



COUN6357 Contemporary Approaches to Marital/Premarital Therapy

New Orleans Baptist Theological Seminary Church and Community Ministries

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Kathryn Steele
Professor of Counseling
LMCCC 104-E
504-816- 8306/504-329- 8960
ksteele@nobts.edu

Mission Statement

The mission of New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church and its ministries.

Core Value Focus

The seminary has five core values.

1. **Doctrinal Integrity:** Knowing that the Bible is the Word of God, we believe it, teach it, proclaim it, and submit to it. This course addresses Doctrinal Integrity specifically by preparing students to grow in understanding and interpreting of the Bible.
2. **Spiritual Vitality:** We are a worshiping community emphasizing both personal spirituality and gathering together as a Seminary family for the praise and adoration of God and instruction in His Word. Spiritual Vitality is addressed by reminding students that a dynamic relationship with God is vital for effective ministry.
3. **Mission Focus:** We are not here merely to get an education or to give one. We are here to change the world by fulfilling the Great Commission and the Great Commandments through the local church and its ministries. This course addresses Mission Focus by helping students understand the biblical foundations for fulfilling the Great Commission and the Great Commandments.
4. **Characteristic Excellence:** What we do, we do to the utmost of our abilities and resources as a testimony to the glory of our Lord and Savior Jesus Christ. Characteristic Excellence is addressed by preparing students to excel in their ability to interpret Scripture, which is foundational to effective ministry.
5. **Servant Leadership:** We follow the model of Jesus and exert leadership and influence through the nurture and encouragement of those around us. Servant Leadership is modeled by classroom department.

The core value focus for this academic year is Characteristic Excellence.

Curriculum Competencies

NOBTS faculty members realize that all ministers need to develop specific competencies if they are going to have an effective ministry. To increase the likelihood of NOBTS graduates having an effective ministry, the faculty developed a competency-based curriculum after identifying seven essential competencies necessary for effective ministry. All graduates are expected to have at least a minimum level of competency in all of the following areas:

1. **Biblical Exposition:** to interpret and communicate the Bible accurately.
2. **Christian Theological Heritage:** To understand and interpret Christian theological heritage and Baptist polity for the church.
3. **Disciple Making:** To stimulate church health through mobilizing the church for missions, evangelism, discipleship, and church growth.
4. **Interpersonal Skills:** To perform pastoral care effectively, with skills in communication and conflict management.
5. **Servant Leadership:** To serve churches effectively through team ministry.
6. **Spiritual and Character Formation:** To provide moral leadership by modeling and mentoring Christian character and devotion.
7. **Worship Leadership:** To facilitate worship effectively.

The curriculum competencies addressed in this course are: Biblical Exposition, Disciple Making, Interpersonal Skills, Servant Leadership, and Spiritual and Character Formation.

Course Description

Students study a variety of leading contemporary theories of marriage and premarital therapy from a systemic approach. Concurrent emphasis is placed on mastery of the techniques used within each of those theories. Students will develop a personal model of marriage and premarital Therapy including assessment, treatment planning, interventions, and follow-up. (Prerequisites: PSYC6250, PSYC6251 and PSYC6302).

Student Learning Outcomes

By the end of the study, the student will

- A. be able to demonstrate knowledge and understanding of
 1. the biblical foundation for marriage.
 2. the major contemporary theories in marital and pre-marital therapy.
 3. the ethical principles related to marital and premarital counseling.
- B. increase skills related to premarital and marital counseling by
 1. practicing assessment of the dynamics and style of a couple.
 2. practicing various techniques of marriage and premarital therapy in class
 3. developing policies for the local church regarding marriage and guidelines for premarital therapy.
 4. having knowledge and a plan to work with couples who have experienced infidelity.
- C. increase in their personal ability to
 1. appreciate the divine source and resource for the institution of marriage.
 2. experience appropriate empathy with persons in dysfunctional systems.
 3. manifest confidence in one's own personal experiences as a resource for couple counseling.

Course Teaching Methodology

The course will involve the following methodologies: Lecture, readings, class discussion, the use of training videos.

