



***Elim Bible Institute***  
**COURSE SYLLABUS**

<b>Basic Christian Counseling</b> COURSE TITLE	<b>PM 233</b> Course Number
<b>Rev. Judy Brazell, MSCE, BCPC,</b> INSTRUCTOR	<b>Fall 2010</b> TERM/YEAR
<b>Rev. Judy Brazell, MSCE, BCPC, BCCC</b> DEVELOPED BY	<b>3 cr.</b> UNITS

**COURSE DESCRIPTION:** This course is designed to give you a deepened self-awareness; steps leading to personal healing and growth; and increased confidence in helping other's with life's problems through the application of Scripture. It provides an introduction to the foundational principles, methods, modalities and techniques associated with the field of Christian Counseling. Students will explore various topics, the change process and its barriers; and engage in personal reflection regarding own personality and family of origin.

**GENERAL OBJECTIVES**

**1. Biblical Scholarship:**

- a. Exhibit ability to apply Scripture in one's personal spiritual formation and development, as well as its application in the Christian life and service. (Correlates to Elim Bible Institute's Academic Program Goals and Objectives 1a).
- b. Demonstrate an understanding of foundational principles of the Christian faith. (Correlates to Elim Bible Institute's Academic Program Goals and Objectives 1b.)
- c. Illustrate appropriate interaction of Christian values in a multicultural and diverse society.

**2. Spiritual Vitality and Formation:**

- a. Show development of one's personal spiritual formation in their relationship with God and its correlation to the whole person. (Correlates to Elim Bible Institute's Academic Program Goals and Objectives 2a).
- b. Demonstrate spiritual maturity and its impact on character and values,

- Evidenced by moral, ethical, and dispositional integrity. (Correlates to Elim Bible Institute's Academic Program Goals and Objectives 2b).
- c. Display an understanding of God's dynamic presence in one's life and His role in the affairs of men (Correlates to Elim Bible Institute's Academic Program Goals and Objectives 2c.).
  - d. Exhibit genuine concern for the whole person of others, including their physical, emotional and spiritual needs. (Correlates to Elim Bible Institute's Academic Program Goals and Objectives 2d).
  - e. Evidence the ability to be a Christian witness to fulfill the mandate of Program Goals and Objectives 2e).

### **3. Relevance in Culture:**

- a. Demonstrate understanding of proper ministry application in the midst of current social and cultural circumstances (Correlates to Elim Bible Institute's Academic Program Goals and Objectives 3a).
- b. Demonstrate awareness to relevant applications of Christian ministry in the context of modern sociological issues. (Correlates to Elim Bible Institute's Academic Program Goals and Objectives 3b).
- c. Demonstrate a capacity to evaluate cultural settings and form appropriate and effective strategies for relevant ministry with diverse communities. (Correlates to Elim Bible Institute's Academic Program Goals and Objectives 3d).

### **4. Discipleship & Servant-Leadership:**

- a. Demonstrate spiritual disciplines that express themselves in concern for others in multiple cultural, social, religious and non-religious contexts. (Correlates to Elim Bible Institute's Academic Program Goals and Objectives 4a).
- b. Exhibit capacity to correlate different kinds of learning and knowledge, including general, theological, cultural, and experiential, in life and service. (Correlates to Elim Bible Institute's Academic Goals and Objectives 4d).
- c. Evidence the qualities and component of biblical servant leadership and and its merit in one's personal life, community and world. (Correlates to Elim Bible Institute's Academic Goals and Objectives 4f).

## **COURSE OBJECTIVES:**

### **Biblical Scholarship:**

- a. Students will be able to explain the role of counseling in the context of the Christian community.
- b. Students will demonstrate the integration of theology and counseling.
- c. Students will articulate the basic teachings of scripture and apply to case studies.

### **Spiritual Vitality and Formation:**

- a. Students will contemplate God as a relational being who has given the

ministry of counseling to the Church to aid in the work of healing, bondage-breaking, reconciliation, transformation, and the renewing of the mind.

