

## LECTURE 2

### THERAPEUTIC GROUNDING AND SCRIPTURE'S SUFFICIENCY

*"The counselor must build his counseling system including its presuppositions principles and methodologies solely from Scripture. His counseling must demonstrate that scriptural truth ministered in the power of the Holy Spirit is sufficient to enable counselees to love God and their neighbors."<sup>1</sup>*

– from National Association of Nouthetic Counselors (NANC) founding documents

#### **Three lines of evidence demonstrating the incongruity of therapeutic grounding with the doctrine of sufficiency.**

##### **Exhibit A: The absence of any biblical example of therapeutic grounding**

Mistake 1: misreading Scripture

Mistake 2: misdefining therapeutic grounding

##### **Exhibit B: The subversion of bibliology by therapeutic grounding**

- "A...broad constellation of therapeutic tools used to help calm individuals and reorient them to the present. Asking questions to reorient an individual to the present or directing them to touch a sensory object amid a panic attack are common examples of these techniques. The purpose is to help individuals self-soothe, and begin the process of regulating their emotions. Essentially, these techniques calm and distract an individual from the experience of emotion dysregulation and subsequent dissociation."<sup>2</sup>  
– Hammond and Brown
- Whatever teaching or practice undermines the sufficiency of Scripture will also undermine other qualities of the Bible.

1. Truth.
2. Authority.
3. Power.
4. Endurance.

---

<sup>1</sup> Quoted by Dr. Ernie Baker in Truth in Love episode 562 "Is the Clinically Informed Biblical Counseling the Third Generation?" (<https://biblicalcounseling.com/resource-library/podcast-episodes/is-the-clinically-informed-biblical-counseling-the-third-generation/>), accessed June 9, 2026.

<sup>2</sup> Joshua Hammond and Wilson J. Brown, "Building an Operational Definition of Grounding," *Trauma, Violence, & Abuse*, June 27, 2025, <https://doi.org/10.1177/15248380251343189>, 4.

## 5. Presence.

### **Exhibit C: The needlessness of therapeutic grounding**

- Other counseling methods that are clearly biblical and superior to therapeutic grounding render grounding an unnecessary counseling method
  1. **Supplication.** Prayer to God is a primary way that God's people have maintained stability over the ages.
  2. **Instruction.** Teaching others what is true and exhorting them to believe it, receive it, and live in light of it is able to bring stability where instability is common.
  3. **Meditation.** Biblical meditation involves intentionally directing the mind so that one's thoughts follows his will, especially through the use of words spoken for oneself (cf. Joshua 1:8-9; Psalms 1:2, 2:1)
  4. **Introspection.** To reflect on what God says is true about oneself despite the difficulty of one's circumstances produces steadfastness and sensibility in the present.
  5. **Memorization.** Hiding God's word in the heart by committing Scripture to memory makes truth accessible in trying times and shapes one's perspective in a life-shaping, pervasive way outside of moments of desperation.
  6. **Observation.** Learning to open one's eyes and behold creation for the sake of remembering what is true can multiply opportunities for directing the heart and receiving wisdom.
  7. **Association.** Living in community with God's people who also understand and love the truth helps protect us during destabilizing circumstances, since "if either of them falls, the one will life up his companion"(Ecclesiastes 4:10).
  8. **Exclamation.** Singing truth-filled music has the ability to crowd out overwhelming thoughts by bringing multiple bodily senses under subjection to the soul as it interacts with truth in song.
  9. **Lamentation.** Biblical lamentation, which is grief as God intends, like all other biblical counseling methods, begins with truth spoken by God and aims at tangible obedience to God.