



ANSWERING GOD'S CALL

## **COUN6357 Contemporary Approaches to Marital/Premarital Therapy** **New Orleans Baptist Theological Seminary** **Church and Community Ministries Division** **Fall 2017**

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### **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.

### **Mission Statement of the Counseling Program (CACREP I.N, II.A)**

The mission of the NOBTS Counseling Program is to provide training and supervised experience in evidence-based counseling methods to help people deal with life issues in a biblically sound way and prepare students for licensure in counseling and counseling-related professions. We seek to produce graduates who have the values, knowledge, skills, and personal disposition to promote the mental health and holistic wellness of clients across diverse populations.

### **Core Value Focus**

The seminary has five core values: Doctrinal Integrity, Spiritual Vitality, Mission Focus, Characteristic Excellence, and Servant Leadership. The core value focus for this academic year is Servant Leadership.

### **Curriculum Competencies**

All graduates of NOBTS are expected to have at least a minimum level of competency in each of the following areas: Biblical Exposition, Christian Theological Heritage, Disciple Making, Interpersonal Skills, Servant Leadership, Spiritual and Character Formation, and Worship Leadership. The curriculum competencies addressed in this course are: Biblical Exposition, Disciple Making, Interpersonal Skills, Servant Leadership, and Spiritual and Character Formation.

### **Syllabus Distribution (CACREP II.D)**

This syllabus is distributed at the beginning of the semester for review and can be found electronically on blackboard.

### **Course Description (CACREP II.D.1)**

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.

### **Student Learning Outcomes (CACREP II.D.2)**

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.

### **Textbooks (CACREP I.D.4)**

- (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 (3<sup>rd</sup> 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 Teaching Methodology (CACREP I.D.3)**

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

### **Course Requirements (CACREP I.D.3)**

(All Assignment Due Dates listed on Course Schedule)

#### **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 the second week of class. 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 4<sup>th</sup> week of class.

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, October 28, 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: 4<sup>th</sup> week of class. 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 the first Wednesday of class in November.

**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.

**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.

**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. Reading Reports should be completed on Blackboard.

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 (CACREP II.D.5)**

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%

#### **Grading Scale**

The following grading scale is used at NOBTS (see the Graduate Catalog, available online at <http://www.nobts.edu/resources/pdf/GraduateCatalog.pdf>):

A: 93-100

B: 85-92

C: 77-84

D: 70-76

F: Below 70

#### **Course Policies, Academic Conduct, and Professional Conduct (CACREP I.J, G, O; II.D.6)**

##### **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.

##### **Academic Policies**

Academic policies relating to absences, grading scale, final examination schedules, and other topics can be found in the current online catalog: [New Orleans Baptist Theological Seminary Academic Catalog](#).

##### **Classroom Parameters**

Please arrive on time.

Turn off cell phones. Utilize laptops and other technology for class purposes only.

Respect the professor and other members of the class.

Maintain confidentiality when someone shares personal information.

Participate in class and group discussions.

##### **Disabilities and Accommodations (CACREP II.D.6)**

New Orleans Baptist Theological Seminary does not discriminate against applicants/ students on the basis of personal disabilities. The Seminary, in voluntary compliance with the American Disabilities Act, will

provide reasonable institutional accommodations, modifications, and adjustments to enable and empower students with disabilities to participate in Seminary programs and activities to the fullest extent possible. However, NOBTS cannot support accommodations that place undue hardship on the Seminary or its resources or which alter the essential requirements of curriculum and academic progress. While the seminary does not provide direct assistance to students in the form of equipment or personnel, accommodations may be made by individual professors at their discretion. These accommodations usually take the form of early access to lecture materials in electronic format and additional time to complete tests and assignments. The most efficient way to pursue such accommodations is to provide the Director of Testing and Counseling (Dr. Jeff Nave, [jnave@nobts.edu](mailto:jnave@nobts.edu), 504-282-4455 ext. 8004) with documentation of the condition for which you seek accommodation, an explanation of helpful accommodations received in the past, and a description of the specific accommodations you desire. The Director of Testing and Counseling will document your request and communicate on your behalf with the professors who teach the course(s) for which you are registered. The seminary reserves the right to consider each request for “special” accommodations on a case by case basis pursuant to the criteria enumerated above.

