

### **COUN5340 Lifestyle Development and Career Counseling**

New Orleans Baptist Theological Seminary Division of Counseling Summer 2021 online

Instructor: Craig Garrett, PhD, LPC-S, NCC Associate Professor of Counseling Hardin Student Center, Dean of Students Office 504-282-4455, ext. 3283 cgarrett@nobts.edu

Teaching Assistant: Katie Majeste; email: katie.kerut.majeste@gmail.com

#### **Mission Statement**

New Orleans Baptist Theological Seminary and Leavell College prepare servants 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.

### **Core Value Focus**

The seminary has five core values: Doctrinal Integrity, Spiritual Vitality, Mission Focus, Characteristic Excellence, and Servant Leadership. The core value focus for this academic year is **Spiritual Vitality**.

#### **Curriculum Competencies**

All graduates of NOBTS are expected to have at least a minimum level of competency in each of the following areas: Biblical Exposition, Christian Theological Heritage, Disciple Making, Interpersonal Skills, Servant Leadership, Spiritual and Character Formation, and Worship Leadership. The curriculum competencies addressed in this course are: Interpersonal Skills, Servant Leadership and Spiritual and Character Formation.

#### **Syllabus Distribution**

This syllabus is distributed at the beginning of the semester for review and can be found electronically on blackboard.

# **Course Description**

Students will examine the developmental theories, personality career theories, and decision-making theories to develop a framework for lifestyle development and career counseling. Lifestyle and vocational assessment, choice, search tactics, family influences, and God's will and spiritual direction are examined. Students will learn to administer and interpret career assessment inventories. At the discretion of the professor, a small additional fee may be assessed to cover testing materials.

**Program Objectives**: #2. Upon successful completion of one of the Master's Programs in Counseling, graduates should be able to synthesize theoretical and empirical knowledge in the field of counseling, #4. Upon successful completion of one of the Master's Programs in Counseling, graduates should be able to integrate historical Christian beliefs, faith, and spirituality with the best practices of mental health science, in an ethical manner.

# **Course Objectives and Student Learning Outcomes**

Key Performance Indicator	Learning Experiences	Assessments
2.F.4.a	Instruction	Course Assignments
Theories and models	Blackboard supplemental reading	Midterm and Final Exams
of career development,	materials, presentations, videos.	Weekly quizzes.
counseling, and	Blackboard Discussion Board	
decision making		Signature Assignments
	Reading	Core Knowledge pre and post
	Zunker, Career Counseling, Ch. 2-3	assessments
		Self-Efficacy pre and post test

Course Objectives	Learning Experiences	Assessments
Students will understand and	Instruction	Course Assignments
evaluate the Biblical foundation for	Unit 1, 2, 3 supplemental materials	Book Review
work. 2.F.2.a; 2.F.2.d; 2.F.2.g;	(essays, video segments)	
2.F.4.j.	Readings	Blackboard discussion forum in
	Book review texts, 48 Days to the	Units one and two.
	Work You Love	
Students will understand and	Instruction	Course Assignments
evaluate the assumptions and	Unit 2 lecture, supplemental videos,	Quizzes
elements of major theories in	supplemental materials	Midterm Exam
career choice and development		Final Exam
considering Biblical principles.	Readings	
2.F.1.a.; 2.F.1.b.; 2.F.2.b.; 2.F.4.a;	Zunker Ch. 2-3	
Students will demonstrate the	Instruction	Course Assignments
ability to administer and interpret	Unit 4 lecture, supplemental	Personal Evaluation
selected vocational interest	materials,	Interview/Assessment/Treatment
instruments appropriate to client		Plan
goals and the current labor market.	Readings	
2.F.1.h.; 2.F.4.c.; 2.F.4.e.; 2.F.4.i.;	Zunker Ch. 6-7	
	Larimore, 10 Essemtials	
	Supplemental Readings in	
	Blackboard shell	
Students will value key issues in	Instruction	Course Assignments
calling and affirmation of vocation	Class lecture, video and discussion,	Personal evaluation
in multiple contexts. 2.F.1.h.;	guest speakers	Interview/ Assessment/Treatment
2.F.1.k.; 2.F.2.f; 2.F.2.g; 2.F.3.h;	Readings	Plan
2.F.4.b; 2.F.4.d.; 2.F.4.g.; 2.F.4.j.	10 Essentials of Happy, Health	
	People, 48 Days to the Work You	
	Love, Book Review Texts	
Students will apply concepts of	Instruction	Course Assignments
vocational guidance to ministry in a	Unit 1:	Interview/Assessment/Treatment
local church and/or other		Plan
counseling interactions. 2.F.2.g;	Readings	
2.F.4.f.; 2.F.4.h.;	Zunker, Ch. 2, 3, 4	
	Supplemental videos and readings	
	in Blackboard units	
Students will demonstrate the skills	Class discussion, Blackboard	Course Assignments
needed to effectively conduct a	materials	Personal Evalaution/Resume/Cover
job-search. 2.F.1.j.; 2.F.3.h; 2.F.4.f.		Letter
	Zunker Ch. 6, 7, 14, 17	

Readings Miller, 48 Days	
Supplemental reading in Unit folder	
on Blackboard	

# **Course Requirements and Evaluation of Grades**

All assignments must be completed to receive a passing grade in the course. All assignments must be submitted to Blackboard by Saturday at 11:59 PM (CST) of the week they are due.

Assignment/Requirements & Description	Percentage	Due Date
Blackboard Discussion Board Students will be required to participate in weekly discussion on Blackboard. Questions and activities will be posted throughout the semester. Each student will be responsible for one primary post in response to each of the instructor questions and a minimum of two secondary post responses per week, commenting on primary posts from other students.	20%	weekly
A new discussion board will be posted at the beginning of each week (on Sunday of each week at 12:00 AM). In order to facilitate better discussion, students must post their primary responses as early as possible in the week, no later than Wednesday, end of day. Discussion boards will be closed on Saturday at 11:59 PM (CST) each week. Discussion boards will not be reopened once they are closed.		
Posts will be graded for content quality and synthesis of course reading materials. Primary posts must demonstrate an understanding of the reading, presentation, or assigned activity, with a normal expectation of approximately 1-2 paragraphs in length. Secondary posts may be shorter (a few sentences to a paragraph), but must demonstrate evidence of quality and informed reflection on the subject.		
Weekly Chapter Quizzes Each student will take a weekly quiz on the chapter(s) assigned for reading. Quizzes will be multiple choice and administered on Blackboard. Studying for these quizzes and reviewing afterward will be helpful in preparing for the lifestyle and career counseling midterm and final exams as well as the CPCE and NCE exams.	10%	Each class meeting
Review of Witherington, Hamilton, or Keller Text  Students will write a book review of not less than five pages, excluding cover sheet, of either the book Work: A Kingdom Perspective on Labor by Ben Witherington, OR Work and Our Labor in the Lord by James Hamilton, OR Every Good Endeavor:  Connection Your Work to God's Work by Timothy Keller. The review will be double spaced and written in current APA style. The book review should include a brief summary of content, an evaluation of the strengths and limitations of the work, and its applicability to Christian ministry and counseling. Attach and post the review on Blackboard at the designated place under Assignments.	10%	6/20
Personal Evaluation / Resume / Cover Letter:  Each student will conduct a personal evaluation, including the results of various vocational and other instruments assigned in class, and will produce a formal report of the evaluation. The evaluation and report will include analysis of personal strengths and weaknesses, potential work settings, a personal development plan, and the production of a personal resume and cover letter. The report will be approximately 8-10 pages in length, plus the resume and cover letter.	15%	7/11

