



**COUN6357 Contemporary Approaches to
Marital and Premarital Counseling
New Orleans Baptist Theological Seminary
Division of Counseling
Fall 2023
[plus NOLA2U Live]**

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Wednesday 8:00 a.m.-10:50 a.m.

Office: Leeke Magee Christian Counseling Center 104-D

Mission Statement

The mission of New Orleans Baptist Theological Seminary is to prepare leaders to walk with Christ, proclaim His truth, and fulfill His mission.

Mission Statement of the Counseling Program

The mission of the NOBTS Counseling Program is to provide training and supervised experience in evidence-based counseling methods to help people deal with life issues in a biblically sound way and prepare students for licensure in counseling and counseling-related professions. We seek to produce graduates who have the values, knowledge, skills, and personal disposition to promote the mental health and holistic wellness of clients across diverse populations.

Course Description

Students study a variety of leading contemporary theories of marriage and premarital therapy from a systemic approach. Concurrent emphasis is placed on mastery of the techniques used within each of those theories. Students will develop a personal model of marriage and premarital Therapy including assessment, treatment planning, interventions, and follow-up. (Prerequisites: COUN6350, COUN6351, and COUN 6302).

Attendance Policy

Include only the statement that matches this course format

Traditional and NOLA2U Classes: Students are expected to attend and participate in the class sessions. Any student missing more than nine hours may receive an automatic grade of "F" for the course. Three tardies will count as one absence.

For NOLA2U Live:

If you are taking this course as a NOLA2U Live student, please note the following attendance policies:

1) The course on the New Orleans campus will be connected synchronously via Web

conferencing with Internet students. These courses will require weekly attendance at the stated class meeting times.

- 2) Students are only allowed to miss the amount of class time specified in the NOBTS attendance policy as stated in this syllabus.
- 3) Technical issues will not be considered a valid reason for missing a class session.

Program Objectives:

- #1. Equip students to synthesize theoretical and empirical knowledge in the field of counseling.
- #2. Train students to have the necessary academic and clinical skills to obtain professional licensure.
- #3. Equip students to develop a deeper understanding of cultural diversity to enhance counseling skills.
- #4. Train students to Integrate historical Christian beliefs, faith, and spirituality with the best practices of mental health science, in an ethical manner.

Signature Assignment:

Key Performance Indicator	Learning Experiences	Assessments
Specialty Area: Marriage, Couple, & Family Counseling: 5.F.3.c Techniques and interventions of marriage, couple, and family counseling.	Instruction: Lectures, discussion, training, and role plays related to various interventions for marital issues Readings: Gottman, Furrow et al., Guillory, Weeks et.al., Vernick, and Carder	1. Pre and Post self-evaluation of knowledge of techniques and interventions for various marital issues

Course Objectives

Course Objectives	Learning Experiences	Assessments
Demonstrate knowledge and understanding of the biblical foundation for marriage, major contemporary theories, and ethical issues in marital and premarital counseling. (CACREP 5.F.1.a,b, c, d, e, f 2.a, b, c, n, o)	Instruction: Lectures: History of Marital/Premarital Therapy Biblical Foundations for Marriage Views of Divorce Models for Couples counseling Legal and Ethical Issues Avoiding Common Mistakes Gottman Lectures EFT Lectures Vernick Lectures Carder Lectures Videos, Role Plays Readings: Instone-Brewer, Gottman, Guillory, Furrow et al., Weeks et.al., Vernick, and Carder	1. Percentage of each reading assignment. 2. Exam over History and Models of Couples Counseling, Legal & Ethical issues, Avoiding Common Mistakes
Increase skills related to premarital and marital counseling, including assessment and techniques. (CACREP 5.F.1.c, e, f, 2.c, d, 3.a, c, d)	Instruction: Lectures, Role plays using Gottman and EFT Interventions; practice techniques for assessment (Gottman & Prepare/Enrich Training); developing a treatment plan for infidelity. Readings: Gottman; EFT	1. Successful completion of Prepare/Enrich Training 2. Treatment plan for infidelity
Increase skills in developing policies for the local church regarding marital and premarital therapy. (CACREP 5.F.3.a, b, c, d)	Instruction: Lectures on Biblical Foundations for Marriage; Views of Divorce Readings: David Instone/Brewer	1. Pre-Marital/Marital Therapy Policies Brochures

