

ASSEMBLIES OF GOD THEOLOGICAL SEMINARY

**Branch Campus at
Valley Forge Christian College
Continuing Education Course
1401 Charlestown Road
Phoenixville, Pennsylvania**

PCPB 550 Interpersonal Techniques in Helping Relationships

Ronald S. Hall, D. Min.

Fall 2002

COURSE SYLLABUS

(3 Credit Hours)

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 fulltime active ministry as well as those involved in lay ministry will benefit from this class. This 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 the individual to process their issues.

PCP 550 Interpersonal Techniques in Helping Relationships

Ronald Hall

Page 2

4. Understand the traits of people helpers and how develop and channel those traits.
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 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 through extensive role-playing and observation how to more effectively help people in a counseling and helping relationship.
8. Learning how and when to refer.

REQUIRED TEXTBOOKS

Egan, Gerald. 1994. The Skilled Helper: A Problem-Management Approach to Helping. Pacific Grove, California: Brooks/Cole Publishing Company. *(Note: there are now several additions available. The student should secure either the 1994- Fifth Edition or later.)*

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

Van Yreren, Jim. 2001. Making Peace. St Charles, IL: ChurchSmart Resources 1-800-253-4276. You must contact this number directly for materials.
(This includes a workbook, 10 tape series and CD Rom)

The following assessment items will be received 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.

Parker, Glenn. 1991. Team Player Survey. Consulting Psychologists Press.

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 extensive modeling and role-playing.

COURSE REQUIREMENTS

A. Preparation for Session 1

1. Read *Solution-Focused Pastoral Counseling* in its entirety. Part two will be extremely helpful in processing issues addressed during the first class and beyond. 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 is 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 has provided you with 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. Use a cover page so as to not take away from content on full your four pages of written work.

2. *Making Peace* – listen to tapes 1-3. Read the first three sections of the workbook and complete the conflict resolution assessment tool from the workbook – Section 3. Come prepared at the first class with the situation you selected to take the assessment and what you have learned about yourself and your style. Prepare a three-page analytical reflection, double spaced, 12 size font on what you learned about yourself in addressing conflict and what you learned about others and their approach to conflict. The tool in section 3 and resource pages provide you with the means to meaningfully reflect.

ASSIGNMENTS 1 AND 2 ABOVE ARE DUE AT FIRST CLASS

B. Preparation for Session 2

1. Read introduction through chapter 6 (Parts 1 & 2) of *The Skilled Helper: A Problem-Management Approach to Helping*. Be prepared to interact on these chapters at class. Do a three-page 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 at this time 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.

PCP 550 Interpersonal Techniques in Helping Relationships
Ronald Hall
Page 4

2. *Making Peace* – listen to tapes 4-6. Be prepared to interact on this material. Also read the accompanying materials in the workbook as you listen to the tapes. Do a three-page analytical reflection on what you are specifically learning or reprocessing in dealing with interpersonal relationships and helping others find healing.

ASSIGNMENTS 1 AND 2 ABOVE ARE DUE AT SECOND CLASS

C. Preparation for Session 3

1. Read chapters 7 through 10 (Part 3) of *The Skilled Helper: A Problem-Management Approach to Helping*. Be prepared to interact on these chapters at class. Be prepared to practice what you have been learning thus far in the book. Again, as in prior session, do a three-page 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 at this time 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.
2. *Making Peace* – listen to tapes 7-10 and be prepared to interact on this material. Also, read the accompanying materials in the workbook as you listen to the tapes. Do a three-page analytical reflection on what you are specifically learning or reprocessing in dealing with interpersonal relationships. Include a statement at the beginning that you have listen to all of the tapes and read through the entire workbook.

ASSIGNMENTS 1 AND 2 ABOVE ARE DUE AT THIRD CLASS

D. Preparation for Session 4

1. Read chapters 11 through 17 (Part 4) of *The Skilled Helper: A Problem-Management Approach to Helping*. Be prepared to interact on the entire book in class. By this stage of the class you should be able to demonstrate a basic use of what you have been learning in the course and in assimilating the book into your handling of various situations. Now in a quality three-page analytical reflection - what is the value of the model in working with people?
2. Bring a completed case study of a counseling situation that you have been dealing with through the course. This is a major project of the class. Details on how to do this 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 processing

PCP 550 Interpersonal Techniques in Helping Relationships
Ronald Hall
Page 5

through the class textbook materials in providing guidelines for you selected situation. This case study will need to be 8-10 pages.

ASSIGNMENTS 1 AND 2 ABOVE ARE DUE AT FOURTH CLASS

3. Reflections due on the relational assessment tools used during in-class session. In each three-page reflection respond to the following: What were your results? What have you specially learned about yourself? What do you need to understand about other people in seeking to help them in relation to these tools?

GRADING REQUIREMENTS:

1. Attend all sessions
2. Role Playing participation and demonstrate of growth in skills through the class sessions - 15%
3. Making Peace – 15% (combined assignments)
4. Solution-Focused Pastoral Counseling – 15%
5. The Skilled Helper: 20% (combined assignments for sessions 2, 3, 4)
6. Case Study – 25%
7. Firo-B Assessment Tool - 5%
8. Parker Team Player Survey – 5%

DUE DATES: All work in due at the designated session found in this syllabus.

NOTE: All assignments are due at the times stated in this syllabus – at Session 1, 2,3, or 4. Normally - late work is assessed a change-of-grade fee of \$15.00, even if the professor grants permission for an extension. However, be on time for this class.

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
Office: 610-917-1460

SELECTED COUNSELING BIBLIOGRAPHY

- Adam, Jay. The Christian Counselor's Manual: The Practice of Nouthetic Counseling. Grand Rapids, Michigan: Zondervan Publishing House, 1973.
- Allendar, Dan and Lawrence Crabb. Encouragement: The Key to Caring. Grand Rapids, Michigan: Zondervan Publishing House, 1984.
- 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.

PCP 550 Interpersonal Techniques in Helping Relationships

Ronald Hall

Page 7

_____. Finding God. Grand Rapids, Michigan: Zondervan Publishing House, 1993.

_____. Understanding People: Deep Longing for Relationships. Grand Rapids, Michigan: Zondervan Publishing House, 1987.

Davis, Rod and James Denny. The Healing Choice: Finding God's Grace in Discouragement, Illness, Loss, Loneliness, Failure, Integrity, Doubt and Fear. Waco, Texas, 1986.

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.

Fraze, Randy. The Connecting Church: Beyond Small Groups to Authentic Community. Grand Rapids, Michigan: Zondervan Publishing House, 2001.

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.

Halverstadt, Hugh. Managing Church Conflict. Louisville, Kentucky: Westminster John Knox Press, 1991.

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.

PCP 550 Interpersonal Techniques in Helping Relationships

Ronald Hall

Page 8

- 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.
- McIntosh, Gary, and Robert Edmondson. It Only Hurts on Monday. Carol Stream, Illinois: ChurchSmart Resources, 1998.
- 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.
- Richardson, Ronald. Creating a Healthier Church: Family Systems Theory, Leadership, and Congregational Life. Minneapolis, Minnesota: Fortress Press, 1996.
- Seamands, David. Healing for Damaged Emotions. Colorado Springs, Colorado: Chariot Victor Publishing House, 1991.
- Steinke, Peter. Healthy Congregations: A Systems Approach. New York, New York: The Alban Institute, 1996.
- _____. 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.

PCP 550 Interpersonal Techniques in Helping Relationships

Ronald Hall

Page 9

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

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

SPECIFIC DATA

Syllabus prepared by Ronald S. Hall, D. Min., June 2002.