

CCPS 8301 PASTORAL COUNSELING  
PROFESSIONAL DOCTORAL SEMINAR  
NEW ORLEANS BAPTIST THEOLOGICAL SEMINARY  
Dr. Paul E. Gregoire, Jr. (registrar@nobts.edu)  
January 11-13, 2016 (Winter Trimester)

I. Purpose:

The purpose of this seminar is to lead students to develop an understanding of the skills essential for successful counseling relationship building and the principles of effective pastoral counseling techniques. Seminar participants will demonstrate understanding of the scope of pastoral counseling and skills necessary for an effective counseling ministry through assessment of case studies, role playing of counseling session and study of verbatims of actual counseling sessions.

Core Value: Mission Focus

We are not here merely to get an education or to give one. We are here to change the world by fulfilling the Great Commission and the Great Commandments through the local church and its ministries.

II. Student Learning Outcomes:

1. Students will understand and identify basic counseling skills necessary for building effective counselor - counselee relationships and demonstrate the relational skills needed for developing those relationships.
2. Students will demonstrate an understanding of ways to facilitate personal, emotional and spiritual development, and family health.

3. Students will be able to access the problems of counselees and recognize the dynamics often presented in a counseling setting.
4. Students will identify and analyze counseling cases and suggest possible counseling assumptions from those cases.
5. Students will understand the process of crisis intervention.
6. Students will demonstrate an understanding of and an ability to use counseling techniques applicable for those in crisis particularly those of solution-focused and brief counseling approaches.
7. Students will develop a personal philosophy of pastoral counseling.
8. Students will choose and develop a counseling approach that will fit their personality and counseling needs.
9. Students will develop a personal counseling model that is Bible-based.
10. Students will demonstrate ability to apply the brief counseling model in common problem area: marital difficulty, anxiety/stress issues, depression, etc.

### III. Course Method:

1. Lectures: Brief lectures from the professor will play a role in the seminar.
2. Research: Students will engage in extensive research under the direction of the professor.

3. Presentations: Students will make presentation of the findings of their research to the seminar.
4. Discussion: There will be a full discussion of the issues raised by the lectures and presentations.

#### IV. Course Requirements:

1. Students will attend all seminar meetings and participate in discussions.
2. All assigned work is due on the date specified. No late work will be accepted.
3. Each student will read five (5) of the textbooks:
  1. Collins, Gary (1993). *The Biblical Basis of Christian Counseling for People Pleasers*. Colorado: Nav Press.
  2. Benner, David G. (2003). *Strategic Pastoral Counseling: A Short-Term Structured Model*, 2<sup>nd</sup> edition. Grand Rapids: Baker Books.
  3. Wright, H. Norman (1999). *Crisis Counseling: What to Do and Say during the 72 Hours*. Ventura: Regal Books.
  4. Beck, James R. and Moore, David T. (1994). *Helping Worriers*. Grand Rapids: Baker Books.

5. Sphar, Asa and Smith, Argile (2003). *Helping Hurting People: A Handbook on Reconciliation-Focused Counseling and Preaching*. New York: University Press of America.
6. Worthington, Everett Jr. (1999). *Hope-Focused Marriage Counseling: A Guide to Brief Therapy*. Downers Grove: InterVarsity Press.
7. Weaver, Andrew (2002). *Counseling Families Across the Stages of Life: A Handbook for Pastors and Other Helping Professionals*. Nashville: Abingdon Press.
8. Leanne, Payne (1996). *The Broken Image: Restoring Personal Wholeness Through Healing Prayer*. Grand Rapids: Baker Book House.
9. Fox, Raymond (2001). *Elements of the Helping Process: A Guide for Clinicians*, 2<sup>nd</sup> edition. New York: Haworth Press.

Optional Text:

Kruis, John (2000). *Quick Scripture Reference for Counseling*, 3<sup>rd</sup> edition. Grand Rapids: Baker Book House.

4. Each student will prepare a “Philosophy of Pastoral Counseling” for presentation to fellow students (5-8 pages double-spaced). Due: January 11.

5. Each student will prepare a 3 to 5 page book review (review content inclusions are listed at the end of the syllabus) of any three (3) of the required texts and prepared to present and discuss the reviews with the class. Due: January 11.
6. Each student will do three (3) counseling sessions and write a verbatim of each session according to the verbatim instruction sheet (Syllabus Attachment). Due: December 28, January 4, and January 11.
7. Following the seminar, each student will complete a paper detailing a comprehensive counseling model they will implement in their own ministry.
  1. The paper should be at least 20, typed, double-spaced pages.
  2. The paper will be graded on content and style (See Turabian or APA). Deductions will be made for grammar and spelling errors.
  3. The paper should be postmarked by February 15.

