

## **PCCM 2370 –Introduction to Counseling**

New Orleans Baptist Theological Seminary  
Leavell College

**Disclaimer:** This syllabi is intended to give the student a general idea of the content, format, and textbook used for this class. The professor will submit a full syllabi at the beginning of the class which will contain a course schedule and the instructor's information.

### **Course Description:**

Introduction to Counseling presents an overview of the counseling profession by offering relevant content, vignettes, and think pieces for students to ponder. The course also offers specific content in the specialty areas of Community Agency Counseling, School Counseling, and Student Affairs Practice (counseling in higher education settings). The course will introduce the student to certification or licensing exams along with core areas that assures compliance with a high standard in the profession and offers the student a broad knowledge base.

### **Student Learning Objectives:**

This course will emphasize competencies in the following areas: reading, writing, computer skills, critical thinking and interpersonal relationship skills.

1. Student will become equipped with basic knowledge and skills necessary to effectively minister to hurting people through a counseling relationship.
2. Students will become familiar with a variety of theories of counseling and various techniques that have emerged from these approaches.
3. Students will be introduced to ethical and professional issues related to helping professionals

### **Course Teaching Methods:**

The course will be taught using various learning methods such as: reading, activities, classroom dialogue using the discussion board and professor/classmate feedback, powerpoint, guided study notes, quizzes, interviews and written assignments.

**Textbook:** Collins, Gary R. Christian Counseling, A Comprehensive Guide, 3<sup>rd</sup> ed., revised. Nashville, TN: Thomas Nelson, 2007.

### **CLASS REQUIREMENTS:**

**A. LATE ASSIGNMENTS:** There will be a 10% deduction in points from the assignment per week that an assignment is late. For example if an assignment is worth 20 points, then 2 points will be taken off each week the assignment is not turned in. **No points will be given for late Discussion Board assignments** after the final day of the discussion for that particular week. If you have not responded by Sunday at 11:55 p.m. you forfeit your opportunity to get points for the Discussion Board for that week.

**B. PARTICIPATION:** Students are expected to come to class and to be prepared to discuss the material they have been studying. Students will also be asked to participate in role play situations and in practicing counseling skills. For you to be able to have this practice you must be in attendance. Since this is a hybrid course there will be no absences allowed. If an emergency arises, please contact the professor.

**C. ACTIVE LISTENING AND RESPONDING SKILLS: Due -- (50 points)**

Two page conversation showing your listening and responding skills. You will be shown in class how to do this assignment. Assess your listening and responding skills using the following:

- Open ended questions
- Silence
- Self-Disclosure
- Restatements
- Observation statements

**D. PASTORAL CARE ENCOUNTER VERBATIM AND ASSESSMENT: Due: -- (150 points)**

See the material attached at the end of the syllabus. Follow this format. This paper is not a research paper, but an opportunity to use your listening skills and to do biblical, theological, psychological, sociological and person reflection on the issue or situation the interviewee is dealing with. This also helps you evaluate your helping skills and what you could do to improve. Do not use the person’s real name and change places etc. to disguise the identity of the person involved. This assignment will be done in lieu of a final exam.

**E. Discussion Board**

In 10 out of the 14 units the student will participate in a discussion on Discussion Board.

<p><b>Original Post: 10 points</b></p>	<p>After reading and doing the assignments needed for the Discussion Board, create an Original Post that is at least two substantial paragraphs in response to the questions or activities given in each unit. Make sure all questions asked are covered in your Original Post.</p>	<p>Due Wednesday at 11:55 pm.</p>
<p><b>Responses: 5 points for each response 5 x 2 = 10 points</b></p>	<p>Respond to at least <u>two</u> of your classmates Original Posts with substantial comments.</p>	<p>Due by Sunday 11:55 p.m. ** Last week of class for the term respond by Friday 11:55 p.m.</p>

**F. QUIZZES (6 Quizzes each 100 points each = 600 Points Total) See “assignments” for dates of quizzes.**

Six quizzes will be given during the course. Please check the syllabi to know when the quizzes will be given online. All quizzes are closed book. Each quiz is 20 true/false or multiple choice questions and you will have one hour to complete the test. Once you have begun the test you will not be able to go back into the test so allow an hour time when you begin the test. All quizzes are due by Sunday at 11:55 p.m.