- b. Students will gain an awareness of developmental issues.
- c. Students will explore and gain self-awareness of sinfulness in one's life for which one should seek counseling before counseling others.

**Relevance in Culture:**

- a. Students will demonstrate an understanding of God's dealings with humanity and how one would use this pattern in dealing with those to whom you are called to minister.
- b. Students will demonstrate an understanding of the application of Scriptural principles to the counseling relationship.
- c. Students will demonstrate a willingness to understand varying and diverse cultures as prerequisite of ministering effectively as a Christian Counselor.
- d. Students will gain personal insight and understanding into cultural differences and their impact on the counseling relationship.
- e. Students will recognize key concepts and report on major trends in the field of Christian counseling.

**Discipleship & Servant Leadership:**

- a. Prepare to demonstrate spiritual disciplines that express themselves in concern for others in multiple cultural, social, religious and non-religious contents, such youth ministry, young adults ministry, bible study, children's ministry, or in a lay counseling ministry opportunity.

**COURSE TEXTS:**

Cloud, Henry. Changes That Heal: How to Understand Your Past to Ensure a Healthier Future. Grand Rapids, MI: Zondervan Publishing House, 1992.

Collins, Gary. Christian Counseling: A Comprehensive Guide, 3<sup>rd</sup> Ed. Nashville: Thomas Nelson, 2007.

*Not required but Research Paper should be written in this style:*

Turabian, Kate. L. A Manual for Writers of Research Papers, Theses, and Dissertations. (Chicago Style), 7<sup>th</sup> ed. Chicago: University of Chicago Press, 2007.

**COURSE REQUIREMENTS**

**Due Date**

**% of Grade**

1 Readings.	Week scheduled	10%
2. Weekly Submissions.	Sundays, 6 pm EST	20%
3. Class Participation.	Week 15	10%
4. Ten to Twelve Page Research Paper.	Week 16	30%
5. Genogram.	Week 15	15%
6. Reflective summary of three assessments.	Week 10	15%

## **I. READINGS.**

Complete all readings in textbooks, websites and PPTs (Powerpoints) as assigned.

## **II WEEKLY WRITING SUBMISSIONS.**

Weekly questions are related to the readings and topic and posted to the website. Your reflection, reaction to, understanding of the material covered each week. Any additional literature connections made to the material should be documented using Turabian's Style so other students may benefit from your knowledge and research and access the material for future reference.

## **III. CLASS PARTICIPATION.**

Students are required to make at least 2 posts to other students' weekly submissions during the course of each week. Student responses should be intelligent remarks that spark discussion, evaluation and critique. Standard English in well-constructed sentences are required and expected.

## **IV. A TERM PAPER.**

The term paper will be due on December 15, 2010. Your research paper should be emailed to instructor and will be returned to student by email with grades and responses by instructor will be made privately. Students may choose one of the topics of his/her choice from the following list: *Depression, Anxiety, Anger, Guilt vs. Shame, Forgiveness, Sexual Purity, Abuse, Neglect, Grief, Homosexuality, Trauma (Choose one of these to focus on: PTSD in relation to Veterans; PTSD/Rape; or Trauma); Physical, Sexual or Emotional Abuse; Crisis counseling, Suicidality;, multicultural issues in counseling, legal and ethical issues in counseling, addictions counseling (focusing on one of these: alcohol; drugs; substance abuse; gambling, Internet pornography; sexual addiction) If you are presently in the missionary track or contemplating counseling in missions, you may also choose from one of these three subjects: Member Care; Trauma related to civil wars in such places as: Sudan, Congo, and Rwanda; or Human Trafficking.*

## **V. GENOGRAM.**

A genogram is an intergenerational family map by which the student will learn about his/her family patterns of communication and how these patterns may manifest over multiple generations. The purpose is to develop and gain insight into family patterns and environment in which one was raised. Student will create a three-generation genogram representative of his/her family. **Student's genogram should include family relationships; patterns of communication; critical dates and events; life cycle transitions; losses; repeated themes; culture; and boundaries.**

## **VI. REFLECTIVE SUMMARY OF ASSESSMENTS.**

Student should complete one of these temperament assessments: Keisey or MBTI  
Student may choose two or more of the following assessments to complete:

- Beck Depression Scale
- Anxiety inventory
- Substance Abuse Assessment (if you have had SA problems in past)
- Non-Christian Involvement Inventory
- Anger assessment

Web addresses are located on page 9 of this syllabus and on the group site.

