



**Introduction to Counseling (PCCM2370)**  
**New Orleans Baptist Theological Seminary**  
**Leavell College**  
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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 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 are here to change the world by fulfilling the Great Commission and the Great Commandments through the lens of spiritual vitality. Throughout this course students will be encouraged to consider how the core value of “spiritual vitality” impacts their development as Christian counselors being called to operate in the local church.

**I. Course Description:**

Introduction to Counseling presents an overview of the counseling profession by offering relevant content, vignettes, and think pieces for students to ponder. The course also offers specific content in the specialty areas of Community Agency Counseling, School Counseling, and Student Affairs Practice (counseling in higher education settings). The course will introduce the student to certification or licensing exams along with core areas that assures compliance with a high standard in the profession and offers the student a broad knowledge base.

**II. Course Objectives:**

This course will emphasize the competency in the following areas: reading, writing, computer skills, interpersonal relationships, and life skills.

1. Students will become familiar with a variety of theories of counseling and various techniques that have emerged from these approaches.
2. Students will be introduced to ethical and professional issues related to helping professions.
3. Students will become equipped with basic knowledge and skills necessary to effectively minister to hurting people through a counseling relationship.

**III. Required Textbook:**

Collins, Gary. (2006). Christian Counseling: A Comprehensive Guide. Dallas, TX: Thomas Nelson Publishers.

**IV. Course Methodology:**

This course will consist of lectures, group discussions, Power Point presentations, and group activities.

**Assignments**

**Exams 15% each (45% in total)**

Three exams will be given during the semester. Exams are not cumulative. Exams will be comprised of objective questions (matching, true/false, and multiple choice) and subjective questions (short answer and essay).

**Research Paper and Presentation (25%)**

Each student will research an issue for which individuals seek counseling. Included in the research will be various options for helping someone with the selected issue and an evaluation of the merit of each option. Students must approve their topic with the instructor. Failure to do so will result in a five point penalty on the final paper. Papers are due Thursday, October 9. Students will sign up for dates to present their findings in class. Students will be required to prepare a one page handout to be distributed the day of their class presentation. More details will be provided.

### **Class Participation 10%**

Class discussion is a major component of this class. Role-plays, videos, and possibly actual sessions will be used as forms of class participation.

### **Book Review 20%**

In addition to the required textbook for this course, each student will be responsible for selecting an additional book to read, review and report on. Students must choose a book he/she has not previously read, which relates to material covered in this course. The book should be at least 100 pages in length. Grades will be based on a one page review submitted by the student and briefly presented to the class. Students are responsible for bringing a copy of their review for each student in the class and submitting a copy for grading on blackboard on the day they present their evaluation.

## **Additional Information**

### **Assignments**

Assignments are to be turned in at the beginning of the class period in which they are due. Failure to turn in an assignment on time will result in a **5 point penalty** for **each class period** the assignment is late. After 4 class periods assignments will not be taken without clearance from the faculty of the Psychology and Counseling Dept.

### **Exams**

If an emergency prevents a student from taking a scheduled exam, it is that **student's responsibility** to reschedule with the instructor. If a student misses an exam and does not get **preapproval** from the instructor and/or cannot provide **documentation** (doctor's note, police report, death of loved one) they **will not** be allowed to make up the exam. The exam must be made up within one week of the missed exam. After one week, the student will earn a grade of 0 for the assignment.

### **Attendance**

Class attendance is essential for effective learning. According to seminary policy, students are allowed nine absences from a three-hour class. Arriving 20 minutes late for a class or leaving 20 minutes early from class will count as one absence. A grade of "F" will be assigned to students who fail to attend the class the minimum number of hours. This policy will be strictly enforced.

### **Plagiarism Policy**

Please do *not plagiarize* when writing your paper for this class. The seminary policy on plagiarism can be found in the student handbook, which is available as a pdf on the "Student Services" page of the seminary website (<http://www.nobts.edu/students>). Plagiarism is a serious academic and ethical offense, and will be treated as such. Please see your instructor in advance if you have any questions about proper citation or plagiarism.

## Course Schedule

| WEEK | DATE   | Lecture & Reading  | Exams/Assignments  |
|------|--------|--|--|
| 1    | 19 Jan | Introduction / Syllabus The Counseling Profession<br><br>The Goals & Process of Counseling                                 | Chapters 1, 2, 5   |
| 2    | 26 Jan | Ethical Issues in Counseling/The Ministry of Referral<br><br>Boundaries/Self-Care<br>Sin and Grace in Christian Counseling | Chapter 6, 42  |
| 3    | 2 Feb  | Child Abuse/Neglect Mandatory Reporting<br>Darkness to Light   | Chapter 22   |
| 4    | 9 Feb  | Suicidality/Self-Harm  | Chapter 38   |
| 5    | 16 Feb | Review   | <b>Exam 1</b>  |
| 6    | 23 Feb | Inferiority & Self-Esteem<br>Perfectionism/Obsessive Compulsive Disorder   | Chapter 25<br><br><b>Research Paper and Presentation Due</b> |
| 7    | 2 Mar  | Anger<br><br>Guilt & Forgiveness   | Chapters 10, 11  |
| 8    | 9 Mar  | Addictions<br><br>Sexual Addiction   | Chapters 34-35   |
| 9    | 16 Mar | Trauma<br><br><b>Code of Ethic</b>   | Chapter 39   |
| 10   | 23 Mar | SPRING BREAK   |  |
| 11   | 30 Mar | Review   | <b>Exam 2</b>  |

|    |          |  |   |
|----|----------|--|---|
| 12 | 6 April  | Interpersonal Relationship Skills<br><b>Asking Good Questions Observer Record</b><br>Cognitive Therapy |   |
| 13 | 13 April | Humanistic/Existential Therapy<br>Psychodynamic Therapy  | <b>Book Review and Brief Presentation Due</b> |

| WEEK | DATE     | Lecture & Reading               | Exams/Assignments |
|------|----------|---------------------------------|-------------------|
| 14   | 20 April | Behavioral Therapy              |                   |
| 15   | 27 April | Premarital Counseling<br>Review |                   |
| 16   | 4 May    |                                 | <b>Exam 3</b>     |

### Selected Bibliography

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