



## **CC 645: Introduction to Pastoral Counseling Fall 2010**

### **Course Description**

An introductory study of basic counselling skills and their application to personal problem solving in the local church context.

This course is focused on the student who is contemplating ministering in a professional pastoral or counseling role. Theories of counseling will be focused upon with the intention of integrating theology and psychology. Practical application of learned counseling skills will be implemented in class. Attention will also be paid to the ethical requirements regarding counseling in a pastoral or professional role, boundaries and proper protocol when providing pastoral care. Current issues that the majority of pastors and counselors face today will be explored and discussed.

### **Class Schedules**

Friday 1:00-3:45 pm  
Class Room: **A2210**

**Instructor:** Dustin Nau M.A, Ph.D **E-Mail:** [dnau@ambrose.edu](mailto:dnau@ambrose.edu)

**Office Hours:** By Appointment **Office:** L2074

### **Required Texts**

Clinton, T & Hawkins, R. (2007) *Biblical Counseling Quick reference Guide: Personal and Emotional Issues*, AACC,

Crabb, Larry. (1997). *Connecting: Healing for ourselves and our relationships*. Nashville, Tennessee: Word.

Egan, G., Schroeder, W. (2009) *The Skilled Helper*, 1st Ed. Nashville, Tennessee: Word.

Sanders, R. K. (1997). *Christian counseling ethics: A handbook for therapists, pastors and counselors*. Downers Grove, Illinois: InterVarsity Press.

## Attendance

Attendance is required for all classes. Attendance is mandatory in weeks 5-8 during counselling process and skills. Failure to attend will impact your final grade.

## Course Outline

- Week #1: Introduction to Pastoral Counseling
- Week #2-3 Counseling theories
- Week #4 Counseling models
- Week #5-8 Counseling process and skills
- Week #9 Counseling ethics, Boundaries and Protocol
- Week #10-11 Current Issues in Counseling
- Week #12 Self-care
- Week #13 Final exam

Dustin, I would suggest that you request a final exam time for Friday (1:00-4:00pm) on Dec. 17. There are 13 weeks of classtime and taking away a full week (1 blocked class) for the final exam is disadvantaging students a bit. Other classes give their final exam, even if it's only over a portion of the course, in the final exam week. Let me know. If you go that route, you will need to state the following:

- Final exam – December 17, 1:00-4:00pm

*Students may request revised final exams if they have three exams in one 24-hour period or two exams at the same time. Final exam schedule revision request forms are available at the Registrar's Office and must be handed in by Monday, November 29, 2010. If you do not have your request in by this date, all exams within a 24-hour period will have to be written as scheduled. If you have two exams at the same time, you will be given four hours to write both exams.*

*Graded final examinations will be available for supervised review at the Academic Office (L2044) and will be destroyed after six months.*

## Expected Learning Outcomes

**With the successful completion of this course, you will be able to:**

- Demonstrate the basic skills of counseling.
- Recognize your own belief system through introspection and how it affects the counseling process.
- Be aware of the dangers or pitfalls of the counseling process from a personal and ethical perspective.
- Summarize your own personal journey as you come to grips with the counseling process and how it relates to your beliefs of counseling, Biblical perspective and application of ministry.
- Support your position on the relationship between psychology and theology in the pastoral counseling process.

- Articulate different theories of counseling models (Christian and secular) and critique their strengths and weaknesses.

## Course Requirements

1. In-class involvement of the application of basic counseling skills. Teams will be formed and application of the counseling skills learned will be performed in class. Attendance will be taken during this part of the class schedule (weeks 5-8) as it will be taken into consideration for the final grade for this assignment. **20%**
2. An interaction with the book entitled “Connecting” by Larry Crabb. This is not to be a book report or a summary of the book. You are to interact with Crabb’s thoughts and ideas contained in the book. What do you think about what he is saying? Do you agree or disagree and why? (1000 words). **Due date: Oct. 15<sup>th</sup> 10%** *Please state how and where they hand this in.*
3. A major paper will be required in this course. You are to write a **25-30** page paper *or two 15-20 page papers* on an issue that is relevant to pastoral counseling today. This paper is to be researched based using books, magazine articles, internet resources and professional journal articles. The idea is that you become an “expert” on the topic that you choose to write on. Examples of topics are: Pornography, divorce, depression, anxiety, stress, burn out, domestic violence, alcoholism, spiritual abuse, etc.  
Please clear your topic with me before prior to starting the assignment. **Due date: Nov 19<sup>rd</sup> 30%** *Please state how and where they hand this in.*
4. The reading of the required course texts will count for **10%** of your final grade. *Please state how, where, and when they hand in a statement saying that they read the texts.*
5. There will be a Final exam the last on the last class of the semester worth **30%**. *Graded final examinations will be available for supervised review at the Academic Office (L2044) and will be destroyed after six months.*

