2PT516

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 Wednesday from 8-12pm. 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 a Saturday in November 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
- Week 1: Introduction
  - Basic Theories
- Week 2: Assumptions/ ways to integrate psychology and theology
- Week 3: Basic Biblical model
- Week 4: Depression
- Week 5: Anxiety
- Week 6: Family crisis/ addiction
- Week 7: Sexuality
- Week 8: Parenting
- Week 9*: Pre-marital counseling
- Week 10*: PREPARE/ENRICH
- Week 11: Grief
- Week 12: Personality Disorders
- Week 13: Short term pastoral counseling
- Week 14: Questions and catch-up

*Students must be present for both days (weeks 10 & 11) in order to give the Prepare/Enrich test.

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 Emotionally Healthy Church by Sczazero

The following texts are only recommended and not required for the class:

- Stumbling Toward Faith by Alston ISBN 010257557
- Telling Secrets by Buechner ISBN# 0-06-060936-2
- To Be Told By Allender ISBN#1578569486
- The Sacred Romance by Eldredge ISBN#0-7852-7342-5
- 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#1-57183-299-6
- The Healing Path by Dan Allender
- Instruments in the Redeemer’s Hands By Tripp ISBN #0875526071

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.