

**ASSEMBLIES OF GOD THEOLOGICAL SEMINARY**  
**Valley Forge Christian College Branch Campus**  
**Phoenixville, Pennsylvania**  
**May 9-13, 2005**

**Sessions: Monday, May 9<sup>th</sup> > 9am-6pm**  
**Tuesday - Thursday, May 10<sup>th</sup>-12<sup>th</sup> > 8am-6pm**  
**Friday, May 13<sup>th</sup> > 8am-12noon**

**PCPB 550 INTERPERSONAL TECHNIQUES IN HELPING RELATIONSHIPS**  
**(3 Credits)**

**Ronald S. Hall, D. Min.**

**SUMMER 2005**

**COURSE SYLLABUS**

**COURSE DESCRIPTION**

A study of the techniques and relationships which serve to promote healthy adult growth and functioning. The course begins with an exploration of motivations for working in the helping fields. The course previews basic counseling skills such as warmth, empathy, concreteness, confrontation, interviewing, and treatment planning. The emphasis is on training helping professions 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 develop one's relational skills in working with people in the context of the local church. Those involved in fulltime 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 beginning with Genesis and moving through the New Testament. Students will experience an expanded understanding of their own style of interpersonal relationships, both positive and negative. Direction will be given to help people process issues that are commonly brought to the local church setting. Techniques will be modeled and practiced that will enable the student to function at an increased level of competency.

**OBJECTIVES**

1. To be able to articulate a biblical theology of relationships that will provide a construct in which to interface with all types of people.
2. To identify key characteristics of one's own interpersonal relationship style and how it impacts interfacing with others.

## PCP 550 Interpersonal Techniques in Helping Relationships

Ronald Hall

Page 2

3. Demonstrate essential skills in helping others share their problems and strategically guide the interaction to better enable the individual to move toward wholeness.
4. Identify the essential traits of people helpers and explore ways in which to channel those traits in the helping relationship.
5. Be knowledgeable of terminology and demonstrate in class, various techniques used in helping people.
6. Process at least two issues personally and formulate the steps necessary to face, resolve and bring closure to those issues. (This will serve as a tool to better empathize with what others go through in processing and resolving problems in their own lives.)
7. Learn how and when to refer.

### **REQUIRED TEXTBOOKS**

Egan, Gerald. (2001). *The Skilled Helper: A Problem-Management Approach to Helping*. Pacific Grove, California: Brooks/Cole Publishing Company. (Note: several editions exist. The latest edition is 7. The student should secure no earlier than the 1994 edition. The cost will be considerable less for 1994-1999 editions.)

Kollar, Charles. 1997. *Solution-Focused Pastoral Counseling*. Grand Rapids, Michigan: Zondervan Publishing House.

Richardson, Ronald. 1996. *Creating a Healthier Church: Family Systems Theory, Leadership and Congregational Life*. Minneapolis: Fortress Press.

Scazzero, Peter. 2003. *The Emotionally Healthy Church: A Strategy for Discipleship that Actually Changes Lives*. Grand Rapids, Michigan: Zondervan.

*The following assessment items will be received at class and **must be paid** for at the first class:*

Firo-B Self-Scorable Booklet and Answer Sheet. Consulting Psychologists Press.

Introduction to the Firo-B Results. Consulting Psychologists Press.

Gregorc Delineator. Anthony Gregorc.

## **METHODOLOGY**

This class will utilize relational assessment tools to aid the student in processing their own issues. Extensive use will be made of counseling constructs, lecture, along with modeling and role-playing.

## **COURSE REQUIREMENTS**

**A. Pre-Session Work** > come with the following items completed - May 9<sup>th</sup>.

1. Read *The Emotionally Healthy Church: A Strategy for Discipleship that Actually Changes Lives*. Complete the following and come prepared to interact on the entire book:

- Write out a quality four-five page paper that (1) Includes a statement that you have read the book. (2) Identify and describe four factors addressed that influence relationships among people in a local church. (3) What are the strengths and weaknesses in Scazzero's approach? (4) In what ways does this book help you to be more effective in working with people?
- Complete the emotional maturity assessment tool from *The Emotionally Healthy Church*. Go to the website – [www.emotionallyhealthychurch.com](http://www.emotionallyhealthychurch.com) to print out the tool so that you do not have to write in your book itself. Bring completed assessment to class and be prepared to interact on the tool.

2. Read *The Skilled Helper: A Problem-Management Approach to Helping*. Complete a five-six page analysis of the book which includes the following and come prepared to interact on the book during the week:

- Describes Egan's – Present Scenario, Preferred Scenario and a Strategy to Get There. Demonstrate in writing that you have a basic handle on the model and how you could make use of it in working with individuals. This model will be practiced in class.
- Process an issue that you are dealing with in your own life or in the life of someone else by using the model. Describe how the model helps to address the issue and move forward. This will reinforce what you are learning.
- What is the value of the model in working with people? How does the model interface with a Christian worldview? Use several scriptures to support your analysis.

