



Comparing Perspectives on Psychological, Christian, and Biblical Counseling Research: A Systematic Literature Review and Bibliometric Analysis using VosViewer Approach

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Abstract

This study used a systematic literature review (SLR) and bibliometric analysis using the VosViewer Approach to examine and compare perspectives across theoretical and practical frameworks of psychological, Christian, and biblical counseling approaches. The study identified perspectives held by each of the three counseling domains. Specifically, keyword analysis addressed frequently occurring terms and mapped their importance and interrelationships. Data mapped through SLR and VosViewer enabled scholarly discourse, and bias analysis allowed for revision and supplementation in future research. The study results revealed the distinct purposes and methodologies inherent in each approach while demonstrating the potential of SLR and VosViewer to bridge the gap between fields and foster an integrated counseling framework. The SLR and VosViewer methods objectively demonstrated the differences and characteristics of the three counseling domains and demonstrated the potential to provide researchers in each field with a broader perspective.

Keywords: *Bibliometric Analysis; Biblical Counseling; Christian Counseling; Psychological Counseling; Systematic Literature Review*

INTRODUCTION

Life in modern society faces psychological problems such as anxiety, tension, and pain due to various previously unimaginable issues such as the complexity of life, uncertainty about the future, confusion of values, divorce, and

urbanization issues. With rapid changes in society, the psychological problems experienced by modern society are becoming more and more serious, both quantitatively and qualitatively. Schaufeli, Leiter, and Maslach assert that globalization, privatization and liberalization are causing rapid changes in

modern working life, such as demands to learn and adopt new skills, as well as pressure on higher productivity, quality and time of work, ultimately causing burn out for people who do it.¹

Lubian et al., reports a significant increase in the number of people in the UK receiving mental health treatment. They report that the number of people receiving treatment for common mental health problems is increasing significantly each year.² Indonesia also has a serious shortage of mental health workers compared to other countries. Indonesia, the country with the largest economy in Southeast Asia, has a population of 260 million people, but only has 773 psychiatrists and 451 clinical psychologists, meanwhile in 2017, 28.1% of people with mental disorders were still cared for at home by family members.³ Basic Health Research in 2013 showed that in Indonesia there was an increase in emotional disorders (symptoms of anxiety

and depression) by 6%, where the largest category was people aged 15 years, whereas in 2018, emotional mental disorders occurred in 9.8% of total households in Indonesia.⁴ Psychological problem is a universal problem, in the West and East.

In situations like these, Christians also face mental health issues and need counseling treatment. Because a person's belief in religion does not necessarily free him from mental health disorders.⁵ The spiritualization of mental health and the neglect of evidence-based secular treatment interventions among devout religious believers will actually activate problematic mental health conditions.⁶ This also happens in evangelical Christian circles, where this kind of spiritualization of mental health is considered normal, even worse, there are still churches that refuse professional mental health treatment and the church stigma that mental health disorders are related to sin, lack of faith, the

¹ Wilmar B Schaufeli, Michael P Leiter, and Christina Maslach, "Burnout: 35 Years of Research and Practice," *Career Development International* 14, no. 3 (January 1, 2009): 204–220, <https://doi.org/10.1108/13620430910966406>.

² Klaudia Lubian et al., "Mental Health Treatment and Service Use," in *Mental Health and Wellbeing in England: Adult Psychiatric Morbidity Survey 2014*, ed. S. McManus et al. (Leeds: NHS Digital, 2016).

³ Susy K. Sebayang, Marty Mawarpury, and Rizanna Rosemary, "260 Juta Orang Dan Kurang Dari 1000 Psikiater, Indonesia Kekurangan Pekerja Kesehatan Mental," *The Conversation*, last modified 2018, <https://theconversation.com/260-juta-orang-dan-kurang-dari-1000-psikiater-indonesia-kekurangan-pekerja-kesehatan-mental-105969>.

⁴ Warih Andan Puspitosari and Shanti Wardaningsih, "Mental Emotional Disorders in the Community," in *Proceedings of the 4th International Conference on Sustainable Innovation 2020—Health Science and Nursing (ICoSIHSN 2020)* (Amsterdam: Atlantis Press., 2021).

⁵ Olivia Shadid et al., "Conflicting Advice between Spiritual Leaders, Friends and Family, and Mental Health Providers: Impacts on Mental Health Treatment-Seeking Behaviors," *Journal of Religion and Health* 60, no. 4 (2021): 2608–2619, <https://doi.org/10.1007/s10943-020-01132-2>.

⁶ Christopher E.M. Lloyd and Jonathan Hutchinson, "'It's Easy to Dismiss It as Simply a Spiritual Problem.' Experiences of Mental Distress within Evangelical Christian Communities: A Qualitative Survey," *Transcultural Psychiatry* 0, no. 0 (2022), <https://doi.org/10.1177/136346152110658>

work of Satan alone.⁷ Evangelical Christian scholars in the West still have pros and cons regarding the integration of theology and psychology to provide the best service for the congregation, even in the East, for example Indonesia, such integration is still relatively low because it is rarely touched upon.⁸ However, Lloyd et al. recent research shows that evangelical Christians are starting to realize that eliminating psychology, social and biomedicine in mental health treatment does not help them, so they are becoming aware of the importance of holistic treatment.⁹ In this case, counseling is one of the options being considered. Lambert defines counseling as a conversation where one party with questions, problems, and trouble seeks assistance from someone they believe has answers, solutions, and help.¹⁰ But the problem is, what kind of counseling?

