

PSYC5202 Counseling in Ministry
New Orleans Baptist Theological Seminary
Spring Semester–2015
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Day & Time: Mondays, 3:00-4:50 p.m. [4:00-5:50 p.m. EST]

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 Values

New Orleans Baptist Theological Seminary highlights five core values: Doctrinal Integrity, Spiritual Vitality, Mission Focus, Characteristic Excellence, and Servant Leadership. While all five core values are emphasized, the primary focus for the 2014-2015 academic year is Spiritual Vitality. We will do all that we do in order to glorify God and edify His people. Students will be encouraged to consider how spiritual vitality affects their development as counselors within the context of pastoral ministry. We are here to change the world by fulfilling the Great Commission and the Great Commandments through the local church and its ministries.

Course Description

This course is designed to introduce students to the field of Christian counseling and basic counseling skills. Biblically-based foundations and approaches to counseling will be examined. In addition, the class will address skill development and application and will examine counseling issues such as marital and family relationship problems, depression, anxiety, anger, forgiveness and reconciliation, substance abuse problems, and spiritual direction.

Student Learning Outcomes

In order to perform counseling effectively with the knowledge and skills necessary, students, by the end of the course, should:

1. Be able to understand the basic foundations and dimensions of biblically-based Christian counseling, including theological, pastoral, historical, scientific, and psychological elements and counseling models.
2. Be able to apply a biblically-based knowledge of pastoral care and counseling to the difficulties commonly faced by church members and their families.
3. Be able to evaluate personal limits in counseling and to know how and when to make appropriate referrals.
4. Be able to communicate effectively using basic counseling skills.

Teaching Methods

Course objectives will be accomplished through a variety of instructional and experiential techniques and activities including lectures, handouts, reading, case studies, and in-class role plays.

Required Textbooks

- Bible—your preferred translation
- Jones, Ian F. (2006). *The Counsel of Heaven on Earth: Foundations for Biblical Christian Counseling*. Nashville, TN: Broadman & Holman.
- Sphar, Asa R. III, and Argile Smith (2003). *Helping Hurting People: A Handbook on Reconciliation-Focused Counseling and Preaching*. University Press of America, Inc.
- Collins, Gary. (2007). *Christian Counseling: A Comprehensive Guide*. Revised and Updated Third Edition. Nashville: Thomas Nelson.

Recommended Reading

(Although these books are not required, they provide helpful information for further study in areas covered by the course.)

- Bolton, Robert (1979) *People Skills: How to Assert Yourself, Listen to Others, and Resolve Conflicts*. New York: Touchstone/Simon & Schuster.
- Clinton, Timothy, & George Ohlschlager (Eds.). (2002). *Competent Christian Counseling, Volume One: Foundations & Practice of Compassionate Soul Care*. Colorado Springs, Colorado: WaterBrook Press.
- Clinton, Tim, Archibald Hart, & George Ohlschlager. Editors (2006). *Caring for People God's Way: Personal and Emotional Issues, Addictions, Grief, and Trauma*. Nashville, TN: Nelson Reference & Electronic.
- Sande, Ken (2004). *The Peacemaker: A Biblical Guide to Resolving Personal Conflict*. Third Edition, Revised and Updated. Grand Rapids, Michigan: Baker Books.

Course Requirements

Examinations:

(Midterm—20%, Final—20%)

Exams will cover material from assigned readings and PowerPoint presentations. All exams are to be taken on the scheduled day/time. Students are responsible for all material covered in class, in the textbook, and any handouts given. Make-up exams will be given only by prior permission.

Verbatims: (2)

20%

Two verbatims that deal with a problem or issue will be prepared from conversations with people that may be formal (planned) or informal. Care should be taken to protect the identity of the person(s) and informed consent should be given before the conversation is recorded or reported in writing. Verbatims should be submitted through Black Board and include the following:

1. **Introduction:** Introductory paragraph identifying the counselee (fictitious name to insure confidentiality). Include a detailed description identifying: age, sex, marital status, significant family members and contacts, personal appearance (facial, physical, emotional demeanor), and other pertinent information.
2. **Verbatim:** Actual counseling dialogue using the following symbols:
R = counselor; E = Counselee
The verbatims should demonstrate use of the counseling skills covered in class.
3. **Evaluation:** A summary section with conclusions drawn from the session as well as any follow-plans. The summary must include a personal evaluation of the session (skills

demonstrated, your strengths, limitations, and areas of opportunities), along with a spiritual assessment identifying pertinent biblical principles and areas you believe that God is working in the situation.

