



**COUN6357 Contemporary Approaches to  
Marital and Premarital Therapy  
New Orleans Baptist Theological Seminary  
Division of Church and Community Ministries  
Fall 2019**

**Professors:**

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**Office: N/A**

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

**Leeke Magee Christian Counseling Center**

**Class Grader: N/A**

**Mission Statement**

The mission of New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church and its ministries.

**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**

NOBTS faculty members realize that all ministers need to develop specific competencies if they are going to have an effective ministry. To increase the likelihood of NOBTS graduates having an effective ministry, the faculty developed a competency-based curriculum after identifying seven essential competencies necessary for effective ministry. All graduates are expected to have at least a minimum level of competency in all 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: Biblical Exposition, Disciple Making, Interpersonal Skills, Servant Leadership, and Spiritual and Character Formation.

**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: PSYC6250, PSYC6251 and PSYC6302).

**Course Teaching Methodology**

The course will involve the following methodologies: Lecture, readings, class discussion, the use of training videos.

**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.

### Key Performance Indicators

Key Performance Indicator	Learning Experiences	Assessments
Speciality Area: Marriage, Couple, & Family Counseling: 5.F.3.c Techniques and interventions of marriage, couple, and family counseling.	<b>Instruction:</b> Lectures, discussion, training, and role plays related to various interventions for marital issues <b>Readings:</b> Gottman, Markman et.al., Johnson, 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)	<b>Instruction:</b> 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 Markman Lectures Vernick Lectures Clark Lectures Videos, Role Plays <b>Readings:</b> Instone-Brewer, Gottman, Markman et.al., Johnson, Weeks et.al., Vernick, and Clark	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)	<b>Instruction:</b> Lectures, Roleplays using Gottman and EFT Interventions; practice techniques for assessment (Gottman & Prepare/Enrich Training); developing a treatment plan for infidelity. <b>Readings:</b> Gottman; EFT	1. Successful completion of Prepare/Enrich Training 2. Treatment plan for infidelity



<p><b>Pre-Marital/Marital Therapy Policy</b>  Each student will formulate a formal Pre-Marital/Marital Therapy policy for his/her church. The policies should be in the format of two separate brochures:  A. Policies and Procedures for Premarital Ministry  B. Policies and Procedures for Counseling Married Couples  These policies should include the following for each set of policies: the number of therapy sessions, content of each session, cost, special stipulations, types of marriages disallowed, role of the therapist/clients, etc. Include any procedures concerning meeting with pastor first (if other counselor is going to do the counseling), any fee structures, other requirements. It should be in a brochure format that is ready to give to any couples inquiring about marriage at your church.</p>	<p><b>20%</b></p>	<p><b>11/20</b></p>
<p><b>Exam I</b>  The exam is a mixture of objective and subjective questions covering the History of Couples Counseling, the Biblical Foundations for Marriage, Major approaches to Couples counseling, Legal and Ethical Issues in Couples Counseling, and Avoiding Common Mistakes in Couples Therapy.</p>	<p><b>10%</b></p>	<p><b>9/11 by 7:00 AM</b></p>
<p><b>Final Exam</b>  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.</p>	<p><b>15%</b></p>	<p><b>12/11 9:00-11:00 AM</b></p>
<p><b>Reading of all Texts and Assigned Readings</b>  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.</p>	<p><b>30%</b></p>	<p><b>See Course Schedule for correspond- ing due dates</b></p>

**Textbooks**

- (Required): Clark, D. (2009). I don't want a divorce: A 90 day guide to saving your marriage. Grand Rapids, MI: Revell. ISBN: 978-0800728175
- (Required): Gottman, John M. (2008). And baby makes three. NY: Three Rivers Press. ISBN: 978-1-4000-9738-8
- (Required): Gottman, J. M. & Silver, N. (2000) Seven principles for making marriage work. New York, NY: Crown Publishing.
- (Required): Instone-Brewer, David (2007). Divorce and remarriage in the church: Biblical solutions for pastoral realities. IVP Academic. ISBN: 978-0830833740
- (Optional) Johnson, S. M. (2019). Attachment theory in practice: Emotionally focused therapy (EFT) with individuals, couples, and families. New York: Guilford Press. ISBN: 978-1-4625-3824-9
- (Required) Johnson, S. M. (2016). Created for Connection. New York: Little, Brown and Company. ISBN 978-0-316-30740-6
- (Required): Markman, H.J., Stanley, S.M., & Blumberg, S.L. A lasting promise: A christian guide to fighting for your marriage. ISBN: 978-1118672921

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

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

(Required): Weeks, Odel, & Methven. If only I had known: Avoiding common mistakes in couples therapy. Norton. 978-0393704457

**NOTICE:** Blackboard 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

### **Course Policies, Academic Conduct, and Professional Conduct**

#### **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 relating 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 Parameters**

Please arrive on time.

Turn off cell phones. Utilize laptops and other technology for class purposes only.

Respect the professor and other members of the class.

Maintain confidentiality when someone shares personal information.

Participate in class and group discussions.

#### **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](mailto: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](http://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 [SelfServe](#). This service is used only in emergencies, and will allow the seminary to deliver urgent information to you as needed.

### **Extra Credit**

No extra credit is available in this course.

### **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 Seniors**

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. The grade for late assignments will automatically be reduced by one letter grade per week late.

### **Professional Conduct**

Students are expected to adhere to the appropriate codes of ethics for their particular programs. 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. The student may also email the course grader with questions regarding grading.