From a Christian perspective, counseling can be categorized into secular counseling, Christian counseling, and biblical counseling. Counseling derived from psychology began outside the

Christian community and was later applied within the church community, thus beginning Christian counseling. However, some Christian scholars observed a discrepancy between the secular counseling framework and biblical teachings, which led to the development of biblical counseling, which emphasizes the sufficiency of the Bible. The perspectives of these three counseling approaches are often sharply contrasted. Psychological counseling respects the spiritual foundations of biblical counseling but is skeptical of its limitations and criticizes it for oversimplifying psychological disorders and lacking scientific rigor. On the other hand, proponents of biblical counseling argue that secular methods do not address root causes such as sin or spiritual deficiencies and do not promote true, lasting change. Christian counseling attempts to integrate psychological counseling and biblical counseling but struggles because of differences in understanding of human nature and mental health issues. To address this complexity,

⁷ Christopher E.M. Lloyd, "Contending with Spiritual Reductionism: Demons, Shame, and Individualising Experiences Among Evangelical Christians with Mental Distress," *Journal of Religion and Health* 60, no. 4 (2021): 2702–2727, <https://doi.org/10.1007/s10943-021-01268-9>.

⁸ Paulus Prabowo and Hengki Wijaya, "Tren Penelitian Integrasi Teologi Dan Psikologi Di Indonesia: Systematic Literature Review," *Danum Pambeum: Jurnal Teologi Dan Musik Gereja* 3 (January 2, 2024): 236–252.

⁹ Christopher E.M. Lloyd, Brittney S. Mengistu, and Graham Reid, "His Main Problem Was Not Being in a Relationship With God': Perceptions of Depression, Help-Seeking, and Treatment in Evangelical Christianity," *Frontiers in Psychology* 13 (2022): 1–12.

¹⁰ Heath Lambert, *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (Grand Rapids, MI: Zondervan, 2016).

this study uses systematic literature review (SLR) and bibliometric analysis to compare theoretical frameworks, methodological trends, and scholarly contributions in psychological, Christian, and biblical counseling. SLR provides a systematic synthesis of relevant literature to identify topical trends and theoretical developments, while bibliometric analysis maps influential research, collaboration networks, and keyword usage. Using these tools, we can obtain an objective, data-driven evaluation of the three counseling paradigms, and uncover their unique contributions and potential collaborations. This research aims to address two core questions: First, what are the differences between the perspectives of Christian, biblical, and psychological counseling confirmed through SLR? Second, is SLR effective in comparing studies that have different perspectives in a field? This study uses SLR and bibliographic analysis to investigate these two questions.

RESEARCH METHODOLOGY

This study is using Systematic Literature Review method (SLR),

especially with Preferred Reporting Items for Systematic Review and Meta-Analyses (PRISMA) and Bibliometric analysis using VosViewer. SLR is a synthetic research method that reviews research results related to a topic with a strict protocol with the aim of gathering all the evidence about a research question and to support the development of evidence-based guidelines for practitioners.¹¹ This method provides mapping of data related to the topics discussed as well as providing characterization and descriptions of research trends, methods and coverage fields studied over a certain period of time.¹² Meanwhile, PRISMA is used to guide the implementation and reporting of systematic reviews. Several steps taken in PRISMA method are: (a) determining eligibility criteria (inclusion and exclusion), (b) determining sources of information to obtain data, (c) selecting research articles, (d) data collection and (e) data extraction.¹³

Bibliometric analysis is an objective and quantitative method used to find out the intellectual formation of a scientific area of

¹¹ Barbara Kitchenham et al., "Systematic Literature Reviews in Software Engineering - A Systematic Literature Review," *Information and Software Technology* 51, no. 1 (2009): 7–15.

¹² Prabowo and Wijaya, "Tren Penelitian Integrasi Teologi Dan Psikologi Di Indonesia: Systematic Literature Review."

¹³ Hengki Wijaya, Arismunandar Arismunandar, and Hamsu Abdul Gani, "Trends in Educational Research about Social Attitudes Education and Learning: A Systematic Literature Review," *Universal Journal of Educational Research* 8, no. 12A (December 12, 2020): 7682–7693.

study.¹⁴ It is also used to reveal interconnections amongst the research papers and topics by analyzing the number of times an article is cited by other articles.¹⁵ Study and visualization of data on the bibliometric network for research will use VOSviewer software, so that data analysis is more effective and efficient. The use of VOSviewer software aims to qualify and describe the data that has been completed by the researcher.¹⁶

Research Design and Methods

This research design analyzes research results on multiple topics from various well-known journals and interprets the results. This research first aims to collect and analyze various data sources, filter the appropriate data, and use a computer program to conduct the final analysis through analysis and mapping to obtain results. This synthesis of SLR research also allows researchers to determine the effectiveness of interventions, identify knowledge gaps that require further research, and identify

consistencies and changes in the field¹⁷. This study used the PRISMA-type SLR, which experts and researchers widely recommend. Data analysis took place in five steps: (a) defining eligibility criteria, (b) defining sources, (3) selecting literature, (d) data collection and (5) selecting data items.

