



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

New Orleans Baptist Theological Seminary

Church and Community Ministries Division

Spring 2020

Professor: Jeffery Nave, PhD, LPC-S, LMFT-S, NCC; Professor of Counseling

Office: LMCCC 107

Phone: 504-816-8004

Email: jnave@nobts.edu

Teaching Assistant: DeAron Washington; email: washington_dearon@yahoo.com

Mission Statement

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

Mission Statement of the Counseling Program

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 **Spiritual Vitality**.

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: **Interpersonal Skills, Servant Leadership and Spiritual and Character Formation**.

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.

Syllabus Distribution

This syllabus will be made available via blackboard one week prior to the first day of class. Due to regular semester updates, any version accessed prior to this date may contain inaccuracies.

Program Objectives: #2. Upon successful completion of one of the Master's Programs in Counseling, graduates should be able to synthesize theoretical and empirical knowledge in the field of counseling, #4. Upon successful completion of one of the Master's Programs in Counseling, graduates should be able to integrate historical Christian beliefs, faith, and spirituality with the best practices of mental health science, in an ethical manner.

Course Objectives

Course Objectives	Learning Experiences	Assessments
Students will be challenged to apply psychological, theological, and spiritual resources to specific counseling concerns. (2.F.1.a., 2.F.5.n.)	<i>Instruction</i> Class lecture, video, discussion and role play <i>Readings</i> Tan, Greggo and Johnson	<i>Course Assignments</i> Collaborative Scripting Midterm Exam Final Exam
Students will recognize the role that both professional and personal training play in comprehensive counselor preparation. (2.F.1.k.)	<i>Instruction</i> Class Lecture, video and discussion <i>Readings</i> Tan, Greggo and Johnson	<i>Course Assignments</i> Midterm Exam Final Exam
Students will identify and practice disciplines for physical, emotional and spiritual wellbeing to promote both personal growth and integrity in counseling. (2.F.1.l., 2.F.4.b.)	<i>Instruction</i> Discussion and leadership of activities <i>Readings</i> Tan, Greggo and Johnson	<i>Course Assignments</i> Student Led Devotional Moment
Students will identify principles that will help guide the therapeutic use of prayer, scriptural resources, confession, forgiveness, etc. (2.F.2.g.)	<i>Instruction</i> Class lecture, video and discussion <i>Readings</i> Tan, Greggo and Johnson	<i>Course Assignments</i> Integration Paper Midterm Exam Final Exam
Students will work toward establishing a scientific base for spiritual-guidance techniques. (2.F.3.e., 2.F.8.b.)	<i>Instruction</i> Class lecture, video and discussion <i>Readings</i> Tan, Greggo and Johnson	<i>Course Assignments</i> Midterm Exam Final Exam

Course Requirements and Evaluation of Grades

Assignment/Requirements & Description	Percentage	Due Date
Integration Paper Each student will compose an explanation of his or her personal rational and process for integrating biblical truth with evidence based counseling practices. Include a section on your anticipated response to a pastor who asks if the counseling you do is truly biblical, and a section on your anticipated response to a secular employer who asks if the counseling you do is really professional clinical counseling. This document should be approximately 2 pages in length (single spaced).	15%	March 5
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.	10%	
Collaborative Scripting	15%	

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.		
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.	20%	
Mid-Term Examination	20%	March 12
Final Examination	20%	See Catalogue

Textbooks

- Greggo, Stephen P. & Sisemore, Timothy A., eds. (2012). *Counseling and Christianity: Five Approaches*. IVP Academic. ISBN-13: 978-0830839780
- Johnson, Eric L. ed. (2010). *Psychology and Christianity: Five Views*. Downers Grove, Illinois: InterVarsity. ISBN-13: 978-0830828487
- Tan, Siang-Yang. (2011). *Counseling and Psychotherapy: A Christian Perspective*. Grand Rapids, MI: Baker Academic. ISBN-13: 978-0801029660

Evaluation of Grade

- | | |
|--|-------------|
| 1. Student Lead "Devotional Moment"(No longer than 3 min.) | 10% |
| 2. Mid-Term Examination | 20% |
| 3. Final Examination | 20% |
| 4. Reading | 20% |
| 5. Integration Paper | 15% |
| 6. Collaborative Scripting | <u>15%</u> |
| | 100% |

Grading Scale:

The following grading scale is used at NOBTS:

A: 93-100 B: 85-92 C: 77-84 D: 70-76 F: below 70

Course Policies, Academic Conduct, and Professional Conduct

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 relate 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.

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.

Disabilities and Accommodations

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, 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

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.

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.

Extra Credit

No extra credit is available in this course.

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.

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 one letter grade per week late.

