COURSE SYLLABUS

COURSE DESCRIPTION

The Polishing Our Interpersonal Skill Essentials (POISE) course includes a study of interpersonal techniques and practices for enhancing relationships with God, others, and self. This is an interpersonal skills course designed for clergy and missionaries. This course integrates cognitive-behavioral skills, biblical practices, and personality theory to enhance interpersonal relationships. This course is designed for missionary care-facilitators who will be providing the initial on-site pastoral counseling and pastoral care services to foreign missionaries who are still located in their foreign environment.

OBJECTIVES

Upon completion of this course, each student should be able to:
1. Identify danger signs in interpersonal relationships.
2. Recognize distorted thoughts and assess how each distortion affects personal relationships.
3. Apply cognitive-behavioral skills to reduce the impact of thought distortions.
4. Identify common environmental and cultural influences that undermine the self-concept of clergy and missionaries.
5. Apply cognitive skills and Biblical practices to enhance one’s self-concept.
6. Evaluate the impact of personality on interpersonal skills, self-concept, and spiritual growth.
7. Implement specific spiritual disciplines.

TEXTBOOKS

A. Pre-session readings

B. Post-session readings


BASIC OUTLINE

Course Objectives and expected outcomes

Danger signs in relationships

- Pursuit-withdrawal
- Invalidation
- Negative Interpretation
- Escalation

Cognitive-behavioral skills

- Skill #1: The Speaker/Listener Technique
- Skill #2: Disarming
- Skill #3: Disagree By Using The XYZ Technique
- Skill #4: Time Out
- Skill #5: Managing Communication Filters
- Skill #6: Identifying Distorted Thought Patterns
- Skill #7: Identifying Hidden Issues
- Skill #8: Assertive Communication
- Skill #9: Ground Rules for Conflict
- Skill #10: Problem Solving

Breaking *Inter*personal Dysfunctions With Truth

- Step 1: Describe facts
- Step 2: Rate Your Feelings About the Events
- Step 3: Identify Your Negative Thoughts
- Step 4: Identify the Distortion for Each Negative Thought
- Step 5: Examine the Alternatives

Five Elements of Self-Care

- Stress Resistance Self Assessment
- Symptoms of Depression
- Coping Skills
- Strategies for Thriving
  - Faith
  - Hope
  - Assessing Optimism

Goal Exercise:

- Faith In Accomplishing Your Goals
Building Faith
Improving Your Goals
Goals That Build Self-Esteem
Developing Goals For Stress Resistance
The Psychological Relationship Between Goals, Hope, and Faith
The Primary Function of Faith and Hope
Social Support Self-Assessment:
Why A Support Network Is Important
The Downward Spiral
Building a Network of Friends
Self-Esteem
Step 1: Identify Goals
Step 2: Identify Untruthful Sources of Self-Esteem
Step 3: Identify Negative Thoughts and Distortions
Step 4: Identify False Beliefs
Step 5: Substitute Truths
The Nevertheless Skill
Seven Rules For Getting Honest About Your Core Self
Exercise- A Beautiful Day
Love of God: Life’s greatest challenge
Two Fundamental Truths That Hinder Personality Change
The Spiritual Growth of the Average Christian
Nathan’s Law (from Nathan Brody)
Meditative Prayer
The Purpose of Listening Prayer
The First Fundamental Truth Of Spiritual Change:
The Second Fundamental Truth Of Spiritual Change
Spiritual Disciplines
Getting Started In Listening Prayer
Practical Tips For Listening Prayer
Getting Started In Fasting

METHODOLOGY

1. Text readings
2. Written assignments and self-assessments
3. Class lectures
4. Small group cultural application exercises
5. Video clips
COURSE REQUIREMENTS

Written Assignments - minimum six double-spaced typewritten pages/essay. Each essay is described in the POISE workbook

1. Application of behavioral-cognitive skills, due 7 days after the final class (August 6)
2. Application of cognitive skills, due 14 days after the final class (August 13)
3. Application of social support skills, due 21 days after the final class (August 20)
4. Application of self-esteem skills, due 28 days after the final class (August 27)
5. Application of spiritual growth skills, due 35 days after the final class (September 3)

GRADING PROCEDURE

Grades will be based on six written assignments, a minimum of five pages each, 100 points each for a total of 500 points. Papers should be e-mailed to ndavis@ag.org. One point will be deducted for each day each assignment is late.

SELECTED BIBLIOGRAPHY


SPECIFIC DATA