NOTE: To aid in the reporting of the session, the counselor may use a recording device with the permission of the counselee. Counselors should immediately erase the tape after transcribing the session—assuring the confidentiality (protection) of the counselee.

Book Review: **15%**

Students will write a book review of not less than five pages, excluding cover sheet, of the book *The Counsel of Heaven on Earth* by Ian F. Jones. The review will be double spaced, in accordance with current APA style for counseling students or Turabian style for all other students. The book review should include a description of the purpose of the book, a brief summary of content, and an evaluation of the strengths and limitations of the work and its applicability to Christian ministry and counseling. Attach and post the review on Blackboard at the designated place under Assignments. *Please refer to the Book Review Rubric posted in Blackboard for the specific grading criteria for this assignment.*

Research Paper: **25%**

Each student will write a research paper with a minimum of 20 pages as the body of the paper (not counting cover sheet, content page, endnotes or bibliography). The paper will be in the APA format for counseling majors and Turabian for all other majors. The paper will include a bibliography with a minimum of ten references other than the texts for this course.

Paper Sections:

The paper will consist of three sections:

1. An introductory **overview of a biblically-based counseling model** that identifies characteristics of a biblical world view, including a biblical view of personality and counseling.
2. Identification of **basic counseling skills** and an assessment of personal strengths and limitations in areas such as the cognitive, affective, behavioral and spiritual (gifts and disciplines) as they relate to the ministry of counseling.
3. An examination of a **selected topic or issue in counseling**. (See below.) The study should include an awareness of biblical insights along with possible counseling interventions. The use of Scripture and a critical evaluation of information on the topic, particularly evidence-based research, should be included.

Possible sources for information include Bible commentaries, books on the subject, counseling texts, journals, and organizations dedicated to addressing the problem—one place to start your search is the syllabus bibliography. Caution: although you may gather information from multiple sources, you need to be careful about the use of material found on the Internet, much of which is of dubious quality. Check your sources carefully.

The paper will be in the APA format for counseling majors and Turabian for all other majors. The paper will include a bibliography with a minimum of ten references other than the texts for this course. Submit your paper on Blackboard through the SafeAssignment link in the

Assignments option. Papers will be scanned for plagiarism. (See the seminary statement in the Student Handbook under General Policies [p. 9] at <http://www.nobts.edu/resources/pdf/StudentHandbook.pdf>)

Possible Research Topics: Remember that the topics are generally broad. You may need to narrow the topic in order to adequately develop the material.

1. The Use of Scripture in Counseling
2. Marriage Counseling for _____ (You select the issue) _____.
3. Bereavement, Grief and Loss Counseling
4. Problem-Solving and Resolving Conflict in Relationships
5. Ethical Issues for Christian Counselors
6. The Essentials of Pre-Marital Counseling
7. Pastoral Counseling for Parents of Troubled Teens
8. Pastoral Counseling for Parents of Troubled Children
9. Pastoral Counseling with Single Parents
10. Pastoral Counseling with Singles
11. Pastoral Counseling for People with Terminal Illnesses
12. Pastoral Counseling for Divorced Church Members
13. Pastoral Counseling for Substance Abuse
14. Pastoral Counseling with Children of Alcoholic Parents
15. Counseling Skills for a Successful Pastoral Counselor
16. Group Counseling in a Church Setting
17. Counseling with People in Financial Crisis
18. Communication Skills in Relationships and Counseling
19. Dealing with Anxiety & Depression Through Pastoral Counseling
20. Dealing with Trauma and Stress Through Pastoral Counseling
21. Dealing with Self-Harm and Suicide Through Pastoral Counseling
22. Pastoral Counseling for Spiritual Crises
23. Pastoral Counseling and Spiritual Warfare
24. Pastoral Counseling with Victims of Incest/Rape or other Sexual Abuse
25. Pastoral Counseling: Brief vs. Long-Term Therapy
26. Other topics as approved by the professor.

Embedded Assignment

This assignment is an embedded assignment that will be completed by all students for all sections of this course. The rubric for grading this assignment is attached to this syllabus. Please complete the assignment in accordance with the syllabus and this rubric. (See below.

Assessment of the Student Learning Objectives will be drawn, in particular, from Sections 2-4 in the rubric.)

