

summary

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According to MacNeill's book, *History of the Cure of Souls*, "soul care" has existed going back three millennia to Israel's wise elders and its Wisdom literature. In the last paragraph of his book, McNeill says that the healing of souls has been an enormous momentous initiative that many Christian churches have staved based on an endless conflict against the swarming human generations' sins and sorrows. For centuries, the clergy were the only ones who looked after people's souls, but as time passes, the vocations claiming to do soul healing have significantly increased. According to Gary Moon, some disciplines of soul care include pastoral, Christian, biblical, and spiritual counseling. This article gives a brief history of Christian and biblical counseling's recent history and contemporary practices.

Christian Counseling and Psychology's Early Years

The two scholars, Gary Collins and Jay Adams play prominent roles in early Christian counseling and psychology, especially in the 1970s and 1980s. Collins was a Christian counselor, while Adam was a pioneer in the field of biblical counseling. Jay Adams was the author of the book *Competent to Counsel*, which expresses extreme views on modern psychology and critiques the Freudian and Rogerian assumptions. Gary also authored many books, including, among others, *the rebuilding of Psychology, Christian Counseling*. He, too, critiques Roger and Freud's assumptions and behaviorists like skinner. However, he advocated for the unification of Christianity and psychology in areas where their views coincide. Collins was not alone in his integration movement as he was helped by different people who played various roles in Counseling for Christians.

The Christian Counseling Movement's Expansion

Gary Collins was the first president of the American Association of Christian Counselors, which he founded in 1986. Before forming this organization, many other groups had been formed, but they never really grew big. AACC, however, began to eclipse under the leadership of Gary. Since 2000, the organization has thus grown further, and historical soul care and theological difficulties appear to be written and discussed further in conferences.

Christian counseling's current tendencies

In the 1960s and '70s, Christian counseling experienced many pushbacks, with biblical counselors eschewing modern psychological theories and some science. In contrast, Parts of secular psychology that agree with the Christian worldview were included by Christian counselors. However, over the last decade, the two groups have grown closer to each other. The number of subjects and workshops available has significantly increased, and there are divisions for professionals on addictions, Counseling for people from different cultures, sorrow, and cross counseling, among many others. The evolution of Christian sex therapy is one of the most fascinating topics in Christian counseling, where people get to share their sexual issues with their pastors.

Christian counseling's current challenges

Christian therapists experience a lot of challenges, including economic difficulties. Also, unlike Counselors who are not religious, Christian counselors are not readily accepted into society because they do not meet the essentials of every ethnic and cultural diversity group, comprising dealing with various religions. The LGBTQ also make life complicated for the Christian counselors as they find it hard to seek training for secular counseling graduate programs since it could lead to being If it is discovered that they feel gay behavior is wrong, they

may be removed from several programs. Having to agree that homosexual behavior is not sinful is difficult for Christian counselors as this belief differs from their value system. These are just but the few challenges that Christian counselors face.

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