To select the literature that will be used as data, the keywords “Psychological Counseling”, “Biblical Counseling”, “Christian Counseling” and were selected, and the search period was not limited to examining the flow of change over time. Data were obtained through the Publish or Perish program, and the Mendeley program was used to complete the article title, abstract, and keywords. However, rather than using all the data obtained as is, the reliability of the data can be increased by filtering out data unrelated to the research topic and removing overlapping articles. Google Scholar and Scopus were used to collect data. The data search flow can be depicted in Figure 1 and Table 1.

¹⁴ D. Chubin and E. Garfield, “Is Citation Analysis a Legitimate Evaluation Tool?,” *Scientometrics* 2, no. 1 (July 1, 1980): 91–94.

¹⁵ Payal R. Phulwani, Divesh Kumar, and Praveen Goyal, “A Systematic Literature Review and Bibliometric Analysis of Recycling Behavior,” *Journal of Global Marketing* (2020).

¹⁶ N. J. van Eck and L. Waltman, “Software Survey: VOSviewer, a Computer Program for Bibliometric Mapping,” *Scientometrics* 84, no. 2 (2010): 523–538.

¹⁷ Wijaya, Arismunandar, and Gani, “Trends in Educational Research about Social Attitudes Education and Learning: A Systematic Literature Review.”

Figure 1. Flowchart of SLR Process

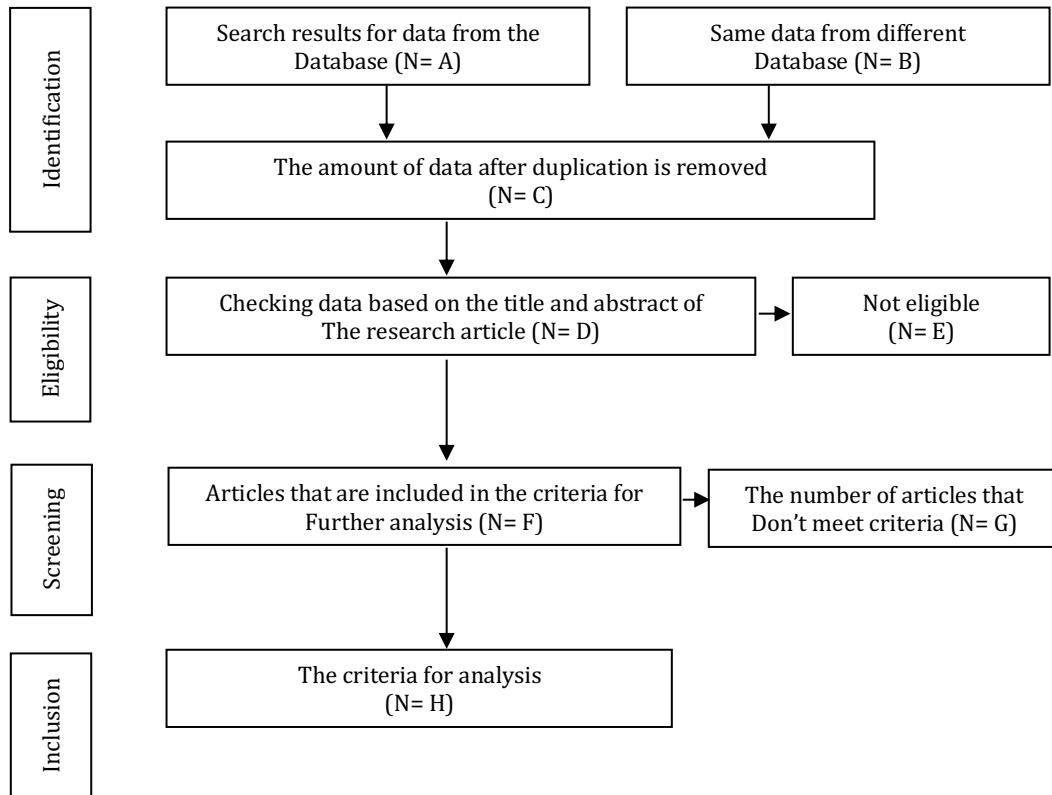


Table 1. Number of Articles

N	Psychological Counseling	Biblical Counseling	Christian Counseling
A	149	135	135
B	1	3	3
C	148	132	132
D	148	132	132
E	1	2	2
F	147	130	130
G	27	14	29
H	120	116	101

Screening Criteria

The review begins with carefully reading the titles and abstracts of the journal articles collected. After that, the researcher assesses whether the journal article is suitable for analysis. The evaluation uses inclusion criteria, such as whether the

literature meets the research objectives, and exclusion criteria, such as whether the same literature is searched repeatedly. Each journal article aims to reveal developments in counseling science and changes in counseling topics. The data can be depicted in Table 2.