A detailed assignment description will be available in class and on Blackboard.		
Interview / Career Assessment Report / Treatment Plan: Each student will conduct a multi-meeting career assessment interview with an individual, including administration of selected assessment instruments. The interview and assessment will employ principles from the Miller text. Students will write an 8-10 page formal report and treatment plan based on these interactions. A detailed assignment description will be available in class and on Blackboard.	15%	7/18
Midterm and Final Exams: The two examinations are designed to assess students' knowledge of career	15%	7/4 and
development and counseling theory. Questions are derived from class lectures, discussions, and textbook material, with special emphasis on the Zunker text. Examinations will be objective, short answer, and discussion. Studying for these exams will be helpful in preparing for the lifestyle and career counseling questions on the CPCE for graduation and the NCC exam for state licensure.	15%	7/31

### **Required Textbooks**

Zunker, V. (2016). Career counseling: A holistic approach (9<sup>th</sup> Ed.). Boston, MA: Cengage. ISBN: 9781305087286

Miller, D. (2010). 48 days to the work you love: Preparing for the new normal (Rev. ed.).

Nashville, TN: B&H Publishing Group. ISBN: 9781433669330

Larimore, W. (2009). 10 essentials of happy healthy people: Becoming and staying highly

healthy. Grand Rapids, MI: Zondervan. ISBN: 9781448625147

### Required: Choose one of the following for the book review (student's choice):

Hamilton, J. (2017). Work and our labor in the Lord. Wheaton, IL: Crossway.

ISBN: 9781433549953

Kaemingk, M. (2020). Work and worship: Reconnecting our labor and liturgy. Baker Academic.

ISBN: 9781540961983

Keller, T. & Alsdorf, K.L. (2012). Every good endeavor: Connecting your work to God's work. New York, NY: Dutton.

ISBN: 9780525952701

Witherington, III, Ben. (2011). Work: A kingdom perspective on labor. Grand Rapids, MI:

Eerdmans. ISBN: 9780802865410

## **Recommended Reading**

(Although these books are not required, they provide helpful information for further study in areas covered by the course.)

Figler, H., & Bolles, R. N. (2007). *The career counselor's handbook* (2<sup>nd</sup> ed.). New York: Ten Speed Press. ISBN: 978-1-58008-870-1

National Career Development Association. (2015). *Ethical standards*. Tulsa, OK: author.

https://www.ncda.org/aws/NCDA/asset\_manager/get\_file/3395 National Career Development Association (2016). Standards. Retrieved from

http://www.ncda.org/aws/NCDA/pt/sp/guidelines

Rosenthal, H. (2017). Encyclopedia of counseling (4<sup>th</sup> ed.).

Wood, C. & Hayes, D. (2013). *A counselor's guide to career assessment instruments* (6<sup>th</sup> edition). Broken Arrow, OK: NCDA.

### **Course Teaching Methodology**

Reading, lecture notes, discussion, Blackboard, and presentations will be employed in this course of study.

Students will interview and give assessment instruments to self and others. Students will do personal evaluations of their lifestyle issues and career paths, including research into resources in these areas. Students will be evaluated for knowledge of career development and counseling and related lifestyle issues through exams. Students should be prepared to thoroughly discuss the reading material and demonstrate the reading/class assignments in class discussions and assignments. Students will submit an evaluation of their reading in the class.

### **Evaluation of Grade**

This course is graded according to seminary policy:

A--93-100

B--85-92\*

C--77-84

D--70-76

F--Below 70

#### **Helpful Resources**

National Career Development Association website Resources, Ethics, Standards, Advocacy information, etc. https://www.ncda.org/aws/NCDA/pt/sp/home\_page

O\*NET Online

https://www.onetonline.org

Self-Directed Search online
Online low-cost inventory based on Holland's types.
http://www.self-directed-search.com

#### **Technical Resources and Competencies**

Students in the NOBTS Counseling Program are expected to have access to a home computer or laptop, Internet access, and basic Microsoft Office software (Word, PowerPoint, and Excel). Desktop computers are available for use by students in the Information Technology Center (ITC), 2nd floor, Hardin Student Center, New Orleans Campus, and a public WiFi network is available in all front-block buildings of the NOBTS New Orleans campus. The online version of Microsoft Office is available free to enrolled NOBTS students through the seminary ITC. In addition, students should develop competencies in the following areas. These competencies are based on the Association for Counselor Education and Supervision (ACES) Technical Competencies.

- 1. Be able to use productivity software to develop group presentations, letters, and reports.
- 2. Be able to use such audiovisual equipment as video recorders, audio recorders, projection equipment, video conferencing equipment, and playback units.
- 3. Be able to use email.
- 4. Be able to help clients search for various types of counseling-related information via the internet, including information about careers, employment opportunities, educational & training opportunities, financial assistance/scholarships, treatment procedures, and social and personal information.
- 5. Be able to subscribe, participate in, and sign off counseling related listservs.
- 6. Be able to access and use counseling related CD-ROM and online databases.
- 7. Be knowledgeable of the legal and ethical codes which relate to counseling services via the Internet.
- 8. Be knowledgeable of the strengths and weaknesses of counseling services provided via the Internet.
- 9. Be able to use the Internet for finding and using continuing education opportunities in counseling.
- 10. Be able to evaluate the quality of Internet information.

These competencies meet or exceed the recommendations of both the American Counseling Association and the Council of Standards in Human Services Education.

<u>Course Policies, Academic Conduct, and Professional Conduct</u> 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.

#### **Academic Policies**

Academic policies relater to absences, grading scale, final examination schedules, and other topics can be found in the current online catalog: *New Orleans Baptist Theological Seminary Academic Catalog*.

#### **Classroom Participation/Active Dialogue**

Student participation is expected. Class interaction is an important and valuable aspect of the learning environment where we can experience the truth of the Great Commandment by truly knowing one another.

#### **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.

#### **Emergencies**:

In cases of emergency, such as hurricanes, disease outbreaks, or other disasters, go to the seminary website (www.nobts.edu) for information. The seminary administration will post information, such as the nature of the emergency, instructions for response, and evacuation and return dates. Please check Blackboard for information specific to this course. Because Blackboard is available, the course will continue even if the main campus is closed. Please consider registering for the seminary's priority text

messaging service through <u>SelfServe</u>. This service is used only in emergencies and will allow the seminary to deliver urgent information to you as needed.