### **Diversity (CACREP I.J)**

The Counseling Program at NOBTS affirms the Christian doctrinal position that God created man in His own image, and that Christ died for man; therefore, every person of every race possesses full dignity and is worthy of respect and Christian love. We believe the counseling profession affords our students and graduates the opportunity to be “salt and light” (Matthew 5:13-16) whatever their places of service, and that a robust appreciation for and sensitivity to human diversity is key to that end. Further, a learning environment diverse in its people, curricula, scholarship, research, and creative activities expands opportunities for intellectual inquiry and engagement, helps students develop critical thinking skills, and prepares students for social and civic responsibilities. Students and faculty benefit from diversity. The quality of learning, research, scholarship, and creative activities are enhanced by a climate of inclusion, understanding, and appreciation of the full range of human experience. We are committed to nurturing and training a diverse student body in an atmosphere of mutual respect and appreciation of differences. As a result, the counseling program is committed to diversity and equal opportunity and recognizes that it must represent the diversity inherent in American society, reflected in our local community, and aligned with the core values of the NOBTS community.

### **Netiquette**

Netiquette refers to appropriate online behavior in Blackboard or other online discussions. Each student is expected to demonstrate appropriate Christian behavior when working online on Discussion Boards or whenever interaction occurs through web, digital, or other electronic medium. The student is expected to interact with other students in a fashion that will promote learning and respect for the opinions of others in the course. A spirit of Christian charity is expected at all times in the online environment.

### **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.

### **Policy for Graduating Seniors**

Graduating Seniors are responsible for alerting the professor of your intention to graduate. All of your assignments must be completed by noon (12:00 PM) on the Wednesday prior to commencement exercises.

### **Professional Conduct (CACREP I.O)**

Students are expected to adhere to the appropriate code of ethic for their particular program. Any behavior deemed unethical will be grounds for dismissal from the program.

### **Professor’s Policy on Late Assignments**

All work is due on the assigned date in the syllabus. The grade for late assignments will automatically be reduced by four points for each week day an assignment is late. Assignments will NOT be accepted after they are one week overdue.

### **Technical Assistance (CACREP I.G)**

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

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

### **Writing Center (CACREP I.G)**

NOBTS has adopted a Quality Enhancement Plan to improve English writing at the graduate level. As part of this effort, NOBTS has established a writing center located in the Hardin Student Center (290B). Visit the official [NOBTS Writing Center](#) online help site for writing academic papers and essays. You will discover writing guides, tips, and valuable information to help you become a better writer. Go here for Turabian and APA style helps and guidelines. You will also find language fonts for Greek and Hebrew. More information about how to set up an appointment for writing assistance is available on the writing center page.

### **Writing Style**

All papers are to be written in American Psychological Association (APA) style. Please see the APA Manual 6th edition. Be thorough, and answer completely all the questions in the assignments.

**Student Services**  
(CACREP I,F, H)

*This is a partial list of NOBTS student services available to all students, no matter your delivery system or location. If you have questions or do not see what you need here, please refer to [www.nobts.edu/student-services](http://www.nobts.edu/student-services), email us at [studentservices@nobts.edu](mailto:studentservices@nobts.edu), or call the Dean of Students office at 800-662-8701, ext. 3283. We are glad to assist you!*

<b>Need</b>	<b>Email</b>	<b>Phone</b>	<b>Web Page</b>
Advising – Graduate Program	<a href="mailto:studentservices@nobts.edu">studentservices@nobts.edu</a>	504.282.4455 x3312	<a href="http://www.nobts.edu/registrar/default.html#advising">www.nobts.edu/registrar/default.html#advising</a>
Advising – Undergraduate Program	<a href="mailto:lcadminasst@nobts.edu">lcadminasst@nobts.edu</a>	504.816.8590	<a href="http://www.nobts.edu/LeavellCollege">www.nobts.edu/LeavellCollege</a>
Church Minister Relations (for ministry jobs)	<a href="mailto:cmr@nobts.edu">cmr@nobts.edu</a>	504.282.4455 x3291	<a href="http://www.nobts.edu/CMR">www.nobts.edu/CMR</a>
Financial Aid	<a href="mailto:financialaid@nobts.edu">financialaid@nobts.edu</a>	504.282.4455 x3348	<a href="http://www.nobts.edu/financialaid">www.nobts.edu/financialaid</a>
PREP (help to avoid student debt)	<a href="mailto:Prepassistant1@nobts.edu">Prepassistant1@nobts.edu</a>	504.816.8091	<a href="http://www.nobts.edu/prep">www.nobts.edu/prep</a>
Gatekeeper NOBTS news	<a href="mailto:pr@nobts.edu">pr@nobts.edu</a>	504.816.8003	<a href="http://nobtsgatekeeper.wordpress.com">nobtsgatekeeper.wordpress.com</a>
Information Technology Center	<a href="mailto:itcsupport@nobts.edu">itcsupport@nobts.edu</a>	504.816.8180	<a href="http://selfserve.nobts.edu">selfserve.nobts.edu</a>
Help with Blackboard	<a href="mailto:blackboardhelpdesk@nobts.edu">blackboardhelpdesk@nobts.edu</a>	504.816.8180	<a href="http://nobts.blackboard.com">nobts.blackboard.com</a>
Library	<a href="mailto:library@nobts.edu">library@nobts.edu</a>	504.816.8018	<a href="http://www.nobts.edu/Library">www.nobts.edu/Library</a>
Online library resources	<a href="mailto:library@nobts.edu">library@nobts.edu</a>	504.816.8018	<a href="http://www.nobts.edu/research-links/default.html">http://www.nobts.edu/research-links/default.html</a>
Writing and Turabian style help	<a href="mailto:library@nobts.edu">library@nobts.edu</a>	504.816.8018	<a href="http://www.nobts.edu/writing/default.html">http://www.nobts.edu/writing/default.html</a>
Guest Housing (Providence Guest House)	<a href="mailto:ph@nobts.edu">ph@nobts.edu</a>	504.282.4455 x4455	<a href="http://www.provhouse.com">www.provhouse.com</a>
Student Counseling	<a href="mailto:lmccc@nobts.edu">lmccc@nobts.edu</a>	504.816.8004	<a href="http://www.nobts.edu/student-services/counseling-services.html">www.nobts.edu/student-services/counseling-services.html</a>
Women's	<a href="mailto:womensacademic@nobts.edu">womensacademic@nobts.edu</a>	504.282.4455	<a href="http://www.nobts.edu/women">www.nobts.edu/women</a>

