

# CC 501 – COUNSELLING

Canadian Theological Seminary – Calgary

Fall Semester 2004

Professor – Dr. Joan Carter

## LEARNING OUTCOMES

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

1. Summarize your own journey and growth as you grapple with the theory and practice of counseling, Scripture and Christian experience, and ministry demands and opportunities  
*Formational Component: your own spiritual formation will be enhanced by increased self-awareness and personal growth as you reflect on, discuss and apply the theories in your skill building teams and in your ministries.*
2. Articulate and support your position on the place of psychology and of theology in pastoral counseling.
3. Describe the stages of the helping process as presented by Egan and the skills necessary at each stage.
4. Demonstrate personal development of these basic counseling skills in discussion, in small group practice, and in videotaped counseling sessions.  
*Ministry Practice/Formational Component: your understanding of and practice of counselling skills will enhance your ministry effectiveness and will be evidenced both in your team work and in your written reflections.*
5. List the key concepts of the major schools of counseling.
6. Describe in more detail, 2 of the Christian models set forth by Crab; Anderson; Benner, Dillon or Stone; Augsburg or Hesselgrave (Cross-Cultural).
7. Critique the strengths and weaknesses of both the secular and “Christian” approaches.
8. Summarize the major issues that impact cross-cultural counseling.

## TEXTBOOKS

Egan, Gerard. *The Skilled Helper* (7<sup>th</sup> ed.). Wadsworth Publishing , 2001

Egan Gerard. *Exercises in Helping Skills* (7<sup>th</sup> ed,) Thomson Learning, 2001

## **ASSIGNMENTS**

### **1. Skills Development Exercises --**

Rationale – One does not become a skilled counselor merely by reading and theorizing about it. Practice in a safe and mutually supportive environment can be invaluable.

Form a training team with two other students. These teams of three are to work together for 16 hours during the semester using Gerard Egan's Exercises in Helping Skills or directives given in class. A variety of approaches are recommended: Discussion, role-play, pooling and discussing individual work practicing the skills on selected problems, etc. Recommended: Eight 2 hour sessions.

After reading Egan, focus on the skill building exercises in the workbook. Select those skills you know would benefit you most. A listing of recommended exercises will be provided. Make a serious attempt to pace yourselves so that you cover the majority of skills presented.

It is also possible to build on and move beyond Egan exercises and work on specific skill development in the context of your life or your team member's life. Care must be taken here to actually be practicing designated skills.

A signed statement of number of hours completed is due **December 8 – 20%**

### **2. Report on Training Sessions**

These are to be self-reflective papers. Your writing is to include insights you have had about yourself, particularly about yourself as a counselor (i.e. Strengths, weaknesses, interests, fears, or other feelings, new learning etc.), assessment of the group process, areas of skill and growth you see and affirm in your teammates, etc. This is not to be merely a report on exercises done, but your personal thoughts and feelings as you interact with the people and ideas. The first paper should be an evaluative interaction on your personal learning following approximately 8 hours of skill practice.

Reports are worth **10%** each for a total of **20%**

Due Dates:

Paper #1 – **October 13**

Paper #2 – **December 8**

### **3. Taping and Evaluation**

You will conduct two interviews, which you will tape. These should be 40-50 minutes in length.

You will be given further direction for this assignment including suggested topics and the skills to concentrate on. Video I will primarily focus on communication skills. Tape II will expand the number of counseling skills used and evaluated.

Following each interview you will do an evaluation using the guidelines given. Because of possible logistical problems, it will be possible – though not encouraged to do the second taping on audiotape only.

Each interview evaluation will be worth **10%** each for a total of **20%**

Report #1 due on **October 20**

Report #2 due on **December 8**

#### **4. Reading and Response Assignment**

A. Required Reading: Egan, G. The Skilled Helper, 7<sup>th</sup> ed. – **12%**

B. A bibliography is provided from which to choose 400 pages.

- If you are in the Cross-cultural ministry track, choose at least 100 pages in the Cross-cultural counseling area.
- This bibliography is arranged in broad categories. Please select according to your interest and need. You may wish to read whole books or only portions. It is recommended that you read at least 40 pages of any selected book.
- The 400 pages are to be divided into 4 segments of approximately 100 pages each. Written responses/interactions to each 100 page segment should be 3 to 5 pages, and are due on **Sept.22, Oct.6. Nov.19 & Dec.1**. Each paper is worth **7%** for a total of **28%**.