Professional Conduct

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

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. Student feedback on graded assignments will be provided through the grading rubric located in the student's Blackboard Grade Book. The student will find comments in the grading rubric, as well as on graded paper assignments. The student may also email the course grader with questions regarding grading.

Reading Assignments

Students are responsible for completing all reading assignments.

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.

Writing Center

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 in counseling courses are to be written in American Psychological Association (APA) style. Please see the latest edition of the [Publication Manual of the American Psychological Association](#).

Student Services

This is a partial list of NOBTS student services available to all students, no matter your delivery system or location.

Need	Email	Phone	Web Page
Advising – Graduate Program	studentservices@nobts.edu	504.282.4455 x3312	www.nobts.edu/registrar/default.html#advising
Advising – Undergraduate Program	lcadminasst@nobts.edu	504.816.8590	www.nobts.edu/LeavellCollege
Church Minister Relations (for ministry jobs)	cmr@nobts.edu	504.282.4455 x3291	www.nobts.edu/CMR
Financial Aid	financialaid@nobts.edu	504.282.4455 x3348	www.nobts.edu/financialaid
PREP (help to avoid student debt)	Prepassistant1@nobts.edu	504.816.8091	www.nobts.edu/prep
Gatekeeper NOBTS news	pr@nobts.edu	504.816.8003	nobtsgatekeeper.wordpress.com
Information Technology Center	itcsupport@nobts.edu	504.816.8180	selfserve.nobts.edu
Help with Blackboard	blackboardhelpdesk@nobts.edu	504.816.8180	nobts.blackboard.com
Library	library@nobts.edu	504.816.8018	www.nobts.edu/Library
Online library resources	library@nobts.edu	504.816.8018	http://www.nobts.edu/research-links/default.html
Writing and Turabian style help	library@nobts.edu	504.816.8018	http://www.nobts.edu/writing/default.html
Guest Housing (Providence Guest House)	ph@nobts.edu	504.282.4455 x4455	www.provhouse.com
Student Counseling	lmccc@nobts.edu	504.816.8004	www.nobts.edu/student-services/counseling-services.html
Women's Programs	womensacademic@nobts.edu	504.282.4455 x3334	www.nobts.edu/women

If you have questions or do not see what you need here, please refer to www.nobts.edu/student-services, email us at studentservices@nobts.edu, or call the Dean of Students office at 800-662-8701, ext. 3283. We are glad to assist you!

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](https://twitter.com/NOBTS)



[INSTAGRAM.COM/NOBTS](https://www.instagram.com/NOBTS)



[FACEBOOK.COM/NOBTS](https://www.facebook.com/NOBTS)

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. 1-2)
- 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. 3-4)
- Week 4** **The Use of Forgiveness in the Counseling Setting**
(Tan-Chp. 15; Johnson-Chp.5-6)
- Week 5** **Integration Concepts**
(Johnson-Chp. 7; Greggo-Chp. 1 & 2)
- Week 6** **The Use of Prayer in the Counseling Setting**
(Tan - Chp. 16; Greggo-Chp. 3 & 4)
- Week 7** **The Use of Scripture in the Counseling Setting**
(Johnson-Chp. 7; Greggo-Chp. 5 & 6)
- Week 8** **MID-TERM - THURSDAY March 12**
- Week 9** **SPRING BREAK-MARCH 16-20**
- Week 10** **Collaborative Scripting**
(Tan - Chp. 17; Chp. 7)
- Week 11** **Student Led "Integrative" Therapy Sessions**
- 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)

Selected Bibliography (CACREP 2.E)

- Albers, Robert H. *Shame: A Faith Perspective*. New York: Haworth Press, 1995.
- Allport, Gordon W. *Becoming*. New Haven: Yale University Press, 1983.
- Alter, Margaret G. *Resurrection Psychology: An Understanding of Human Personality Based on the Life and Teachings of Jesus*. Chicago: Loyola University Press, 1994.
- American Psychiatric Association. (2013) *Diagnostic and Statistical Manual of Mental Disorders. 5/e* (DSM-5). Washington, K.D.: A.P.A. (ISBN: 978-0890425558)
- Augsburger, David. *Caring Enough to Forgive*. Ventura, CA.: Regal Books, 1981.

Augustine. "The Confessions of St. Augustine." In *The Treasury of Christian Spiritual Classics*. Nashville: Thomas Nelson, 1994.

Ball, Robert A., and Rodney K. Goodyear. "Self-reported Professional Practices of Christian Psychotherapists." In *Psychotherapy and Religious Values*, edited by Everett L. Worthington, Jr., Grand Rapids: Baker, 1993.

Beck, Judith S. *Cognitive Therapy*. New York: The Guilford Press, 1995.

Belgum, David. *Guilt: Where Psychology and Religion Meet*. Englewood Cliffs, N.J.: Prentice-Hall, 1963.