Table 2. Number of Articles

No	Inclusion Criteria	Exclusion Criteria
1	Literature that gets first	Literature that already gets
2	Literature in English	Literature in non-English
3	Topics related to Counselling	Topics unrelated to Counseling
4	Complete literature	Incomplete literature

Data Analysis

PRISMA is used for Systematic Literature Reviews. To achieve this goal, it has created guidelines for improving systematic reviews, consisting of checklists and flowcharts. Additionally, to ensure the quality of these SLRs, the selection of journal articles for further analysis should be based on the framework criteria. As part of the systematic review process, inclusion and exclusion criteria are determined to identify which articles should be included or excluded from the study. All selected papers were extracted using an extraction form created by the original researchers. The extraction form consists of several details of the articles being analyzed. Namely, (a) author, (b) year of publication, (c) country, (d) research focus/purpose, (e) research design/methodological approach, (f) participants, (g) data collection, (h) Contains information such as data analysis approach, (i) theoretical/conceptual framework, (j) evaluation, and (k) main

results. In addition, for articles that have entered the extraction stage, the mapping results of 'Network Visualization,' 'Overlay Visualization,' and 'Density Visualization' were obtained using the 'VOSviewer' program, analyzed, and raised as discussion topics to provide opinions.

RESULT AND DISCUSSION

Literature Review

This section will explain a general overview of the differences between psychological counseling, biblical counseling and Christian counseling. The way to do this is to identify the meaning and characteristics of each field, so that the reader can understand the differences between the three.

Psychological Counseling

Psychological counseling is also called counseling psychology. In simple terms, counseling psychology is counseling

that focuses on the positive, preventive, and strength of individuals.¹⁸ Sharply, McAndrews et al states that a self-strength-based perspective on clients' problems in life is a basic value in counseling psychology.¹⁹ The most prominent figure in this field is Carl Rogers. The goals in this type of counseling, according to Rogers, align with whatever the client determines to pursue.²⁰ At first glance it appears that this type of counseling is very anthropocentric. Counseling psychology has many similar traditions and history, and is most closely related to professional counseling, which is based on educational vocational psychology and the rise of humanism, especially person-centered counseling according to Rogers' theory.²¹ It aims to help people with mental problems overcome their problems and develop further than before by diagnosing or supporting their psychological burden. IAAP adds that counseling psychology concentrates on the daily life adjustments faced by moderately well-adjusted people,

especially when they face career transitions and personal development.²² Counseling psychology is active in various fields, such as companies, schools, and institutions.

The counseling psychology curriculum includes a variety of theoretical education, such as personality psychology and developmental psychology, including verified counseling theories, and a variety of practical education, such as individual and group counseling techniques, psychological diagnosis and evaluation, and case analysis. However, practically, therapeutic (psychotherapy) is prioritized in counseling psychology for recovery efforts where clients are offered new learning in the form of contextual interventions.²³ In addition, like other psychology, it presupposes a scientist-expert model that includes psychological research as well as psychological testing and assessment. A scientific mindset is the core of counseling psychology that counseling psychologists must have.²⁴ So, counseling psychology can be called secular counseling. It is

¹⁸ C. E. Watkins, "Contemporary Issues in Counseling Psychology: A Selected Review," *Professional Psychology: Research and Practice* 19, no. 4 (1988): 441–448.

¹⁹ "The Common Sense of Counseling Psychology: Introducing the Common-Sense Model of Self-Regulation.," *Counselling psychology quarterly* 31, no. 4 (2018): 497–512.

²⁰ D. A. Kensit, "Rogerian Theory: A Critique of the Effectiveness of Pure Client-Centred Therapy," *Counselling Psychology Quarterly* 13, no. 4 (2000): 345–351.

²¹ Peggy Brady-Amoon and Kathleen Keefe-Coopermanb, "Psychology, Counseling

Psychology, and Professional Counseling: Shared Roots, Challenges, and Opportunities," *The European Journal of Counselling Psychology* 8, no. 1 (2017): 41–62.

²² M. L. Savickas, "Internationalisation of Counseling Psychology: Constructing Cross-National Consensus and Collaboration," *Applied Psychology* 56, no. 1 (2007): 182–188.

²³ Michael J Scheel et al., "Counseling Psychology Model Training Program," *The Counseling Psychologist* 46, no. 1 (January 1, 2018): 6–49, <https://doi.org/10.1177/0011000018755512>.

²⁴ Scheel et al., "Counseling Psychology Model Training Program."

closely related to the nomothetic and idiographic aspects, whose relevance to humanity as an object is sometimes questioned.²⁵ It needs to be acknowledged that the gap between science and practice has long been a focus in counseling psychology.²⁶ Uniquely, even though psychological counseling offers empirical and rational methods, there is evidence that clients prefer spirituality and religion to be involved in their psychotherapy.²⁷

Biblical Counseling

Biblical counseling is a type of counseling that only uses the Bible as a source and basis. The Scripture is a source for understanding humans as well as a basis for formulating recovery steps. Welch defines it as ‘a hybrid of discipleship and biblical friendship, which begins with God speaking to His people.’²⁸ The most prominent figure in this field is Jay E.

