Course Description

04PT516 Pastoral Counseling. 3 hours. An overview of current trends in counseling theory and practice and the role of counseling in public, private and church settings. The purpose of this course is to develop a thoroughly Christian understanding of pastoral care and counseling and then apply that model to a variety of counseling issues (marriage/relationships, adultery, anxiety, depression, various psychiatric and personality disorders, etc.). Careful attention will also be dedicated to how this shapes the way the local church practices pastoral care and church discipline.

Basic counseling skills taught in this course include interviewing, assessment, and therapeutic listening in a laboratory situation. Application is made to premarital, family crisis, grief and substance abuse counseling, with emphasis on developing strategies and applying scriptural principles.

Course Objectives

To prepare the pastor/counselor for a variety of complex pastoral care issues that are present in counseling and the local church. The aim is to increase the level of competence of the pastor/counselor as these unique challenges emerge.

Required Readings

The required readings are intended to expose the student to a broader range of resources for the various issues we will be discussing. Critical thinking is pre-supposed as a necessary part of reading these books. This represents a total of 1200 pages of reading.

Required Reading:

2. Toughest People to Love, Chuck DeGroat (175 pages)
3. Living Without Worry: How to Replace Anxiety with Peace, Tim S. Lane (145 pages)
4. Dismantling Taboo: Natalie Whitesell (50 pages)
5. Addiction and Grace: Love and Spirituality in the Healing of Addictions, Gerald G. May (224 pages)
6. The Seven Principles for Making Marriage Work, John Gottman (320 pages)

Suggested Reading

7. Hold Me Tight, Sue Johnson (300 pages)
8. How People Change, Tim Lane/Paul Tripp (225 pages)
9. Relationships: A Mess Worth Making, Tim Lane/Paul Tripp (175 pages)
10. Conflict: A Redemptive Opportunity, Tim Lane (22 pages)
11. Forgiving Others: Joining Wisdom and Love, Tim Lane (22 pages)
Course Assessment

Final grade will be based upon:

1. Class participation: 20%

2. Reading response papers, 2 pages each except for the mini-books by Lane which can be 1 page each: 20%.
   Follow the sample below for each.

Sample Book Report for Reading Response Papers

- **Title of Book**
- **Overview**—Give a brief overview of the book, including its theme, perspective and approach.
- **Critique**—Offer a brief critique of the book, including elements of strength and weakness.
- **Application**—Offer some specific application to your own ministry—demonstrating the value and relevance of the material in this book.

3. Final ministry project 60%.
   15-20 pages (double spaced, 12 font).
   This assignment will require the student to take a particular issue from class and develop a thorough, local church paradigm for care (See outline for project in syllabus).

Assignment Due Dates

Reading response papers for required reading – due April 16, 2016 via email. I would encourage you to read them in the order that we are covering the various issues in class. See class schedule.

Final ministry project – due May 13, 2015 via email.

RTS Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Points</th>
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<tbody>
<tr>
<td>A</td>
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<tr>
<td>A-</td>
<td>(94-96)</td>
<td>3.66</td>
</tr>
<tr>
<td>B+</td>
<td>(91-93)</td>
<td>3.33</td>
</tr>
<tr>
<td>B</td>
<td>(88-90)</td>
<td>3.00</td>
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<td>1.66</td>
</tr>
<tr>
<td>D+</td>
<td>(75-77)</td>
<td>1.33</td>
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</table>
D  (72-74)  1.00
D- (70-71)  0.66
F  (below 70)  0.00
I  (incomplete)

Instructor’s Contact Info
tlane@instituteforpastoralcare.com

Extension Policy

All assignments and exams are to be completed by the deadlines announced in this syllabus or in class.

Extensions for assignments and exams due within the normal duration of the course must be approved beforehand by the Professor. Extensions of two weeks or less beyond the date of the last deadline for the course must be approved beforehand by the Professor. A grade penalty may be assessed.