Rubric for Research Paper (Embedded Assignment Sections 2-4) Name:

Grade:

Research Paper	Unacceptable (0)	Basic/Poor (70)	Competent/Fair (80)	Good (90)	Excellent (100)
Abstract/ Introduction Weight: 5%	0%	70% (3.5 pts.) Abstract/summary is missing or fails to address the structure and	80% (4 pts.) A summary or introduction is present, but incomplete.	90% (4.5 pts.) The summary or introduction	100% (5 pts.) Well-written abstract/summary of paper or introduction of

		nature of the paper		covers the content, but it is not clearly articulated	the paper
Sec. 2 UNDERSTANDING Description of Biblically-based Counseling Model or Approach Weight: 15%	0%	70% (10.5 pts.) Subject matter is missing.	80% (12 pts.) Inadequate discussion of subject matter.	90% (13.5 pts.) Adequate discussion of the subject matter	100% (15 pts.) Excellent discussion of the subject matter
Sec. 3 COMMUNICATION Evaluation of Personal Counseling Skills Weight: 15%	0%	70% (10.5 pts.) Discussion of basic counseling skills and assessment is missing or not adequately addressed	80% (12 pts.) Incomplete discussion of basic counseling skills and assessment.	90% (13.5 pts.) Some basic counseling skills are identified with limited assessment.	100% (15 pts.) Basic counseling skills are identified and comprehensively assessed.
Sec. 4 APPLICATION Counseling Issue Description & Analysis Weight: 30%	0%	70% (21 pts.) Discussion on a counseling issue is missing or fails to adequately address the issue	80% (24 pts.) Incomplete discussion of a counseling issue, lacking biblical insights, interventions, evaluation, and use of research	90% (27 pts.) Counseling issue is discussed along with some biblical insights, interventions, critical evaluation, and use of research	100% (30 pts.) Excellent examination of a counseling issue, including biblical insights, appropriate interventions, critical evaluation, and use of evidenced-based research
Conclusion Weight: 5%	0%	70% (3.5 pts.) Conclusion missing	80% (4 pts.) Incomplete conclusion, failing to draw contents of the paper together	90% (4.5 pts.) Adequate conclusion, but fails to tie all areas of the paper together	100% (5 pts.) Excellent concluding summary drawing together and applying all components of the paper
Organization, Grammar and Spelling Weight: 10%	0%	70% (7 pts.) Paper lacks organization and is not clearly structured; many style, spelling and grammar errors	80% (8 pts.) Incomplete or unclear organization and numerous style, spelling, and grammar errors	90% (9 pts.) Paper is adequately organized, with few style, spelling, or grammar errors	100% (10 pts.) Paper is well-organized, with no obvious style, typographical, spelling or grammar errors
Documentation Weight: 10%	0%	70% (7 pts.) Evidence of plagiarism and failure to document appropriately	80% (8 pts.) Sources are not properly documented or cited, or are missing	90% (9 pts.) Sources are documented and properly cited in most cases. Few errors	100% (10 pts.) All sources are documented and properly cited. Documentation is error free

Bibliography Weight: 5%	0%	70% (3.5 pts.) Bibliography is missing or lacks use of basic books and articles in the field	80% (4 pts.) Bibliography is lacking, failing to meet minimum requirements	90% (4.5 pts.) Bibliography is adequate, generally meeting minimum requirements	100% (5 pts.) Bibliography is comprehensive and relevant to the subject, with use of significant supporting books and journal articles and a minimum of 10 references
Format Weight: 5%	0%	70% (3.5 pts.) Form and writing does not meet the standard APA or Turabian guidelines. Many significant errors	80% (4 pts.) Form and writing only minimally follows the standard APA or Turabian guidelines and contains numerous errors	90% (4.5 pts.) Form and writing does not completely follow the standard APA or Turabian guidelines. Some errors	100% (5 pts.) Form and writing follows the standard APA or Turabian guidelines, with no obvious errors

Course Policies

Attendance:

This course is designed to be an interaction between the professor and students and between students. Attendance for this course will be measured according to the NOBTS classroom absence policy (Catalog, pp. 155-156). Class attendance is essential for effective learning. Many of the activities of this class will not lend themselves to make-up work. Students will be expected to attend all classes unless prevented by illness or emergency. Any work missed due to absences or tardiness is the student's responsibility. Please obtain copies of notes or handouts from your colleagues. No student who misses more than the maximum number of hours as prescribed in the catalog can receive credit for the course. A grade of "F" will be assigned to students who fail to attend class the minimum number of hours.

Classroom Participation/Active Dialogue:

Student participation is expected. Class interaction is an important and valuable aspect of the learning environment where we can experience the truth of the Great Commandment by truly knowing one another.

Due Dates:

All class work is due at the dates specified. Late assignments will be given a deduction of half a grade per class day after the due date. Any assignment submitted after the final exam will receive a grade of 0 points.