Adams. Adams gives another term for biblical counseling, namely “nouthetic counseling.”²⁹ Powlison and Welch later renamed it as biblical counseling.³⁰ The goal of this kind of counseling is to facilitate the restoration of the image of God to its proper functioning in all practical ways.³¹ The counselee is led to Christlikeness and holy living according to the direction of the Bible.³² Biblical counseling places great emphasis on faith in God and relationship with Christ. Therefore, the nature of biblical counseling is not anthropocentric, but theocentric. It does not facilitate people to act and be as they wish, but as God wishes in His sovereignty.

This counseling is exclusive and does not provide space for secular psychology because it believes that the Bible has provided principles and information on how humans live.³³

²⁵ Joseph P. Gone, “Decolonization as Methodological Innovation in Counseling Psychology: Method, Power, and Process in Reclaiming American Indian Therapeutic Traditions,” *Journal of Counseling Psychology* 68, no. 3 (2021): 259–270.

²⁶ C. Ridley and V. Laird, “The Scientist–Practitioner Model in Counseling Psychology Programs: A Survey of Training Directors,” *Counseling Psychology Quarterly* 28 (2015): 235–263.

²⁷ Cassandra Vieten et al., “Spiritual and Religious Competencies for Psychologists,” *Psychology of Religion and Spirituality* 5, no. 3 (June 17, 2013): 129–144.

²⁸ E. T. Welch, “What Is Biblical Counseling, Anyway?,” *Journal of Biblical Counseling* 16, no. 1 (1997): 2–6.

²⁹ *Competent to Counsel: Introduction to Nouthetic Counseling* (Grand Rapids, Michigan: Zondervan, 1970).

³⁰ Young Tae Kim, “A Christian Counseling Model: Christian Psychology Perspective,” *Torch Trinity Journal* 7, no. 1 (2004): 237–254.

³¹ Lambert, *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry*.

³² Y. Campbell-Lane and G.A. Lotter, “Biblical Counselling Regarding Inner Change,” *Koers - Bulletin for Christian Scholarship* 70, no. 1 (July 31, 2005): 99–123.

³³ Kim, “A Christian Counseling Model: Christian Psychology Perspective.”

Lambert even believes that counseling is a theological discipline because theology is what the entire Bible teaches people today regarding any topic, including anything related to counseling.³⁴ Hathway asserts that Biblical counseling is also centrally an interpretative activity.³⁵ It would not be wrong to say that biblical counseling is one of several forms of practical theology. Therefore, Adams believes that counselors are required to be competent in interpreting the Bible, because person who can't interpret the Word of God properly can't counsel biblically.³⁶ The basic proposition is that there is no mental illness in humans, but there is sin³⁷ and that the truth of Christ is sufficient to correct all problems.³⁸ Unlike counseling psychology which is closely related to psychotherapy, biblical counseling has more religious elements, namely hope, prayer, reconciliation, and discipline,³⁹ while the steps include teaching, conviction, correction, and disciplined training in righteousness.⁴⁰ In the end, biblical counseling is a form of

recovery service for the congregation to rise and grow, which is not always commercial like professional psychologist services.

Christian Counseling

Christian Counseling and Biblical Counseling at first glance seem the same, but they are actually different. In the *Baker Encyclopedia of Psychology & Counselling*, Christian counseling is defined as an explicit or implicit agreement between a counselor who is a Christian and a client for the provision of help for a client, in which the counselor not only has at heart the client's psychological welfare but also the client's Christian spiritual welfare.⁴¹ Kim views it as is the phenomenon that is the integration between Christianity and (secular) counseling.⁴² The keyword is integration. The most distinctive difference with biblical counseling is the fundamental rejection of the sufficiency of Scripture for dealing with problems in life. Marrs said that biblical counseling tends to avoid modern psychological theories and some sciences whereas Christian counseling

³⁴ Lambert, *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry*.

³⁵ William L. Hathaway, "Integration, Biblical Counseling, and Hermeneutics," *Journal of Psychology and Theology* 49, no. 3 (2021): 257–267.

³⁶ Jay E. Adams, "Biblical Interpretation and Counseling," *Journal of Biblical Counseling*, 16, no. 3 (1998): 5–9.

³⁷ Adams, *Competent to Counsel: Introduction to Nouthetic Counseling*.

³⁸ D. A. Powlison, "Affirmations & Denials: A Proposed Definition of Biblical Counseling," *The*

Journal of Biblical Counseling 19, no. 1 (2000): 18–25.

³⁹ Kim, "A Christian Counseling Model: Christian Psychology Perspective."

⁴⁰ Jay Edward Adams, *How to Help People Change: The Four-Step Biblical Process* (Grand Rapids, MI: Zondervan, 1986).

⁴¹ D. G. Benner, and P. C. Hill. *Baker Encyclopedia of Psychology & Counseling: Second Edition* (Grand Rapids: Baker Books, 1999).

