



# **A Practical Integration of Psychology, Theology, and Spirituality in the Counseling Setting-PSYC5310**

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**Church and Community Ministries Division**

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*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.*

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## **Purpose of Course**

The purpose of this course is to address issues and practices 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.

## **Our Core Values**

The seminary has five core values.

*Doctrinal Integrity:* Knowing that the Bible is the Word of God, we believe it, teach it, proclaim it, and submit to it. Our confessional commitments are outlined in the “Articles of Religious Belief” and the “Baptist Faith and Message 2000.”

*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.

*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.

*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.

*Servant Leadership:* We follow the model of Jesus and exert leadership and influence through the nurture and encouragement of those around us.

The Core Value Focus for this academic year is *Mission Focus*.

### **Curriculum Competencies Addressed**

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 seven areas:

*Biblical Exposition:* To interpret and communicate the Bible accurately.

*Christian Theological Heritage:* To understand and interpret Christian theological heritage and Baptist polity for the church.

*Disciple Making:* To stimulate church health through mobilizing the church for missions, evangelism, discipleship, and church growth.

*Interpersonal Skills:* To perform pastoral care effectively, with skills in communication and conflict management.

*Servant Leadership:* To serve churches effectively through team ministry.

*Spiritual and Character Formation:* To provide moral leadership by modeling and mentoring Christian character and devotion.

*Worship Leadership:* To facilitate worship effectively.

The curriculum competencies addressed in this course are: *Biblical Exposition, Interpersonal Skills, Servant Leadership* and *Spiritual and Character Formation*.

## **Course Catalog 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.

## **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 Reading: Students are responsible for all assigned readings plus daily readings from the NOBTS wide semester Bible reading schedule (available in “Handouts” folder on class Blackboard page). Students will report the percentage of required reading completed at the time of the midterm and the final.	20%
5.	Student Lead "Integrative" Therapy Session	15%
6.	Collaborative Scripting	<u>15%</u>
		100%

**Course Policies**

**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.

### **Help for Writing Papers at “The Write Stuff”**

This is the official NOBTS Writing Center online help site for writing academic papers and essays. <http://www.nobts.edu/writing/default.html> 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.

### **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. Please be aware that plagiarism in certain cases may result in expulsion from the seminary. Refer to the NOBTS Student Handbook <http://www.nobts.edu/resources/pdf/studentervices/NOBTSHandbook.pdf> where the definition, penalties and policies associated with plagiarism are clearly defined.

### **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.

### **Blackboard and ITC Technical Support**

Blackboard is the instructional platform used in this class. Please make sure that your contact information is accurate and up-to-date. If you need assistance accessing Blackboard, Selfserve, or other technical support, please contact the Information Technology Center (Hardin Student Center 290 or call **504.816.8180**). Here are other helpful links to ITC assistance.

- [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.)
- [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).
- [ITCSupport@nobts.edu](mailto:ITCSupport@nobts.edu) - Email for general technical questions/support requests.

- [www.NOBTS.edu/itc/](http://www.NOBTS.edu/itc/) - General NOBTS technical help information is provided on this website.
- For Student Assistance in using Blackboard, visit: [Student Bb Help](#)

### **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.

### **Academic Policies**

Academic policies related 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](#).

### **Web-based Course Reminder/Warning**

Web-based courses are, by nature, a different kind of learning experience than courses taught in the traditional classroom. Because of this structure, this web-based course is more reading and writing intensive than traditional classroom courses. Rigorous study of the deep things of God can be a rewarding experience for anyone who participates in it, but it also calls for extra diligence and integrity in completing the work. This reality does not mean that a web-based course cannot be successful in equipping you, the student, for effective, God-honoring ministry. It simply means utilizing a different strategy. Internet courses allow room for independent learners to thrive—to work at a responsible pace, to engage in student-led discussions, and to take ownership of the learning of course content. Note that your instructors are praying for your success.

### **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.

### **Emergencies**

In cases of emergency, such as hurricanes, disease outbreaks, or other disasters, go to the seminary website ([www.nobts.edu](http://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.



## Course Schedule

### Course Agenda and Reading 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** Collaborative Scripting
- Week 9** **SPRING BREAK-MARCH 14-18**
- Week 10** **(MID-TERM - THURSDAY March 24)**
- 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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### **Student Services**

*This is a partial list of NOBTS student services available to all students, no matter your delivery system or location. If you have questions or do not see what you need here, please refer to [www.nobts.edu/student-services](http://www.nobts.edu/student-services), email us at [studentservices@nobts.edu](mailto:studentservices@nobts.edu), or call the Dean of Students office at 800-662-8701, ext. 3283. We are glad to assist you!*

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Church Minister Relations (for ministry jobs)	<a href="mailto:cmr@nobts.edu">cmr@nobts.edu</a>	504.282.4455 x3291	<a href="http://www.nobts.edu/CMR">www.nobts.edu/CMR</a>
Financial Aid	<a href="mailto:financialaid@nobts.edu">financialaid@nobts.edu</a>	504.282.4455 x3348	<a href="http://www.nobts.edu/financialaid">www.nobts.edu/financialaid</a>
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Student Counseling	<a href="mailto:lmccc@nobts.edu">lmccc@nobts.edu</a>	504.816.8004	<a href="http://www.nobts.edu/student-services/counseling-services.html">www.nobts.edu/student-services/counseling-services.html</a>
Women’s Programs	<a href="mailto:womensacademic@nobts.edu">womensacademic@nobts.edu</a>	504.282.4455 x3334	<a href="http://www.nobts.edu/women">www.nobts.edu/women</a>

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- LALINC for Louisiana students
- Florida Virtual Library (<http://www.flelibrary.org/>) for Florida students
- Interact with us online at –



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