Textbooks

- (Required): Gottman, John M. (1999). *The Marriage Clinic—A Scientifically Based Marital Therapy*. W. W. Norton & Company. ISBN: 978-0393702828
- (Required): Markman, H.J., Stanley, S.M., & Blumberg, S.L. *A Lasting Promise: A Christian Guide to Fighting for Your Marriage*. ISBN: 978-1118672921
- (Required) Johnson, S.M. (2008). *Hold Me Tight: Seven Conversations for a Lifetime of Love*. NY: Little, Brown and Company. ISBN 978-0316113007
- (Required): Weeks, Odel, & Methven. *If Only I Had Known: Avoiding Common Mistakes in Couples Therapy*. Norton. 978-0393704457
- (Required): Vernick. *Emotionally Destructive Relationship: Seeing It, Stopping It, Surviving It*. Harvest House Publishers. ISBN: 978-0736918978
- (Required): Carder, D. *Torn Asunder: Recovering from an Extra-Marital Affair (3rd Ed)* ISBN 978-0802471352
- (Required): Carder, D. *Torn Asunder Workbook: Recovering from an Extra-Marital Affair*. ISBN: 978-0-8024-7136-9
- (Optional): David Olson (1998). *PREPARE/ENRICH Counselor's Manual*. Minneapolis, MN: Life Innovations. (Obtain from professor)

Course Requirements

Research Paper OR Prepare/Enrich Training

Research Paper: Each student will write a fifteen (15) page research paper on a given marital/premarital issue. The paper should comply with the latest APA style manual and address one contemporary issue facing marital or premarital counselors. Clear topic with Dr. Steele no later than Aug 31, 2016. Examples would be a study of a specific therapy model (not one we are studying in class), a comprehensive look at the latest research concerning couples therapy, premarital therapy, etc. Paper Due Sept. 16 (Friday)

OR

Prepare/Enrich Training: Each student will complete the certification requirements for the PREPARE/ENRICH inventory system. The cost for this certification is \$100 and consists of attending the Prepare/Enrich Workshop to be held Saturday, Oct 1, in LMCCC. Course notebooks will be ordered by the professor. If you have not paid by the deadline you cannot get the materials and receive certification. Deadline for Payment: Sept. 16. You may pay cash or by check, made out to Kathy Steele. If necessary, please speak to Dr. Steele about dividing the payments. If you have previously completed the Prepare/Enrich Training, you do not have to write a paper.

2. Pre-Marital/Marital Therapy Policy: Each student will formulate a formal Pre-Marital/Marital Therapy policy for his/her church. The policies should be in the format of two separate brochures:

A. Policies and Procedures for Premarital Ministry

B. Policies and Procedures for Counseling Married Couples

These policies should include the following for each set of policies: the number of therapy sessions, content of each session, cost, special stipulations, types of marriages disallowed, role of the therapist/clients, etc. Include any procedures concerning meeting with pastor first (if other counselor is going to do the counseling), any fee structures, other requirements. This Policy paper should be typed, but APA is not required. It should be in a brochure format that is ready to give to any couples inquiring about marriage at your church. Due Wed NOV 2.

3. Exam I: The exam is a mixture of objective and subjective questions covering the History of Couples Counseling, the Biblical Foundations for Marriage, Major approaches to Couples counseling, Legal and Ethical Issues in Couples Counseling, and Avoiding Common Mistakes in Couples Therapy. Exam I is online on Blackboard and due **by 8am Sept 9.**

4. Final Exam: The final exam in this class will be a mixture of objective and subjective questions based upon reading, classroom lecture, handouts, and outside assignments. The final exam is comprehensive. Late exams are not permitted. Students who have an overall average of 90% or above, and who have not missed more than 1 class period are exempt from the final exam. Dec 14, Wednesday, 9-11 am.

5. Reading of all Texts and Assigned Readings: The reading in this class is heavy. You will need to make reading the texts a priority. No book reviews will be required, but your class participation and role playing will depend heavily on your understanding the concepts in each model. You will be asked to report the % read of each book at the due date. Some independent reading of articles may be assigned.

NOTICE: Blackboard course: Contemporary Approaches to Marital/Premarital Therapy (COUN6357KS). Powerpoint notes from lectures and other important material from the course will be found there.

Evaluation of Grade

The student's grade will be computed as follows:

Research Paper or Prepare/Enrich Training	25%
Pre-Marital/Marital Therapy Policy	20%
Exam I	15%
Final Exam	10%
Reading of all Texts/Assigned Readings	30%

Technical Assistance

For assistance regarding technology, consult ITC (504-816-8180) or the following websites:

1. Selfserve@nobts.edu - Email for technical questions/support requests with the Selfserve.nobts.edu site (Access to online registration, financial account, online transcript, etc.)
2. BlackboardHelpDesk@nobts.edu - Email for technical questions/support requests with the NOBTS Blackboard Learning Management System NOBTS.Blackboard.com.
3. ITCSupport@nobts.edu - Email for general technical questions/support requests.
4. www.NOBTS.edu/itc/ - General NOBTS technical help information is provided on this website.

