



## **A Practical Integration of Psychology, Theology, and Spirituality in the Counseling Setting-COUN5310**

### **New Orleans Baptist Theological Seminary**

### **Church and Community Ministries Division**

### **Spring 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.

#### **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:

## **Course Description**

### **PSYC5310 A Practical Integration of Psychology, Theology, and Spirituality in the Counseling Setting (3 hours) Faculty**

This course will address issues in practice related to the active integration of psychology, theology, and spirituality in Christian counseling. The practical application of these respective disciplines to a variety of counseling concerns will be emphasized.

## **Student Learning Outcomes**

Students will be challenged to:

1. Apply psychological, theological, and spiritual resources to specific counseling concerns;
2. Understand how the professionalization of counseling can blur the essential relationship between a counselor's character/values and spiritually sensitive counseling;
3. Examine issues related to the relationship between the philosophical basis of selected counseling techniques and one's personal theology;
4. Recognize the role that both professional and personal training play in comprehensive counselor preparation;
5. Identify and practice selected spiritual disciplines (i.e. - prayer, studying scripture, corporate worship, etc.) to promote both personal growth and integrity in counseling;
6. Identify principles that will help guide the therapeutic use of prayer, scriptural resources, confession, forgiveness, etc.; and
7. Work toward establishing a scientific base for spiritual-guidance techniques.

## **Course Teaching Methodology**

The course will involve the following methodologies:

Lecture: Core concepts of Integration will be presented in traditional lecture format with transition to discussion.

Discussion: Students will participate in discussions designed to enrich understanding and conceptualization of complex content.

Roll Play: Students will have the opportunity to demonstrate skills involved in integration.

## **Textbooks**

Tan, Siang-Yang. Counseling and Psychotherapy: A Christian Perspective. Grand Rapids, MI: Baker Academic, 2011.

Johnson, Eric L. ed. Psychology and Christianity: Five Views. Downers Grove, Illinois: InterVarsity, 2010.

## **Course Requirements**

**Exams** tend to be subjective with some discussion.

## **Student Lead “Integrative” Therapy Session**

On selected days, students will be chosen to conduct a live, “integrative” session before the group. The student who serves as the therapist will be responsible for reflecting an “integrative” mind set throughout their session. Each student will be graded individually on their contribution to the session.

### **Student Lead “Devotional Moment”:(Intradisciplinary Integration)**

A student will be responsible to lead the class in a 2-3 minute devotional moment at the beginning of each class period and according to a schedule established during the first week of class.

Using brief testimony, selected scriptures, and brief prayer, the selected individual is challenged to use this time to encourage the further development of various spiritual disciplines (prayer, bible study, corporate worship, etc) in the lives of those present.

### **Collaborative Scripting**

The entire class will regularly work together on Collaborative Scripting exercises. Each student is expected to contribute to this process of identifying common counseling dilemmas and refining scripted responses for use in these dilemmas.

### **Course Assignment Evaluation Percentages**

1. Student Lead "Devotional Moment"(No longer than 3 min.)	10%
2. Mid-Term Examination	20%
3. Final Examination	20%
4. Text/Devotional Reading and Class/Group Participation	20%
Reading: Students are responsible for all assigned readings. Students will report the percentage of required reading completed at the time of the midterm and the final.	
5. Student Lead "Integrative" Therapy Session	15%
6. Collaborative Scripting	<u>15%</u>
	100%

### **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.

### **Reading Assignments**

Students are responsible for completing all reading assignments.

### **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 4 points plus 4 additional points for each subsequent 48 hours until turned in.

### **Professor’s Availability and Assignment Feedback**

The student may contact the professor at any time using the email address provided in the course syllabus. The professor will make every effort to return answers to emailed questions within a 24-hour period of time. Assignments requiring grading will be returned

to the student within a reasonable period of time. The student may also email the course grader with questions regarding grading.

### **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.

### **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.

### **Extra Credit**

The policy for extra credit in this course will be discussed in class when necessary.

### **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.

### **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**

#### **Week 1 Introduction**

A Brief Overview of Secular Psychotherapy

The Uniqueness of Christian Counseling

(Tan – Chp. 1 and Critique and Biblical Perspective only in Chps. 4-13)

#### **Week 2 Theological Underpinnings for Christian Counseling**

The Challenges of Intradisciplinary Integration

Spiritual and Psychological Health

(Tan-Chp. 14; Johnson-Chp. 1)

#### **Week 3 A Theology of Emotional and Relational Problems**

Key Characteristics/Qualifications of the Christian Counselor

Pursuing Spiritual Wholeness - Intimacy with God, Self, and Others

(Tan - Chp. 2-3; Johnson-Chp. 2)

**Week 4 The Use of Forgiveness in the Counseling Setting**  
(Tan-Chp. 15; Johnson-Chp. 3-4)

**Week 5 Integration Concepts**  
(Johnson-Chp. 5)

**Week 6 The Use of Prayer in the Counseling Setting**  
(Tan - Chp. 16; Johnson-Chp. 6)

**Week 7 The Use of Scripture in the Counseling Setting**  
(Johnson-Chp. 7)

**Week 8 SPRING BREAK-MARCH 13-17**

**Week 9 (MID-TERM - THURSDAY March 24)**

**Week 10 Collaborative Scripting**

**Week 11 Student Led “Integrative” Therapy Sessions**  
(Tan - Chp. 17)

**Week 12 Student Lead “Integrative” Therapy Sessions**

**Week 13 The Use of Challenging and Confession in the Counseling Setting**

**Week 14 Student Lead “Integrative” Therapy Sessions**

**Week 15 Student Lead “Integrative” Therapy Sessions**

**Week 16 Student Lead “Integrative” Therapy Sessions**

**FINAL EXAM (see Graduate Exam Schedule)**

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