Extensions of greater than two weeks but not more than six weeks beyond the last deadline for the course may be granted in extenuating circumstances (i.e. illness, family emergency). For an extension of more than two weeks the student must request an Extension Request Form from the Student Services Office. The request must be approved by the Professor and the Academic Dean. A grade penalty may be assessed. (RTS Catalog p. 42 and RTS Atlanta Student Handbook p. 14)

Any incompletes not cleared six weeks after the last published due date for course work will be converted to a failing grade. Professors may have the failing grade changed to a passing grade by request. (RTS Catalog p. 42)
Class Outline with Corresponding Readings:

1. **Introduction:**
   a. Yarhouse Chapters 1-4, 8
   b. DeGroat, Chapters 1-2
   c. How People Change

2. **Marriage:**
   a. The Seven Principles for Making Marriage Work, John Gottman

3. **Adultery**
   a. Spring, Pages 109-234 (Suggested Reading)

4. **Anxiety:**
   a. Living Without Worry
   b. Yarhouse Chapter 5.
   c. PTSD, Lane (Suggested Reading)

5. **Depression, Bi-Polar, Psychoses:**
   a. Dismantling Taboo, Whitesell
   b. Yarhouse Chapters 6, 9.

6. **Suicide Assessment**
   a. Yarhouse, Chapter 6

7. **Addictions**
   a. Addictions and Grace, Gerald May
   b. Yarhouse, Chapter 7
   c. DeGroat, Chapter 4
   d. Temptation, Lane (Suggested Reading)

8. **Anger**
   a. Conflict, Lane (Suggested Reading)
   b. Practicing Forgiveness, Lane (Suggested Reading)
   c. Relationships, Lane (Suggested Reading)
   d. DeGroat, Chapter 5

9. **Personality Disorders**
   a. Yarhouse, Chapter 10
   b. DeGroat, Chapter 3
   c. Stop Walking on Eggshells (Suggested Reading)

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**Recommended Readings (optional)**

1. **Critical Issues in Counseling**

   *Foundations of Soul Care: A Christian Psychology Proposal*, Eric Johnson
   *Care of Souls: Revisioning Christian Nurture and Counseling*, David Benner
   *Strategic Pastoral Counseling: A Short-term Structured Model*, David Benner
   *Essentials of Psychiatric Diagnosis, Revised Edition: Responding to the Challenge of the DSM-5.*
   *Stop Walking on Eggshells*, Paul Mason and Randi Kreger (250 pages)
Addiction and Grace: Love and Spirituality in the Healing of Addictions, Gerald May
Anxiety: A Short History: Allan V. Horwitz
Sin and Grace in Christian Counseling, Mark McMinn
Rejoicing in Lament: Wrestling with Incurable Cancer and Life in Christ, J. Todd Billings
Uprooting Anger: Biblical Help for a Common Problem, Robert D. Jones
Redemption: Freed by Jesus From the Idols We Worship and the Wounds we Carry, Mike Wilkerson
Marriage Matters: Extraordinary Change through Ordinary Moments, Winston T. Smith
Hope-Focused Marriage Counseling, Everett L. Worthington Jr.
The Meaning of Marriage, Tim Keller
Seven Principles for Making Marriage Work, John Gottman (2015)

2. Redemptive Community

Life Together: The Classic Exploration of Life in Community, Dietrich Bonhoeffer
Pastoral Theology in the Classical Tradition, Andrew Purves
It Takes a Church To Raise a Christian: How the Community of God Transforms Lives, Todd Bolsinger
The Institutes, Book Four, John Calvin
The Living Church, John Stott
How People Change Curriculum, Tim Lane and Paul Tripp
Change and Your Relationships Curriculum, Tim Lane and Paul Tripp
Crossroads Curriculum, Ed Welch
Addictions: A Banquet in the Grave, Ed Welch

3. Gospel Living

The Doctrine of the Christian Life, John M. Frame
The Discipline of Grace, Jerry Bridges
The Gospel for Real Life, Jerry Bridges
In the Grip of Grace, Bryan Chapell
The Golden Booklet of the True Christian Life, John Calvin
How People Change, Tim Lane and Paul Tripp

4. Witness/Evangelism

The Contemporary Christian, John Stott
Ministries of Mercy, Tim Keller
Evangelism: Doing Justice and Preaching Grace, Harvie Conn
Spiritual Birthline, Stephen E. Smallman
To Live in Peace: Biblical Faith and the Changing Inner City, Mark Gornick
A Faith Worth Sharing, Jack Miller