## **B. In –Session Work**

1. Students will work with various assessment tools that deal with (1) Interpersonal relational styles, (2) Interpersonal tendencies in emotional well-being, (3) Conflict resolution, (4) Learning styles and how they impact relationship.

## **PCP 550 Interpersonal Techniques in Helping Relationships**

**Ronald Hall**

**Page 4**

2. Students will role play various techniques being learned during the week.
3. Students will interact with an extensive range of class notes to increase understanding of people and ways in which to better help people move toward wholeness.
4. Students will process numerous life vignettes during class sessions.
5. Students will begin work on *Creating a Healthier Church: Family Systems Theory, Leadership and Congregational Life*.

### **C. Post-Session Work**

1. Do a three page reflection concerning new skills and insights acquired throughout the week of classes. Be specific and demonstrate academic quality work in this reflection.
2. Read *Solution-Focused Pastoral Counseling* in its entirety. Once completed, write a response by answering the following questions in a step by step progression:
  - (1) What is the author's view on Christianity and its' Power to Help People?
  - (2) How does chapter 7 on "*Guiding Assumptions: A Way of Thinking*" help you work more effectively with people?
  - (3) What are the author's suggested steps in helping people process their problems? (Use Part 2 of book and place in your own words)
  - (4) What are the practical helps this book provides and what are some specific steps you can take to implement the concepts?

*This paper must be well articulated and demonstrate solid content in relation to the book. It is to be at least four full pages, double spaced, 12-size font.*

3. Completed a case study of a counseling situation that you have been dealing with. This is a major project for the class. More details will be given during class time. The case study will involve addressing a major issue in helping a couple or an individual. Freedom will be given on the issue that you will select. This will require the student to demonstrate the use of various techniques and skills being utilized in class. This case study will need to be 8-10 pages, doubled spaced, 12' size font.
4. Do a three-four page reflection paper on the assessment tools used during classes. Respond to the following: (1) What were your results? (2) What have you specially learned about yourself? (3) What have you learned about other people in relation to these assessment tools?
5. Read *Creating a Healthier Church: Family Systems Theory, Leadership, and Congregational Life*. Complete a three-page assessment of the book that responds to the following: (1) What is Family Systems Theory? (2) In what ways is Family Systems Theory significant to the church community? (3) How can getting a handle on Family Systems

**PCP 550 Interpersonal Techniques in Helping Relationships**  
**Ronald Hall**  
**Page 5**

Theory help one be more effective in working with interpersonal relationships in the church community? (4) In what specific ways can you put the content of this book to use in working with people?

**GRADING REQUIREMENTS:**

The following grade percentages apply to all required work –

1. Attend all sessions, along with full participation.
2. The Emotionally Healthy Church Paper – bring to first session. 15% of grade.
3. The Skilled Helper Paper – bring to first session. 15% of grade.
4. Reflection Paper on New Skills (post-session) - 5% of grade.
5. Solution-Focused Pastoral Counseling (post-session) - 15% of grade.
6. Case Study (post-session) - 25% of grade.
7. Assessment Tools Reflection (post-session) - 10% of grade.
8. Creating a Healthier Church (post-session) - 15% of grade.

**DUE DATES:**

1. Pre-session work above (page 3) due on first day of class – **May 9<sup>th</sup>**.
2. Post-session work above (page 4) due by **June 28<sup>th</sup>**.

Post-session work can be sent in any time prior to due date.

Normally - late work is assessed a change-of-grade fee of \$15.00, even if the professor grants permission for an extension. **NO WORK** will be accepted late without extenuating circumstances.

Submit all work to: Dr. Ronald S. Hall  
Valley Forge Christian College  
1401 Charlestown Road  
Phoenixville, PA 19460

Contact at: E-mail: [rshall@vfcc.edu](mailto:rshall@vfcc.edu)  
Office: 610-917-1460