Increase in personal ability to experience appropriate empathy with persons in dysfunctional systems, and to demonstrate confidence in ability to counsel couples. (CACREP 2.d, g, f)	<i>Instruction:</i> Lectures on Avoiding Common Mistakes <i>Readings:</i> Weeks et.al.; Vernick	1. Exam I
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Course Requirements/Assignments

Assignment/Requirements & Description	Percentage	Due Date
<p>Research Paper: The student will write a fifteen (15) page research paper on a given marital/premarital issue. The paper should comply with the latest APA style manual and address one contemporary issue facing marital or premarital counselors. Clear topic with DeAron (via email) no later than Sept 13, 2023. Examples would be a study of a specific therapy model (not one we are studying in class), a comprehensive look at the latest research concerning couples therapy, premarital therapy, etc.</p> <p style="text-align: center;">OR</p> <p>Prepare/Enrich Training Each student will complete the certification requirements for the PREPARE/ENRICH inventory system. The cost for this certification will be announced and consists of attending the Prepare/Enrich Workshop to be held a Saturday determined by the trainer, in the LMCCC. Course notebooks will be ordered by the trainer. If you have not paid by the deadline you cannot get the materials and receive certification. Deadline for Payment: TBA. You may pay cash or by check, made out to NOBTS. If you have previously completed the Prepare/Enrich Training, you do not have to write a paper. You can come and review the training, but it is not required.</p>	25%	<p style="text-align: center;">10/18</p> <p style="text-align: center;">TBA Sat.</p>

<p>Annotated Bibliography</p> <p>Research six professional, peer-reviewed journal articles addressing issues related to one marital therapy model. This assignment will give you the opportunity briefly review the empirical support of marital counseling models. In order to complete this assignment, complete the following steps:</p> <ol style="list-style-type: none"> 1. Identify one marital counseling model or particular aspect of marital therapy that interests you. For example, you could research Brief Marital Therapy or working with affairs in marital therapy or using the Gottman method with autistic clients. 2. Using one or more of the Social Science databases in the EBCO host, identify empirical research studies related to your chosen model. <ul style="list-style-type: none"> • The articles should have been published within the last 10 years. • Articles must be from at least two different peer-reviewed journals. • Some subjects will have less published research on them, try as best as you can to use empirical articles – ones with participants that report observed and measured phenomena. If your topic is so narrow that that is not possible to find six empirical articles with participants, systematic reviews, commentaries from the professional field will be allowed. 3. For each article, write an annotation that includes the following. Keep in mind that a good annotation is approximately one paragraph in length and provides a succinct summary of the article. However, it is more than simply copying the abstract! <ul style="list-style-type: none"> • Full APA reference of the article • The problem the research was attempting to address • The purpose of the research study • Description of the study's participants or the source(s) of information • Summary of the findings 4. After you complete the six annotations, please summarize your insights by answering the following question: <ol style="list-style-type: none"> i. What takeaways are there that will inform your future work as a counselor potentially working with this population? 5. Oral Report (3-5 minutes) NO Powerpoint needed! 	<p>20%</p>	<p>11/29</p>
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<p>Exam I</p> <p>The exam is a mixture of objective and subjective questions covering the History of Couples Counseling, the Biblical Foundations for Marriage, Major approaches (models) for Couples counseling, Legal and Ethical Issues in Couples Counseling, and Avoiding Common Mistakes in Couples Therapy.</p>	<p>10%</p>	<p>9/6 by 8:00 AM</p>
<p>Instone-Brewer: report % read on Canvas/Discussion Board/Click Thread and Reply with the percent you completed by class today. Upload the QQTP to Canvas in the Assignment area. Bring a copy or have access to your copy for discussion in class.</p> <p>QQTP - Questions, Quotations & Talking Points:</p> <ul style="list-style-type: none"> • Questions: Note the points at which a question comes to mind as you read <i>Divorce and Remarriage in the Church</i>. Write a thoughtful question that invites analysis, synthesis, or evaluation of the material, or makes connections between the readings and previous readings • Quotation: Select a quotation that is especially pertinent or relevant to the main points of the text. The quotation should be neither too short (1-2 lines), nor too long (10-12 lines). Cite the page number. • Talking Points. Write talking points that show that you have thought seriously and critically about the reading. You do not need to answer your question here, but you may talk about it if you wish. Write at least five detailed talking points, covering several different topics from the reading. A rubric for this assignment is posted on Canvas. 	<p>5%</p>	<p>8/30</p>
<p>Final Exam</p> <p>The final exam in this class will be a treatment plan for a case study regarding infidelity or a treatment plan for a case study regarding a client involved in an emotionally destructive marriage. Due 8 am of the final exam date. Submit online in Canvas</p>	<p>10%</p>	<p>12/6 9:00-11:00 AM</p>

