

COGNITIVE BEHAVIORAL THERAPY
ASSIGNMENT QUESTIONS

1. The difference between Christianity and Religion

2. What are the key principles of integrating Christianity into Counseling?

3. Why is it necessary to obtain information before you begin counseling sessions?

4. Explain the purpose of the Informed Consent Form and the key components.

5. How can Christian beliefs be a part of the problem that can cause depression in clients?

6. What's the difference of CBT and CCBT? Explain the two models.

7. What does CBT and Christianity have in common?

8. What is the significance of renewing your mind and how would a client renew his mind?

9. Why has research been important throughout this book? Does scientific research really matter to Christians not just in this book but throughout life?

10 Reflect on the types of distorted thinking styles and how they affect our daily living. What are the scriptures that will help clients to change these thinking styles?

11 How do you find God and the blessing in suffering?

12 What is the purpose of reaching out and connecting with others? Is it ok to stay to yourself and be an island?

13 How do you “Let Go and Let God” through acceptance and forgiveness? Are you in agreement with the offenders if we forgive them?

14 Why do we walk by faith and not by sight? Can saying thanks for in everything be challenging for someone who is struggling with depression? Do we acknowledge our feelings or should we ignore them?

15 Explain how giving back can be helpful to the client and how having the wrong mindset about service can be harmful to the client.
