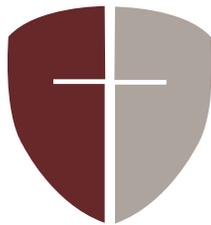


# RTS

D I S T A N C E   E D U C A T I O N



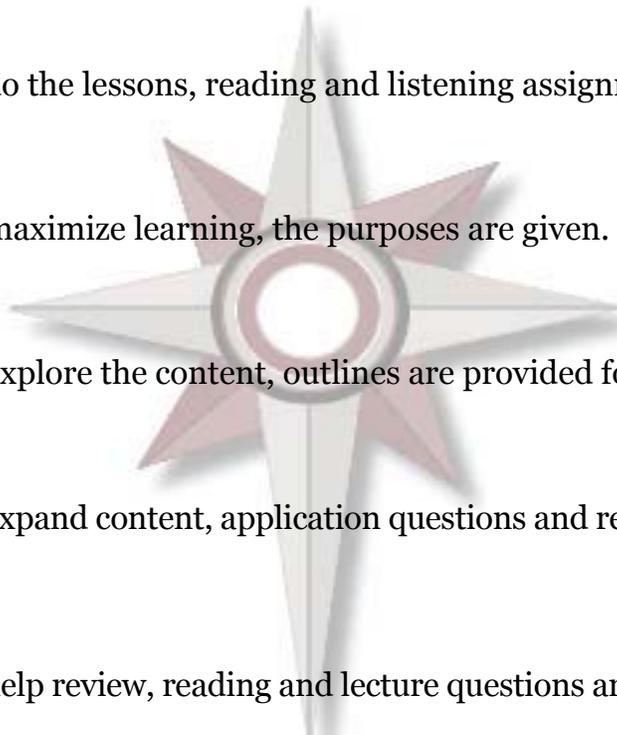
## **Introduction to Counseling** 0PT501, 3 Credit Hours

Lectures by  
Gary L. Rupp, Ph.D.

# RTS Distance Education

This course notebook is for the coordination of your course materials, including reading assignments and lecture recordings. Each course notebook for RTS Distance Education is arranged by the GUIDE acronym. In every RTS Distance Education seminary class you go from lesson objectives to study questions to midterm and final exams. The five components of GUIDE are organized in each lesson by the following steps in the notebook:

## GUIDE

- 
- Getting Started** To do the lessons, reading and listening assignments are listed.
- Understanding** To maximize learning, the purposes are given.
- Investigating** To explore the content, outlines are provided for note taking.
- Developing** To expand content, application questions and readings are suggested.
- Evaluating** To help review, reading and lecture questions are based on purposes.

# COURSE SYLLABUS

Introduction to Counseling, OPT501, 3 hours

Lecturing Professor: Dr. Gary L. Rupp

Professor of Record: Rev. Rod Mays

Reformed Theological Seminary, Distance Education



## *Lecturing Professor*

Dr. Gary Rupp is Associate Professor of Counseling at Reformed Theological Seminary/Orlando. He received his Ph.D. in Clinical Psychology from Georgia State University and served at the George Washington University Medical Centre. Dr. Rupp has maintained a private practice for over ten years.



## *Professor of Record*

Rod is the national coordinator for Reformed University Fellowship (RUF), the campus ministry of the Presbyterian Church in America. He serves as adjunct faculty at Reformed Theological Seminary where he teaches counseling and pastoral theology. Rod has thirty-eight years of pastoral and counseling experience and is the co-author of *Things That Cannot Be Shaken*, from Crossway Books. He enjoys playing tennis and traveling with his wife, Debbe. They have been married thirty-nine years and have a married daughter.

## *Course Description*

The counseling skills taught in this course include listening, diagnosis, developing strategy, applying scriptural principles and making referrals. Application is made to premarital, family, career, crisis, death and chemical dependency counseling.

## *Course Objectives*

- To gain familiarity with the various theories and approaches that have influenced the current field of counseling
- To gain a framework for developing a Christian theory of counseling
- To understand and interact with the various diagnoses and disorders from a Christian perspective
- To grow in compassion towards those who suffer from various diagnoses, disorders and dysfunctions
- To understand the role of the pastorate and the church in counseling

## *Required Textbooks*

Adams, Jay. *Shepherding God's Flock: A Preacher's Handbook on Pastoral Ministry*. Phillipsburg, NJ: Presbyterian and Reformed Publishing Company, 1980.

Backus, William and Marie Chapien. *Telling The Truth to Troubled People*. Minneapolis: Bethany Fellowship, 1980.

Crabb, Larry. *Inside Out*. Colorado Springs: Navpress, 1988

Crabb, Larry. *The Marriage Builder*. Grand Rapids: Zondervan, 1982.

Egan, Gerard. *The Skilled Helper*. Monterey: Brooks/Cole publishing Company, 4th Edition, 1990.