5. Preaching and Lifestyle

Holiness, J. C. Ryle
Baptism and Fullness, John Stott
Charity and its Fruits, Jonathan Edwards
Christ-Centered Preaching: Redeeming the Expository Sermon, Bryan Chapell
Preaching Christ in all of Scripture, Ed Clowney
6. **One Anothering**

_The Supremacy of God in Preaching_, John Piper

_The Crisis of Caring_, Jerry Bridges
_The Supremacy of God in Preaching_, John Piper
_The Supremacy of God in Preaching_, John Piper
_The Supremacy of God in Preaching_, John Piper
_Instruments in the Redeemer’s Hands_, Paul Tripp

**7. Dealing with Obstacles**

_The Peacemaker_, Ken Sande
_Life Together_, Dietrich Bonhoeffer
_Practicing Forgiveness_, Tim Lane
_Choosing Forgiveness_, Nancy Leigh DeMoss
_Uprooting Anger_, Robert D. Jones
_Free of Charge: Giving and Forgiving in a Culture Stripped of Grace_, Miroslav Volf

8. **Church Discipline**

_The Church and the Surprising Offense of God’s Love_, Jonathan Leeman
_Handbook of Church Discipline_, Jay Adams
_Healing the Wounded_, John White and Ken Blue
_Redeeming Church Conflicts: Turning Crisis into Compassion and Care_, Tara Klena Barthel and David V. Edling

**9. Local Church Identity**

_Pastoral Theology_, Thomas C. Oden
_Classical Pastoral Theology Volumes 1-4_, Thomas Oden
_Subversive Spirituality_, Eugene Peterson
_Working the Angles_, Eugene Peterson
_Under the Unpredictable Plant_, Eugene Peterson
_The Contemplative Pastor_, Eugene Peterson
_Five Smooth Stones for Pastoral Work_, Eugene Peterson
_Escape From Church Inc.,_ E. Glenn Wagner
_Nine Marks of a Healthy Church_, Mark Dever
_The Crucifixion of Ministry_, Andrew Purves
_The Deliberate Church_, Mark Dever and Paul Alexander
_The Kingdom and the Power: Rediscovering the Centrality of the Church_, Peter J. Leithart
_The Five Dysfunctions of a Team_, Patrick Lencioni
_The Advantage_, Patrick Lencioni
Final Ministry Project for Critical Issues in Counseling

General Info:

15-20 pages (double spaced, 12 font). This assignment will require the student to take a particular issue from class and develop a thorough, local church paradigm for care.

Outline for Paper:

1. Personal Growth Questions About the Issue (Self-counsel that needs to be kept before the counselor as he counsels. Galatians 6:1-5).
   a. How do I react to people with this issue?
   b. What are the particular temptations that I might face as I meet with them? Protect, Have fun, dismissive, etc. These may skew my counsel.
   c. Where will you be challenged to grow yourself?
   d. You need to keep Matthew 7 and Galatians 6:1 before you.
   e. How have you grown in your understanding of this issue?

2. Methodological Part I: How will you build a bridge?
   a. Love—how will you move into this world?
   b. Know—what do you want to know about them? How will you get to know?

3. Conceptual Questions
   a. What are the pressures/temptations/suffering?—This is the concentric circle diagram without going into the heart—the outer stuff.
   b. What are the typical ungodly responses you see in the person?
   c. What is driving these responses? This is the concentric circle diagram inner stuff.
   d. What are the mult-layers that you will address as you help the person?
   e. How will you connect them covenantaly to Christ in the midst of their struggle?
   f. What will change look like? What is the time trajectory of this change process.

4. Methodological Part II
   a. Speak—What will it sound like to begin to speak/encourage/challenge?
   b. Do—In what way will you help the person change?

5. Local Church resources
   a. Who will help? Man, woman, age? Spiritual maturity?
   b. Setting? Formal, informal group, 1:1, activities
   c. Resources? Modeling, books, audio, etc.
   d. What are your limitations? Commitment, time, money, etc.
   e. What are you going to help? Consider family and others, not just the individual.