#### **Extra Credit**

There is no extra credit available in this class.

### Netiquette

Netiquette refers to appropriate online behavior in Blackboard or other online discussions. Each student is expected to demonstrate appropriate Christian behavior when working online on Discussion Boards or whenever interaction occurs through web, digital, or other electronic medium. The student is expected to interact with other students in a fashion that will promote learning and respect for the opinions of others in the course. A spirit of Christian charity is expected at all times in the online environment.

### **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.

#### **Policy for Graduating Students**

Graduating Seniors are responsible for alerting the professor of your intention to graduate. All of your assignments must be completed by noon (12:00 PM) on the Wednesday prior to commencement exercises.

### **Professor's Policy on Late Assignments**

All work is due on the assigned date in the syllabus. All class work is due at the dates specified. Late assignments will be given a deduction of half a grade per class day after the due date. Any assignment submitted after the final exam will receive a grade of 0 points.

### **Professional Conduct**

Students are expected to adhere to the appropriate code of ethics for their particular program. Any behavior deemed unethical will be grounds for dismissal from the program.

### **Professor's Availability and Assignment Feedback**

The student may contact the professor at any time using the email address provided in the course syllabus. The professor will make every effort to return answers to emailed questions within a 24-hour period of time. Assignments requiring grading will be returned to the student within a reasonable period of time. Student feedback on graded assignments will be provided through the grading rubric located in the student's Blackboard Grade Book. The student will find comments in the grading rubric, as well as on graded paper assignments.

#### **Reading Assignments**

Students are responsible for completing all reading assignments.

### **Technical Assistance**

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

- 1. <u>Selfserve@nobts.edu</u> Email for technical questions/support requests with the <u>Selfserve.nobts.edu</u> site (Access to online registration, financial account, online transcript, etc.)
- 2. <u>BlackboardHelpDesk@nobts.edu</u> Email for technical questions/support requests with the NOBTS Blackboard Learning Management System <u>NOBTS.Blackboard.com</u>.
- 3. <u>ITCSupport@nobts.edu</u> Email for general technical questions/support requests.
- 4. <u>www.NOBTS.edu/itc/</u> General NOBTS technical help information is provided on this website.

### **Writing Center**

NOBTS has adopted a Quality Enhancement Plan to improve English writing at the graduate level. As part of this effort, NOBTS has established a writing center located in the Hardin Student Center (290B). Visit

the official NOBTS Writing Center online help site for writing academic papers and essays. You will discover writing guides, tips, and valuable information to help you become a better writer. Go here for Turabian and APA style helps and guidelines. You will also find language fonts for Greek and Hebrew. More information about how to set up an appointment for writing assistance is available on the writing center page.

### **Writing Style**

All papers are to be written in American Psychological Association (APA) style. Please see the APA Manual 6th edition. Be thorough, and answer completely all the questions in the assignments

### **Student Services**

(CACREP 1.F, H)

This is a partial list of NOBTS student services available to all students, no matter your delivery system or location. If you have questions or do not see what you need here, please refer to www.nobts.edu/studentservices, email us at studentservices@nobts.edu, or call the Dean of Students office at 800-662-8701, ext. 3283. We are glad to assist you!

Need	Email	Phone	Web Page
Advising – Graduate Program	studentservices@nobts.edu	504.282.4455 x3312	www.nobts.edu/registrar/default.html #advising
Advising – Undergraduate Program	lcadminasst@nobts.edu	504.816.8590	www.nobts.edu/LeavellCollege
Church Minister Relations (for ministry jobs)	cmr@nobts.edu	504.282.4455 x3291	www.nobts.edu/CMR
Financial Aid	financialaid@nobts.edu	504.282.4455 x3348	www.nobts.edu/financialaid
PREP (help to avoid student debt)	Prepassistant1@nobts.edu	504.816.8091	www.nobts.edu/prep
Gatekeeper NOBTS news	pr@nobts.edu	504.816.8003	nobtsgatekeeper.wordpress.com
Information Technology Center	itcsupport@nobts.edu	504.816.8180	selfserve.nobts.edu
Help with Blackboard	blackboardhelpdesk@nobts. edu	504.816.8180	nobts.blackboard.com
Library	library@nobts.edu	504.816.8018	www.nobts.edu/Library
Online library resources	library@nobts.edu	504.816.8018	http://www.nobts.edu/research- links/default.html
Writing and Turabian style help	library@nobts.edu	504.816.8018	http://www.nobts.edu/writing/default.html
Guest Housing (Providence Guest House)	ph@nobts.edu	504.282.4455 x4455	www.provhouse.com
Student Counseling	lmccc@nobts.edu	504.816.8004	www.nobts.edu/studentservices/counselingserv ices.html
Women's Programs	womensacademic@nobts.e du	504.282.4455 x3334	www.nobts.edu/women

For additional library resources in your state, check http://www.nobts.edu/library/interlibrary-loan.html

- GALILEO for Georgia students
- LALINC for Louisiana students
- Florida Virtual Library (http://www.flelibrary.org/) for Florida students
- Interact with us online at -







## **Course Schedule**

Z – Zunker, Career Counseling MIL – Miller, 48 days to the work you love LAR – Larimore, 10 essentials of happy, healthy people

Date	Topic	Reading &	CACREP
		Assignments	crf
	Introduction & Syllabus	Z: Ch. 1	
	Career Counseling: A Holistic Approach	MIL: Ch. 1	
Week 1	Historical Development & the Basics	LAR: Ch. 1-2	2.F.4.a
	What is Work?		2.F.1.a
May 31-Jun 5	Assessing Your Health	Z: Ch 1 Quiz	2.F.4.a
	Take Online: Pre-Course Content and Self-		2.F.4.b
	Efficacy Instruments		
	Theories of Career Development	Z: Ch. 2, 3	2.F.4.a
Week2	Change – Opportunity, Perception, Hope	MIL: Ch. 2, 3	2.F.4.b
	Life Balance	LAR: Ch. 3, 4	
Jun 6-12	Career Counseling Models		2.F.1.l
	A Life Plan - Work in Christian Perspective	Z: Ch 2 Quiz	2.F.4.a
	Self-Care, Physical Well-Being	Z: Ch 3 Quiz	
	Integrating Career & Personal Counseling	Z: Ch. 4, 5	2.F.4.b
Maak2		-	
Week3	Wheels, Goals, & Action	MIL: Ch. 4, 5	2.F.4.j
l 12 10	Emotional Well-being, Forgiveness, Acceptance,	LAR: Ch. 5, 6	
Jun 13-19	and Letting Go	7 0 40 :	2541
	Career Counseling Intake Interview	Z: Ch 4 Quiz	2.F.4.b
	Personality	Z: Ch 5 Quiz	2.F.4.j
	Reducing Stress, Anxiety, & Depression, Mental		
	Well-being	Book Review Due 6/19	
	Standardized Test and	Z: Ch. 6, 7	2.F.4.i
Week 4	Self- Assessment Procedures	LAR: Ch. 7	2.F.4.e
	Relational Health	MIL: Ch. 6, 7, 8	2.F.7.e
Jun 20-26	Technology in Career Counseling		2.F.4.c
	Constructs, Meanings, & Application	Z: Ch 6 Quiz	2.F.4.h
	Job Search, Interviewing, Networking, Resumes	Z: Ch 7 Quiz	2.F.5.e
	Ethics in Career Counseling	Z: Ch. 8	2.F.4.c
Week 5	The Value of Your Work	MIL: Ch. 9	2.F.4.d
	Spiritual Well-Being	LAR: Ch. 8	
June 27-Jul 3			
	Mid-Term Exam Review	Z: Ch 8 Quiz	
	MIDTERM EXAM		
		MIDTERM EXAM	
		Open Jun 27-Jul 3	

