



**COUN6357 Contemporary Approaches to  
Marital and Premarital Therapy  
New Orleans Baptist Theological Seminary  
Division of Church and Community Ministries  
Fall 2018**

Professor: Dr. Kathryn Steele (504-252-4455, ext. 8306); email: [ksteele@nobts.edu](mailto:ksteele@nobts.edu)

Office: L104-E

Wednesday 8:00 a.m.-10:50 a.m.

Leeke Magee Christian Counseling Center

Class Grader: Tina Boquet; email: [martina.tina.boquet@gmail.com](mailto:martina.tina.boquet@gmail.com)

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

**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: 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.

**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).

**Course Teaching Methodology**

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

**Program Objectives:**

- #1. Equip students to synthesize theoretical and empirical knowledge in the field of counseling.
- #2. Train students to have the necessary academic and clinical skills to obtain professional licensure.
- #3. Equip students to develop a deeper understanding of cultural diversity to enhance counseling skills.
- #4. Train students to Integrate historical Christian beliefs, faith, and spirituality with the best practices of mental health science, in an ethical manner.

**Key Performance Indicators**

Key Performance Indicator	Learning Experiences	Assessments
Speciality Area: Marriage, Couple, & Family Counseling: 5.F.3.c Techniques and interventions of marriage, couple, and family counseling.	<b>Instruction:</b> Lectures, discussion, training, and role plays related to various interventions for marital issues <b>Readings:</b> Gottman, Markman et.al., Johnson, Weeks et.al., Vernick, and Carder	1. Pre and Post self-evaluation of knowledge of techniques and interventions for various marital issues

**Course Objectives**

Course Objectives	Learning Experiences	Assessments
Demonstrate knowledge and understanding of the biblical foundation for marriage, major contemporary theories, and ethical issues in marital and premarital counseling. (CACREP 5.F.1.a,b, c, d, e, f 2.a, b, c, n, o)	<p><b>Instruction:</b> Lectures:                      History of Marital/Premarital Therapy                      Biblical Foundations for Marriage                      Views of Divorce                      Models for Couples counseling                      Legal and Ethical Issues                      Avoiding Common Mistakes                      Gottman Lectures                      EFT Lectures                      Markman Lectures                      Vernick Lectures                      Carder Lectures                      Videos, Role Plays</p> <p><b>Readings:</b> Instone-Brewer, Gottman, Markman et.al., Johnson, Weeks et.al., Vernick, and Carder</p>	<p>1. Percentage of each reading assignment.                      2. Exam over History and Models of Couples Counseling, Legal &amp; Ethical issues, Avoiding Common Mistakes</p>
Increase skills related to premarital and marital counseling, including assessment and techniques. (CACREP 5.F.1.c, e, f, 2.c, d, 3.a, c, d)	<p><b>Instruction:</b> Lectures, Roleplays using Gottman and EFT Interventions; practice techniques for assessment (Gottman &amp; Prepare/Enrich Training); developing a treatment plan for infidelity.</p> <p><b>Readings:</b> Gottman; EFT</p>	<p>1. Successful completion of Prepare/Enrich Training                      2. Treatment plan for infidelity</p>
Increase skills in developing policies for the local church regarding marital and premarital therapy. (CACREP 5.F.3.a, b, c, d)	<p><b>Instruction:</b> Lectures on Biblical Foundations for Marriage; Views of Divorce</p> <p><b>Readings:</b> David Instone/Brewer</p>	<p>1. Pre-Marital/Marital Therapy Policies Brochures</p>
Increase in personal ability to experience appropriate empathy with persons in dysfunctional systems, and to demonstrate confidence in ability to counsel couples. (CACREP 2.d, g, f)	<p><b>Instruction:</b> Lectures on Avoiding Common Mistakes</p> <p><b>Readings:</b> Weeks et.al.; Vernick</p>	<p>1. Exam I</p>