6. Broader Body of Christ Resources (Your local church is not the only part of the body of Christ)
   a. Other local counselors
   b. Christian support groups
   c. Resource Pregnancy Centers

7. Secular Resources
   a. Gov’t agencies
   b. General Support groups
   c. Etc.

8. Bibliography
   a. Whatever books and resources have been beneficial to you—this is for Dr. Lane’s benefit
   b. You do not need to footnote these sources throughout the paper.
**Course Objectives Related to MDiv* Student Learning Outcomes**

Course:  
Professor:  
Campus:  
Date:  

<table>
<thead>
<tr>
<th><em><em>MDiv</em> Student Learning Outcomes</em>*</th>
<th><strong>Rubric</strong></th>
<th><strong>Mini-Justification</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Articulation (oral &amp; written)</strong></td>
<td></td>
<td><strong>Strong</strong></td>
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<tr>
<td>Broadly understands and articulates knowledge, both oral and written, of essential biblical, theological, historical, and cultural/global information, including details, concepts, and frameworks.</td>
<td></td>
<td>Must be able to articulate a framework for counseling that is supported by a Biblical worldview.</td>
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<tr>
<td><strong>Scripture</strong></td>
<td></td>
<td><strong>Strong</strong></td>
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<tr>
<td>Significant knowledge of the original meaning of Scripture. Also, the concepts for and skill to research further into the original meaning of Scripture and to apply Scripture to a variety of modern circumstances. (Includes appropriate use of original languages and hermeneutics; and integrates theological, historical, and cultural/global perspectives.)</td>
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<td>Pastoral Counseling must be undergirded with biblical and theological categories. These are primary.</td>
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<tr>
<td><strong>Reformed Theology</strong></td>
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<td><strong>Strong</strong></td>
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<tr>
<td>Significant knowledge of Reformed theology and practice, with emphasis on the Westminster Standards.</td>
<td></td>
<td>The Reformed faith best provides a way of understanding people and their problems and the multi-layered cure which is built upon the gospel.</td>
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<td><strong>Sanctification</strong></td>
<td></td>
<td><strong>Strong</strong></td>
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<tr>
<td>Demonstrates a love for the Triune God that aids the student’s sanctification.</td>
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<td>Humility in the face of human sin and suffering will provide the student to take heed of their own lives.</td>
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<td><strong>Desire for Worldview</strong></td>
<td></td>
<td><strong>Strong</strong></td>
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<tr>
<td>Burning desire to conform all of life to the Word of God.</td>
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<td>Seeing the wisdom and Scripture will provide confidence that God speaks to all of life and issues endemic to the human condition.</td>
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<tr>
<td><strong>Winsomely Reformed</strong></td>
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<td><strong>Strong</strong></td>
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<td>Embraces a winsomely Reformed ethos. (Includes an appropriate ecumenical spirit with other Christians, especially Evangelicals; a concern to present the Gospel in a God-honoring manner to non-Christians; and a truth-in-love attitude in disagreements.)</td>
<td></td>
<td>Compassion and Joy are the hallmarks of the Reformed Faith. Wise care for people must grow in this context.</td>
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<td><strong>Preach</strong></td>
<td></td>
<td><strong>Strong</strong></td>
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<td>Ability to preach and teach the meaning of Scripture to both heart and mind with clarity and enthusiasm.</td>
<td></td>
<td>The content of the class will without question make the pastor’s</td>
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*As the MDiv is the core degree at RTS, the MDiv rubric will be used in this syllabus.*
<table>
<thead>
<tr>
<th>Role</th>
<th>Description</th>
<th>Level</th>
<th>Additional Comments</th>
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<tbody>
<tr>
<td>Worship</td>
<td>Knowledgeable of historic and modern Christian-worship forms; and ability to construct and skill to lead a worship service.</td>
<td>Minimal</td>
<td>Knowledge of people and their problems will impact formal, corporate worship.</td>
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<tr>
<td>Shepherd</td>
<td>Ability to shepherd the local congregation: aiding in spiritual maturity; promoting use of gifts and callings; and encouraging a concern for non-Christians, both in America and worldwide.</td>
<td>Strong</td>
<td>Knowing the complexity of each person will make the shepherd a wiser and more compassionate care provider.</td>
</tr>
<tr>
<td>Church/World</td>
<td>Ability to interact within a denominational context, within the broader worldwide church, and with significant public issues.</td>
<td>Strong</td>
<td>Exposure to various therapies that are popular outside of the Reformed faith will make the pastor more conversant with the broader body of Christ as well as the non-believing culture.</td>
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