	Multicultural and Gender Issues in Career	Z: Ch. 9, 10, 11, 12	2.F.4.a
Week 6	Counseling	MIL: Ch. 10, 11	2.F.4.e
	Entrepreneurs – Being the Boss	LAR: Ch. 9, 10	2.F.4.h
Jul 4-10	Positive Self-Image	,	2.F.4.i
	Counseling Diverse Populations and Individuals	Z: Ch 9, 10 Quiz	2.F.4.c
	with Disabilities	Z: Ch 11, 12 Quiz	2.F.4.f
	Change & Opportunity	Personal Evaluation,	
	Discover Your Destiny	Resume, & Cover	
		Letter Due 7/10	
	Job Loss, Career Development, and Transitions of	Z: Ch. 13, 14, 15, 16, 17	2.F.3.i
Week 7	Working Adults	LAR: Ch. 11, 12	2.F.4.j
	Personal Responsibility and Empowerment	MIL: Ch. 12	2.F.4.f
Jul 11-17	Career Development in Elementary, Middle, High		2.F.4.g
	School and Beyond	Z: Ch 13, 14 Quiz	2.F.4.h
	Teamwork	Z: Ch 15, 16, 17 Quiz	5.F.2.k
	Find the Work You Love		2.F.4.f
		Interview/Career	2.F.4.g
		Assessment/Treatment	5.F.2.j
		Plan Due 7/17	
	Career Counseling Assessments (Post)		2.F.4.a
Week 8			
Jul 18-24	Final Exam Review		
	Take Online: Post-Course Content and Self-		
	Efficacy Instruments		
	FINAL EXAM		
Final Exam	*Short Week Alert!!!*	Final Exam: Open all	
Week	The course closes on Friday, July 30 and cannot	week, July 25-30	
Jul 25-30	be reopened. All assignments and exams must		
	be complete by this date.		

### **Selected Bibliography (CACREP 2.E)**

- Albers, S. (2009). 50 ways to soothe yourself without food. Oakland, CA: New Harbinger Publications, Inc.
- Allen, C. C., & Winters, C. A. (2004). *The healthy balance for body & soul.* Grand Rapids, MI: Fleming H. Revell.
- Amen, D. G. (2010). Change your brain, change your mind: The breakthrough program for conquering anxiety, depression, obsessiveness, anger, and impulsiveness. New York: Three Rivers Press.
- Amen, D. G. (2010). Change your brain, change your body: Use your brain to get and keep the body you have always wanted. New York: Three Rivers Press.
- Anderson, N. (2004). *Work with passion: How to do what you love for a living* (Revised and Updated). Novato, CA: New World Library.
- Antony, M. M., & Swinson, R. P. (2009). When perfect isn't good enough (2<sup>nd</sup> ed.). Oakland, CA: New Harbinger Publications, Inc.
- Arcieri, A. J., & Green, M. E. (1999). *Majoring in success: Building your career while still in college*. Alexandria, VA: Octameron Associates.
- Arterburn, S. (2004). *Feeding your appetites: Take control of what's controlling you.*Nashville, TN: Integrity Publishers.
- Arterburn, S., & Mintle, L. (2004). Lose it for life: The total solution spiritual, emotional, physical for permanent weight loss. Nashville, TN: Integrity Publishers.
- Backstrom, G. (2002). I'd rather be working: A step-by-step guide to financial self-

- support for people with chronic illness. New York: AMACOM.
- Backus, W. (1985). Telling each other the truth. Minneapolis, MN: Bethany House.
- Backus, W. (1996). The healing power of a christian mind: How biblical truth can keep you healthy. Minneapolis, MN: Bethany House.
- Backus, W. (2000). Telling yourself the truth. Bloomington, MN: Bethany House.
- Barnes, E. (2001). *Emilie barnes' 15 minute house and budget manager.* New York: Inspirational Press.
- Barnhill, C. (2004). The myth of the perfect mother: Rethinking the spirituality of women. Grand Rapids, MI: Baker Books.
- Bauer, J. (2005). *The complete idiot's guide to total nutrition* (4<sup>th</sup> ed.). Indianapolis, IN: Alpha Books.
- Beck, J. (2008). The complete Beck diet for life. Birmingham, AL: Oxmoor House, Inc.
- Bell, J. S., Jr. (2003). *Christian family guide to organizing your life.* Indianapolis, IN: Alpha Books.
- Benner, D. G. (2003). *Surrender to love: Discovering the heart of christian spirituality.*Downer's Grove, IL: InterVarsity Press.
- Benner, D. G. (2004). *The gift of being yourself: The sacred call of self-discovery.*Downer's Grove, IL: InterVarsity Press.
- Birsner, E. P. (1991). *The 40+ job-hunting guide: Official handbook of the 40+ club.* New York: Facts on File.
- Birsner, E. P. (1991). *Mid-career job-hunting guide: Official handbook of the forty plus club*. New York: Arco Publishing.
- Blakeney, S., & Henley, W. (2007). *Energy zappers: Dealing with people who drain your dry.* Grand Rapids, MI: Baker Books.
- Bolles, R. N. (2011). What color is your parachute? A practical manual for job-hunters and career changers. Berkeley, CA: Ten Speed Press.
- Bolles, R. N. (2011). What color is your parachute workbook: A companion to the bestselling job-hunting book in the world. Berkeley, CA: Ten Speed Press.
- Bourne, E. J. (2010). *The anxiety & phobia workbook* (5<sup>th</sup> ed.). Oakland, CA: New Harbinger Publications, Inc.
- Bradshaw, J. (2005). *Healing the shame that binds you* (Expanded and Updated ed.). Deerfield, FL: Health Communications, Inc.
- Brazelton, K. (2005). *Pathway to purpose for women: Connecting your to-do list, your passions, and God's purposes for your life.* Grand Rapids, MI: Zondervan.
- Brennfleck, K., & Brennfleck, K. M. (2005). *Live your calling: A practical guide to finding and fulfilling your mission in life.* San Francisco: Jossey-Bass.
- Breus, M. (2006). Good night: The sleep doctor's 4-week program to better sleep and better health. New York: Dutton.
- Brolin, D. E., & Loyd, R. J. (2003). *Career development and transition services: A functional life skills approach* (4<sup>th</sup> ed.). Upper Saddle River, NJ: Prentice Hall.
- Brown, D. (2006). *Career information, career counseling, and career development* (9<sup>th</sup> ed.). Needham Heights, MA: Allyn & Bacon.
- Brown, D., & Associates. (2002). *Career choice and development* (4<sup>th</sup> ed.). San Francisco: Jossey-Bass.
- Burns, D. D. (1999). *Feeling good: The new mood therapy.* New York: HarperCollins Publishers.
- Burwash, P. (2008). *Total health: The foundation for success and happiness*. Badger, CA: Torchlight Publishing, Inc.
- Callahan, L. (2002). The fitness factor: Every woman's key to a lifetime of health and well-being. Guilford, CT: The Lyons Press.
- Chambers, O. (1992). *My utmost for his highest*. Grand Rapids, MI: Discovery House Publishers.
- Clarke, D. E. (2007). The 6 steps to emotional freedom: Breaking through to the life God wants you to live. Uhrichsville, OH: Barbour Publishing, Inc.
- Cloud, H., & Townsend, J. (1992). Boundaries. Grand Rapids, MI: Zondervan Publishing