This notes/interaction should be crafted to be most helpful to you now and for future reference. They could include:

- An Outline/description summary of the content (1-1 1/2 pages)
- An identification of helpful points for you in theory or practice?
- What made you think? What did you like? Object to? Application?
- Cultural adaptations or implications?
- Theological and ministry implications?

You may focus primarily on one chapter or theme, or be more comprehensive.

Assignments may be turned in at the beginning of the class the day they are due or to the Receptionist on 6<sup>th</sup> floor prior to the due date. Assignments not submitted on the due date will be penalized by the loss of one grade increment for each school day they are late (E.g. from A to A-), unless an extension has been approved.

## **COURSE OUTLINE**

- I. Introduction
  - A. Pastoral Counseling: it's place, definition and goals
  - B. Characteristics of a helper and helping relationship
- II. Counseling Process and Methods
  - A. The Process – an overview
  - B. Counseling methods and skills
- III. Issues
  - A. In the Integration of psychology and theology
  - B. In Cross-Cultural Counseling
- IV. Theoretical Approaches to Counseling: Summaries and Critiques
  - A. Secular Approaches
    - 1. Affective Models
    - 2. Cognitive Models
    - 3. Behavior Models
  - B. Christian Approaches
    - 1. Crabb
    - 2. Benner, Dillon, and Stone
    - 3. Augsburger
    - 4. Anderson

## **BIBLIOGRAPHY**

### **Integration of Theology and Psychology**

#### **Pro-Integration**

Carter, J.D. & B. Narramore. *The Integration of Psychology and Theology*.

Collins, G. *Psychology & Theology: Prospects for Integration*

Farnsworth, K. *Whole-Hearted Integration*

#### **Against Integration (Against Psychology)**

Bobgan, M & D. *The Psychological Way/The Spiritual Way*

Bobgan, M & D. *Prophets of Psychoheresy*.

Vitz, Paul. *Psychology as Religion: The Cult of Self-Worship*

#### **Theories**

Corsini, R. *Current Psychotherapies*. (Excellent presentation and comparison of secular theories).

Jones, S & R. Butman. *Modern Psychotherapies*. (Well presented secular theories with very thoughtful Christian critiques).

Collins, G. *Helping People Grow*. (Brief summaries of Christian theories).

### **Christian Counseling Approaches**

Anderson, N & T. Zuehlke & J. Zuehlke. *Christ Centered Therapy*.

Benner, D. *Strategic Pastoral Counseling*.

Benner, D. *Care of Souls*

Carlson, D. *Counseling and Self-Esteem*

Crabb, Larry. *Understanding People*

Crabb, Larry. *Inside Out*

Crabb, Larry. *The Safest Place on Earth*.

Crabb, Larry. *Soultalk*

Dillon, D. *Short-term Counseling*

Kerwan, W. *Biblical Concepts for Christian Counseling*

Shields, H & G. Bredfeldt. *Caring for Souls*

Stone, H. *Brief Pastoral Counseling*

### **Lay or Peer Christian Counseling**

Welter, P. *How to Help a Friend*

Wilson, R. *Counseling & Community*

Worthington, E. *When Somebody Asks for Help*

### **Books of Readings**

Fleck, R & J. Carter. *Psychology & Christianity*.

Maloney, N. *Wholeness & Holiness***Cross-Cultural Counseling**

Augsburger, D. *Pastoral Counseling Across Cultures*.

### **Cross-Cultural Counselling**

Augsburger, D. *Pastoral Counseling cross Cultures*

Hesselgrave, D. *Counseling Cross-Culturally*

Pedersen, P. et al. *Counseling Across Cultures*

Sue, D. *Counseling the Culturally Different*.

### **Other**

Brammer, L. *The Helping Relationship*.

Other books found in a library under:

Pastoral Counseling

Counseling and/or Psychotherapy.

**NOTE:** Please select general counseling topics, not specifics (eg. Dealing with depression). It would be wise to obtain permission for a book not included in the Bibliography.

