

ASSEMBLIES OF GOD THEOLOGICAL SEMINARY
Southeastern College Branch Campus
Lakeland, Florida
The Rutland Group Cohort #3
February 10, 11; March 15, 16 2004

PCPB 550 INTERPERSONAL TECHNIQUES IN HELPING RELATIONSHIPS
(3 Credits)
REVISED 12/10/2004

Richard D. Dobbins, PhD.

Spring 2005

COURSE SYLLABUS

COURSE DESCRIPTION

This course is a study of the techniques and relationships which serve to promote healthy adult growth and functioning. It begins with an exploration of the mind as the interface between natural and supernatural energies in the problem-solving, decision-making processes of the individual. Then, the course proceeds to preview the basic counseling skills required in defining a person's problems and formulating an effective treatment plan. The student will learn the skills involved in: establishing rapport, creating a supportive atmosphere that encourages a person to change, and engaging a person in the kind of loving confrontation often needed to facilitate change. The emphasis of the course is on training helping professionals to help others. Personal cognitive-emotional awareness and theological-psychological balance is promoted through a study of individual functioning in interpersonal relationships.

COURSE SCOPE

This course is designed to increase one's relational skills in helping people in the context of the local church. Those involved in active ministry as well as those involved in lay ministry will benefit from this class. This course will establish a Biblical foundation for interpersonal relationships. Students will experience an expanded understanding of their own interpersonal relationships (positive and negative) and how to help people process issues that are commonly found in the local church. Techniques will be acquired that will enable the student to function at an increased level of competency.

OBJECTIVES

1. To be able to define a biblical theology of relationships that will provide a construct from which one can work with people of all types. Current theories of personality will also be examined.

2. To better understand one's own interpersonal relationship style and how it impacts others positively and negatively.
3. Develop skills needed to help others to share their problems and engage in problem solving/conflict resolution.
4. Understand the traits of people helpers and how to develop and channel those traits to help others.
5. Gain and understanding of the terminology and various techniques used in helping people.
6. Process at least two personal issues and then formulate the steps necessary to face, resolve, and bring closure to those issues.
7. Learn through role-play and observation how to more effectively help people in counseling and helping relationships.
8. Learning how and when to refer.

REQUIRED TEXTBOOKS

- Collins, Gary R. The Biblical Basis of Christian Counseling for People Helpers: Relating the basic teachings of Scripture to people's problems. Colorado Springs, Colorado: NavPress Publishing Group, 2001.
- Dobbins, Richard D. Your Feelings: Friend or Foe? Study Guide. Dr. Richard D. Dobbins, Inc., 2005
- Dobbins, Richard D. Invisible Imprint: What Other Feel When In Your Presence. Sisters, Oregon: VMI Publishers, 2003.
- Bushe, Gervase R. Clear Leadership: How Outstanding Leaders Make Themselves Understood, Cut Through the Mush and Get Real at Work. Palo Alto, California: Davies-Black Publishing, 2001.

COURSE REQUIREMENTS

1. Christian Counseling for People Helpers. Write your responses to the following questions from pages 253-260.

Chapter One—1, 3, 4, 6.

- Chapter Two—2, 3.
- Chapter Three—1, 2, 4, 6.
- Chapter Four—4, 10.
- Chapter Five—2, 7, 10.
- Chapter Six—1, 2, 4, 9.
- Chapter Seven—10.
- Chapter Eight—2, 5, 8, 9.
- Chapter Nine—9.
- Chapter Ten—1, 5, 7, 11.
- Chapter Eleven—6, 8.
- Chapter Twelve—5, 6.
- Chapter Thirteen—2, 3, 7, 9.

Keep your answers brief and sharply focused. The content should make it obvious that you have read the book.

2. Read *Your Feeling: Friend or Foe?* Write your responses to the discussion questions at the end of each chapter.
3. Read *Invisible Imprint: What Others Feel When in Your Presence*, and complete the exercises in the workbook.
4. Here are the subjects to be covered in our classes:

- Biblical Psychology in Christian Ministry
- The Model of Pastoral Psychotherapy
- The Healing of the Universe
- The Healing of the Mind
- Becoming a New Person in Christ
- The Psychological Benefits of Sanctification
- The Initial Interview Process: Treatment Goals and Plans
- Avoiding Counseling Traps

5. The professor will give an objective open book exam on *Clear Leadership: How Outstanding Leaders Make Themselves Understood, Cut Through The Mush and Help Everyone Get real at Work*.

EVALUATION

Responses to the discussion questions on Gary Collins book.....	15%
Responses to the discussion questions on, <i>Your Feelings:</i>	
<i>Friend or Foe?</i>	15%
Responses to the discussion questions on <i>Invisible Imprint</i>	15%
Attendance and participation in class.....	35%
Your score on the test on <i>Clear Leadership</i>	20%

The professor reserves the right to change or revise the course requirements predicated on students' needs.

GRADING

All coursework is due by April 23, 2005.

NOTE: Work received after the post-session due date specified in the syllabus will result in a change of grade fee (\$15.00) being charged, even when an extension has been granted by the instructor.

ABOUT YOUR PROFESSOR

Richard D. Dobbins, PhD. is Founder and Chairman of the Board of EMERGE Ministries, Inc., a Pentecostal mental health center in Akron, Ohio, and Dr. Richard D. Dobbins, Inc., a non-profit publication ministry devoted to developing his various materials. He has been an ordained Assemblies of God minister who for over 50 years and for 30 years served as Assistant Superintendent of the Ohio District of the Assemblies of God. During part of that time he was a General Presbyter. For two years, he served as radio speaker for the Assemblies of God.

He has served on the faculties of The University of Akron, Central Bible College and Evangel College. For over twenty-five years, he has served on the faculty of Ashland Theological Seminary and holds an honorary Doctorate from that institution. He was among the first to be licensed as a psychologist in the state of Ohio, He has been honored by the American Association of Christian Counselors as a pioneer in Christian mental health and holds a similar distinction from the Fellowship of Pentecostal and Charismatic Care Givers.

SPECIFIC DATA

Syllabus prepared by Richard Dobbins, November 27, 2004, revised December 10, 2004.