## GRADING SYSTEMS:

I	Readings	10%
II	Weekly Submissions	20%
III	Class Participation	10%
IV	A Research Paper	30%
V	Genogram	15%
VI	Reflective Summary	15%

### Note:

1. **Participation will affect your final grade.**
2. **All assignments are due on Sundays, 6 PM EST during the week posted on the outline.**
3. **Late assignments will be penalized according to the policy in the Student Handbook (“Late Assignment Policy”).**
4. **Students are expected to participate each week. If you are going away on vacation and have cleared it with Instructor, you may post up to one week in advance.**
5. **All students are expected to complete their work to the best of their ability. Assignments which reflect a lack of the student’s best efforts will be graded accordingly.**

## GRADING SYSTEM:

*“Whatever you do, do your work heartily, as for the Lord rather than for men; knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve.” (Col. 3:23, 24 NAS)*

Letter grades are assigned to completed course work accordingly to quality of performance as follows:

**A = EXCELLENT:** An “A” indicates that a student has grasped the subject matter and has made it his own through thought and reflection. It represents not only industry, thoroughness, and correctness of detail, but also originality, much insight, high quality of thought process, critical analysis, mastery of material, and orderliness of presentation.

**B = GOOD:** Indicates that a student has fulfilled the requirements of a course, assimilating the subject matter with considerable thoroughness and correctness and with some understanding of its relationship to life. Work shows discipline beyond the average, but is not so precise, creative, or comprehensive as an “A.”

**C = SATISFACTORY:** Indicates average work, either steady work or an acceptable quality or work of a high quality, which is uneven, irregular or fragmentary. This grade is given to work that is generally correct but which does not show exceptional reflection upon, or assimilation of, the material of a course.

D = **POOR**: Indicates work that is inferior to the average both in quality and quantity.

F = **FAILURE**: Course requirements not met. Failed courses do not count toward program fulfillment.

## **BIBLIOGRAPHY**

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----- Competent to Counsel: Introduction to Nouthetic Counseling. Ministry Resources Library, 1970.

Allender, Dan B. The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse. Colorado Springs: NavPress, 1995.

American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders, 4<sup>th</sup> ed. TR. Arlington, VA: American Psychiatric Publishing, 2000.

Anderson, Neil T. The Bond Breaker: Overcoming Negative Thoughts, Irrational Feelings, Habitual Sins. Eugene, OR: Harvest House Publishers, 1993.

----- Freedom From Fear: Overcoming Worry and Anxiety. Eugene, OR: Harvest House Publishers, 1999.

Anderson, Neil and Miller, Rich. Getting Anger Under Control. Eugene, OR: Harvest House Publishers, 2002.

Anderson, Neil and Mylander, Charles. The Christ-Centered Marriage: Discovering and Enjoying Your Freedom in Christ Together. Ventura, CA: Regal, 1996.

Anderson, Neil and Park, Dave. Stomping Out Depression. Ventura, CA: Regal, 2001.

----- Stomping Out the Darkness. Ventura, CA: Regal Books, 1993.

Anderson, Neil, Zuehlke, Terry E. and Zuehlke, Julianne S. Christ Centered Therapy: The Practical Integration of Theology and Psychology. Grand Rapids, MI: Zondervan Publishing House, 2000.

Arterburn, Stephen. Addicted to Love: Understanding Dependencies of the Heart: Romance, Relationships, and Sex. Ventura, CA: Regal, 2003.

----- Every Man's Battle.

Arterburn and David Stoop. The Life Recovery Workbook: A Biblical Guide Through the Twelve Steps. IL: Tyndale House Publishers, 2007.