Reading of all Texts and Assigned Readings The reading in this class is heavy. You will need to make reading the texts a priority. No book reviews will be required, but your class participation and role playing will depend heavily on your understanding the concepts in each model. You will be asked to report the % read of each book at the due date. Some independent reading of articles may be assigned.	30%	See Course Schedule for corresponding due dates
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Textbooks

(Required): Gottman, J. M. & Silver, N. (2015) Seven principles for making marriage work. New York, NY: Crown Publishing. ISBN: 978-0553447712

(Required) Furrow, J. L., Johnson, S. M., Bradley, B., & Brubacher, L. (2022). Becoming an Emotionally Focused Therapist (2nd ed.). Routledge. ISBN-13: 978-0367483425

(Required): Weeks, Odel, & Methven. If Only I Had Known: Avoiding Common Mistakes in Couples Therapy. Norton. 978-0393704457

(Required): Instone-Brewer, David (2007). Divorce and remarriage in the church: Biblical solutions for pastoral realities. IVP Academic. ISBN: 978-0830833740

(Required): Vernick. Emotionally Destructive Marriages: How to find your voice and reclaim your hope. Waterbrook. ISBN: 978-0307731180

(Required): Carder, D. Torn Asunder: Recovering from an Extra-Marital Affair (3rd Ed) ISBN 978-0802471352

(Required): Guillory, P. (2021). Emotionally Focused Therapy with African American Couples (1st ed.). Routledge. ISBN-13: 978-0367375737

(Optional): David Olson (1998). PREPARE/ENRICH Counselor's Manual. Minneapolis, MN: Life Innovations. (Obtain from professor)

(Optional): Worthington, E. L., & Ripley, J. (2014). Couple therapy: A new hope-focused approach. Intervarsity Press Academic.

Course Teaching Methodology

The course will involve the following methods of instruction: lecture, skills training in various models, videos, role-plays, and discussions.

NOTICE: Canvas course: Contemporary Approaches to Marital/Premarital Therapy (COUN6357KS). Powerpoint notes from lectures and other important material from the course will be found there.

Grading Scale

The following grading scale is used at NOBTS (see the Graduate Catalog, available online at <http://www.nobts.edu/resources/pdf/GraduateCatalog.pdf>):

A: 93-100
B: 85-92
C: 77-84
D: 70-76
F: Below 70

Evaluation of Grade:

Research Paper OR Prepare/Enrich Training:	25%
Annotated Bibliography	20%
Exam 1	10%
Instone-Brewer QQTP Assignment	5%
Reading of All Texts and Assigned Readings	30%
Final Exam	10%

Professor's Policy on Late Assignments

All work is due on the assigned date in the syllabus. All work is due by 8:00 am or 11:59 pm (Central Time Zone) on the due date listed in the syllabus.

For this policy, "days" are calendar days from 12:00 AM to 11:59 PM. Work turned in one to seven days late will receive a 10% deduction; work turned in eight to fourteen days late will receive a 20% deduction; work will not be accepted after 14 days. No coursework will be accepted after the last final exam day of the semester as listed in the graduate catalog. In cases of extreme extenuating circumstances, students may appeal to the counseling department faculty for an exception to this policy by completing a form available from the Counseling Division Administrative Assistant.

