications for the process of counseling.
18. Present your understanding of the doctrine of the church, along with its significance for growth in the Christian life (including your view on church membership).
19. What are the marks of the true church and the means of grace? How do these marks and means inform the place of counseling in relation to the other ministries of a local church?
20. Define your views of eschatology. How can the return of Christ, the final judgment, and the New Heavens and New Earth instruct, warn, and comfort counselees?

IRBC Certification Level 2: Counseling Exam

1. Outline the essential components that must be covered in a first counseling session, including steps a counselor must take to set a positive trajectory for counseling.
2. Outline several reasons that a counseling case may conclude, including how counselors should navigate these different situations.
3. Describe the biblical basis of confidentiality and outline the extent and limits of confidentiality within (a) the context of local church counseling and (b) parachurch counseling.
4. Define the role of a mandatory reporter and describe how a mandatory reporter should respond in the disclosure of the following situations: (a) emotional abuse of a spouse, (b) physical abuse of a spouse, (c) sexual abuse of a child, disabled person, or elderly individual.
5. Describe how a biblical counselor can/should interact with the following individuals who are related to a counseling situation: (a) a lawyer requesting information (including the process for releasing information), (b) the counselee’s physician, (c) the counselee’s psychiatrist, (d) the counselee’s (secular) therapist.
6. Provide your position on the role, applications, and limitations of medication for mental disturbances in counseling, including how you would interact with a counselee who (a) asking your opinion on psychiatric medication and (b) a counselee who is currently on psychiatric medication.
7. Outline your understanding of a biblical counseling approach and responses to mental illness, differentiating between the categories (a) anxiety, (b) depression, (c) bipolar, (d) schizophrenia/psychosis.
8. Briefly list and define each component of the IRBC’s seven dominant domain model.
9. Provide a biblical definition of the heart, including an explanation of central biblical texts for understanding the heart and addressing the heart in counseling.
10. Present your approach to counseling someone struggling with the assurance of their salvation, along with three passages and a brief explanation for each that you would use in counseling.
11. Present your approach to counseling someone struggling with fear and anxiety (including fear of man), along with three passages and a brief explanation for each you would use in counseling.
12. Present your approach to counseling someone struggling with depression, along with three passages and a brief explanation for each you would use in counseling.
13. Present your approach to counseling someone struggling with grief and loss, along with three passages and a brief explanation for each you would use in counseling.
14. Present a biblical definition of marriage, explaining how you would instruct both wives and husbands concerning their roles in marriage.
15. Present your approach to instructing both children and parents in their respective roles and responsibilities toward one another.
16. Present your approach to counseling a situation involving interpersonal conflict, along with the steps you would take to move the conflicted parties towards reconciliation.
17. Present your approach to counseling a situation involving anger and bitterness, along with three passages and a brief explanation for each you would use in counseling.
18. Present your approach to counseling a situation involving lust (including pornography and masturbation, men counseling men, women counseling women), along with three passages and a brief explanation for each you would use in counseling.
19. Present your approach to counseling a situation involving an affair (sexual), along with the steps you would take to move this marriage towards restoration (including helping the offended party, assessing repentance, confession, and rebuilding trust).
20. Present your approach to counseling a situation involving addictive habits (social media, alcohol, drug usage), along with three passages and a brief explanation for each you would use in counseling. Also address how you would instruct a counselee in approaching the potential physiological elements of these addictive habits.