



CC 601 Counselling Problems

Winter, 2004

Instructor: Joan Carter

Contacting the Instructor

Class Times:

Class Location:

Office Phone:: 419-2000 x 7900

Office:

Office Hours: Available unless the screen is closed

Email Address:

Learning Outcomes

By the end of the course, the student should be able to:

- Describe the characteristics of a number of common pastoral counselling problems.
- Demonstrate awareness of several counselling approaches.
- Assess preferred theories, techniques, and goals from Biblical and psychological perspectives.
- Identify areas of personal growth resulting from his/her interaction with the course material.
- Make application of general principles to specific counselling cases.
- Be aware of bibliographic resources that can helpfully address common pastoral counselling problems. These will include Scripture and both theological and psychological resources.
- Be able to draw from Scripture basic principles, understanding, and resources that could be applied in an identified problem area.
- Reflect on the Biblical perspectives on "self", exploring both the negative and positive teaching and making cognitive and affective application to oneself.
- Bring a sample of your ministry experience, formal or non-formal, to a small group discussion. Identify and reflect on any theological components that were overtly present and/or those that emerge as you look back on it now. What did you do that was good? What would you change?

Course Content

- A brief overview/review of counselling process and skills
- An introduction to frequently encountered personal and pastoral counselling issues:
 - Self-concept
 - Guilt and forgiveness

- Depression
 - Spiritual warfare
 - Stress and Burnout
 - Self-care
 - Transition
- Depending on time and class interest, some of the following could be included:
 - Anger
 - Anxiety
 - Homosexuality
 - Vocation and Calling

Textbooks:

There is no required textbook

Recommended books:

See attached Bibliography

- Growing through stress
- Christian Counseling
- Caring for Souls

Refer to the Library Reserve List at the end of the syllabus.

Assignments:

Select two (2) of the following options. Each option is worth 40% of the course grade. Required reading makes up the remaining 20%. Because of the nature of the assignments, there is no requirement that they be submitted in either APA or Turabian format. When you are quoting or citing another author, that needs to be clear and can be noted in either format.

Assignment Options

➤ Character of God

Choose a counselling problem (eg. Anxiety, depression, marital breakdown, abuse). How could a person's understanding of God (Trinity) and His character contribute to a) the development of the problem, and b) the resolution of the problem? What and how might you as a Christian counsellor integrate "God's character" with your total counselling approach? That is, what does your counsellee need to really understand about God and how, given the problem might you attempt to communicate this? What else would he/she need to know?

You could also do this assignment personally (ie. How your knowledge of God has impacted and is now impacting you in relation to one or more of these problem areas?)

Length 10-12 pages double-spaced.

➤ **Scripture Search**

Choose a counselling problem. What does Scripture have to say in relation to this problem? Look at direct and indirect references, general principles, didactic and narrative passages, related words (eg anxiety and peace)

Choose one Gospel, and twelve chapters from the Epistles (in blocks of at least 4 chapters) plus any other Scripture you find relevant. Note each reference that applies. Draw together the themes and isolated teaching and present a comprehensive summary and conclusion regarding the Scriptural position and resources related to the problem area you selected.

Length 10-12 pages double-spaced

➤ **Seminar**

You are planning a 3-session seminar (eg. Could be a retreat or an Sunday School series) on a common pastoral counselling problem. You can identify the age group you are addressing and whether this is a mostly Christian, mixed, or secular audience. Set forth in a creative way how you would present the material and engage your audience in interaction with this material and with each other. The content you would deliver must be included (ie. A lecture or a seminar which alternated your input with discussion questions and exercises). Include any overheads or copies of power points and any handouts you would use. This should be ready for you to deliver it. The lecture sections could be written out narrative style or very detailed outline.

➤ **Term Paper**

Choose one of the pastoral counselling areas and apply the principles from the general area to a limited and specific situation (eg. Stress and burnout among pastors, depression and the unemployed or the elderly, self-concept and the single adult.) Describe the problem and its dynamics, including both psychological and theological perspectives. What would be your goals? Your counselling approach? Include areas would explore, methods your might try, etc.)

Length 12 - 15 pages not including Bibliography

➤ **Watch Eight of NeilAnderson's Video Tapes (2 out of 3 sets)**

For each videotape, write a 1 ½ - 2 page interaction paper. This should include a brief summary or statement of Anderson's position or argument and your reaction to it. Your critique should include why you agree or disagree giving support from the Bible. Theology, psychology, and personal learning. (Arguments from personal learning should include support from at least one other discipline or source.)

➤ **Vocation and Calling**

Write a 12-15 page paper exploring your own experience of discerning the will of God in the area of vocation. Your paper should reflect your interaction with Gordon Smith's "Courage and Calling" but not be limited to it. (Another recommended source is Fred McGehee, "A Career-assessment Manual for Ministers")

➤ **Apply the theory and models of Transition to your own life**

An alternative would be for you to use the transition material in your pastoral care of another and report on this experience for both this other person and for yourself.

If on self write 1-15 pages
If on your counsellee write 8-19 pages

Reading

You are expected to read 800 pages. Four different problem areas should be included in your reading. The topics chosen for your papers qualify for two of the four.

1 hour of Anderson's video = 25 pages of reading

A reading report giving bibliographic notation and the number of pages read - from each book and the total is due with the final assignment. The reading of all 800 pages is worth 20%.

Evaluation

Assignment #1	40%	DUE DATE	March 15, 2004
Assignment #2	40%	DUE DATE	April 16, 2004
Reading 800 pages	20%	DUE DATE	April 16, 2004

NOTE:

GRADUANDS Your due dates for assignment #2 and the Reading is April 8, 2004

Extension Education Policies

Term Paper Format:

- College courses follow the *University of Regina Style Sheet for Written Work* or *A Manual for Writers of Term Papers, Theses and Dissertations*, by Kate L. Turabian (6th Edition).
- Seminary courses follow one of these two guides: *A Manual for Writers of Term Papers, Theses and Dissertations*, by Kate L. Turabian (6th Edition); and/or *The Publication Manual of the American Psychological Association* (Fourth Edition).
- If you do not have access to one of these guides, please do the following: On the first or cover page of all assignments and/or exams, put the course name, the

instructor's name and your own name (student ID numbers are optional). This is vital information for assigning grades.

Extension Requests:

Extensions are no longer granted by either the instructor or the Extension Education Office. Course extensions are only granted for serious issues that arise “due to circumstances beyond the student’s control.” Requests for course extensions must be submitted in writing to the Academic Dean two weeks prior to the due date as written in the syllabus.

Submission of Assignments & Exams:

Students should submit their completed assignments and/or exams in hard copy form directly to the Extension Education Office and NOT to the Instructor.

Returning Assignments to Students:

Instructors will return graded assignments to the Extension Education office. Students who will be on-campus at the time that graded assignments are returned will have those assignments delivered via the on-campus mail system. Other students, including those who have registered only for modular courses, and those who do not plan to return the following semester, must submit a self-addressed, stamped envelope (*of sufficient size and postage*), along with their completed assignments, to the Extension Education office. Papers that are unclaimed and/or undeliverable will be held for one year from the due date, then destroyed.

Extension Education Contact Information:

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