**Course Requirements/Assignments**

Assignment/Requirements & Description	Percentage	Due Date
<p><b>Research Paper:</b> The 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 Sept 5, 2018. 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.</p> <p style="text-align: center;"><b>OR</b></p> <p><b>Prepare/Enrich Training</b>                      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. 27, in LMCCC. Course notebooks will be ordered by the professor. If you have not paid by the deadline you cannot get</p>	25%	10/5

the materials and receive certification. Deadline for Payment: October 5. 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.		10/27 Sat.
<p><b>Pre-Marital/Marital Therapy Policy</b></p> <p>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:</p> <p style="padding-left: 40px;">A. Policies and Procedures for Premarital Ministry</p> <p style="padding-left: 40px;">B. Policies and Procedures for Counseling Married Couples</p> <p>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.</p>	20%	11/14
<p><b>Exam I</b></p> <p>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.</p>	10%	9/12 by 7:00 AM
<p><b>Final Exam</b></p> <p>The final exam in this class will be a treatment plan for a case study regarding infidelity or a treatment plan for a case study regarding a client involved in an emotionally destructive marriage. Due 8 am of the final exam date.</p>	15%	12/12 8:00-10:00 AM
<p><b>Reading of all Texts and Assigned Readings</b></p> <p>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.</p>	30%	See Course Schedule for corresponding due dates

### 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): Instone-Brewer, David (2007). Divorce and remarriage in the church: Biblical solutions for pastoral realities. IVP Academic. ISBN: 978-0830833740
- (Required): Vernick. Emotionally Destructive Marriages: How to find your voice and reclaim your hope. Waterbrook. ISBN: 978-0307731180
- (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)

**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.

### 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

### Technical Assistance

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.

### 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
8/22	Intro/Course Overview; History of Premarital Therapy Models for couples counseling Legal and ethical issues, and professional issues in couples counseling	Completion of Pre-Self Evaluation of knowledge of techniques and interventions for various marital issues.
8/29	Biblical Foundations for Marriage Views of Divorce	Instone-Brewer—pages 1-208
9/5	Weeks: Avoiding Common Mistakes Paper Topic Due (if not attending Prepare/Enrich) (CACREP 5.F.1.f, 2.c, 2.o, 3.e)	Weeks, Odel, & Methven—all of the book.

9/12	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 9/3 – 9/12, 7 am closes)
9/19	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
9/26	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
10/3	Gottman: Pulling it all Together: Working as a Team and Terminating Therapy Emotion and Meta Emotion Buffering Children from Marital Conflict	Gottman, Ch. 13-15
10/10	Hold Me Tight Introduction –Johnson	Johnson, pgs. 3-140
10/17	Fall Break Oct. 17-21 – No Classes	
10/24	Johnson, Conversation 4, 5, 6	Johnson, pgs. 141-203
10/27 Sat.	Prepare/Enrich Training	
10/31	Prep Program	A Lasting Promise--all
11/7	Dealing with Affairs: Torn Asunder	Torn Asunder, all of both books.
11/14	Torn Asunder	PreMarital / Marital church policies due
11/21	Thanksgiving Break – No Classes	
11/28	Vernick, Emotionally Destructive Marriages	Vernick—all of the book
12/5	Vernick, Emotionally Destructive Marriages	
12/12	Final Exam 9:00-11:00 AM	Completion of Post Self Evaluation of knowledge of techniques and interventions for various marital issues.

#### Signature Assignments

Assignment	Description	Percentage/Points	Due Date
Self Evaluation of knowledge of techniques and interventions for various marital issues. 5.F.3.c		n/a	Pre Exam 1 <sup>st</sup> class of COUN6357 Post Exam at end of COUN6357

#### 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.
- Instone Brewer, D. (2007). ). *Divorce and remarriage in the church: Biblical solutions for pastoral realities*. IVP Academic. ISBN: 978-0830833740
- 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.