



CANADIAN THEOLOGICAL SEMINARY

Alliance University College

SYLLABUS

CC 501 Introduction to Counselling

Fall 2006

Instructor: Dr. Don McNaughton (pleasemark@telus.net)

Course Description

An introduction to counselling theory and skills with particular emphasis on pastoral counselling. This includes an introduction to theological and psychological foundations, to issues of integration, and to skill development. Secular and Christian approaches will be presented and critiqued with a view to implications for Christian/pastoral counselling. Application will be made to problem management, opportunity development, and spiritual mentoring.

Course Objectives

- To develop, for the purposes of counselling, a biblical view of:
 - God, and how His truth and grace are to be lived out in relationship.
 - People, and how our human needs and desires intersect with God's plan for our restoration according to His image and desire.
 - Personal and relational problems, and how the application of biblical solutions to our problems differs from non-biblical solutions.
- To develop a biblical response to various counselling challenges in Christian ministry.
- To promote biblical self-examination that encourages the personal character development required for successful leadership of others in the counselling process.
- To learn a basic framework for short-term, structured counselling in Christian ministry.
- To provide a general foundation for further study in counselling-related ministry.

Course Texts

- Timothy Clinton and George Ohlschlager, *Competent Christian Counseling, Volume One: Foundations & Practice of Compassionate Soul Care*. Colorado Springs: Waterbrook Press, 2002.
- David G. Benner, *Strategic Pastoral Counselling: A Short-Term Structured Model, 2nd ed.* Grand Rapids, MI.: Baker Academic, 2004.

Course Requirements

1. Textbook readings (20%)

Readings will be assigned in class. Students must report at semester end that readings were completed by the specified due dates to receive credit. Readings will often be discussed in class, and will comprise a major portion of the content of the mid-term and final exams. No credit will be given for reading assignments completed after the due date.

2. Class participation (10%)

Grading will be based on active class participation that demonstrates a familiarity with the texts and an ability to interact theologically and personally with the theories and practices presented in the class or class texts.

3. Pop Quizzes (15%)

Quizzes may be given at any time, and will be based on either the reading due for that day or on notes from the previous class. Quizzes will be administered during the first ten minutes of class. Students arriving late for class will miss the opportunity to take the quiz.

4. Midterm Exam (25%)

5. Final Exam (30%)

Course Hours

8:15 a.m. – 11:00 a.m. Thursdays, starting September 7, 2006.

Course Learning Outcomes

As a result of completing this course, students can expect that they will:

- Be able to identify major trends and challenges in the practice of counselling.
- Understand the basic structures and the theoretical/historical underpinnings of a number of counselling models.
- Understand how various counseling models impact personal theological convictions, and begin to develop a response suitable for clinical and/or pastoral counselling.
- Practice several approaches to counselling and begin to develop personal skills required for the counselling process.
- Understand key differences between counselling, pastoral counselling and pastoral care.
- Develop a biblical approach to counseling that meets people's needs, honours God and

fits consistently with one's individual call to ministry.

Important Notes

- All papers should follow APA format, should be free of grammatical and spelling errors and should reflect Masters-level scholarship.
- Delivery of assignments is by email to: pleasemark@telus.net.
- Late assignments will be subject to a grade loss of 5% per day that they are late.
- It is the responsibility of all students to become familiar with and adhere to academic policies of CTS as are stated in the Student Handbook and Academic Calendar and Catalogue.
- Add/Drop Policy:
 - Students wishing to add a course should refer to the current academic calendar for the last day to officially enter the class. Students intending to withdraw from a course must complete the relevant Registration Revision form. The dates by which students may voluntarily withdraw from a course without penalty are contained in the Calendar of Events in the academic calendar.
- Requests for Course Extensions or Alternative Time for Examination:
 - 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." Alternative times for final examinations cannot be scheduled without prior approval. Requests for course extensions or alternative examination time must be submitted to the Registrar's Office two weeks prior to examination week (noted as the "Last Day for Alternative Exam or Course Extension Requests" on the academic calendar). Course extensions are only granted for serious issues that arise "due to circumstances beyond the student's control."
- Plagiarism and Academic Dishonesty
 - The campus community is committed to fairness, due process, and proper compassion. At the same time, given our mission, we cannot merely overlook failures of personal integrity in academic matters and will deal with them in an effort to seek the best interest of all concerned.
 - The seminary is committed to fostering personal integrity and will not overlook breeches 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 seminary. Even unintentional plagiarism is to be avoided at all costs. 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.

Course Outline and Schedule

Use this schedule to record your weekly reading assignments. Hand in a copy to your professor at the last class.

	Date	Topic	Reading Due	% of Reading Completed	Assignments Due
WEEK 1	Sept 7	Course intro, Syllabus review, Counselling Methodology	-----		
WEEK 2	Sept 14	Counselling Methodology Psychopathology	CCC: Preface, Prologue, ch. 1		
WEEK 3	Sept 21	Anthropology	CCC 2-3		
WEEK 4	Sept 28	Epistemology	CCC 12		
WEEK 5	Oct 5	Counselling Approaches Biblical and Flawed structures	CCC 14-15		
WEEK 6	Oct 12	Counselling Approaches, cont.	CCC 17-18		
WEEK 7	Oct 19	Midterm Exam	CCC 20		Midterm Exam
WEEK 8	Oct 26	NO CLASS - Missions Emphasis			
WEEK 9	Nov 2	Marriage Counselling	CCC 29		
WEEK 10	Nov 9	Family Counselling	SPC pp. 6-44		
WEEK 11	Nov 16	Anxiety & Depression	SPC pp. 47-70		
WEEK 12	Nov 23	Anger & Abuse	SPC pp. 73-103		
WEEK 13	Nov 30	Crisis & Grief counselling	SPC pp. 105-134		
WEEK 14	Dec 7	Self-esteem & Spiritual Direction	SPC pp. 135-149		
WEEK 15	Dec 14	Discussion	To be assigned		Report readings to pleasemark@telus.net
WEEK 16	Dec ??	Final Exam	-----		Final Exam