House.

- Cloud, H., & Townsend, J. (1999). *Boundaries in marriage*. Grand Rapids, MI: Zondervan Publishing House.
- Cloud, H., & Townsend, J. (2002). *God will make a way: What to do when you don't know what to do.* Nashville, TN: Integrity Publishers.
- Colbert, D. (2004). What you don't know may be killing you. Lake Mary, FL: Siloam.
- Colbert, D. (2006). The seven pillars of health. Lake Mary, FL: Siloam.
- Colbert, D. (2009). Eat this and live. Lake Mary, FL: Siloam.
- Colbert, D. (2010). Dr. Colbert's "I can do this" diet. Lake Mary, FL: Siloam.
- Cooper, K. H. (1995). Faith-based fitness. Nashville, TN: Thomas Nelson Publishers.
- Costa, K. (2007). God at work: Living every day with purpose. New York: Continuum.
- Crabb, L. (1997). Who you are: What your relationships tell you about yourself. Colorado Springs, CO: NavPress.
- Crabb, L. (2002). *The pressure's off.* Colorado Springs, CO: WaterBrook Press.
- Crabb, L. (2002). *The pressure's off workbook.* Colorado Springs, CO: WaterBrook Press.
- Crowley, K., & Elster, K. (2006). *Working with you is killing me: Freeing yourself from emotional traps at work.* New York: Warner Business Books.
- Daniel, M. (2000). Self-scoring emotional intelligence tests. New York: Sterling Publishing.
- Davis, M., Eshelman, E. R., & McKay, M. (2008). *The relaxation & stress reduction workbook* (6<sup>th</sup> ed.). Oakland, CA: New Harbinger Publications, Inc.
- Dawn, M. J. (2008). *Being well when we're ill: Wholeness and hope in spite of infirmity.*Minneapolis, MN: Augsburg Books.
- Demetre, D. (2006). Scale down live it up: Leader's guide. Grand Rapids, MI: Revell.
- Demetre, D. (2006). Scale down live it up: Wellness workbook. Grand Rapids, MI: Revell.
- Deroo, C., & Deroo, C. (2006). What's right with me: Positive ways to celebrate your strengths, build self-esteem, & reach your potential. New Harbinger Publications, Inc.
- Dobson, J. (2005). 5 essentials for lifelong intimacy. Sisters, OR: Multnomah Publishers.
- Dodd, S. L. (2006). *Behavior change log book and wellness journal*. San Francisco, CA: Pearson Education, Inc.
- Eikleberry, C. (2007). *The career guide for creative and unconventional people* (3<sup>rd</sup> ed.). Berkeley, CA: Ten Speed Press.
- Ellsworth, T. N. (2006). *The rat the race and the cage: A simple way to guarantee job satisfaction and success.* Enumclaw, WA: WinePress Publishing.
- Engel, B. (2006). *Healing your emotional self: A powerful program to help you raise* your self-esteem, quiet your inner critic, and overcome your shame. Hoboken, NJ: John Wiley & Sons, Inc.
- Farr, M. (2005). Next-day job interview. Indianapolis, IN: JIST Works.
- Farr, M. (2007). Same-day resume. Indianapolis, IN: JIST Works.
- Farr, M., & Shatkin, L. (2009). 50 best jobs for your personality (2<sup>nd</sup> ed.). Indianapolis, IN: JIST Works.
- Felton, S. (2005). *Smart organizing: Simple strategies for bringing order to your home.*Grand Rapids, MI: Revell.
- Fennell, P. A. (2001). *The chronic illness workbook: Strategies and solutions for taking back your life.* Latham, NY: Albany Health Management Publishing.
- Fields, D., & Rees, E. (2008). *Congratulations... you're gifted: Discovering your godgiven shape to make a difference in the world.* Grand Rapids, MI: Zondervan.
- Figler, H. E. (1999). *Complete job-search handbook: Everything you need to know to get the job you want* (3<sup>rd</sup> ed.). New York: Henry Holt and Company, LLC.
- Godwin, L. (2004). From burned out to fired up: A woman's guide to rekindling the passion and meaning in work and life. Deerfield Beach, FL: Health Communications, Inc.
- Gladwell, M. (2005). *Blink: The power of thinking without thinking.* New York: Back Bay Books.
- Goldberg, N. (2008). *Dr. Nieca Goldberg's complete guide to women's health.* New York: Ballantine Books.
- Goleman, D. (2006). *Emotional intelligence: The 10<sup>th</sup> anniversary edition*. New York:

