

# PM 505 Introduction to Christian Counseling

## Urbana Theological Seminary Spring 2018 Syllabus

The mission of Urbana Theological Seminary is to provide graduate theological education which prepares people for Christian ministry and leadership, equipping them to love, know, and serve God.

**Course Description:** An introduction to the field of counseling from a Christian perspective showing the integration of psychology with theology. Attention will be given to basic approaches and theories along with practical implications.

**Credits:** two semester hours

### **Contact & Location:**

**Instructors:** Lisa Thomas, MA [lthomas6882@gmail.com](mailto:lthomas6882@gmail.com) 724-494-7703  
David Monreal, M.Div. [GodFollower1983@gmail.com](mailto:GodFollower1983@gmail.com) 619-929-1212

**Course Location:** Twin City Bible Church

**Class Time:** Wednesdays 7:00 – 9:00 PM

### **Course Goals:**

- To love God more deeply by understanding the fallen nature of man and seeing God work in our lives through the profession of counseling
- To know God more profoundly by gaining an understanding of the common issues that lead clients to seek out counseling
- To equip the student to serve God by using listening skills and the appropriate counseling skills to work with people who are seeking out counseling

### **Course Objectives:**

Upon completion of this course, the student will be able to:

1. Investigate the theology of counseling by using personal insight, Biblical input, and a clinical approach
2. Critique different views of counseling through a Christian viewpoint
3. Apply a practical knowledge of the process and skills of counseling
4. Summarize and recall the basis of the ethics of counseling
5. Apply concepts from a Biblical and clinical views of counseling to create a personal theory of counseling

**Student Assessment:**

Assessment	Related Objectives	Percent of Grade
Attendance	1, 2	10
Participation	1, 2	10
Response Papers	1, 2, 3, 4	20
Weekly Reading	1,4	20
Final Paper	1, 2, 3, 4, 5	40

**Class Textbook:**

Emlet, M. R. (2017). *Descriptions and prescriptions: a biblical perspective on psychiatric diagnoses and medications*. Greensboro, NC: New Growth Press.

Welch, E. T. (1998). *Blame it on the brain?: distinguishing chemical imbalances, brain disorders, and disobedience*. Phillipsburg, NJ: P & R Pub.

Welch, E. T. (2012). *Shame interrupted: how God lifts the pain of worthlessness and rejection*. Greensboro, NC: New Growth Press.

**Course Expectations & Grading:**

Attendance 10%

Each student will be allowed absence without penalty. Excessive absences will result in a lower grade. Emergency situations must be discussed with the instructors.

Participation 10%

Along with attending, students will be required to be active participants in the class discussion.

Response Papers 20%

Each week a 1 to 2-page response paper on the assigned readings will be due at the start of class. The paper should focus on the reading and what caught the student's attention. It should also reflect, comment, and ask questions that emerge as a result of reading the material. No electronic submissions will be accepted unless the student is going to be absent and must be submitted via email prior the start of the missed class.

Weekly Reading 20%

Please indicate the percentage of reading at the end of your weekly response paper "I have read \_\_\_\_% of the assigned reading."

**Final Paper**

40%

Write a 9-10-page paper (plus title page and bibliography) on a practical ministry topic of your choice, related to your current ministry, that addresses how to counsel. You will need to define the topic, identify the key elements involved, and address appropriate ways on how to counsel.

It should include the following:

- Identify a specific question, issue, or problem to address. Describe the topic, but do not spend much space on statistics or incidence rates of problems. Write as a counselor, not an analyst.
- Present clearly your position on the topic.
- Address the problem biblically, theologically, and clinically. Please refer to specific passages and techniques along with an explanation and application. You can refer to course books, lectures, handouts, the Bible, and other published resources. (Do not use Wikipedia or sources like that due to the lack of validity). Feel free to include biblical and secular resources.
- Be sparse in using personal anecdotes or unsupported personal opinions. Even though your topic is from your personal ministry interest or experience, this is a research paper and not an essay.
- Present sound reasons and persuasive arguments for your position, including cited research evidence. Please use APA formatting for cited references.
- Summarize accurately and assess fairly the strengths and weaknesses of other positions.
- Draw out implications, applications, and conclusions. Include practical counseling insights or steps for a counselee or counselor.

***Class Schedule:***

<b>Week</b>	<b>Week of</b>	<b>Topic(s) Covered</b>	<b>Required Reading</b>
1	Jan-17	Introduction, Role of Counselor, Intro to Theology of Counseling	
2	Jan-24	Theology of Counseling Continued	Welch "Brain" Intro – Ch 3 (pages 11-49)
3	Jan-31	Physical Issues: Alzheimer's and Dementia	Welch "Brain" Ch 4-5 (pages 63-102)
4	Feb-7	Intro to Psychological Disorders	Welch "Brain" Ch 6 (pages 105-114) Emlet Intro – Ch 10 (pages 1 -50)
5	Feb-14	Depression and Mood Disorders	Welch "Brain" Ch 7-8 (pages 115-148)
6	Feb-21	Anxiety Disorders	Welch "Shame" Ch 1-4 (pages 1-37)

7	Feb-28	Stress	Welch "Shame" Ch 5-11 (pages 39-105)
8	Mar-7	Psychoactive Medications	Emlet Ch 11-22 (pages 51-98)
9	Mar-14	Other Disorders	Welch "Shame" Ch 12-15 (pages 107-155)
10	Mar-21	No Class -Spring Break	Have a good break!
11	Mar-28	Addictions	Welch "Brain" Ch 10 (pages 183-202) Welch "Shame" Ch 16-18 (pages 157-195)
12	Apr-4	Homosexuality	Welch "Brain" Ch 9 (pages 151-181) Welch "Shame" Ch 19-20 (pages 197-218)
13	Apr-11	Sexual Issues	Welch "Shame" Ch 21-22 (pages 219-237)
14	Apr-18	Marital Conflict	Welch "Shame" Ch 23-24 (pages 238-259)
15	Apr-25	Anger/Conflict Management	Welch "Shame" Ch 25-27 (pages 260-299)
16	May-2	Loss and Grief	Welch "Shame" Ch 28-29 (pages 300-325)
17	May-9	Conclusion (Final Paper due)	