For additional library resources in your state, check <http://www.nobts.edu/library/interlibrary-loan.html>

- GALILEO for Georgia students
- LALINC for Louisiana students
- Florida Virtual Library (<http://www.flelibrary.org/>) for Florida students
- Interact with us online at –



TWITTER.COM/NOBTS    INSTAGRAM.COM/NOBTS    FACEBOOK.COM/NOBTS

**Course Schedule**  
(CACREP II.D.1, 3, 4)

<u>Week</u>	<u>Topic</u>	<u>Reading Assignments</u>	<u>Key Assessments Due Dates</u>	<u>CACREP standard crf</u>
8/23	Intro/Course Overview; History of Premarital Therapy Biblical Foundations for Marriage Views of Divorce			5.F.1.a 5.F.1.b. 5.F.1.c 5.F.1.d 5.F.2.a
8/30	Models for couples counseling Legal and ethical issues in couples counseling Weeks: Avoiding Common Mistakes	Weeks, Odel, & Methven—all of the book.	Paper Topic Due	5.F. 1.c 5.F.2.a. 5.F.2.n 5.F.2.o 5.F.3.e
9/6	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 from 8/30 to 9/6)	5.F.1.b. 5.F.1.c 5.F.1.e 5.F.1.f 5.F.2.c 5.F.2.d 5.F.3.a 5.F.3.b. 5.F.3.c 5.F.3.d
9-13	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		
9/20	Gottman: Living with the Inevitable Life Dreams and Shared Meanings Resistance to Change Avoiding Relapse Prepare/Enrich Payment Due OR Paper Due (Friday)	Gottman, Ch. 9-12		
9/27	Gottman: Pulling it all Together: Working as a Team and Terminating Therapy Emotion and Meta Emotion Buffering Children from Marital Conflict No Class	Gottman, Ch. 13-15		
10/4	Hold Me Tight Introduction --Johnson,	Johnson, pgs. 3-140		5.F.1.b. 5.F.1.c

				5.F.1.e 5.F.1.f 5.F.2.c 5.F.2.d 5.F.3.a 5.F.3.b. 5.F.3.c 5.F.3.d
10/11	Johnson, Conversation 4, 5, 6	Johnson, pgs. 141-203		
10/18	Fall Break—no classes			
10/25	Prep Program	A Lasting Promise--all		5.F.1.b. 5.F.1.c 5.F.1.e 5.F.1.f 5.F.2.c 5.F.2.d 5.F.3.a 5.F.3.b. 5.F.3.c 5.F.3.d
10/28	Prepare Enrich Training			
11/1	John Van Epp: LINKS and PICK PreMarital / Marital church policies due		PreMarital / Marital church policies due	
11/8	Dealing with Affairs: Torn Asunder		Torn Asunder, all of both books.	5.F.1.b. 5.F.1.c 5.F.1.e 5.F.1.f 5.F.2.c 5.F.2.d 5.F.3.a 5.F.3.b. 5.F.3.c 5.F.3.d
11/15	Torn Asunder			
11/22	Thanksgiving—no classes			
11/29	Vernick, Emotionally Destructive Relationships		Vernick—all of the book	5.F.1.b. 5.F.1.c 5.F.1.e 5.F.1.f 5.F.2.c 5.F.2.d 5.F.3.a 5.F.3.b. 5.F.3.c 5.F.3.d 5.F.3.e
12/6	Vernick, Emotionally Destructive Relationships			
12/13	Final Exam			

### **Selected Bibliography (CACREP II.E)**

- 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.