

ASSEMBLIES OF GOD THEOLOGICAL SEMINARY
Southeastern College Branch Campus
Lakeland, Florida
August 28 – December 11, 2003

PCPB 548 COUNSELING ESSENTIALS
(3 Credits)

Larry E. Hazelbaker, PhD

Fall 2003

COURSE SYLLABUS

COURSE DESCRIPTION

This course is an introduction to theoretical foundations and skill training that enables professional counselors, chaplains, and pastors to understand client problems and intervene effectively. The counselor-client relationship and the required skills for helping clients achieve desired changes will be examined.

COURSE OBJECTIVES

In keeping with the purpose of providing advanced professional and theological training, the objectives of this course are stated in terms of learning outcomes. Following this course, the student will:

1. Achieve a greater awareness of personal spiritual formation as both a personal necessity and goal of Christian counseling.
2. Appreciate the psychological benefits of sanctification.
3. Have an understanding of personality learning theories.
4. Operationally define eternal life and sin as they relate to the mental process.
5. Understand the role of counseling in the local and parachurch context.
6. Make informed decisions about referrals to mental health professionals.
7. Be acquainted with several leading schools of personality theory and critically evaluate their usefulness from a theistic presuppositional perspective.
8. Apply the principles of the solution-focused approach to counseling.
9. Be able to take a personal, marital and lifestyle case history.
10. Identify the pitfalls of the client-counselor relationship.

REQUIRED TEXTBOOKS

Benner, D. G. (1992). *Strategic Pastoral Counseling*. Grand Rapids, MI: Baker Books.

Miller, W. R. & Jackson, K. A. (1995). *Practical Psychology For Pastors*. Upper Saddle River, NJ: Prentice-Hall, Inc.

RECOMMENDED TEXTBOOKS

Cheydleur, J. R. (1999) *Called To Counsel*. Wheaton, Illinois: Tyndale House Publishers, Inc.

Collins, G. R. (1993) *The Biblical Basis Of Christian Counseling For People Helpers*. Colorado Springs, Colorado: Navpress.

Stahmann, R. F. and Hiebert, W. J. (1997) *Premarital And Remarital Counseling*. San Francisco, California: Jossey-Bass, Inc.

METHODOLOGY

Didactic lecture and small discussion groups will be employed in class sessions. Additional readings will be assigned during the week. Students will do outside reading and writing before and after the classroom experience.

COURSE REQUIREMENTS

1. Read and write a five-page critique on the Benner textbook. **This paper is due on or before November 13, 2003.**
2. Interview (either in person or by phone) two pastors in your locale. They may be from another denomination. Use the interview guide provided below or create your own:
 - 1) How much counseling do you do per week on average?
 - 2) What type of counseling do you do most of the time, i.e., individual, marital, family, crisis, grief or other?
 - 3) Describe your referral practices. How do you decide to refer? To whom do you refer?
 - 4) What is your training in counseling?
 - 5) Write up the results of this survey in a two to three page paper along with your subjective view of the interview. **This paper is due on or before December 4, 2003.**
3. Attend each scheduled class period
4. Present the results of your pastoral interview project to the class and professor. These will take place on the last day of class.
5. Be actively involved in small group discussions dealing with the materials from the texts and additional readings.
6. There will be two exams administered, a Midterm and Final. Exam material will be discussed by the professor.
7. Research Paper options (choose one of the following):
 - a. Design a church-based counseling program that fits your situation or one that you could implement in the future.

- b. Develop a seminar or workshop that addresses a human need (i.e. premarriage, marital issues, parenting, single living, single parenting, divorce recovery, life controlling habits, etc.) that might be addressed at the local church level. Include handouts, references, outline, etc.
- c. Write a research paper (12 pages text maximum) dealing with one type of counseling relevant to the student's vocational interest. (For example, a pastoral counselor may choose premarital counseling, crisis intervention, grief counseling, etc.) You may also choose to write a paper comparing or contrasting two different schools of therapy. Papers must be based upon thorough research of books, journals, periodical articles, etc., typed and double spaced. Papers should include a cover page, brief abstract, 10-12 pages of text, and a bibliography/reference list of sources. Be sure to consistently follow either Kate Turabian's 6th edition of her *Manual for Writers* or the American Psychological Association (APA) style manual. Proofread your paper carefully and make corrections prior to submission.

