



# Christ-Centered Therapy

*Neil T. Anderson, Terry E. Zuehlke, Julie Zuehlke*

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Depending on whom you ask, the term Christian counseling can mean anything from secular psychology practiced by a Christian to biblical counseling that completely shuns psychological insights. Christ-Centered Therapy thoroughly integrates psychology and practical theology. A book written by experts from both fields, it utilizes the contributions of science in an uncompromisingly biblical framework. Here at last is a powerful resource to help you—pastor, counselor, or spiritual advisor—understand the complex problems of people and address them with the wisdom of God’s Word and the power of his Spirit. Insightful and practical, Christ-Centered Therapy unites the wisdom and expertise of pastoral theologian and best-selling author Dr. Neil Anderson and professional Christian counselors Dr. Terry and Julianne Zuehlke. The first part of the book equips you with an understanding of the different issues involved in integrating theology and psychology. The second part helps you turn theory into practical application. You’ll also find appendixes that offer personal testimonies, provide professional forms, discuss the role of psychiatry in managed care, and present the Steps to Freedom in Christ.

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