- Bantam.
- Goleman, D. (2006). *Social intelligence: The 10<sup>th</sup> anniversary edition.* New York:
- Goodman, K. P. (2005). *Another fine mess, lord!* Uhrichsville, OH: Barbour Publishing, Inc.
- Gottfredson, G. D., & Holland, J. L. (1996). *Dictionary of Holland occupational codes* (3<sup>rd</sup> ed.). Tampa, FL: Psychological Assessment Resources, Inc.
- Gottman, J. M., DeClaire, J. (2001). The relationship cure: A 5 step guide to strengthening your marriage, family, and friendships. New York: Three Rivers Press.
- Gottman, J. M., & Gottman, J. S. (2007). And baby makes three: The six step plan for preserving marital intimacy and rekindling romance after baby arrives. New York: Three Rivers Press.
- Greenberger, D., & Padesky, C. A. (1995). *Mind over mood: Change how you feel by changing the way you think.* New York: The Guilford Press.
- Greene, B. (2002). *Get with the program! Getting real about your weight, health, and emotional well-being.* New York: Simon & Schuster Paperbacks.
- Greene, B. (2002). The get with the program! Daily journal. New York: Simon & Schuster Paperbacks.
- Greene, B. (2009). The best life diet (Rev. ed.). New York: Simon & Schuster Paperbacks.
- Greene, B. (2009). *The best life diet daily journal.* New York: Simon & Schuster Paperbacks.
- Greenhaus, J. H., Callanan, G. A., & Godshalk, V. M. (2010). *Career management*. (4<sup>th</sup> ed.). Thousand Oaks, CA: Sage Publications, Inc.
- Greenspan, T. S. (2002). *Freeing our families from perfectionism.* Minneapolis, MN: Free Spirit Publishing.
- Guinness, O. (2003). *The call: Finding and fulfilling the central purpose of your life.*Nashville, TN: W Publishing Group.
- Hager, W. D., & Hager, L. C. (2000). Stress and the woman's body. Grand Rapids, MI: Fleming H. Revell.
- Halaas, G. W. (2004). *The right road: Life choices for clergy.* Minneapolis, MN: Fortress Press.
- Halliday, J., & Halliday, A. (2002). *Thin within: A grace-oriented approach to lasting weight loss.* Nashville, TN: W Publishing Group.
- Harling, B. (2008). *Rewriting your emotional script: Erase old messages, embrace new attitudes.* Colorado Springs, CO: NavPress.
- Heim, T., & Heim, J. (1999). What's your story? An interactive guide to building authentic relationships. Colorado Springs, CO: Piñon Press.
- Helldorfer, M. C. (1995). *The work trap: Rediscovering leisure, redefining work.* New London, CT: Twenty-Third Publications.
- Henner, M., & Morton, L. (1998). *Marilu henner's total health makeover: 10 steps to your B.E.S.T.\* Body.* New York: HarperCollins Publishers. (**B**alance, **E**nergy, **S**tamina, **T**oxin-Free)
- Herr, E. L., Cramer, S. H., & Niles, S. G. (2003). *Career guidance and counseling through the lifespan: Systematic approaches* (6<sup>th</sup> ed.). New York: Longman.
- Hirsch, S. K., & Kise, J. A. G. (2006). *Soul Types: Matching your personality and spiritual path.* Minneapolis, MN: Augsburg Books.
- Hirsch, S. K., & Kise, J. A. G. (2009). Looking at type and spirituality: Using psychological type to discover your unique spiritual expression. Gainesville, FL: Center for Applications of Psychological Type, Inc.
- Hodge, D. R. (2003). *Spiritual assessment: Handbook for helping professionals.* Botsford, CT: North American Association of Christians in Social Work.
- Holland, J. L. (1997). *Making vocational choices: A theory of vocational personalities and work environments* (3<sup>rd</sup> ed.). Tampa, FL: Psychological Assessment Resources, Inc.
- Hudson, C. D., Kohlmeyer, D., & Southern, R. (2005). Do you want fries with that? The indispensable guide to a fun and fulfilling career. Uhrichsville, OH: Barbour Publishing, Inc.
- Hunt, J. (2008). How to handle your emotions. Eugene, OR: Harvest House Publishers.

- Hunt, J. (2007). How to forgive...when you don't feel like it. Eugene, OR: Harvest House Publishers.
- Ingram, C., & Johnson, B. (2009). *Overcoming emotions that destroy: Practical help for those angry feelings that ruin relationships.* Grand Rapids, MI: Baker Books.
- Jantz, G. L. (2007). The body god designed: How to love the body you've got while you get the body you want. Lake Mary, FL: Siloam.
- Kahn, A. P. (2003). *The encyclopedia of work-related illnesses, injuries, and health issues.* New York: Facts on File.
- Kalt, N. C. (1996). *Career power! A blueprint for getting the job you want.* Pound Ridge, NY: Career Power, Inc.
- Karasek, R., & Theorell, T. (1992). *Healthy work: Stress, productivity, and the reconstruction of working life.* New York: Basic Books.
- Kay, E. (2004). A woman's guide to family finances: Finding real money in an unreal economy. Minneapolis, MN: Bethany House.
- Kise, J. A. G., Stark, D., & Hirsch, S. K. (2005). *Lifekeys: Discover who you are.*Minneapolis, MN: Bethany House Publishers.
- Koenig, K. R. (2007). The food and feelings workbook: A full course meal on emotional health. Carlsbad, CA: Gürze Books.
- Kossek, E. E., Lambert, S. J. (Eds.). (2005). Work and life integration: Organizational, cultural, and individual perspectives. Mahwah, NJ: Lawrence Erlbaum Associates, Inc.
- Kroeger, O., Thuesen, J. M., & Rutledge, H. (2002). *Type talk at work: How the 16 personality types determine your success on the job* (Rev. ed.). New York: Delta.
- Laliberte, M., McCabe, R. E., & Taylor, V. (2009). *The cognitive behavioral workbook* for weight management: A step-by-step program. Oakland, CA: New Harbinger Publications, Inc.
- Larimore, W. (). God's design for the highly health child. Grand Rapids, MI: Zondervan.
- Larimore, W. (). God's design for the highly health teen. Grand Rapids, MI: Zondervan.
- Larimore, W., & Peel, W. C. (). Going public with your faith: Becoming a spiritual influence at work. Grand Rapids, MI: Zondervan.
- Leahy, R. L. (2005). *The worry cure: Seven steps to stop worry from stopping you.* New York: The River Press.
- Leron, J. A. (200X). Conquering the time factor: Twelve myths that steal life's precious moments. Camp Hill, PN: Christian Publications, Inc.
- Lewandowski, M. J. (2006). *The chronic pain workbook: A self-treatment approach to pain relief using the behavioral assessment of pain questionnaire.* Oakland, CA: New Harbinger Publications, Inc.
- Lewis, C. (1998). First place: The original spirituality based weight loss plan for whole person fitness. Nashville, TN: Broadman & Holman Publishers.
- Lewis, C. (2004). The divine diet. Ventura, CA: Regal Books.
- Liptak, J. J. (2008). *Career quizzes: 12 tests to help you discover and develop your dream career.* Indianapolis, IN: JIST Works.
- Liptak, J. J. (2001). Treatment planning in career counseling. Belmont, CA: Brooks/Cole.
- Llewellyn, A. B., & Holt, R. (2007). *The everything career tests book: 10 tests to determine the right occupation for you.* Avon, MA: Adams Media.
- Lloyd, M. (2009). Super-charged retirement: Ditch the rocking chair, trash the remote, and do what you love. University Place, WA: Hankfritz Press.
- Lluch, A. A. (2007). *I will get fit this time! Workout journal.* San Diego, CA: Wedding Solutions Publications, Inc.
- Lluch, A. A. (2006). *I will lose weight this time! Diet journal.* San Diego, CA: Wedding Solutions Publications, Inc.
- Lore, N. (2008). *Now what? The young person's guide to choosing the perfect career.* New York: Fireside.
- Lore, N. (1998). *The pathfinder: How to choose or change your career for a lifetime of satisfaction and success.* New York: Fireside.
- Lowman, R. L. (1991). *The clinical practice of career assessment: Interests, abilities, and personality.* Washington, DC: American Psychological Association.

