

Spring 2012

Reformed Theological Seminar: **Course 6PT516:** Pastoral Counseling

**Course purpose/description:**

*This course is an introduction to the counseling process with an emphasis on counseling from a Christian perspective in a pastoral context. The course will include discussions regarding: the nature of people and problems, the nature of change, definitions of health and maturity, the various models of counseling, the phases of counseling, and the role of client and counselor. In addition, material concerning marital counseling, family counseling, and lay counseling in the context of the local church or para church ministry will be presented. Finally, specific content regarding counseling individuals struggling with anxiety, depression, sexual brokenness and addictions, trauma and betrayal, and suicidal urges will be included. Primary skills addressed in the course include; approaching Scripture to find a framework for understanding and helping people, self-examination, listening, assessment, feedback and processing. Participants should find that they understand their own theology of relationships and change better, and should feel exposed to at least one model of Christian or "Biblical" counseling. These gains should allow a participant to more adequately function as a lay counselor and as a referral agent in the ministry.*

**Required reading:**

**Crabb, Lawrence J. Understanding People. Zondervan, Grand Rapids, MI, 1987.**

**Tripp, Paul David. Instruments in the Redeemer's Hands. P&R Publishing, Phillipsburg, NJ, 2002.**

**Clark, William W. Notes on Lay Counseling. The Lay Counselor Institute, 2011.**

**Recommended reading:**

**Yalom, Irwin. Love's Executioner. Basic Books, New York, 1989.**

**Jones, Stanton L. and Butman, Richard E. Modern Psychotherapies. IVP, Downer's Grove, IL, 1991.**

Course will meet on Wednesday's from 3:30-6pm at the RTS Tyson's office beginning Feb 1, ending May 2.

Attendance will be kept. One final paper will be expected on a research topic of your choice. A case discussion will be graded and a personal reflection paper will be required. Grades will be determined by:

Attendance and participation	20%
Personal reflection paper	20%
Case discussion	20%
Final research project	40%

Rough schedule:

1. 2/1/11
  - a. The goal of counseling
  - b. Models of counseling and change
  - c. Therapy and theology
2. 2/8/11
  - a. Basic dimensions of human nature
  - b. The role of our environment and development (our "story") in the change/growth process
3. 2/15/11
  - a. The impact of trauma, loss, betrayal and neglect in the formation of personality, relational style and life strategy
  - b. Defense mechanisms and protective strategies
4. 2/22/11
  - a. Case presentations, film clips, personal reflection guidelines (look at your story)
  - b. LCI counseling model; 4 stage model

5. 2/29/11
  - a. Phase one; assessment, organization and empathy
  - b. Listening
6. 3/7/11
  - a. Phase two; "tinkering," experimenting, processing, homework
  - b. Advance empathy
  - c. "problems of the moment,"
7. 3/14/11
  - a. Gender theology
  - b. Gender identity and attachment theory
  - c. Marriage and family model(s) (with counseling implications)
  - d. Sexual development
8. 3/21/11
  - a. Sexual brokenness
  - b. Sexual addiction (with counseling implications)
9. 3/28/11
  - a. Exposure, conflict, resistance and repentance (with counseling implications)
  - b. Discussion of research paper
10. 4/11/11 (no class on 4/4)
  - a. Case presentations and personal reflection
  - b. The church, the pulpit and counseling ministries
11. 4/18/11
  - a. Phase three: major change, turning points, conversions and callings (with counseling implications)
12. 4/25/11
  - a. Phase four: termination of counseling, celebration

- b. A brief look at grieving

13. 5/2/11

- a. Discussing implications for the church, ministry models,
- b. Consideration of recovery programs, lay counseling, small groups, referrals, etc.



**Course Objectives Related to MDiv Student Learning Outcomes  
With Mini-Justification**

Course: 6PT516 Pastoral Counseling  
 Professor: William W. Clark  
 Campus: Washington  
 Date: Spring 2012

<b><u>MDiv Student Learning Outcomes</u></b>		<b><u>Rubric</u></b> ➤ Strong ➤ Moderate ➤ Minimal ➤ None	<b><u>Mini-Justification</u></b>
<b>Articulation (oral &amp; written)</b>	Broadly understands and articulates knowledge, both oral and written, of essential biblical, theological, historical, and cultural/global information, including details, concepts, and frameworks.	Minimal	Class discussion, consideration of counseling models.
<b>Scripture</b>	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.)	Minimal	Application of Scripture to people's needs.
<b>Reformed Theology</b>	Significant knowledge of Reformed theology and practice, with emphasis on the Westminster Standards.	Moderate	Conviction of human condition and confidence in sovereignty of God is stressed.
<b>Sanctification</b>	Demonstrates a love for the Triune God that aids the student's sanctification.	Strong	Counselor's character and relationships are stressed.
<b>Desire for Worldview</b>	Burning desire to conform all of life to the Word of God.	Moderate	Close attention to client's situation in God's world.
<b>Winsomely Reformed/ Evangelistic</b>	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.)	Strong	The proper approach to understanding person's needs is stressed.
<b>Preach</b>	Ability to preach and teach the meaning of Scripture	None	

	to both heart and mind with clarity and enthusiasm.		
<b>Worship</b>	Knowledgeable of historic and modern Christian-worship forms; and ability to construct and skill to lead a worship service.	None	
<b>Shepherd</b>	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.	Strong	Relationships and place as an instrument in Christ's hands for change.
<b>Church/World</b>	Ability to interact within a denominational context, within the broader worldwide church, and with significant public issues.	None	