Benedict of Nursia, "Excerpts from *The Rule*." In *Devotional Classics*, edited by Richard J. Foster and James Bryan Smith. San Francisco: Harper Collins, 1993.

Bloom, Anthony. *Beginning to Pray*. New York: Paulist Press, 1970.

Bonhoeffer, Dietrich. *The Cost of Discipleship*. New York: Macmillan, 1959.

Collins, Gary R. *Christian Counseling: A Comprehensive Guide*. Waco, TX.: Word, 1980. *The Biblical Basis of Christian Counseling for People Helpers*. Colorado Springs, C.O.:NavPress, 1993.

Cowman, Mrs. Charles E. *Streams in the Desert*. Grand Rapids, MI: Zondervan, 1965.

Crabb, Larry. *Connecting: Healing Ourselves and Our Relationships*. W Publishing Group, 2004.

Ellis, Albert and Robert A. Harper. *A New Guide to Rational Living*. North Hollywood, CA: Wilshire Book Company, 1975.

Erikson, Erik H. *Childhood and Society*. New York: Norton, 1963.

Greggo, Stephen P. & Sisemore, Timothy A., eds. (2012). *Counseling and Christianity: Five Approaches*. IVP Academic. ISBN-13: 978-0830839780

Johnson, Eric L. and Stanton L. Jones, eds. Harris, Thomas A. *I'm OK--You're OK: A Practical Guide to Transactional Analysis*. New York: Harper & Row, 1967.

Johnson, Eric L. and Stanton L. Jones, eds. *Psychology and Christianity: Four Views*. Downers Grove, Illinois: InterVarsity, 2000.

Jung, Carl G. "On the Psychology of the Unconscious." In *Two Essays on Analytical Psychology*. Princeton, N.J.: Princeton University Press, 1972.

Lambert, Michael J. "Psychotherapy Outcome Research : Implications for Integrative and Eclectic Therapists." In *Handbook of Psychotherapy Integration*, edited by John C. Norcross and Marvin R. Goldfried. New York: Basic Books, 1992.

Lambert, Michael J. and Allen E. Bergin. "The Effectiveness of Psychotherapy." In *Handbook of Psychotherapy and Behavior Change* (4th ed.), edited by Allen E. Bergin and Sol L. Garfield. New York: Wiley, 1986.

Lewis, C.S. *Mere Christianity*. New York: Macmillan, 1952.

Manning, Brennan. *Abba's Child: The Cry of the Heart for Intimate Belonging*. Navpress, 2002.

Maslow, Abraham H. *Religions, Values, and Peak-Experiences*. New York: The Viking Press, 1964.

McMinn, Mark R. *Cognitive Therapy Techniques in Christian Counseling*. Waco, TX: Word.

McMinn, Mark R. and Katheryn Rhoads Meek. "Training Programs." In *Ethics and the Christian Mental Health Professional*, edited by Randolph Saunders. Downers Grove, IL.: InterVarsity Press.

McMinn, Mark R. *Psychology, Theology, and Spirituality in Christian Counseling*. Wheaton, IL: Tyndale House, 1996.

Menninger, Karl. *Whatever Became of Sin?* New York: Hawthorne Books, 1973.

Miller, Alice. *Banished Knowledge*. New York: Doubleday, 1990.

Narramore, S. Bruce. *No Condemnation*. Grand Rapids: Zondervan, 1984.

Oates, Wayne E. *The Presence of God in Pastoral Counseling*. Waco: Word Publishing, 1986.

Poloma, Margaret M., and George H. Gallup, Jr. *Varieties of Prayer: A Survey Report*. Philadelphia: Trinity Press International, 1991.

Pope, Kenneth S., and Jacqueline C. Bouhoutsos. *Sexual Intimacy between Therapists and Patients*. New York: Praeger, 1986.

Postema, Don. *Space for God: The Study and Practice of Prayer and Spirituality*. Grand Rapids: CRC Publications, 1983.

Smedes, Lewis B. *Forgive and Forget: Healing the Hurts We Don't Deserve*. San Francisco: Harper & Row, 1984.

Sphar, Asa and Argile Smith. *Helping Hurting People: A Handbook on Reconciliation-Focused Counseling and Preaching*. University Press, 2002.

Sullivan, Harry S. *Conceptions of Modern Psychiatry*. New York: Norton, 1953.

Tozer, A.W. *The Pursuit of God*. Camp Hill, PA: Christian Publications, 1993.

Wade, S. H. "The Development of a Scale to Measure Forgiveness." Ph.D. diss., Fuller Theological Seminary, 1989.

Willard, Dallas. *The Spirit of the Disciplines*. San Francisco: HarperCollins, 1988.

Worthington, Everett L., Jr. ed. *Psychotherapy and Religious Values*. Grand Rapids: Baker, 1993.