- Lowman, R. L. (1993). *Counseling and psychotherapy of work dysfunction*. Washington, DC: American Psychological Association.
- Lush, J., & Vredevelt, P. (2008). *Women and stress: Practical ways to manage tension.*Grand Rapids, MI: Fleming H. Revell.
- Mallinger, A. E., & DeWyze, J. (1992). *Too perfect: When being in control gets out of control.* New York: The Random House Publishing Group.
- Mathuna, D. O., & Larimore, W. (2001). Alternative medicine: The Christian handbook.
- May, G. G. (1991). Addiction & grace: Love spirituality in the healing of addictions. New York: HarperCollins Publishers.
- McCullough, D. (2004). The consolations of imperfection: Learning to appreciate life's limitations. Grand Rapids, MI: Brazos Press.
- McDaniels, C., & Gysbers, N. C. (1992). *Counseling for career development: Theories, resources, and practice.* San Francisco: Jossey-Bass Publishers.
- McDowell, J., & Williams, T. (2006). *The relational word: A biblical design to reclaim and transform the next generation*. Holiday, FL: Green Key Books.
- McGee, R. S. (1993). Search for Significance: Build your self-worth on the forgiveness and unconditional love of Jesus Christ. Nashville, TN: LifeWay Press.
- McKay, M., Davis, M., & Fanning, P. (2000). *Self-esteem* (3<sup>rd</sup> ed.). Oakland, CA: New Harbinger Publications, Inc.
- McKay, M., Davis, M., & Fanning, P. (2007). *Thoughts & feelings: Taking control of your moods & your life* (3<sup>rd</sup> ed.). Oakland, CA: New Harbinger Publications, Inc.
- McSwain, J. (2000). Finding your PLACE in ministry. Oklahoma City, OK: Jay McSwain.
- Meyer, J. (2006). Look great feel great: 12 keys to enjoying a healthy life now. New York: Warner Faith.
- Miller, D. (2008). *No more mondays: Fire yourself- and other revolutionary ways to discover your true calling at work.* Colorado Springs, CO: WaterBrook Press.
- Miller, J. K. (1992). *Compelled to control: Recovering Intimacy in Broken Relationships.*Deerfield Beach, FL: Health Communications, Inc.
- Minirth, F. (2004). *Happiness is a lifestyle: Choosing to make a positive change.* Grand Rapids, MI: Revell.
- Minirth, F., Meier, P., Hemfelt, R., Sneed, S. & Hawkins, D. (2004). *Love hunger: 10-stage life plan for your body, mind, and soul.* Nashville, TN: Thomas Nelson Publishers.
- Minirth, F., Meier, P., Meier, R., & Hawkins, D. (1997). *The healthy christian life.* Grand Rapids, MI: Baker Book House.
- Minirth, F., Meier, P., Wichern, F., Brewer, Bill, & Skipper, S. (1981). *The workaholic and his family: An inside look.* Grand Rapids, MI: Baker Book House.
- Morrison, M. (2009). *Finding your passion: The easy guide to your dream career.*Garden City, NJ: Morgan James Publishing, LLC.
- Myers, I. B., & Myers, P. B. (1995). *Gifts differing: Understanding personality type.*Mountain View, CA: CPP, Inc.
- Neff, W. S. (2006) Work and human behavior (3<sup>rd</sup> ed.). Chicago: Aldine Publishing.
- Nelson, J. E., & Bolles, R. N. (2010). What color is your parachute? for retirement: Planning a prosperous, healthy, and happy future (2<sup>nd</sup> ed.). Berkeley, CA: Ten Speed Press.
- Ortberg, J. (2009). The me I want to be. Grand Rapids, MI: Zondervan.
- Ortberg, J. (2007). When the game is over, it all goes back in the box. Grand Rapids, MI:
- Ortberg, J. (2002). The life you always wanted. Grand Rapids, MI: Zondervan.
- Ortberg, J. (2001). *If you want to walk on water, you've got to get out of the boat.* Grand Rapids, MI: Zondervan.
- Oswald, R. M., & Kroeger, O. (1990). *Personality type and religious leadership.* New York: The Alban Institute, Inc.
- Parrot, L., III (2000). *The control freak*. Wheaton, IL: Tyndale House Publishers.

- Parrott, L., & Parrot, L. (1995). *The career counselor: Guidance for planning careers and managing career crises*. Nashville, TN: Thomas Nelson Publishers.
- Parrott, L., & Parrot, L. (2006). *Your time-starved marriage: How to stay connected at the speed of life.* Nashville, TN: Thomas Nelson Publishers.
- Peel, K. (2008). The busy mom's guide to a happy organized home. Picket Fence Press.
- Peterson, T. Bottke, A., & O'Brian, D. (2006). *I can't do it all: Breaking free from the lies that control us.* Minneapolis, MN: Bethany House Publishers.
- Phillips, B. (2007). *Overcoming anxiety & depression: Practical tools to deal with negative emotions.* Eugene, OR: Harvest House Publishers.
- Placher, W. C. (Ed.). (2005). *Callings: Twenty centuries of Christian wisdom on vocation*. Grand Rapids, MI: Wm. B. Eerdmans Publishing Co.
- Piper, J. (2003). Don't waste your life. Wheaton, IL: Crossway Books.
- Pope, E. (2003). *Creating your personal money map.* Wheaton, IL: Tyndale House Publishers, Inc.
- Rath, T. (2007). Strengths finder 2.0. New York: Gallup Press.
- Rath, T., & Harter, J. (2010). Well-being: The five essential elements. New York: Gallup Press.
- Rawles, D. (2005). Finding a job God's way. Garland, TX: Hannibal Books.
- Rees, E. (2006). S.H.A.P.E.: Finding & fulfilling your unique purpose for life. Grand Rapids, MI: Zondervan.
- Robinson, B. (2007). *Chained to the desk: A guidebook for workaholics, their partners and children, and the clinicians who treat them* (2<sup>nd</sup> ed.). New York: New York University Press.
- Rockefeller, K. (2007). Visualize confidence: How to use guided imagery to overcome self-doubt. Oakland, CA: New Harbinger Publications, Inc.
- Roe, A. (1956). The psychology of occupations. New York: John Wiley.
- Roizen, M. F., & Oz, M. C. (2005). *You: The owner's manual.* New York: HarperCollins Publishers, Inc.
- Roizen, M. F., & Oz, M. C. (2006). *You: The smart patient: An insider's handbook for getting the best treatment.* New York: HarperCollins Publishers, Inc.
- Roth, G. (2004). *Breaking free from emotional eating*. Santa Cruz, CA: Plume.
- Rubin, J. (2008). Perfect weight America. Lake Mary, FL: Siloam.
- Rubin, J. (2008). Perfect weight journal: American edition. Lake Mary, FL: Siloam.
- Schiraldi, G. R. (2001). *The self-esteem workbook*. Oakland, CA: New Harbinger Publications, Inc.
- Schuurman, D. J. (2004). *Vocation: Discerning our calling in life*. Grand Rapids, MI: Wm. B. Eerdmans Publishing Co.
- Sharf, R. S. (2009). Applying career development theory to counseling (5th ed.). Belmont, CA: Brooks/Cole.
- Sharf, R. S. (2009). Applying career development theory to counseling Student Workbook (5th ed.). Belmont, CA: Brooks/Cole.
- Sher, B. (1996). *Live the life you love: In ten easy step-by-step lessons.* New York: Dell Publishing.
- Sher, B. (2006). *Refuse to choose! A revolutionary program for doing everything that you love.* New York: Rodale.
- Sher, B., & Smith, B. (1995). *I could do anything if I only knew what it was: How to discover what you really want and how to get it*. New York: Dell Publishing.
- Silvious, J. (1998). Fool-proofing your life: An honorable way to deal with the impossible people in your life. Colorado Springs, CO: WaterBrook Press.
- Skibbins, D. (2007). *Becoming a life coach: A complete workbook for therapists.*Oakland, CA: New Harbinger Publications, Inc.
- Smalley, G. (2006). *Your relationship with god: Drawing closer to god every day.* Carol Stream, IL: Tyndale House Publishers, INC.
- Smith, A. (2008). *Spiritual intimacy with God: Moving joyfully into deeper life.*Minneapolis, MN: Bethany House Publishers.