**Grading:** The available letters for course grades are as follows:

### Grade Structure

| Percentage: | Letter Grade: |
|-------------|---------------|
| 96-100      | A+            |
| 91-95       | A             |
| 86-90       | A-            |
| 82-85       | B+            |
| 75-81       | B             |
| 72-74       | B-            |
| 68-71       | C+            |
| 63-67       | C             |
| 60-62       | C-            |
| 56-59       | D+            |
| 50-55       | D             |
| 0-49        | F             |

### **Important Notes/Dates:**

The last day to enter a course without permission and /or voluntary withdrawal from a course without financial penalty is Friday, September 17, 2010. The last day to voluntarily withdraw from a course or change to audit without academic penalty is Friday, November 12, 2010.

***Please note that final grades will be available on your student portal. Printed grade sheets are no longer mailed out.***

- **Late assignments: A deduction of 10% will be taken for the first overdue day followed by 5% per day up to 10 days.**
- Writing style can be either Turabian (6<sup>th</sup> ed) or APA (American Psychological Assn.)
- Spelling, grammar and punctuation will be taken into consideration regarding marking of papers.
- References must be given and properly footnoted for positional statements. Failing to do so will result in a deduction of marks.
- All assignments must be completed in order to pass the course.

### **Recommended reading:**

George, Rickey L. & Cristiani, Therese L. (1995). *Counseling: Theory and practice*. Needham Heights, Massachusetts: Allyn and Bacon.

Hurding, Roger. (1986). *Roots and shoots: A guide to counselling and psychotherapy*. Great Britain: Hodder & Stoughton.

Kroeger, Catherine Clark & Nason-Clark, Nancy. (2001). *No place for abuse: Biblical and practical resources to counteract domestic violence*. Downers Grove, Illinois: InterVarsity Press.

Minirth, Frank et al. (1986). *How to beat burnout: Help for men and women*. Chicago: Moody Bible Institute.

Yalom, Irvin D. (2002). *The gift of therapy*. New York: Harper Collins.

\*\*\*Also other books in the library under:

- Pastoral counselling
- Counselling and/or psychotherapy

*It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Student Handbook and Academic Calendar. Personal*

*information, that is information about an individual that may be used to identify that individual, may be collected as a requirement as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at [privacy@ambrose.edu](mailto:privacy@ambrose.edu).*

*Although extensions to coursework in the semester are at the discretion of the instructor, students may not turn in coursework for evaluation after the last day of the scheduled final examination period unless they have received permission for a “Course Extension” from the Registrar’s Office. Requests for course extensions or alternative examination time must be submitted to the Registrar’s Office by the appropriate deadline (as listed in the Academic Calendar <http://www.ambrose.edu/publications/academiccalendar>). Course extensions are only granted for serious issues that arise “due to circumstances beyond the student’s control.”*

*We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university college. Students are expected to be familiar with the policies in the current Academic Calendar and the Student Handbook that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean.*

*Students are advised to retain this syllabus for their records.*

*Course changes, including adding or dropping a course, may be made during the Registration Revision period, as outlined in the Calendar of Events. All course changes must be recorded on a Registration form, available from the Office of the Registrar. Due to circumstances such as class size, prerequisites or academic policy, the submission of a Registration form does not guarantee that a course will be added or removed from a student’s registration. Students may change the designation of any class from credit to audit up to the date specified in the Calendar of Events, although students are not entitled to a tuition adjustment or refund after the Registration Revision period.*

*Withdrawal from courses after the Registration Revision period will not be eligible for tuition refund. Students intending to withdraw from some or all of their courses must submit a completed Registration form to the Registrar’s office. The dates by which students may voluntarily withdraw from a course without penalty are listed in the Calendar of Events. A grade of ‘W’ will be recorded on the student’s transcript for any withdrawals from courses made after the end of the Registration Revision period and before the Withdrawal Deadline (also listed in the Calendar of Events). ‘W’ grades are not included in grade point average calculations. A limit on the number of courses from which Academic a student is permitted to withdraw may be imposed. Students wishing to withdraw from a course, but who fail to do so by the applicable date, will receive the grade earned in accordance with the course syllabus. A student obliged to*

*withdraw from a course after the Withdrawal Deadline because of health or other reasons may apply to the Registrar for special consideration.*

*An appeal for change of grade on any course work must be made to the course instructor within one week of receiving notification of the grade. An appeal for change of final grade must be submitted to the Office of the Registrar in writing within 30 days of receiving notification of the final grade, providing the basis for appeal. A review fee of \$50.00 must accompany the appeal to review final grades. If the appeal is sustained, the fee will be refunded.*

*Academic dishonesty is taken seriously at Ambrose University College as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to give credit to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from Ambrose. Students are expected to be familiar with the policy statements in the current academic calendar and the student handbook that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.*