

**ASSEMBLIES OF GOD THEOLOGICAL SEMINARY**  
**Southeastern College Branch Campus**  
**1000 Longfellow Blvd.**  
**Lakeland, Florida 33801**  
**August 28 – December 11, 2003**

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

**Larry E. Hazelbaker, Ph.D.**

**Fall 2003**

**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 equip and enrich one’s relational skills in helping people in the context of the local church. Those involved in full-time active ministry as well as those involved in lay ministry will benefit from this class. The course will establish a solid Biblical foundation for interpersonal relationships beginning with Genesis and through the New Testament. Students will experience an expanded understanding of their own style in interpersonal relationships (positive and negative) and how to help people process issues that are commonly brought to the local church setting. Techniques will be acquired 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 work with all types of people.
2. To better understand one’s own interpersonal relationship style and how it impacts interfacing with various types of people.
3. Develop essential skills in helping others share their problems and strategically guide the interaction to better enable them to process their issues.

4. Understand the traits of people helpers and how to develop and channel those traits to help others.
5. Gain an understanding of the terminology and various techniques used in helping people.
6. Process at least two issues personally and then formulate the steps necessary to face, resolve, and bring to closure 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 through role-play and observation how to more effectively help people in a counseling and helping relationship.
8. Learning how and when to refer.

### **REQUIRED TEXTSBOOKS**

Egan, G. (2002). The skilled helper: A problem-management and opportunity-development approach to helping (7<sup>th</sup> Edition). Pacific grove, CA: Brooks/Cole Publishing Company.

Kollar, C. (1997). Solution-focused pastoral counseling. Grand Rapids, MI: Zondervan Publishing House.

### **COURSE REQUIREMENTS**

#### ***A. Pre-session***

1. Read ***Solution-Focused Pastoral Counseling*** in its entirety. Once completed, write responses to the following questions in a step-by-step progression:
  - (a) What is the author's view on Christianity and its' Power to Help People?
  - (b) How does chapter 7 on "Guiding Assumptions: A Way of Thinking" help you work more effectively with people?
  - (c) What is the author's suggested steps in helping people process their problems? (Use Part Two of book and place in your own words)
  - (d) What are the practical helps this book has provided you with and what are some specific steps you can take to implement the concepts found therein?
2. This paper must be well articulated and demonstrate solid content

in relation to the book. It is to be at least four full pages (undergraduate students do three full pages), double-spaced, 12-point font. Use a cover page so as to not take away from content on your four (undergraduate students do three pages) full pages of written work. This paper is due on the first day of class.

**B. *Session Work***

***The professor will provide an outline for each day's work.***

***For Day One***

Read Introduction through Chapter 7 (Parts 1 and 2) of ***The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping***. Be prepared to interact on these chapters in class. Do a three-page (undergraduate students do two-pages) analysis on your understanding of the helping model to this point. As you reflect, process an issue that you are currently dealing with in your own life or in the life of someone else by utilizing the “helping model.” This will reinforce what you are learning. Also, reflect on the two “most helpful” areas of the book to this point.

***For Day Two***

Read Chapters 8 – 13 (Part 3) of ***The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping***. Be prepared to interact on these chapters in class. Be prepared to practice what you have been learning thus far in the book. Again, as in prior session(s), do a three-page (undergraduate students do two-pages) analysis on your understanding of the helping model to this point. As you reflect, process an issue that you are dealing with in your own life or in the life of someone else by utilizing the “helping model.” This will reinforce what you are learning. Also, reflect on two more “most helpful” areas of the book to this point.

***For Day Three***

Read Chapter 14-17 (Part 4) of ***The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping***. Be prepared to interact on the chapters in class. Be prepared to practice what you have learned thus far from this textbook. Again, as in prior session(s), do a three-page (undergraduate students do two-pages) analysis on your understanding of the helping model to this point. As you reflect, process an issue that you are dealing with in your own life or in the life of someone else by utilizing the “helping model.” This will reinforce what you are learning. Also, reflect on two more “most helpful” areas of the book to this point.

***For Day Four***

Read Chapters 18-21 (Part 5) of ***The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping***. Be prepared to interact on the chapters in class. Be prepared to practice what you have learned thus far from this textbook model. Again, as in prior session(s), do a three-page (undergraduate students do two-pages) analysis on your understanding of the helping model to this point. As you reflect, process an issue that you are dealing with in your own life or in the life of someone else by

utilizing the “helping model.” This will reinforce what you are learning. Also, reflect on two more “most helpful” areas of the book to this point.

**C. *Post Session***

The professor will distribute a take-home exam that will cover a variety of topics discussed during the “Session Work.” The exam style will be discussed in class and **due December 16, 2003.**

**EVALUATION**

<b>Pre-session Reflection Paper.....</b>	<b>10%</b>
<b>Day One (attendance, reflection paper, participation).....</b>	<b>20%</b>
<b>Day Two (attendance, reflection paper, participation).....</b>	<b>20%</b>
<b>Day Three (attendance, reflection paper, participation)...</b>	<b>20%</b>
<b>Day Four (attendance, reflection paper, participation) .....</b>	<b>20%</b>
<b>Final Exam.....</b>	<b>10%</b>

**BIBLIOGRAPHY**

Will be handed out in class.

Professor reserves the right to change/revise course and/or course requirements predicated on students’ needs/time/background/academic history.

***About your professor***

Larry E. Hazelbaker, PhD is Professor of Psychology and Chairperson of the Behavioral and Social Sciences Department at Southeastern College of the Assemblies of God and an Adjunct Professor for The Assemblies of God Theological Seminary, Capella University, and The Union Institute and University. He is also a member of the supporting faculty for the Rutland Group. He is founder and president of Harbour Institute, a non-profit pastoral care ministry to ministers and their families. Dr. Hazelbaker is ordained with the Assemblies of God and has been in ministry since 1966 and at Southeastern College since 1986. He has served on the pastoral staff of five churches and two clinics in Central Florida. He is an active member of The American Psychological Association and The American Association of Christian Counselors. He is married to Deborah J. Hazelbaker, PhD, who is Professor of Mathematics and Chairperson of the Mathematics and Science Department at Southeastern College. They have been married since 1971 and together have two daughters, a son-in-law, and a grandson.