Technical Assistance

For assistance regarding technology, consult ITC (504-816-8180) or the following websites:

1. Selfserve@nobts.edu - Email for technical questions/support requests with the Selfserve.nobts.edu or My.nobts.edu site (Access to online registration, financial account, online transcript, etc.)
2. Canvas@nobts.edu - Email for technical questions/support requests with the NOBTS Canvas Learning Management System (Faculty/Students/Staff) Canvas.NOBTS.edu.
3. Bluejeanshelpdesk@nobts.edu - Email for technical questions/support requests with the Bluejeans & NOBTS Bluejeans classrooms (On and Off-Campus)
4. TelephoneHelpDesk@nobts.edu - Email for technical questions/support requests with the NOBTS On-Campus Phone system.

5. ITCSupport@nobts.edu - Email for technical questions/support requests in the Flex classrooms and for general technical questions/support requests. If you are not sure who to contact, use this email address!
6. [504.816.8180](tel:504.816.8180) - Call for any technical questions/support requests. (Currently available Mon-Thurs 7:00am-9:00pm & Fri 7:00-7:00pm Central Time)
7. www.NOBTS.edu/itc/ - General NOBTS technical help information is provided on this website.

Help for Writing Papers at the Writing Center

NOBTS maintains a Writing Center designed to improve English writing at the graduate level. Students can receive writing guides, tips, and valuable information to help in becoming a better writer.

Academic Honesty Policy

All graduate and undergraduate NOBTS students, whether on-campus, internet, or extension center students, are expected to adhere to the highest Christian standard of honesty and integrity when completing academic assignments for all courses in every delivery system format. The Bible provides our standard for academic integrity and honesty. This standard applies whether a student is taking tests, quizzes, exams, writing papers, completing Discussion Boards, or any other course requirement.

Plagiarism on Written Assignments

NOBTS has a no tolerance policy for plagiarism. Plagiarism in certain cases may result in expulsion from the seminary. See the NOBTS Student Handbook for definition, penalties, and policies associated with plagiarism.

Disabilities and Accommodations

New Orleans Baptist Theological Seminary does not discriminate against applicants/ students on the basis of personal disabilities. The Seminary, in voluntary compliance with the American Disabilities Act, will provide reasonable institutional accommodations, modifications, and adjustments to enable and empower students with disabilities to participate in Seminary programs and activities to the fullest extent possible. However, NOBTS cannot support accommodations that place undue hardship on the Seminary or its resources or which alter the essential requirements of curriculum and academic progress. While the seminary does not provide direct assistance to students in the form of equipment or personnel, accommodations may be made by individual professors at their discretion. These accommodations usually take the form of early access to lecture materials in electronic format and additional time to complete tests and assignments. The most efficient way to pursue such accommodations is to provide the Director of Testing and Counseling (Dr. Jeff Nave, jnave@nobts.edu, 504-282-4455 ext. 8004) with documentation of the condition for which you seek accommodation, an explanation of helpful accommodations received in the past, and a description of the specific accommodations you desire. The Director of Testing and Counseling will document your request and communicate on your behalf with the professors who teach the course(s) for which you are

registered. The seminary reserves the right to consider each request for “special” accommodations on a case by case basis pursuant to the criteria enumerated above.

Diversity

The Counseling Program at NOBTS affirms the Christian doctrinal position that God created man in His own image, and that Christ died for man; therefore, every person of every race possesses full dignity and is worthy of respect and Christian love. We believe the counseling profession affords our students and graduates the opportunity to be “salt and light” (Matthew 5:13-16) whatever their places of service, and that a robust appreciation for and sensitivity to human diversity is key to that end. Further, a learning environment diverse in its people, curricula, scholarship, research, and creative activities expands opportunities for intellectual inquiry and engagement, helps students develop critical thinking skills, and prepares students for social and civic responsibilities. Students and faculty benefit from diversity. The quality of learning, research, scholarship, and creative activities are enhanced by a climate of inclusion, understanding, and appreciation of the full range of human experience. We are committed to nurturing and training a diverse student body in an atmosphere of mutual respect and appreciation of differences. As a result, the counseling program is committed to diversity and equal opportunity and recognizes that it must represent the diversity inherent in American society, reflected in our local community, and aligned with the core values of the NOBTS community.