V. Course evaluation

1.	Book Review and Presentation	20%
2.	Comprehensive Paper	30%
3.	Philosophy Paper and Presentation	25%
4.	Verbatims (3)	20%
5.	Class Participation	5%

Book Review Format:

Name

Title of Book

Date submitted to Dr. Gregoire

Answer the following:

1. Provide a summary of book (state purpose/goal of book and major ideas presented).
2. Critique the book.
3. Application to your ministry.

Verbatims:

Typed Counseling Sessions/ informal or formal setting (ie: spontaneous conversation in which one is seeking your help, expertise in a given situation or someone actually makes an appointment to meet with you (marital, premarital counseling, family issues, etc.). The student can use anyone (Except: your family) as long as you have that person's permission and explain to the person(s) this is for an assignment and will not use the person's real name (want to ensure confidentiality). The professor and teaching assistant will be the only ones to read the verbatims.

Outline of Verbatim:

1. Introductory paragraph: identify counselee (fictitious name), age, sex, marital status, appearance, other significant people if relevant, occupation, and family background.
2. Actual counseling dialogue using the following symbols:  
R=Counselor E=Counselee  
The student does not need to record every word. For example if a client begins to ramble then you may summarize what the client said. General opening remarks of greetings are not necessary. If you pray with a client then you do not have to write the prayer but make notation that a prayer was said. Write out the session to your best ability without taking notes during the session.
3. A summary section with conclusions drawn from the session as well as any homework assignment given to the counselee.

- 4, Provide a critique of self: areas of strength and areas of opportunities. (Hindsight is 20-20)

There is not a specific page requirement. Typically a verbatim is about 5-6 pages. The verbatims do not have to be written in Turabian or APA. Please provide a cover sheet.

#### BIBLIOGRAPHY

- Anderson, Neal T. & Anderson, Joanne (2004). *Overcoming Depression*. Michigan: Bethany House.
- Beck, James R. & Moore, David T. (1994). *Helping Worriers*. Grand Rapids: Baker Books.
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- Cloud, Henry & Townsend, John (1992). *Boundries: When to Say Yes & When to Say No: To Take Control of your Life*. Tennessee: Zondervan.
- Collins, Gary (1993). *The Biblical Basis of Christian Counseling for People Helpers*. Colorado: Nav Press.
- Dayringer, Richard (1998). *The Heart of Pastoral Counseling*. New York: Haworth Press.
- Fox, Raymond (2001). *Elements of the Helping Process: A Guide for Clinicians, 2<sup>nd</sup> editions*. New York: Haworth Press.
- Hart, Arch & Weber, Catherine Hart (2005). *Stressed or Depressed: A Practical and Inspirational Guide for Parents of Hurting Teens*. Tennessee: Integrity Publishers.
- Jantz, Gregory (2002). *Hope-Helping & Healing for Eating Disorders: A New Approach to Treating Anorexia, Bulimia & Overeating*. New York: Random House.
- Johnson, W. Brad & William Johnson (2000). *The Pastor's Guide to Psychiatric Disorders and Treatment*. New York: Haworth Press.
- Kruis, John (2000). *Quick Scripture Reference for Counseling, 3<sup>rd</sup> edition*. Grand rapids: Baker Book House.
- Langberg, Diame Mandt (1999). *On The Threshold of Hope: Opening the Door to Healing for Survivors of Sexual Abuse*. Illinois: Tyndale House.

- Leanne, Payne (1996). *The Broken Image: Restoring Personal Wholeness Through Healing Prayer*. Grand Rapids: Baker Book House.
- McMinn, Mark (2011). *Psychology, Theology, and Spirituality in Christian Counseling*. Michigan: Tyndale House.
- Rainer, Thom S. & Rainer, Jess W. (2011). *The Millennials: Connecting to America's Largest Generation*. Tennessee: B&H Publishing Group.
- Sphar, Asa & Smith, Argile (2003). *Helping Hurting People: A Handbook on Reconciliation-Focused Counseling and Preaching*. New York: University Press of America.
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- Worthington, Everett (1999). *Hope-Focused Marriage Counseling: A Guide to Brief Therapy*. Illinois: Inter-Varsity Press.
- (1989). *Marriage Counseling: A Christian Approach to Counseling Couples*. Illinois: Inter-Varsity Press.
- Wright, H. Norman (1999). *Crisis Counseling: What to Do and Say during the 72 Hours*. Ventura: Regal Books.