⁴² Yong Tae Kim, "A New Definition Of Christian Counseling: Philosophical Issues And Conversation," *Torch Trinity Journal* 6, no. 1 (2003): 37–56.

integrates parts of secular psychology that fit with the Christian worldview⁴³ Theology and psychology were integrated to find the best way to treat clients, but the authority of Scripture is still respected and theology played a controlling role over psychology. Principles and ideas that originate from psychology must be consistent with the teachings of the Bible, so that conflicting psychological content needs to be eliminated.⁴⁴ History shows that this kind of integration began with mainstream Protestant churches in the 30-40s and was criticized by evangelical churches, but gradually evangelicals began to accept and do the same in the 70s.⁴⁵ Evangelicals integrate theology and psychology with the idea that the Bible provides psychological truths about humans.⁴⁶ The most prominent figure in this field is Garry Collins.

Christian counseling has a different view from biblical counseling regarding revelation and humans. If biblical

counseling limits sources and principles to special revelation (the Bible), Christian counseling chooses to involve general revelation. Collins said that God is the source of truth and His truth is revealed through general revelation, through nature and special revelation, through the Bible so that Christian counselors need science to understand nature and theology to understand the Bible.⁴⁷ Neff & McMinn added that all truth is God's truth, and every true thing comes from God, so Christianity and psychology both engage in conversation to help change one's understanding of others.⁴⁸ Humans as objects of counseling must be seen holistically, including physical, mental or emotional, social and spiritual dimensions.⁴⁹ Christian counseling is also theocentric and its aim according to Crabb is to free people to better worship and serve God by helping them become more like the Lord, characterized by spiritual and psychological maturity.⁵⁰

⁴³ Richard Marrs, "Christian Counseling The Past Generation and the State of the Field," *Concordia Journal* 4, no. 1 (2014): 30–36.

⁴⁴ Larry Crabb, *Understanding People* (London: Marshall Pickering, 1987).

⁴⁵ Prabowo and Wijaya, "Tren Penelitian Integrasi Teologi Dan Psikologi Di Indonesia: Systematic Literature Review."

⁴⁶ William L. Hathaway and Mark A. Yarhouse, *The Integration of Psychology & Christianity: A Domain-Based Approach, Perspectives on Science and Christian Faith*, vol. 75 (Illinois: InterVarsity Press Academic, 2023).

⁴⁷ Gary Collins, *The Rebuilding of Psychology, Christian Counseling: A*

Comprehensive Guide (Illinois: Tyndale House Publisher, 1977).

⁴⁸ M. A. Neff, and M. R. McMinn *Embodying Integration: A Fresh Look at Christianity in the Therapy Room* (Downers Grove, IL: IVP Academic, 2020).

⁴⁹ S. Y. Tan, *Lay Counseling: Equipping Christians for a Helping Ministry* (Grand Rapids: Zondervan, 1991).

⁵⁰ Larry Crabb, *Effective Biblical Counseling: A Model for Helping Caring Christians Become Capable Counselors* (Grand Rapids, MI: Zondervan, 2014).

Network Visualization

More than 100 pieces of data were collected from Scopes and Google Scholar based on the number of citations among related literature in three fields: biblical counseling, Christian counseling, and psychological counseling. Extracted articles are not limited by country or year of writing but are written in English. Using this data as a research subject, remove keywords frequently mentioned in the title and abstract, and map and visualize meaningful words among them. These visualized keywords are expressed in three ways: ‘Network Visualization,’ ‘Overlay Visualization,’ and ‘Density Visualization.’ Through these, the uniqueness or characteristics of each counseling field are interpreted, and the current stage and direction of development are analyzed. Finally, based on this analysis, predict the direction of future progress in each area.

The first visualization is the ‘Network Visualization,’ which connects the relationship between each keyword with a line, and frequently mentioned keywords are shown in uppercase. Additionally, highly related keywords are differentiated and expressed in different colors. Table 3 displays the main keywords grouped into three categories for each consulting area. The Red Group shows differences in approach, while the Green Group is closer

to the tools used for consultation. And the Blue Group contains things that were emphasized during the consultation process.