Help for Writing Papers at “The Write Stuff”

NOBTS maintains a Writing Center designed to improve English writing at the graduate level. Students can receive writing guides, tips, and valuable information to help in becoming a better writer.

Academic Honesty Policy

All graduate and undergraduate NOBTS students, whether on-campus, internet, or extension center students, are expected to adhere to the highest Christian standard of honesty and integrity when completing academic assignments for all courses in every delivery system format. The Bible provides our standard for academic integrity and honesty. This standard applies whether a student is taking tests, quizzes, exams, writing papers, completing Discussion Boards, or any other course requirement.

Plagiarism on Written Assignments

NOBTS has a no tolerance policy for plagiarism. Plagiarism in certain cases may result in expulsion from the seminary. See the NOBTS Student Handbook for definition, penalties, and policies associated with plagiarism.

Course Schedule

Date	Lecture	Assignment
8/24	Intro/Course Overview; History of Premarital Therapy Biblical Foundations for Marriage Views of Divorce	
8/31	Models for couples counseling Legal and ethical issues in couples counseling Weeks: Avoiding Common Mistakes Paper Topic Due	Weeks, Odel, & Methven—all of the book.
9/7	Gottman: Myths and Mistakes of Marital Therapy Repair and the Core Triad of Balance The Sound Marital House: A theory of Marriage (Gottman Overview) The Assessment of Marriage	Gottman, Ch. 1-4 Exam I online—complete before class 8am (open 9/4 – 9/9)
9-14	Gottman: The Disasters and Masters of Marriage Assumptions and Intervention Enhancing the Marital Friendship (assigned inventories) Solving What is Solvable (assigned inventories)	Gottman, Ch. 5-8
9/21	Gottman: Living with the Inevitable Life Dreams and Shared Meanings Resistance to Change Avoiding Relapse Prepare/Enrich Payment Due OR Paper Due (Friday) No Class	Gottman, Ch. 9-12
9/28	Gottman: Pulling it all Together: Working as a Team and Terminating Therapy	Gottman, Ch. 13-15

	Emotion and Meta Emotion Buffering Children from Marital Conflict	
10/1 Sat	Prepare/Enrich	
10/5	Hold Me Tight Introduction --Johnson,	Johnson, pgs. 3-140
10/12	Johnson, Conversation 4, 5, 6	Johnson, pgs. 141-203
10/19	Fall Break Oct. 17-21	
10/26	Prep Program	A Lasting Promise--all
11/2	John Van Epp: LINKS and PICK PreMarital / Marital church policies due	
11/9	Dealing with Affairs: Torn Asunder	Torn Asunder, all of both books.
11/16	Torn Asunder	
11/23	Thanksgiving Break	
11/30	Vernick, Emotionally Destructive Relationships	Vernick—all of the book
12/7	Vernick, Emotionally Destructive Relationships	
12-14	Final Exam	

Selected Bibliography

Carder, D. (2008). Close calls: What adulterers want you to know about protecting your marriage. Chicago: IL: Northfield Publishing.

Cloud, H., & Townsend, J. (2004). Boundaries in marriage. Grand Rapids, MI: Zondervan Publishing.

Gottman, J. M. & Silver, N. (2000) Seven principles for making marriage work. New York, NY: Crown Publishing.

J. M., Gottman, J.S., & Declaire, J. (2007). Ten lessons to transform your marriage. New York, NY: Three Rivers Publishing.

Johnson, S. M. (2005). Focused couple therapy with trauma survivors: Strengthening attachment bonds. New York, NY: Guilford Press.

Johnson, S.M., Bradley, B., Furrow, J.L., Lee, A., Palmer, G., Tilley, D., & Woolley, S. (2005).

Johnson, S. The emotionally focused therapist training set: becoming an emotionally focused couple therapist: The workbook. New York, NY: Routledge Publishing Company.

Love, P., & Stosney, S (2008). How to improve your marriage without talking about it. New York, NY: Broadway Books.

Thomas, Gary. (2002). Sacred marriage: What if God designed marriage to make us more holy than to make us happy. Grand Rapids, MI: Zondervan Publishing.