



**COUN6357 Contemporary Approaches to
Marital and Premarital Therapy
New Orleans Baptist Theological Seminary
Division of Counseling
Fall 2020**

Professor: Dr. Kathy Steele
Phone: 504-816-8306; 503-329-8960
Email: ksteele@nobts.edu
Wednesday 8:00 a.m.-10:50 a.m.
Leeke Magee Christian Counseling Center
Class Grader: Alex Wendel
Email: assocdirlmccc@nobts.edu

Mission Statement

New Orleans Baptist Theological Seminary and Leavell College prepare servants to walk with Christ, proclaim His truth, and fulfill His mission.

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 Missions Focus.

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.

Signature Assignment:

Key Performance Indicator	Learning Experiences	Assessments
Specialty Area: Marriage, Couple, & Family Counseling: 5.F.3.c Techniques and interventions of marriage, couple, and family counseling.	Instruction: Lectures, discussion, training, and role plays related to various interventions for marital issues Readings: 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)	Instruction: 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 Readings: Instone-Brewer, Gottman, Markman et.al., Johnson, Weeks et.al., Vernick, and Carder	1. Percentage of each reading assignment. 2. Exam over History and Models of Couples Counseling, Legal & Ethical issues, Avoiding Common Mistakes
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)	Instruction: Lectures, Role plays using Gottman and EFT Interventions; practice techniques for assessment (Gottman & Prepare/Enrich Training); developing a treatment plan for infidelity. Readings: Gottman; EFT	1. Successful completion of Prepare/Enrich Training 2. Treatment plan for infidelity
Increase skills in developing	Instruction: Lectures on	1. Pre-Marital/Marital

<p>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. The Policy brochures should be typed. It should be in a brochure format that is ready to give to any couples inquiring about marriage at your church.</p>		
<p>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 (models) for Couples counseling, Legal and Ethical Issues in Couples Counseling, and Avoiding Common Mistakes in Couples Therapy.</p>	<p>10%</p>	<p>9/11 by 7:00 AM</p>
<p>Instone-Brewer: report % read on Blackboard/Discussion Board/Click Thread and Reply with the percent you completed by class today. QQTP - Questions, Quotations & Talking Points:</p> <ul style="list-style-type: none"> • Questions: Note the points at which a question comes to mind as you read <i>Divorce and Remarriage in the Church</i>. Write a thoughtful question that invites analysis, synthesis, or evaluation of the material, or makes connections between the readings and previous readings • Quotation: Select a quotation that is especially pertinent or relevant to the main points of the text. The quotation should be neither too short (1-2 lines), nor too long (10-12 lines). Cite the page number. • Talking Points. Write talking points that show that you have thought seriously and critically about the reading. You do not need to answer your question here, but you may talk about it if you wish. Write at least five detailed talking points, covering several different topics from the reading. A rubric for this assignment is posted on Blackboard. 		
<p>Final Exam 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. Submit online in Blackboard</p>	<p>15%</p>	<p>12/11 9:00-11:00 AM</p>
<p>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.</p>	<p>30%</p>	<p>See Course Schedule for corresponding due dates</p>

You will be asked to report the % read of each book at the due date. Some independent reading of articles may be assigned.		
--	--	--

Textbooks

- (Required): Gottman, J. M. & Silver, N. (2015) Seven principles for making marriage work. New York, NY: Crown Publishing. ISBN: 978-0553447712
- (Required) Johnson, S.M. (2016). Created for connection: The “hold me tight” guide for Christian couples. Little, Brown Spark: NY:NY.
- (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 (3rd Ed) ISBN 978-0802471352
- (Required): Carder, D. Torn Asunder Workbook: Recovering from an Extra-Marital Affair. ISBN: 978-0-8024-7136-9
- (Required): Boyd-Franklin, N. (2006). Black families in therapy: Understanding the African American experience. Guilford Press, NY:NY. ISBN: 978-1593853464
- (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 - 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
8/26	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.
9/2	Biblical Foundations for Marriage Views of Divorce	Instone-Brewer—pages 1-208
9/9	Weeks: Avoiding Common Mistakes (CACREP 5.F.1.f, 2.c, 2.o, 3.e)	Weeks, Odel, & Methven— all of the book.
9/16	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 Paper Topic Due in Not Attending Prepare/Enrich	Gottman, Ch. 1-3 Exam I online—complete before class 7 am (open 9/3 – 9/11, 7 am closes)
9/23	Gottman: Principles 1-4	Gottman, Ch. 4-7
9/30	Gottman: Principles 5-7	Gottman, Ch. 8-12 + Afterword
10/7	Black Families in Therapy	Boyd-Franklin All of book
10/14	Created for Love Intro –Johnson	Johnson, Part 1

	Prepare/Enrich Payment Due OR Paper	
10/21	Fall Break Oct. 19–23 No Classes	
10/28	Johnson, Conversations	Johnson, Parts 2 & 3
10/31	Prepare/Enrich Training	Saturday 8:30-4:30
11/4	Sue Johnson	Videos
11/11	Carder	All of Torn Asunder
11/18	Carder	All of Torn Asunder Wkbk
11/25	Thanksgiving Break—no classes	Vernick—all of the book
	VIRTUAL CLASSES ONLY	
12/2	Vernick, Emotionally Destructive Marriages	All of Vernick PreMarital / Marital church policies due
12/9	Vernick, Emotionally Destructive Marriages	
12/16	Final Exam 9:00-11:00 AM	Completion of Post Self Evaluation of knowledge of techniques and interventions for various marital issues.

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.