Department Policies

The Department of Psychology and Counseling has adopted the following policies for use in all psychology and counseling classes.

Papers or Assignments	<p>All assignments are to be typed in either Times New Roman 12 or Courier 10. Any deviation in this will result in the deduction of points.</p> <p>Assignments will be turned in at the beginning of the class on the date due. Papers or assignments turned in after this time will be considered late. Late assignments will result in a deduction of four points per class period for classes that meet 2 times per week (an equivalent deduction will be determined for one and three day classes).</p> <p>Assignments must be turned in to the professor, grader, or departmental secretary. The time and date of submission will be noted. No assignments may be submitted by fax or e-mail without prior approval.</p> <p>All counseling students will write papers in accordance to standards set in the APA Publication Manual; all other students will use the Turabian manual.</p>
Quizzes	Quizzes will not be given to students late for class. A grade of zero will be given for any missed quiz. No makeup quizzes will be given.
Exams	If there is a conflict with a scheduled test, you may request to take it early. Only under extreme circumstances will late exams be administered. If you find yourself in an extreme circumstance, please contact the professor, grader, or the departmental secretary as soon as possible. Taking a late final exam requires the approval of the registrar's office.
Study Guide	Students should not assume that the study guide, if one is given, is comprehensive to what will be on the exam.
Plagiarism	A high standard of personal integrity is expected of all students. Copying another person's work, submitting downloaded material without proper references, submitting material without properly citing the source, submitting the same material for credit in more than one course, and other such forms of dishonesty are <u>strictly forbidden</u> . All work submitted must cite sources. For a definition and the seminary policy on plagiarism, please read the catalog, pp. 158-159.
Class Participation	Working on assignments for other classes or playing games on electronic devices during class time are examples of behavior that will not be tolerated. If you feel the need to study during class time, then please choose to be absent that day.

Course Evaluation

Requirements and Grading:

1. Exam 1 (Midterm) 20%
2. Exam 2 (Final) 20%
3. Verbatims 20%
4. Book Review 15%
5. Research Paper 25%

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 | D: 70-76 |
| B: 85-92 | F: Below 70 |
| C: 77-84 | |

Due Dates and Times:

All assignments are due on their respective due dates as detailed in the Reading and Assignments Schedule. Assignments are to be submitted on Blackboard by “end of day” (11:59 PM Central Standard Time) on the dates they are due.

If a technical difficulty precludes your submitting an assignment through Blackboard, you may email it as an attachment to the instructor and it will be graded according to the date & time stamp on your email. Please use the email option only as a last resort.

Additional Items and Policies**Plagiarism:**

Plagiarism is considered by NOBTS to be a serious academic and ethical offense. It also has implications in the student’s adherence to copyright laws. Read the NOBTS *Student Handbook* (p. 9) (available at <http://www.nobts.edu/resources/pdf/StudentHandbook.pdf>) for a description of plagiarism and how to avoid it. The seminary has instituted serious disciplinary consequences for plagiarism. See your style guides (APA or Turabian) for correct format for citation in your assignments.

Emergencies:

In cases of emergency, such as hurricanes, disease outbreaks, or other disasters, go to the seminary website (www.nobts.edu) for information. The seminary administration will post information, such as the nature of the emergency, instructions for response, and evacuation and return dates. Please check Blackboard for information specific to this course. Because Blackboard is available, the course will continue even if the main campus is closed. Please consider registering for the seminary’s priority text messaging service through SelfServe. This service is used only in emergencies, and will allow the seminary to deliver urgent information to you as needed.

Tentative Schedule and Reading Assignments

CC = *Christian Counseling: A Comprehensive Guide*. HHP = *Helping Hurting People*

- Week 1:** January 26
Orientation, Introduction
- Week 2:** February 2
Biblical and Historical Pastoral Care & Counseling
Language of Counseling
CC – Part 1 Introductory Issues: Ch. 1-3
HHP Introduction, Ch. 1
- Week 3:** February 9
Contemporary Christian Counseling Approaches
CC – Part 1 Introductory Issues: Ch. 4-7