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GRADING PROCEDURE

Grades on the following projects will be determined as follows:

Class participation	(10%)
Page critique of Benner's book.	(20%)
Pastoral interview paper and presentation	(20%)
Term paper	(20%)
Midterm Exam	(15%)
Final Exam	(15%)

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

SELECTED BIBLIOGRAPHY

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- Anderson, R. S. (1990). *Christians who counsel: The vocation of wholistic therapy*. Grand Rapids: Zondervan/Ministry Resources Library.
- Augsburger, D. W. (1979). *Anger and assertiveness in pastoral care*. Philadelphia: Fortress.
- _____. (1973). *The freedom of forgiveness: 70 x 7*. Chicago: Moody Press.
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- Blackburn, B. (1982). *What you should know about suicide*. Waco, TX: Word Books.
- Bobgan, M. (1979). *The psychological way/the spiritual way*. Minneapolis: Bethany Fellowship.
- Bower, R. K., ed. (1974). *Biblical and psychological perspectives for christian counselors*. South Pasadena: Publishers Services.
- Bustanoby, A. (1977). *You can change your personality*. Grand Rapids: Zondervan.
- Byrd, W. and Warren, P. (1989). *Counseling And Children*, vol. 22 of the Resources for Christian Counseling series, ed. Gary R. Collins. Dallas: Word.
- Carlson, D. E. (1988). *Counseling And Self Esteem*, vol. 13 of the Resources for Christian Counseling series, ed. Gary R. Collins. Dallas: Word.
- Childs, B. H. (1990). *Short-term pastoral counseling: A guide*. Nashville: Abingdon Press.
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- Coleman, W. L. (1979). *Understanding suicide*. Elgin, IL: David C. Cook.

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- _____. (1988). *Inside out*. Colorado Springs: Navpress.
- _____. (1987). *Understanding people: Deep longings for relationship*. Grand Rapids: Zondervan.
- Crabb, L. J., Jr., and Allender, D. B. (1984). *Encouragement: The key to caring*. Grand Rapids: Zondervan.
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- Dobbins, R. D. (1970). *The function of the sermon in the pastor's role as counselor*. Akron: University of Akron. (microfilmed dissertation)
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SELECTED BIBLIOGRAPHY OF CLASSIC WORKS

A review of the following classic works is recommended for the history of psychotherapy lectures.

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SPECIFIC DATA

Syllabus prepared by Don Lichi, PhD, February 2001 and Larry E. Hazelbaker, PhD, August 2002, revised August 2003.

SPIRITUAL FORMATION COMPONENT COUNSELING ESSENTIALS

August 28, 2003

Listed below are ideas for practicing the disciplines. These ideas are taken from Celebrating the Disciplines by Richard J. Foster and Kathryn A. Yanni. The workbook was published in 1992 by HarperCollins Publishers, Inc., New York, NY.

Meditation

- Select a scripture passage and write it on a card you can carry with you for several days. Take it out often and reflect on it. Take time to focus on it in prayer.
- Set aside one day to practice holy leisure. (See p. 27 of Celebration of Discipline for definition of holy leisure.)
- Identify a particular place that provides a setting of beauty, and spend thirty minutes there contemplating all the ways in which you can see God's gifts to you in it.

Prayer

- Write a scripture passage on a card that you carry with you. Reflect on the passage often and pray that the Spirit will illuminate your understanding of the passage.
- Practice listening before intercessory prayer. Ask God to guide your thoughts and desires toward the people and concerns the Spirit wants you to pray about.
- Practice flash prayers as you see people around you.

Fasting

- Plan a fast of two meals only drinking fruit juice and water.
- Fast from something that doesn't involve food (i.e., TV).

Study

- Select a passage of scripture and study it.
- Choose a book to read and study it.
- Study the book of nature. Write down or sketch what you see.

Simplicity

- Reflect on Foster's three inner attitudes of simplicity. Write down your thoughts as to which of these would be the most helpful for you to focus on.
- Think through areas of your life and pray for guidance in what is important and what you can weed out.
- Monitor and write down your attitudes regarding your material possessions.

Solitude

- Look for little solitudes during your week.
- Find a quiet place where you can spend time in solitude and silence.
- Spend part of a day without words.