Bounds, E.M. The Reality of Prayer. Grand Rapids, MI: Baker Book House, 1978.

- Carnes, Stephanie. *Mending A Shattered Heart: A Guide for Partners of Sex Addicts*. Carefree, AZ: Gentle Path Press, 2009.
- Carter, Les and Minirth, Frank. *The Anger Workbook*. Nashville: Thomas Nelson Publishers, 1993.
- Cline, Stacy. *Suffering Loss: Discovering the Blessing of Change, Growth, Healing & the Hope of A Beautiful Life*. Big Flats, NY: Furrow Press, 2009.
- Clinton, Timothy, and Ohlschlager, George. *Competent Christian Counseling: Foundations & Practice of Compassionate Soul Care, Vol. 1*. Colorado Springs: Waterbrook Press, 2002.
- Clinton, Tim and Trent, John. *Marriage & Family Counseling*. Grand Rapids, MI: Baker Books, 2009.
- Cloud, Henry. *Changes That Heal: How to Understand Your Past to Ensure a Healthier Future*. Grand Rapids, MI: Zondervan Publishing House, 1992.
- Cloud, Henry and Townsend, John. *Boundaries in Marriage*. Grand Rapids, MI: Zondervan, 2002.
- *Boundaries in Dating: Making Dating Work*. Grand Rapids, MI: Zondervan Publishing House, 2000.
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- Courtois, Christine A. *Healing the Incest Wound*. New York: WW. Norton and Company, 1988.
- Crabb, Larry. *Effective Biblical Counseling: A Model for Helping Caring Christians Become Capable Counselors*. Grand Rapids, MI: Zondervan Publishing House, 1977.
- Ethridge, Shannon. *Every Woman's Battle: Discovering God's Plan for Sexual & Emotional Fulfillment*. Colorado Springs: Walerbrook PRESS, 2003.
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- Managing Your Emotions: Instead of Your Emotions Managing You. Tulsa: Harrison House, 1999.
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Welch, Edward T. Addictions: A Banquet in the Grave. Phillipsburg, NJ: PR Publishing.

----- Blame It On the Brain? Distinguishing Chemical Imbalances, Brain Disorders and Disobedience.

-----When People are Big and God is Small.

Wilson, Paul and Wilson, Virginia, Friesen, Paul, Friesen, Virginia, Paulson, Larry and Paulson, Nancy. Restoring the Fallen: A Team Approach to Caring, Confronting & Reconciling. Downers Grove, IL: Intervarsity Press, 1997.

Wright, Norman H. The Pillars of Marriage. Glendale, CA: Regal, 1979.

-----The Premarital Counseling Handbook. Chicago: Moody Press, 1992.

### Helpful Websites

Assessments <http://defoore.com/angerasses.smentexcerpt.htm>  
[www.axis-one.com/anger/free-anger-assessment.html](http://www.axis-one.com/anger/free-anger-assessment.html)  
[www.anxieties.com](http://www.anxieties.com)  
[www.real-depression-help.com/beck-depression-inventory.html](http://www.real-depression-help.com/beck-depression-inventory.html)

Depression <http://www.mayoclinic.com/health/depression/MH00035>.

Domestic Violence

Bureau of Justice <http://www.wojp.usdoj.gov/bjs/>

Family Safe Media [http://www.familysafemedia.com/pornography\\_statistics.html](http://www.familysafemedia.com/pornography_statistics.html)

Genograms <http://genograms.org>

National Child Abuse Statistics  
<http://www.acf.hhs.gov>

National Clearinghouse for Alcohol and Drug Information. SAMHSA databaser.

National data on Sexual Violence: Children Silent No More  
[http://www.silentnomore.org/stats/national\\_children.asp](http://www.silentnomore.org/stats/national_children.asp)

National Institute on Alcohol Abuse and Alcoholism  
<http://pubs.niaaa.nih.gov>

National Institute of Mental Health  
<http://nimh.nih.gov/health/statistics/indexs.html>

The Barna Group <http://www.barna.org>

US Census Bureau <http://www.census.gov>