Figure 2.
Psychological Counseling Network Visualization

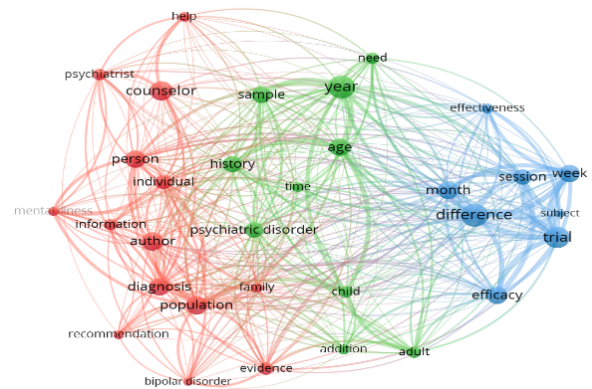


Figure 3.
Biblical Counseling Network Visualization

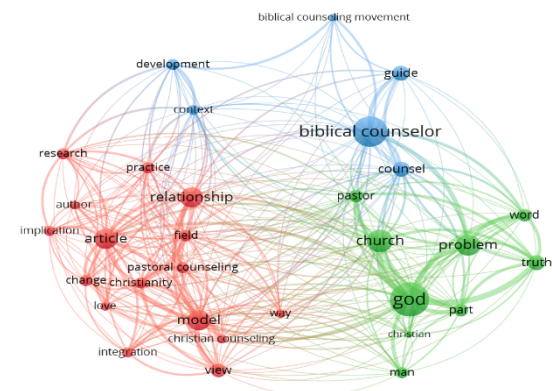


Figure 4.
Christian Counseling Network Visualization

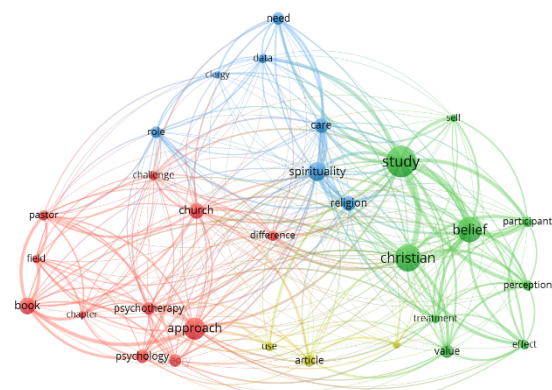


Table 3. Main Keyword of Each Group

No	Type of Counseling	Red Group	Green Group	Blue Group
1	Psychological Counseling	population, diagnosis, author, counselor, person, evidence, psychiatrist	year, age, need, disorder, history, sample	difference, trial, week, session, efficacy, month
2	Biblical Counseling	relationship, article, model, research, practice	God, church, problem, pastor, truth, word, man	biblical counseling, guide, context, counsel
3	Christian Counseling	approach, psychotherapy, psychology, church, book	study, Christian, belief, perception, value	spirituality, religion, care, need, role

The overlay visualization changes color over time, enabling the identification of when each keyword is most frequently mentioned. For convenience, divide it into three periods: early (blue), middle (green), and current (yellow), and collect frequently used keywords during those periods. The similarity in each field of counseling is that initially, keywords were placed for academic and strategic use to build new theories. In the final period, keywords for practical use to review and verify theories already applied in the field can be found. By comparing the overlay visualizations as shown in Table 4, the characteristics of each consultation can be identified through keywords that are intensively used at each stage or period.

It is worth noting that in the case of biblical counseling, there are no keywords such as psychology or psychiatry in the early and middle stages of theory formation.

This difference is because biblical counseling is not based on phenomena and client needs but on human sin and spiritual healing based on the Bible. This is very different from Christian counseling, which includes and combines psychology and psychiatry. These also show differences in counseling techniques and perspectives applied in the field recently. In biblical counseling, keywords such as truth, guidance, God, and relationship are frequently used. In the case of Christian counseling and psychological counseling, words such as intellectual disability, necessary evidence, examples, and approaches are frequently used. This reveals that biblical counseling begins with a firm belief in the truth of the Bible, which is why it pays little attention to reactions on the ground. On the other hand, psychological counseling tries to diagnose the client's condition through various

Figures 8, 9, and 10 are visualizations showing the frequency of use of keywords for Biblical counseling, Christian counseling, and psychological counseling. If each consultation is defined based on the characteristics shown in these figures, it will be as follows. First, biblical counseling is a counseling technique in which a counselor, Usually, a pastor solves a problem by restoring a relationship with God through God's words and classifies the problems of the person being counseled using various models. Christian counseling is a technique that seeks to solve problems using a spiritual and psychological approach that targets Christians receiving counseling and seeks to improve the environment comprehensively and deficiencies in the counselor's needs. Lastly, psychological counseling is based on psychology, logic, and academic approaches. This counseling involves searching the social environment and needs of the person being counseled in various aspects and providing consultation or treatment according to the changes that occur to counselee. This definition is not made on an academic basis but based only on keyword analysis and data mapping results.

Figure 8.
Psychological Counseling Density
Visualization

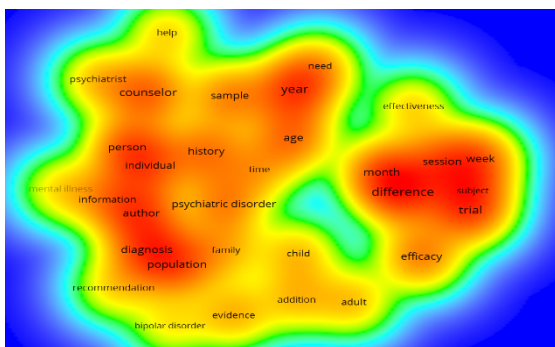


Figure 9.
Biblical Counseling Density
Visualization

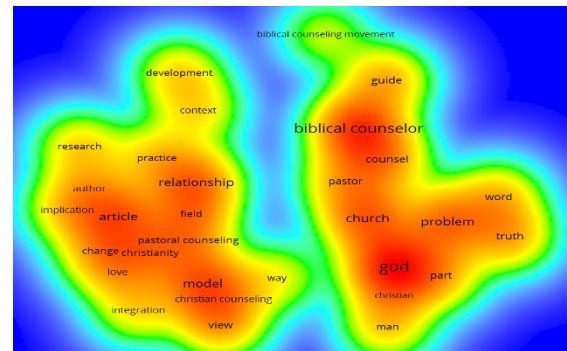
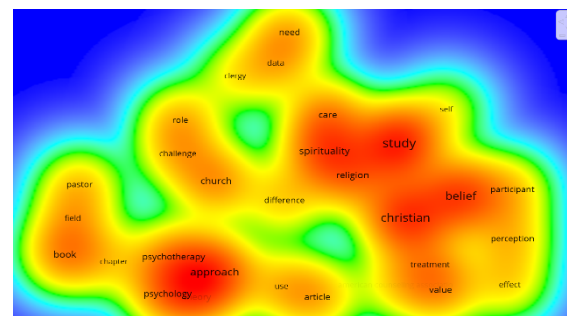


