MARRIAGE COUNSELING
(2 Credits)
06PSY567
Fall, 2012
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Monday, 1:00-4:15 p.m.

Course Description

This course is designed to help pastors, lay counselors and those in ministry who work with couples. We will examine Biblical and theological principles that guide marriage and study how God uses His Word to help people grow. We will emphasize practical skills as we look at basic counseling abilities. We will study how to assess problems which need to be addressed, how to resolve conflict and build positive communication patterns, and how to extend forgiveness. Attachment theory (which looks at issues from the family of origin) and genograms (a quick way to draw a family tree) will be included. We will study potential underlying psychological issues and consider when it is time to refer one or both spouses to a professional. Mindfulness exercises will be included, as we touch on relieving pressure of emotional stress in the lives of our couples.

Class Schedule and Required Readings

September 10. Syllabus/Biblical Principles and Theological Commitments;
   Read Keller, Intro. and Chapters 1-3. **Please do the reading assigned in Keller before our first class meeting.**
September 17. Counseling Skills/Marriage Assessment;
   Read Keller, Chapters 4-8 plus Appendix; Worthington, (Intro. is not assigned) Chapters 1-8.
September 24. Conflict Styles/Principles of Forgiveness;
   Read Worthington, Chapters 9-13; Tripp, Chapters 1-6.
October 1. Communication Patterns;
   Read Tripp, Chapters 7-12; Markman, Intro. and Chapters 1-5.
October 8. Male and Female Roles/Biblical Patterns for Family and Parenting;
   Read Worthington, Chapters 14-Appendix; Tripp, Chapters 13-17; Markham, Chapters 6-8.
October 15. Divorce and Remarriage (Guest Lecturer—Dr. Howard Griffith);  
Read Markman, Chapters 8-12.
October 22. Sexual Intimacy/Attachment Theory/Family of Origin;  
Read Markman, Chapters 13-17.
October 29. Underlying Clinical Problems;  
Project due.

Course Requirements

a. Lectures and attendance: A number of class sessions will include counseling practice in the form of role-playing, in order to give practical experience. Each student needs to be prepared to answer questions related to that day’s reading assignment. Attendance therefore is an absolute requirement.

Class Participation: 20%

b. Reading


**Please do the reading assigned in Keller before our first class meeting (see readings assigned for September 10).**

Completed Reading Assignments: 20%.

**IMPORTANT:** Include, with the final project, a Reading Report that says what percentage of the required reading you completed.

c. Case Studies

Each student will write up three of the case studies/role plays presented in class. Describe what your group did in class today, and give a plan for what you would do in future sessions, including: which marital issues need to be
addressed? How would you address them in the next few sessions? What homework assignments would you give? Due dates TBA.

Case Studies: 20 %

d. Project:

Prepare a six to eight week course that you can use to teach either Pre-Marriage Preparation or Marriage Enrichment. This should be detailed enough for you to use. Include what topics you will cover, and what you will say under each of these topics (in detailed outline form). Each lesson should include assigned reading and homework (e.g., discussion questions; Bible study; practice exercises). There are many programs available for each of these topics—you may use them to aid you, but do not replicate any one of them. Please include material from readings and lectures and footnote them for my benefit. Incorporating material from lectures and readings will enhance your grade. 10-12 pages (12 point font), due at the beginning of class on October 29.

Project: 40%