**SELECTED COUNSELING BIBLIOGRAPHY**

- Allendar, Dan. The Wounded Heart. Colorado Springs, Colorado: Navpress, 1990.
- Anderson, Neil. Helping Others Find Freedom in Christ. Ventura, California: Regal Books, 1995.
- Banks, Robert. Paul's Idea of Community. Peabody, MA: Hendricksen Publishers, 1994.
- Brown, Robert and Jeffery Kottler. Introduction to Therapeutic Counseling. Pacific Grove, California: Brooks/Cole Publishing Company, 1992.
- Cloud, Henry. Changes that Heal: How to Understand your Past to Ensure a Healthier Future. Grand Rapids, Michigan: Zondervan Publishing House, 1992.
- Cloud, Henry and John Townsend. Boundaries. Grand Rapids, Michigan: Zondervan Publishing House, 1992.
- Collins, Gary. How to Be a People Helper. Wheaton, Illinois: Tyndale Publishers, Inc., 1995.
- \_\_\_\_\_. The Biblical Basis of Christian Counseling for People Helpers. Colorado Springs, Colorado: Navpress, 1993.
- \_\_\_\_\_. Excellence and Ethics in Counseling. Waco, Texas: Word Publishing, 1990.
- Cosgrove, Charles and Dennis Hatfield. Church Conflict: The Hidden Systems Behind the Fights. Nashville, Tennessee: Abingdon Press, 1994.
- Crabb, Larry. The Safest Place on Earth. Nashville, Tennessee: Word Publishing, 1999.
- \_\_\_\_\_. Connecting: Healing for Ourselves and Our Relationships, A Radical New Vision. Nashville, Tennessee: Word Publishing, 1997.
- Dobbins, Richard. Your Feelings... Friend or Foe?: Biblical Guidelines for Managing Your Emotions. Akron, Ohio: Totally Alive Publications, 900 Mull Ave., 1994.
- Eidson, Steve. When Lines Are Drawn. Joplin: College Press Publishing Company, 1994.
- Frazer, Randy. The Connecting Church: Beyond Small Groups to Authentic Community. Grand Rapids, Michigan: Zondervan Publishing House, 2001.

## **PCP 550 Interpersonal Techniques in Helping Relationships**

**Ronald Hall**

**Page 7**

Friedman, Edwin. Generation-to-Generation: Family Process in Church and Synagogue. New York, New York: The Guilford Press, 1985.

Goldenberg, Irene and Herbert Goldenberg. Family Therapy: An Overview (Third Edition). Pacific Grove, California: Brooks/Cole Publishing Company, 1991.

Goldsmith, Malcolm. Knowing Me Knowing God: Exploring Your Spirituality with Myers-Briggs. Nashville, Tennessee: Abingdon Press, 1997.

Gorman, Julie A. Community that is Christian: A Handbook on Small Groups. Wheaton, Illinois: Victor Books, 1993.

Haugk, Kenneth. Antagonists in the Church: How to Identify and Deal with Destructive Conflict. Minneapolis, Minnesota: Augsburg Publishing House, 1988.

Hawkins, O.S. Tearing Down Walls and Building Bridges. Nashville, Tennessee: Thomas Nelson Publishers, 1995.

Hemfelt, Robert, Frank Minirth, and Paul Meier. Love is a Choice: Recovery for Codependent Relationships. Nashville, Tennessee: Thomas Nelson Publishers, 1989.

Jones, L Gregory. Embodying Forgiveness. Grand Rapids, Michigan: Eerdmans Publishing Co, 1995.

Martin, Glen, and Gary McIntosh. Creating Community. Nashville, Tennessee: Broadman and Holman, 1997.

McGee, Robert. The Search for Significance. (Book and workbook/ revised and expanded) Nashville, Tennessee: Word Publishing, 1998.

Minirth, Frank, Paul Meier, Robert Hemfelt, Sharon Sneed and Don Hawkins. Love Hunger. Nashville, Tennessee: Thomas Nelson Publishers, 1990.

Nouwen, Henri. The Wounded Healer: Ministry in Contemporary Society. New York, New York: Image Books, 1972.

Parrott, Les and Leslie. Relationships. Grand Rapids, Michigan: Zondervan, 1998.

Steinke, Peter. Healthy Congregations: A Systems Approach. New York, New York: The Alban Institute, 1996.

**PCP 550 Interpersonal Techniques in Helping Relationships**

**Ronald Hall**

**Page 8**

\_\_\_\_\_. Healthy Congregation: A Systems Approach. New York, New York: The Alban Institute Inc., 1996.

Stevens, Paul and Phil Collins. The Equipping Pastor: A Systems Approach to Congregational Leadership. New York, New York: Alban Institute Publication, 1993.

Townsend, John. Hiding from Love: How to Change the Withdrawal Patterns that Isolate and Imprison You. Grand Rapids, Michigan: Zondervan Publishing House, 1996.

Wardle, Terry. Whispers of Love in Seasons of Fear. Grand Rapids, Michigan: Chosen Books, 1999.

Worthington, Everett. Marriage Counseling: A Christian Approach to Counseling Couples. Downer Grove, Illinois: Intervarsity Press, 1989.

Wright, Norman. Crisis Care: Hope for the Hurting. Richardson, Texas: Grace Products Corporation, 1996.

Wright, Norman. Crisis Counseling: Helping People in Crisis and Stress. San Bernadino, California: Here's Life Publishers, 1985.

**SPECIFIC DATA**

Syllabus prepared by Ronald S. Hall, D. Min., January 2005.