**G. READING CHECK UP: (30 points for each unit's reading x 3 units = 90 points)**

For three of the units instead of a quiz there will be a reading check up given online so that you will record if you have completely read the chapters assigned. If so you will be given full credit. If you did not complete the entire chapter, you will not be given credit. The reading check up assignment is due on Sunday at 11:55 p.m.

**H. ASSIGNMENTS:** Assignments #1 - #6 are described in the appropriate units. Please check syllabi and Blackboard for the particular unit to see description of the assignments. All assignments are due by Sunday at 11:55 p.m.

**Grade Points:**

Discussion Board 10 units x 20 points =	200 points
Quiz 6 x 100 points =	600 points
Reading Check Up 3 units x 30 points =	90 points
Assignment #1 (Counseling Prof., Motivation, Jesus Approach)	60 points
Assignment #2 (Active Listening and Responding Skills)	50 points
Assignment #3 (Millennials)	50 points
Assignment #4 (Date Successfully OR Premarital Counseling Plan)	100 points
Assignment #5 (Family Assessment)	100 points
Assignment #6 (Addiction OR Mental Disorder)	100 points

Final Exam Assignment Pastoral Care Encounter Verbatim & Assessment 150 points  
**TOTAL 1,500 points**

**GRADING SCALE:**

**A 93-100**

**B 85-92**

**C 77-84**

**D 70-76**

**F Below 70 or Failure**

**BIBLIOGRAPHY: Introduction to Counseling**

Benjamin, Alfred. The Helping Interview: With Case Studies. Boston: Houghton Mifflin Company, 1987. On reserve in library.

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

Harris, Thomas A. I'm Ok- You're Ok: A Practical Guide to Transactional Analysis. New York: Harper and Row, 1979.

Jones, Stanton L. and Richard E Butman. Modern Psychotherapies: A Comprehensive Christian Appraisal. Downers Grove, IL: InterVarsity Press, 1991.

Oliver, Gary J., Monte Hasz and Matthew Richburg Promoting Change through Brief Therapy in Christian Counseling

Pruyser, Paul W. The Minister As Diagnostician: Personal Problems in Pastoral Perspective. Philadelphia: Westminster Press, 1976.

## **BIBLIOGRAPHY: Marriage and Family**

### **AFFAIRS**

Carder, David Torn Asunder: Recovering from Extramarital Affairs

Carder, David. Torn Asunder Workbook

Harley, Willard F. Jr. Surviving an Affair

### **MARRIAGE**

Cloud, Henry and John Townsend Boundaries in Marriage

Harvey, Donald R. When the One you Love Wants to Leave

Lester, Andrew D. and Judith L. Lester It Takes Two: The Joy of Intimate Marriage

McGraw, Philip Relationship Rescue

Miller, Sherod Talking and Listening Together

Parrott, Les and Leslie Becoming Soul Mates: Cultivating Spiritual Intimacy in the Early Years of Marriage (can be bought in a local bookstore)

Smalley, Gary Making Love Last Forever

Smalley, Gary and John Trent. Love is a Decision, Proven Techniques to Keep Your Marriage Alive and Lively (1989)

Warren, Neil Clark The Triumphant Marriage

Weiner-Davis, Michele Divorce Busting Marriage

Wheat, Ed. Love Life: For Every Married Couple

Wright, H. Norman Communication: Key to Your Marriage

Wright, H. Norman and Gary J. Oliver How to Change Your Spouse without Ruining Your Marriage

Wright, H. Norman. The Marriage Checkup Questionnaire,

### **MARRIAGE: SEXUALITY**

LaHaye, Tim and Beverly The Act of Marriage: The Beauty of Sexual Love (1976)

Penner, Clifford and Joyce The Gift of Sex: A Guide to Sexual Fulfillment (1981)

Smalley, Gary The Language of Sex, Experiencing the Beauty of Sexual Intimacy (2008)

Wahking, Harold and Gene Zimmerman Sexual Issues

Wheat, Ed and Gaye Wheat Intended for Pleasure (1977)

## PREMARITAL COUNSELING AND DATING

Boehi, David, Brent Nelson, Jeff Schulte and Lloyd Shadrach (edited by Dennis Rainey) Preparing for Marriage, the Complete Guide to Help you Discover God's Plan for a Lifetime of Love. (1997)

Hardin, Jerry D. and Dianne C. Sloan Getting Ready for Marriage Workbook: How to Get to Know the Person You're Going to Marry

Warren, Clark Neil Date or Soul Mate?