Figure 10.
Christian Counseling Density
Visualization



Discussion

The information that could be obtained through systematic literature review and bibliometric analysis on Christian counseling, biblical counseling, and psychological counseling is as follows. The word change used in biblical counseling differs from healing in psychological counseling. Healing in psychological counseling means that the symptoms of discomfort or mental disorders are within the normal range like other ordinary people. In other words, the symptoms themselves have disappeared. This concept is somewhat different from the changes in biblical counseling. This state is not like healing in psychological

counseling but a stage where one's relationship with God is wholly restored and reborn as a new creation. Therefore, the change in biblical counseling refers to entering a holy stage where one transcends standard human categories and is guided by the Holy Spirit. This process involves the guidance of the Holy Spirit and not the help of human techniques or drugs, so it can be said to be a difficult concept to understand for non-believers.

What is the difference in perspective between 'guide' in biblical counseling, 'care' in Christian counseling, and 'help' in psychological counseling? In biblical counseling, the role of the counselor is to advise the client according to the words of the Bible. Therefore, counselors are seen as guides to help people find answers by enlightening them with God's Word. In Christian counseling, the word caring is often used because caring allows people to solve problems with the help of pastors and other believers within churches and religious communities. The treatments here are open to all methods, including spiritual and psychological help. The concept of help in psychological counseling is the concept of help through techniques and drugs known to alleviate or eliminate the patient's symptoms, so the word 'help' is often used.

Why is the word relationship, often used in Biblical Counseling, absent from Christian Counseling and psychological Counseling? In psychological counseling, the counselor's attention is focused on the symptoms experienced by the patient. A person's relationships and social life are simply the environment in which the patient finds himself. This is not the counselor's priority interest. But in biblical counseling, relationships are a fundamental concept, and in particular, the relationship between the counselor and God is crucial to

problem-solving. The most significant topic in biblical counseling is the issue of human sin.' Therefore, everyone faces many problems in life. Most problems clients complain about do not fall into this category. Thus, restoring the relationship with God is the final solution to this problem. Therefore, the word relationship is used frequently.

Why are the processes of 'approach' in Christian counseling and 'diagnosis' in psychological counseling not found in biblical counseling? Diagnosis is done to change the prescription by analyzing whether the previous prescription was effective. Therefore, the 'try and error' method is used in terms of psychological counseling based on scientific thinking. There is no choice other than that. It is impossible to scientifically analyze and understand human psychology, where individual differences exist. Therefore, only continuous observation and improvement of a prescription can raise the effect. However, there is no need to change the prescription when it comes to biblical counseling because it starts from the belief that the counseling has unshakable truth. It is needed just continuous advice from the attention and love of the counselor.

Such information was obtained through a systematic literature review. In other words, it was found that there are differences and specificities between the three counseling fields. Then, can systematic literature review be applied to other fields with various perspectives? And can specific differences and their characteristics be recognized through comparison? This study found that it is possible to recognize general differences and characteristics. However, such results require that researchers have prior

knowledge of the relevant field and learn about related software programs.

CONCLUSIONS

From a Christian perspective, psychological counseling can be considered a secular method. It cannot address the fundamental human problem and can only temporarily relieve symptoms. As a result, it is criticized for not offering a real solution. On the other hand, biblical counseling can be charged from a psychological standpoint because it is based on unproven beliefs and employs unscientific methods. This issue is similar to the debate between creationism and evolutionary theory and cannot be resolved conclusively.

Nonetheless, both types of counseling aim to assist people with mental disorders, with the only difference being their methodology. The objective of this research is not to determine which approach is superior. Instead, it aims to help all parties comprehend each other's differences and directions of development while acknowledging the current situation.

According to the research findings, each counseling technique has been developed through a similar process despite different perspectives. Although biblical counseling was designed later than other counseling techniques, all three techniques have passed the theoretical development stage and are currently undergoing clinical trials. It is hoped that an objective comparison of their effectiveness can be obtained.

Highly cited articles were collected in this research to extract higher-quality articles, and selection criteria were established to achieve the expected results.

A Systematic Literature Review and VosViewer were conducted to map frequently used keywords and observe the broader patterns of each counseling technique. This helped us discover their development and the differences between them. Research data like this is expected to assist counselors in each field and offer broader insights into developments across other disciplines.

It is expected that the Systematic Literature Review and VosViewer will experience rapid development, thanks to the availability of related programs that have been created and widely used and the unlimited data databases that are shared via the Internet. This research is helpful for the fields of medicine and education and can also be applied to other fields to make a valuable contribution.

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