### **Reading Assignments**

Students are responsible for completing all reading assignments.

### **Technical Assistance**

For assistance regarding technology, consult the NOBTS Information Technology Center (ITC) at 504-816-8180 or the following websites:

1. [Selfserve@nobts.edu](mailto:Selfserve@nobts.edu) - Email for technical questions/support requests with the [Selfserve.nobts.edu](http://Selfserve.nobts.edu) site (Access to online registration, financial account, online transcript, etc.)
2. [BlackboardHelpDesk@nobts.edu](mailto:BlackboardHelpDesk@nobts.edu) - Email for technical questions/support requests with the NOBTS Blackboard Learning Management System [NOBTS.Blackboard.com](http://NOBTS.Blackboard.com).
3. [ITCSupport@nobts.edu](mailto:ITCSupport@nobts.edu) - Email for general technical questions/support requests.
4. [www.NOBTS.edu/itc/](http://www.NOBTS.edu/itc/) - 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 in counseling courses are to be written in American Psychological Association (APA) style. Please see the latest edition of the [Publication Manual of the American Psychological Association](#).

## **Student Services** (CACREP I,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/studentervices](http://www.nobts.edu/studentervices), email us at [studentservices@nobts.edu](mailto:studentservices@nobts.edu), or call the Dean of Students office at 800-662-8701, ext. 3283. We are glad to assist you!

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



Women's Programs	<a href="mailto:womensacademic@nobts.edu">womensacademic@nobts.edu</a>	504.282.4455 x3334	<a href="http://www.nobts.edu/women">www.nobts.edu/women</a>
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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 –



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#### Course Schedule

Date	Lecture	Assignment
8/21	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.
8/28	Biblical Foundations for Marriage Views of Divorce	Instone-Brewer—pages 1-208
9/4	Weeks: Avoiding Common Mistakes	Weeks, Odel, & Methven—all of the book. Paper Topic Due (if not attending Prepare/Enrich) (CACREP 5.F.1.f, 2.c, 2.o, 3.e)
9/11	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	Gottman, Ch. 1-7  Exam I online—complete before class 8am (open 9/4 – 9/11, 7 am closes)
9/18	Gottman: Part 1	Gottman, Ch. 8-15
9/25	Gottman: Part 2	Prepare/Enrich Payment Due OR Paper Due (Friday)
10/2	EFT - Johnson: Intro & Recognizing the Cycle	Johnson, Part 1

10/9	<b>AACC World Conference - No class</b> Those attending AACC will receive credit for attending class. Those not attending AACC can earn class attendance by completing a 1 page essay assignment. If the conference is not attended and an essay is not completed, an absence will be given for this class date.*	*Those not attending AACC can listen to a previous AACC conference workshop located on Blackboard and write a 1 page essay answering the following questions: What were the main points? (outline format); What did you learn?; What will you take from it and put into practice? This essay should be turned in online on or before October 11.
10/16	<b>Fall Break Oct. 14-18 – No Classes</b>	
10/23	<b>EFT - Johnson: Withdrawers</b>	<b>Johnson, Part 2</b>
10/30	<b>EFT - Johnson: Pursuers</b>	<b>Johnson, Part 3</b>
11/2 - Sat.	<b>Prepare/Enrich Training</b>	
11/6	<b>Prep Program</b>	<b>A Lasting Promise--all</b>
11/13	<b>I Don't Want A Divorce: Clarke</b>	<b>I Don't Want A Divorce (all of the book)</b>
11/20	<b>I Don't Want A Divorce: Clarke</b>	<b>PreMarital / Marital church policies due</b>
11/27	<b>Thanksgiving Break Nov. 25-29 – No Classes</b>	
12/4	<b>Vernick, Emotionally Destructive Marriages</b>	<b>Vernick—all of the book</b>
12/11	<b>Final Exam 9:00-11:00 AM</b>	<b>Completion of Post Self Evaluation of knowledge of techniques and interventions for various marital issues.</b>

#### Signature Assignments

Assignment	Description	Percentage/Points	Due Date
<b>Self Evaluation of knowledge of techniques and interventions for various marital issues. 5.F.3.c</b>		n/a	Pre Exam 1 <sup>st</sup> class of COUN6357 Post Exam at end of COUN6357

#### Selected Bibliography

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

- Carder, D. (2008) *Torn Asunder: Recovering from an Extra-Marital Affair* (3<sup>rd</sup> Ed). Chicago: Moody Publisher.
- Carder, D. (2008) *Torn Asunder Workbook: Recovering from an Extra-Marital Affair*. Chicago: Moody Publisher.
- Cloud, H., & Townsend, J. (2004). *Boundaries in marriage*. Grand Rapids, MI: Zondervan Publishing.
- Gottman, J. M., & Declaire, J. (2007). *Ten lessons to transform your marriage*. New York, NY: Three Rivers Publishing.
- Gottman, J. M. & Silver, N. (2000) *Seven principles for making marriage work*. New York, NY: Crown Publishing.
- Instone Brewer, D. (2007). *Divorce and remarriage in the church: Biblical solutions for pastoral realities*. IVP Academic.
- Johnson, S. M. (2005). *Focused couple therapy with trauma survivors: Strengthening attachment bonds*. New York, NY: Guilford Press.
- Johnson, S. *The emotionally focused therapist training set: becoming an emotionally focused couple therapist: The workbook*. New York, NY: Routledge Publishing Company.
- Johnson, S. *Love sense* (2013). NY: Little, Brown and 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.