- Week 4:** February 16
Counselor Qualities
HHP Ch. 2-3
Due: Book Review
- Week 5:** February 23
Basic Skills for Counseling
Communication
CC – Part 2 Prominent Issues: Ch. 8-12
- Week 6:** March 2
Anxiety & Depression
HHP – Ch. 4
Due: March 2, Verbatim #1
- Week 7:** March 9
CC – Part 3 Developmental Issues: Ch. 13-17
- Week 8:** March 16
Contemporary Christian Counseling: Cognitive Therapies
HHP – Ch. 5
March 16, Mid-Term Exam
- Week 9: Spring Break March 23-27**
- Week 10:** March 30
Sexual Issues
CC – Part 4 Interpersonal Issues: Ch. 18-22
- Week 11:** April 6
Grief & Suicide
CC – Part 5 Identity Issues: Ch. 23-27
Due: April 6, Verbatim #2
- Week 12:** April 13
Contemporary Christian Counseling: Brief Counseling
CC – Part 6 Family Issues: Ch. 28-32
- Week 13:** April 20
CC – Part 7 Control Issues: Ch. 33-37
- Week 14:** April 27
CC – Part 8 Control Issues Ch. 38-42
Due: April 27, Research Paper

Week 15: May 4

Week 16: May 8-14 Graduate Finals
PSYC5202 Final: Monday, May 11, 3:00-5:00 p.m.
Consult the Gatekeeper to confirm the correct date, time, and location for the final exam.

Bibliography

The following texts represent some of the resources in the field. The list should be consulted as a departure point for gathering references for use in the research paper.

- Adams, Jay E. *Competent to Counsel*. Nutley, NJ: Presbyterian and Reformed Publishing Company, 1970.
- Adams, Jay E. *More than Redemption: A Theology of Christian Counseling*. Grand Rapids, Michigan: Baker Book House, 1979.
- Aden, Leroy, & Benner, David G. (eds.) *Counseling and the Human Predicament: A Study of Sin, Guilt, and Forgiveness*. Grand Rapids, Michigan: Baker Book House, 1989.
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- Burnet, Gilbert. *A Discourse of the Pastoral Care* (1692). London: W. Baynes, 1818.
- Capps, Donald. *Biblical Approaches to Pastoral Counseling*. Philadelphia: Westminster Press, 1981.
- Carter, John D., & Narramore, Bruce. *The Integration of Psychology and Theology: An Introduction*. Grand Rapids, Michigan: Zondervan, 1979.
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WEBSITES

- Society for Christian Psychology: <http://www.christianpsych.org/>,
- Christian Association for Psychological Studies: <http://www.caps.net/>
- American Association of Christian Counselors: <http://www.aacc.net/>
- Christian Counseling & Educational Foundation (CCEF) (<http://www.ccef.org/>)
- Hope for the Heart: <http://www.hopefortheheart.org>
- Association of Certified Biblical Counselors (ACBC) (www.biblicalcounseling.com/) (formerly known as the National Association of Nouthetic Counselors [NANC])
- Association of Biblical Counselors (<http://christiancounseling.com/>)
- RPM Ministries (<http://www.rpmministries.org/writing/equipping-counselors-for-your-church/>)

Resource Networking and Clearinghouses

Chosen Families (<http://chosenfamilies.org/>)

A non-profit, charitable organization, providing information to parents, family members, religious leaders and the general public on effective solutions to living in families with hidden disabilities, such as Anxiety, Asperger, ADHD, Autism, Bipolar disorder, Depression, Epilepsy, Learning disabilities, Obsessive Compulsive Disorder, Schizophrenia, Sensory Processing Disorders, and Tourette syndrome.

Purpose & Mission: The purpose of *ChosenFamilies.org* is to help families living with hidden disabilities become fully included in the body of Christ. Our mission is to provide resources, connections and encouragement to families with hidden disabilities and to educate and provide resources to religious leaders as they minister to families with these needs.

The Biblical Counseling Coalition (<http://biblicalcounselingcoalition.org/>)

Mission: The BCC exists to multiply the ministry of the biblical counseling movement by strengthening churches, para-church organizations, and educational institutions through promoting unity and excellence in biblical counseling.

The Coalition seeks to foster collaborative relationships and to provide robust, relevant biblical resources that equip the Body of Christ to change lives with Christ's changeless truth through the personal ministry of the Word.

New Life Christian Counseling Network (<http://newlife.com/counselors>) (Part of New Life Ministries)

A large network of professional, Christian counselors located throughout the country. The network counselors have gone through an extensive application and credentials verification

process. They agree with the New Life Statement of Faith and meet specific professional standards set for members in the counseling network.

Transformed Minds: The Consortium for a Christlike Response to Mental Health

(transformedmindsinfo.wordpress.com)

Formed in 2013, the consortium works primarily through the internet to “inspire those needing help; inform them of resources available; and provide the connections needed to reach those resources.”