

# ***The Association of Biblical Counselors – Level 2 Certification***

## **CERTIFICATION REQUIREMENTS**

This document outlines the basic requirements for Level 2 certification with the Association of Biblical Counselors (ABC2). This is where you will gain practical experience while your Supervisor provides oversight and encouragement.

### **A. COMPLETION OF BIBLICAL COUNSELING EXAM**

This exam is a multiple-choice questionnaire from *Biblical Counseling Basics: Roots, Beliefs and Future* by Jeremy Lelek, along with summary answers applying to a specific case study. Drawing from a wide range of resources and experts in Christian soul care, this book is a well-researched, easy-to-read, and practical guide for students and counselors both inside and outside of biblical counseling to better understand its aspects, methods, and goals.

### **B. COMPLETION OF THEOLOGY EXAM**

This exam is designed to help you gain a deeper understanding of biblical theology and of the importance of being able to communicate in a counseling session. It is a series of questions that you are to answer as if you were speaking to the counselee. This exam will also be a useful resource and reference tool.

- Exam will be submitted to an ABC representative for grading. Please allow an estimated time of four weeks for grading in case revisions are requested for resubmission.
- Exam can be written during the time of supervision and during the time other Level 2 requirements are being met.

### **C. COMPLETION OF BIBLICAL COUNSELING SUPERVISION**

Supervision is the focal point of the ABC2 process. Putting everything the Lord is teaching you about the personal ministry of His Word into practice while under the oversight of a discerning and seasoned leader is critical to your growth as a biblical counselor. Supervision requires 100 hours of face-to-face counseling experience, divided according to the parameters listed below:

- 20 hours observing counseling, preferably in person or through video or audio
- 20 counseling hours under observation, preferably in person, or through video or audio
- 60 counseling hours of case study review with the Supervisor, preferably in person or through video or audio. This can be done individually or in group supervision
- Supervision during the training year to review counseling situations, talk about your progress, and discuss anything pertinent to your growth in the personal ministry of God's Word
- A minimum of **9 months** before the counseling supervision can be considered completed but can take **up to 24 months to complete**. Supervision must continue for 9 months even if the 100 hour requirement has been met. We want all Counselors-in-Training (CITs) to have an opportunity to grow and learn over time.

## **D. COMPLETION OF 12 UNITS OF BIBLICAL COUNSELING CONTINUING EDUCATION UNITS (CEU)**

### 1. Reading in Biblical Counseling.

We believe it is important for you to cultivate the delight and habit of reading in the area of biblical counseling, if you haven't already. For every book you read, please write a summary and personal reflection to give to your Supervisor. These reading projects will count for 3 CEUs.

### 2. Conference Attendance

By the grace of God, there are many good biblical counseling conferences available around the United States and worldwide each year. Every hour of a conference workshop counts as 1 CEU. Often, attending a single biblical counseling conference each year will cover the 12 CEUs needed.

### 3. Additional Counseling Training

Sometimes local churches, seminaries, or other organizations offer biblical counseling training. You may attend these and submit documentation of the training for consideration toward your CEU requirement.

## **E. EVALUATION AND RECOMMENDATION FROM THE SUPERVISOR**

Throughout supervision, your Supervisor will see how and if the Lord is growing your love for people, increasing your joy in Jesus Christ, and developing your ability to apply wisdom from Scripture. Your Supervisor will use the following scales to assess your progress and give you feedback along the way.

1. *Spiritual Maturity Assessment*
2. *Spiritual Methodology Assessment*
3. *Supervisor Review and Recommendation*

## **F. ABC MEMBERSHIP**

In order to hold ABC2 certification, you will need to be a member in good standing of *The Association of Biblical Counselors*. This membership also provides resources to utilize in your counseling, offers past conferences for additional training and discounts to annual conferences and in the ABC bookstore.