



## INTRODUCTION TO COUNSELING

**Instructor:**  
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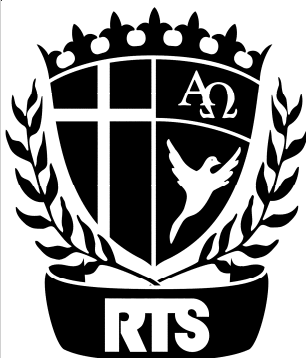
### Requirements

**Attendance & participation** (15%)  
**Reading** (20%)  
**Creative Illness paper** (15%)  
**12 step meetings** (10%)  
**Lab day** (25 %)  
**Book reviews** (15%):  
Allender, Eldredge,  
Buechner

### Prior to the first class...

Read two articles found at  
[www.leaderu.com](http://www.leaderu.com)

- 1) *What's wrong with Us?*  
By Dan Allender
- 2) *Less-wild Lovers*  
By Eldredge & Curtis from  
chapter 9 of [The Scared Romance](#)



## COURSE PURPOSE

The class will provide an overview of current trends in counseling theory and practice and the role of counseling in church and business settings. Basic counseling skills taught in this course include interviewing, assessment and therapeutic listening in a laboratory situation. Application is made to family, crisis, grief and substance abuse counseling, with emphasis on developing strategies and applying scriptural principles. The class will provide a basic groundwork for pastoral care. The class will provide a paradigm for listening and caring for others.

## COMPETENCIES

At the completion of this class a successful student should be able to:

- Compare and contrast basic counseling approaches and develop an initial biblical model of counseling that can be explored further and utilized in ministry.
- Become familiar with some of the basic categories of problems which may be faced by counselors, pastors and managers.
- Complete an honest self-assessment concerning his/her ability to participate in a counseling ministry.
- Become familiar with the concept of "creative illness" and apply that concept to self and others.
- Be aware of theories, issues, strategies and interventions in crisis counseling, grief counseling, suicide prevention and substance abuse concerns.
- Develop interview and listening skills to facilitate the counseling process.
- Develop a professional vocabulary which will allow for effective communication between the counselor/pastor and lay persons or other professionals.
- Develop some basic "discernment" concerning the assessment of emotional problems of clients and/or parishioners .

# TENTATIVE SCHEDULE

The class will meet on six times –Friday evenings and Saturday days. The dates are: March 31/April1; May 5/6 and May 26,27. This class will utilize small group, discussion and lecture format; therefore attendance and participation is expected for a successful experience. The “Lab Day” will be on Saturday May 6 and students will practice counseling skills which will require some limited self disclosure in a small group setting. Additional personnel will be utilized on the lab Saturday – attendance will be expected on lab days. The instructor reserves the right to change this syllabus as needed to meet the course goals. The participants have the right to change and negotiate changes in the class if they find the format or content to not be helpful.

Class	Topics
3/31	Introduction Basic Theories
4/1	Assumptions/ ways to integrate psychology and Theology Basic Biblical model Depression
5/5	Anxiety
5/6	Lab Saturday      basic listening skills using the here and now using the relationship for healing
5/26	Family crisis/ addiction Sexuality
5/27	Parenting Pre-marital counseling Grief and Questions



*We are not machines  
that need to be fixed, or  
simply dutiful servants  
with jobs to be done —  
we are relational beings  
full of passions, dreams,  
hopes, longings and  
terrors which must be  
faced*

## TEXTS

The instructor will provide a reading packet on various topics during the class. The following texts are required

[The Elements of Counseling](#) by Davis & Meier ISBN# 0-534-57418-1  
[The Healing Path](#) by Dan Allender  
[The Emotionally Healthy Church](#) by Scazzero

The following texts are only recommended and not required for the class  
[The Sacred Romance](#) by Eldredge ISBN#0-7852-7342-5  
[Telling Secrets](#) by Buechner ISBN# 0-06-060936-2  
[Searching for God Knows What](#) by Miller ISBN# 0-7852-6371-3  
[Understanding People](#) by Crabb ISBN#0-310-22600-7  
[Friendship Counseling](#) by Huggins ISBN#1-57683-299-6