Course Schedule

Date	Lecture	Assignment
8/16	Intro/Course Overview; History of Premarital Therapy Models for couples counseling Legal and ethical issues, and professional issues in couples counseling	Completion of Pre-Self Evaluation of knowledge of techniques and interventions for various marital issues.
8/23	Weeks: Avoiding Common Mistakes (CACREP 5.F.1.f, 2.c, 2.o, 3.e)	Weeks, Odel, & Methven—all of the book.
8/30	Biblical Foundations for Marriage Views of Divorce Hope Focused Therapy	Instone-Brewer—pages 1-208 QQTP Due: Discussion in class

9/6	Gottman: Myths and Mistakes of Marital Therapy Repair and the Core Triad of Balance The Sound Marital House: A theory of Marriage (Gottman Overview) The Assessment of Marriage Paper Topic Due if Not Attending Prepare/Enrich	Gottman, Ch. 1-3 Exam I online—complete before class 7 am (open 8/30 – 9/6, 8 am closes)
9/13	Gottman: Principles 1-4	Gottman, Ch. 4-7
9/20	Gottman: Principles 5-7	Gottman, Ch. 8-12 + Afterword
9/27	Furrow et al.: Theoretical Overview and Interventions of Emotionally Focused Therapy Prepare/Enrich Payment Due	Section 1
10/2	Fall Break Oct. 4 No Classes	
10/11	Furrow et al.: Steps, Stages, and Application of Emotionally Focused Therapy	Section 2-3
10/18	Emotionally Focused Therapy with African American Couples	Paul Guillory, Ch. 1-5
10/25	Emotionally Focused Therapy with African American Couples	Paul Guillory, Ch. 6-10
11/1	Carder	All of Torn Asunder
11/8	Carder Assessment of Sexual Habits in Marriage	

11/15	Vernick, Emotionally Destructive Marriages	All of Vernick
11/22	Thanksgiving Break—no classes	
11/29	Students Oral Reports	Annotated Bibliography due Oral Report
12/6	Final Exam 9:00-11:00 AM	Completion of Post Self Evaluation of knowledge of techniques and interventions for various marital issues.

Selected Bibliography

Carder, D. (2008). Close calls: What adulterers want you to know about protecting your marriage. Chicago: IL: Northfield Publishing.

Carson, D. K., & Casado-Kehoe, M. (2011). *Case studies in couple therapy: Theory-based approaches*. Routledge.

Cloud, H., & Townsend, J. (2004). Boundaries in marriage. Grand Rapids, MI: Zondervan Publishing.

Furrow, J. L., Johnson, S. M., Bradley, B., & Brubacher, L. (2022). Becoming an Emotionally Focused Therapist (2nd ed.). Routledge. ISBN-13: 978-0367483425

Gottman, J. M. (1999). *The marriage clinic: A scientifically based martial therapy*. W.W. Norton & Company.

Gottman, J. M. & Silver, N. (2000) Seven principles for making marriage work. New York, NY: Crown Publishing.

J. M., Gottman, J.S., & Declaire, J. (2007). Ten lessons to transform your marriage. New York, NY: Three Rivers Publishing.

Guillory, P. (2021). Emotionally Focused Therapy with African American Couples (1st ed.). Routledge.

Instone Brewer, D. (2007).). Divorce and remarriage in the church: Biblical solutions for Pastoral realities. IVP Academic. ISBN: 978-0830833740

- Johnson, S. M. (2005). Focused couple therapy with trauma survivors: Strengthening attachment bonds. New York, NY: Guilford Press.
- Johnson, S.M., Bradley, B., Furrow, J.L., Lee, A., Palmer, G., Tilley, D., & Woolley, S. (2005).
- Johnson, S. The emotionally focused therapist training set: becoming an emotionally focused couple therapist: The workbook. New York, NY: Routledge Publishing Company.
- Love, P., & Stosney, S (2008). How to improve your marriage without talking about it. New York, NY: Broadway Books.
- Thomas, Gary. (2002). Sacred marriage: What if God designed marriage to make us more holy than to make us happy. Grand Rapids, MI: Zondervan Publishing.
- Worthington, E. L., & Ripley, J. (2014). *Couple therapy: A new hope-focused approach*. Intervarsity Press Academic.
- Young, M. E., Barden, S. M., & Long, L. L. (2021). *Counseling and therapy for couples: An integrative model*. Pearson.