\*All required books are available through the RTS Online Bookstore at <[www.rts.edu/book-store](http://www.rts.edu/book-store)>

### *Recommended Reading*

At the end of each lesson, a list of suggested reading is provided. These books are not part of the required material for the course. They have been included solely to point interested students to more comprehensive and in-depth treatments of the subjects covered in this course.

# COURSE REQUIREMENTS

Introduction to Counseling, OPT501, 3 hours

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## *Online Student Handbook*

The Online Student Handbook has been designed to assist you in successfully navigating the Distance Education experience, whether you are taking a single course or pursuing a certificate or degree program. In it you will find valuable information, step-by-step instructions, study helps, and essential forms to guide you through every aspect of your distance education opportunity from registration to graduation. Please use this resource as your first-stop reference manual. You will find it located at the RTS/Distance website ([www.rts.edu/distance](http://www.rts.edu/distance)) under the Student Services tab.

## *Summary of Requirements*

All work is to be completed within three months from the time that you enroll in this course.

- Follow the Study Guide provided
- Listen to all recorded lectures
- Complete all readings
- Participate in Forum Discussions (with other students and Professor)
- Take the Midterm Exam
- Take the Final Exam
- Submit Course Paper
- Submit Mentor Report/Course Application Paper

## *Forum Discussions (15%)*

The student is required to interact in **two (2)** forums:

1. Student-Professor Posts (**15 total posts**)
  - A. *Personal Introduction Forum:* The student is required to post a brief personal introduction to the professor/class. Suggested details include your vocation, where you live, your church background, why you chose RTS, and what you hope to gain through the course (1 required post).
  - B. *5 Topical Discussion Q&A Forums:* The student is required to answer each topical discussion question with one (1) response. The professor will acknowledge the student's answer and will follow up with a subsequent question to which the student must also answer with one (1) response. Each topical discussion question therefore requires two (2) total posts/responses from the student (Total of 5 forums x 2 posts = 10 total posts).
  - C. *Student-Professor Forum:* The student is required to post four (4) times in this forum. Posts in this forum should focus on course-related content such as research paper topics, lectures and reading assignments, or other academic issues related to the course.
2. Student-Student Forum (**5 total posts**)
  - A post may be either a new topic or a response to an already existing topic.

### *Examinations (Midterm 30%, Final 30%)*

There are two examinations for this course. The midterm examination will cover the lectures and readings from lesson one through lesson seven (1-4). The final examination will cover the lectures and readings from lesson eight through lesson fourteen (5-10).

The midterm and final exams for this course are to be taken online in the Learning Management System (LMS). Please note that you will need to have a proctor for your exams. Your proctor can be anyone except a relative or current RTS Student. After clicking on the exam link you will be given detailed instructions about the exam. Please read these instructions carefully before entering the exam.

### *Paper (20%)*

Each student is required to submit a paper describing his or her personal philosophy of counseling, including the following elements:

1. A scriptural foundation for your counseling
2. The place of secular theories and/or techniques in your counseling (What do you consider to be useful? What do you consider to be unbiblical?)
3. How you believe Reformed Theology integrates with various psychologies
4. The role of the church in counseling (practical application, including pitfalls to avoid)
5. Each paper is to be six to eight (6-8) pages, double-spaced, 12 point font with standard margins, with a standard bibliography citing at least five (5) sources.

### *Mentor Report/Course Application Paper (5%)*

Each Global/Non-Residential student is required to have a mentor submit a report at the end of the course. This report will contribute to 5% of the student's grade. For students who are not Global/Non-Residential, you are asked to write a 200 word summary of how you perceive what you have learned in this course will fit into the objectives you have for your ministry, your educational goals, or other objectives you wish to achieve in life.

### *Assignments*

Best practice for your time management is for you to submit all assignments at the end of the week in which they fall, using the upload links provided in the LMS. All work must be submitted by midnight of the course end date, per your course start letter. You are responsible for turning in all assignments on time; no late submissions are permitted. Any student who needs an extension must get approval from the Registrar prior to that time.

### *Contact Information*

Reformed Theological Seminary, Distance Education  
2101 Carmel Road  
Charlotte, NC 28226  
(704) 900-1257  
1-855-854-6920  
FAX: (704) 366-9295  
E-mail: [dess@rts.edu](mailto:dess@rts.edu)  
Web site: [www.rts.edu/distance](http://www.rts.edu/distance)

# COURSE OUTLINE

Introduction to Counseling, OPT501, 3 hours

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## *Lesson One*

Introduction and Counseling Theories

## *Lesson Two*

Fulfillment Theory, Non-Core Theory, and Christian Counseling

## *Lesson Three*

Depression, Psychopathology and Schizophrenia

## *Lesson Four*

Schizophrenia and Depression Continued

## *Lesson Five*

Personality Disorders

## *Lesson Six*

Common Emotional Problems

## *Lesson Seven*

Anxiety

## *Lesson Eight*

Alcoholism

## *Lesson Nine*

Abuse and Sexual Dysfunction

## *Lesson Ten*

Eating Disorders, Codependency, Systems Theory and Demonization