- Smith, G. T. (1999). *Courage and calling: Embracing your god-given potential.*Downer's Grove, IL: InterVarsity Press.
- Smith, L. N., & Walter, T. L. (1995). *The adult learner's guide to college success* (Rev. ed.). Belmont, CA: Wadsworth Publishing Company.
- Sobel, D. S., & Ornstein, R. (1996). *The healthy mind healthy body handbook*. New York: Patient Education Media, Inc.
- Sper, D. (Ed.). (2003). *How can I find satisfaction at my work? Discovery bible study series.* Grand Rapids, MI: Discovery House Publishers.
- Spero, D. (2002). The art of getting well: A five-step plan for maximizing health when you have a chronic illness. Alameda, CA: Hunter House, Inc. Publishers.
- Stanway, P. (2001). *Natural well woman: A practical guide to health and wellbeing for life.* New York: Barnes & Noble Books.
- Stearns, A. K. (1995). Living through job loss: Coping with the emotional effects of job loss and rebuilding your future. New York: Fireside.
- Stein, M. (2007). *The lonely patient: How we experience illness.* New York: Harper Perennial.
- Stout, C. E., & Grand, L. C. (2005). *Getting started in private practice: The complete* guide to building your mental health practice. Hoboken, NJ: John Wiley & Sons, Inc.
- Swindoll, C. R. (2004). *Getting through the tough stuff: It's always something.* Nashville, TN: W Publishing Group.
- Templar, R. (2010). *The rules of work: A definitive code for personal success* (Expanded Ed.). Upper Saddle River, NJ: FT Press.
- Tieger, P. D., & Barron, B. (2007). *Do what you are: Discover the perfect career for you through the secrets of personality type* (4<sup>th</sup> ed.). New York: Little, Brown and Company.
- Tozer, A. W. (2006). *The pursuit of God: The human thirst for the divine.* Camp Hill, PA: WingSpread Publishers.
- Tozer, A. W. (2006). *Rut, rot, or revival: The problem of change and breaking out of the status quo.* Camp Hill, PA: WingSpread Publishers.
- The Transition Network. (2008). Smart women don't retire they break free: From working full-time to living full-time. New York: Springboard Press.
- U. S. Department of Labor. (2010). *Occupational outlook handbook 2010-2011*. Indianapolis, IN: JIST Works.
- Veith, Jr., G. E. (2002). *God at work: Your Christian vocation in all of life.* Wheaton, IL: Crossway Books.
- Wagner, C. P. (2005). Finding your spiritual gifts: The easy-to-use, self-guided questionnaire that helps you identify and understand your unique god-given spiritual gifts. Regal Books.
- Walsh, W. B., & Savickas, M. L. (Eds.). (2005). *Handbook of vocational psychology: Theory, research, and practice* (3<sup>rd</sup> ed.). Mahwah, NJ: Lawrence Erlbaum Associates, Inc.
- Weil, A. (2006). *Eight weeks to optimum health: A proven program for taking full advantage of your body's natural healing power.* New York: Alfred A. Knopf.
- Weiss, R. S. (1990). Staying the course: The emotional and social lives of men who do well at work. New York: Free Press.
- Wells, S. M. (2000). *A delicate balance: Living successfully with chronic illness.* Cambridge, MA: Da Capo Press.
- Whitcomb, S. B. (2008). *The christian's career journey: Finding the job god designed for you.* Indianapolis, IN: JIST Works.
- Wilmovsky, B. (2006). *D.R.E.A.M. Health: How to live a healthy balanced life in an unbalanced world.* Lake Mary, FL: Siloam.
- Wingren, G. (2004). *Luther on vocation.* (Translated by Carl C. Rasmussen). Eugene, OR: Wipf & Stock Publishers.
- Winter, R. (2005). *Perfecting ourselves to death: The pursuit of excellence and the perils of perfectionism.* Downer's Grove, IL: IVP Books.
- Witherington, III, Ben. (2011). Work: A Kingdom Perspective on Labor. Grand Rapids, MI: Eerdmans.

- Yate, M. (2006). Resumes that knock 'em dead (7<sup>th</sup> ed.). Avon, MA: Adams Media.
- Yessick, T., & Norman, B. (1997). *Building blocks for longer life and ministry*. Nashville, TN: Convention Press.
- Zelinski, E. J. (2003). *The joy of not working: A book for the retired, unemployed, and overworked 21*<sup>st</sup> century edition. Berkeley, CA: Ten Speed Press.
- Zelinski, E. J. (2009). How to retire happy, wild, and free: Retirement wisdom that you won't get from your financial advisor. Lanham, MD: National Book Network.
- Zichy, S., & Bidou, A. (2007). *Career match: Connecting who you are with what you'll love to do.* New York: AMACOM.
- Zunker, V. G. (2008). *Career, work, and mental health: Integrating career and personal counseling.* Thousand Oaks, CA: Sage Publications, Inc.