ASSEMBLIES OF GOD THEOLOGICAL SEMINARY
PCP 548 Counseling Essentials

Mark Bradford, D-Min, Psy.D. Fall 2001

COURSE SYLLABUS

COURSE DESCRIPTION

This course is an introduction to personality theories, therapies, helping relationships and the DSM-IV for professional counselors, chaplains and pastors. This includes reviewing essential qualities, principals, and processes of counseling in church, hospitals, para-church ministries, and mental health organizations.

COURSE OBJECTIVES

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

1. To explain the role of counseling in pastoral or para-church ministry.

2. To begin to acquaint the student with several of the leading schools of personality theory and psychology with their therapeutic approaches.
3. To help the student begin to understand some of the differences between these approaches--in terms of the personalities behind the schools, their philosophic and psychological differences, anthropological and sociological understandings, and with reference to your personal theological correlations.

4. To help the student begin an understanding of these schools (in terms of a reasoned eclecticism or individual preference with a reasoned defense of such a preference) as correlates with the individual's own approach as a pastor or counselor.

5. To assist the student to a broader understanding of persons, as related to needs, sickness, health, wholism, life, etc.

6. To gain skills for meeting the types of counseling needs often confronted by the contemporary counselor and pastor.

7. To facilitate the student's ability to approach teachers and practitioners in these various fields and schools in terms of teamwork, consultation and referral, as relates to community health and cooperation.

8. To recognize individual limits and make meaningful referrals when appropriate.

9. To help devise an individualized, integrated methodology for counseling or pastoral care.

10. To understand the appropriate usage of the DSM-IV and related mental health manuals.

TEXTBOOKS

Benner, David G. Strategic Pastoral Counseling: A Short-Term Structured Model. Grand Rapids: Baker, 1992.

Bradford, Mark. Personality Disorders in the Church Self Published Notebook, Springfield, Mo. 65802

RECOMMENDED TEXTBOOKS

Collins, Gary R. Christian Counseling: A Comprehensive Guide. Revised Edition. Waco: Word Books, 1988.

Crabb, Lawrence J. Effective Biblical Counseling. Grand Rapids: Zondervan, 1977.

Diagnostic and Statistical Manual, 4th Edition. Washington: American Psychiatric Association, 1994.

ADDITIONAL READINGS

A review of D. Goleman and K. Speeth's book The Essential Psychotherapies: Theory and Practice of the Masters , Meredian, N.Y., 1987 would be advantageous. This book contains 20 essays by key figures in psychotherapy, with each selection placed in its historical and intellectual context by an authoritative introduction and commentary.

In addition, students will be expected to participate in **required** supplemental reading and/or internet research assignments as well as to review classic works in counseling and psychotherapy.

METHODOLOGY

The course will consist of class lecture and discussion led by the professor. Also, students will be involved in practice exercises dealing with actual types of pastoral counseling cases.

COURSE REQUIREMENTS

1. Reading of designated chapters in the textbooks and supplemental reading as assigned by the instructor. A report of the completion of this reading is due **December 1, 2001**

2. Good Attitude and a positive spirit of learning and cooperation is required for this class and will make up part of your grade. Classroom attendance, punctuality and meaningful participation in discussion is required. More than three absence will be considered excessive and reduce one's grade. Three tardies constitute one absence.

3. Three written examinations will be given covering the textbooks, articles, and classrooms lectures. These examinations will consist of a combination of essay, multiple choice, and other types of questions.

GRADING PROCEDURE

Grades will be assigned on the basis of successful completion of all work for the course including the reading assignments. Each exam will be of equal value.

First Exam--October 2001	**(30% of Grade)**
Second Exam--November 2001	**(30% of Grade)**
Third Exam--December 2001	**(30% of Grade)**
Classroom Participation and Self Exploration	**(10% of Grade)**

BIBLIOGRAPHY

Reading assignments and additional Bibliographies will be handed out in class.

SELECTED BIBLIOGRAPHY OF CLASSIC WORKS

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

Adler, Alfred. Individual Psychology. Basic Books, N.Y., 1956.

Allport, Gordon W. The Individual and His Religion. Macmillan, New York. 1950.
_____. The Nature of Prejudice. Addison Wesley, Cambridge, 1954.

Beck, Aaron. Cognitive Therapy and the Emotional Disorders. International Universities Press.

Berne, Eric. Transactional Analysis in Psychotherapy. Grove Press, N.Y., 1961.
_____. Games People Play. Grove Press, N.Y., 1965.

Ellis, Albert. Rational Emotive Therapy, Lyle Stuart Co, 1962.

Erikson, Erik H. Youth: Change and Challenge. Basic Books, New York, 1963.
_____. Identity: Youth and Crisis. W. W. Norton, New York, 1968.

Frankl, Victor. Man's Search for Meaning. (Or as originally titled From Death Camp to Existentialism.) Beacon Press, Boston, 1963.

Freud, Sigmun. A General Introduction to Psychoanalysis. Permabooks, New York, 1957.
_____. New Introductory Lectures in Psychoanalysis. W.W. Norton, New York, 1951.

Fromm, Erich. Psychoanalysis and Religion. Yale University Press, 1956.

Glasser, William. Reality Therapy. Harper and Row, N. Y., 1965.

Horney, Karen. The Collected Works of Karen Horney. Norton, New York.

Jung, C.G. Psychology and Religion. Yale University Press, New Haven, 1946.
_____. Modern Man in Search of a Soul. Harvest Books, New York, 1933.

May, Rollo. Existence, Basic Books, New York, 1958.

Maslow, Abraham. Toward a Psychology of Being. Insight Books, New York, 1962.

Perls, Fritz. Gestalt Therapy. Julian Press, N.Y., 1969.
Rank, Otto. Myth of the Birth of the Hero, Basic Books, New York, 1952.

Reik, Theodor. Listening with the Third Ear.
Rogers, Carl R. Client-Centered Therapy. Houghton Mifflin Co., Boston, 1951.
_____. "Becoming a Person", Healing: Human and Divine. Association Press, N.Y., 1957.

Satir, Virginia. Conjoint Family Therapy, Science and Behavior, New York, 1967.

Skinner, B.F. Beyond Freedom and Dignity. Knopf, N.Y., 1971.

Sullivan, Harry Stack. The Interpersonal Theory of Psychiatry. W.W. Norton, N.Y., 1953.
_____. The Psychiatric Interview. W.W. Norton, N.Y. 1954.

Wolpe, Joseph. The Practice of Behavior Therapy. Pergamon Press, N.Y., 1969.