Warren, Clark Neil. Finding the Love of your Life, Ten Principles for Choosing the Right Marriage Partner (1992)

Wright, H. Norman Before You Say "I Do" A Marriage Preparation Manual for Couples

Wright, H. Norman Finding Your Perfect Mate (1995)

Wright, H. Norman So You're Getting Married

Wright, H. Norman. The Marriage Checkup Questionnaire,

Wright, H. Norman The Premarital Counseling Handbook

## REMARRIAGE AND STEPFAMILIES

Deal, Ron L. The Smart Step-Family, Seven Steps to a Healthy Family (2002)

Richards, Larry. Remarriage, A Healing Gift from God. (1981) Word Books

## MARRIAGE COUNSELING

Brock, Gregory W. Procedures in Marriage and Family Therapy

Clinton, Timothy and George Ohlschlanger Competent Christian Counseling vol. One.

Worthington, Everett Christian Marital Counseling: Eight Approaches to Helping Couples

Worthington, Everett Hope-Focused Marriage Counseling: A guide to Brief Therapy

Worthington, Everett Marriage Counseling: A Christian Approach to Counseling Couples

Wright, H. Norman. How to Counsel a Couple in Six Sessions or Less

Wright, H. Norman Marriage Counseling: A Practical Guide for Pastors and Counselors

## FAMILY

Bradshaw, John Bradshaw on: The Family (1988)

Balswick, Jack O. and Judith K. Balswick The Family, a Christian Perspective on the Contemporary Home. (1999)

Garland, Diana Family Ministry Inter Varsity Press, 1999.

Hargrave, Terry D. Families and Forgiveness, Healing Wounds in the Intergenerational Family (1994)

## PARENTING AND CHILDREN/TEENS

Atkinson, Harley, Ministry with Youth in Crisis. (1997)

Carder, Dave et al. Secrets of Your Family Tree. Moody Press, (1995)

Dobson, James Parenting isn't for Cowards (1987)

Dobson, James Preparing for Adolescence. (1980)

Drescher, John M. Seven Things Children Need, Significance, Security, Acceptance, Love, Praise, Discipline, and God. (1988)

Dobson, James C. Parenting Isn't for Cowards, Dealing Confidently with the Frustrations of Child-Rearing (1987)

Luce, Ron It's Only a Tattoo and other Myths Teens Believe, a Parent's Response Handbook. (2006)  
McGraw, Phil Family First, Your Step-by-Step Plan for Creating a Phenomenal Family. Free Press, 2004.  
McPherson, Miles Parenting the Wild Child, Hope and Help for Desperate Parents (2000)  
Parrott III, Les Helping the Struggling Adolescent, a Guide to Thirty-Six Common Problems for Counselors, Pastors, and Youth Workers. (2000)  
Townsend, John Boundaries with Teens, When to say yes, How to Say No (2006)

### **MEN AND WOMEN/COMMUNICATION/DIFFERENCES**

Feldhahn, Shaunti. For Women Only, What You Need to Know About the Inner Lives of Men. (2004)  
Feldhahn, Shaunti and Jeff Feldhahn. For Men Only, A Straight Forward Guide to the Inner Lives of Women. 2006)  
Harley, Willard F. Jr. His Needs Her Needs (1994)  
Tannen, Deborah. That's Not What I Meant! How Conversational Style Makes or Breaks Relationships. (1986)  
Tannen, Deborah. You Just Don't Understand, Women and Men in Conversation. (2001)  
Wright, H. Norman Communication, Key to Your Marriage, (200)  
Wright, H. Norman. What Men Want (1996)

### **VIDEO/DVD**

Cloud, Henry and John Townsend. Boundaries Nine Session Focus on Boundaries, Zondervan.com DVD  
McKay, Couple Skills The Video: Making Your Relationship Work  
Parrott, Les and Leslie, I Love You More, Zondervan DVD  
Parrott, Les and Leslie, Love Talk. Zondervan DVD  
*Gottman, John Making Marriage Work DVD Better Life Media, 2006*  
Smalley, Gary Homes of Honor Series 1 (1994) and 2 (1997).  
Fireproof DVD out end of Jan. 2009.