

## MOODY DISTANCE LEARNING

### Course Number, Name, and Credit Hours

PS6603 Pastoral Counseling, 3 credit hours

### Course Description

This course is an analysis of the development of a biblical theology of pastoral counseling. It includes a study of the nature of men and women, children and families, and how and why problems develop with sensitivity to cultural variation. This course will deal with the assessment of relational dynamics, problem resolution, and biblical principles related to emotional and spiritual well-being.

### Course Objectives

**After completing this course, you will be able to...**

1. Have a biblical model for addressing people's problems and struggles.
2. Have a beginning understanding regarding legal/practical issues surrounding counseling relationships.
3. Have a conceptual analysis of how/why problems develop.
4. Have a framework to understand why people respond as they do and what is involved in meaningful change.
5. Be challenged to think and reflect on issues in his/her own life that impede and hinder helping others.
6. Be aware of the challenges and benefits that come from the unique relationship of pastor as counselor.

### Course Textbook(s) and/or Supplemental Information

#### Textbooks:

- Kellemen, Robert W. and Jeff Forrey (eds.), *Scripture and Counseling: God's Word for Life in a Broken World*. Grand Rapids, MI: Zondervan, 2014.
- Kellemen, Robert W. *Gospel-Centered Counseling: How Christ Changes Lives*. Grand Rapids, MI: Zondervan, 2014.

#### PDFs:

- American Counseling Association. "2014 ACA Code of Ethics." In *Association of Pastoral Counselors Code of Ethics*, 2014. <https://www.counseling.org/resources/aca-code-of-ethics.pdf>
- Benson, M. Wayne. "Navigating Pastoral Counseling Pitfalls." In *Center for Pastoral Counseling* ([www.cpc.org](http://www.cpc.org)), pp. 1-9.
- Blackburn, Bill. "Ethical Issues in Pastoral Counseling." In *The Christian Ethics Today Foundation*, pp. 1-10.
- Brushwyler, Ronald. "Pastoral Care vs. Professional Counseling: Discerning the Differences." In *The Midwest Ministry Development Service*, pp. 1-4. Westchester, IL: 1999.

- Hammar, Richard R. "The Counselor and Law: A Guide to Legal and Ethical Practice." In *Enrichment Journal*, pp. 1-8. Springfield, MO: 2012.
- Heiliger, Robert. "Pastoral Counseling: When to Refer." In *Professional Pastoral-Counseling Institute*, pp. 1-2. Cincinnati, OH.
- Middlebrook, David. "Pastoral Confidentiality: An Ethical and Legal Responsibility." In *Enrichment Journal*, Springfield, MO: 2012.

## Assignments

**Guideline for the Discussion Board:** Post your initial response to the discussion question by mid-week (Friday, 11:59pm CT). Then read and respond to at least **TWO** of your classmates' initial posts by the end of the week (Monday, 11:59pm CT).

**Standard for Written Papers:** All papers must be in Turabian style. Each page should be approximately 300 words, 12-pt. Times New Roman font on double-spaced lines with 1" margins. (Therefore, a 2-page paper is approximately 600 words; a 3-page paper is approximately 900 words, etc.) Here is a guide to Turabian style: [http://www.press.uchicago.edu/books/turabian/turabian\\_citationguide.html](http://www.press.uchicago.edu/books/turabian/turabian_citationguide.html)

## Assignment List

**Assignment 1-1 Paper 1 – Meaningful Change Paper:** Write a **two-page** paper discussing what it means to really change (i.e., what does God desire in us and for us)? How does it come about? Is change more than just changing our behavior? Why is change so difficult? What is required to bring about lasting change in our lives?

**Assignment 1-2 Chart 1 – Pitfall Chart:** Take the guidelines listed in Heiliger's article and prioritize these with regard to the one's most likely to least likely to be challenges for you. Include appropriate scriptural verses and locate additional bibliographic resources that you will want to refer to in the future. List 3 Christian-based counseling ministries in your area. This chart will be **two pages** in length.

**Assignment 2-1 Chart 2 – Tongue and Words Chart:** Do a brief word study in Logos Bible Software on the use of "tongue" and "words" (i.e., references to using one's tongue/words in interpersonal communication) in the Bible and produce a 2 page chart summarizing the following: What are the implications for counseling? What is your greatest concern as you consider these results in your own counseling ministry? How do we insure that our tongue and words are "right"? (Make sure to discuss issues of confidentiality)

**Assignment 2-2 Synopsis 1 – Personal Interaction Session 1:** With a partner of your choosing (include contact information for this person for the professor), you are to spend a minimum of one hour interacting as counselor and counselee (30 minutes each). This is not to be a role play. As counselee, address issues that will be helpful to you personally as well as relationally. As counselor, interact as you would if someone in your congregation were seeking you out for help. Write a brief (1 page) synopsis of what you learned about yourself and counseling through this experience. **These conversations are to maintain the highest level of confidentiality.** Violations of confidentiality may result in a failing grade for this course. Realize that portions of your discussions may be revealed by the "counselor" to the instructor for teaching and supervisory considerations.

**Assignment 3-1 Synopsis 2 – Personal Interaction Session 2:** With a partner of your choosing (include contact information for this person for the professor), you are to spend a minimum of one hour interacting as counselor and counselee (30 minutes each). This is not to be a role play. As counselee, address issues that will be helpful to you personally as well as relationally. As counselor, interact as you would if someone in your congregation were seeking you out for help. Write a brief (1 page) synopsis of what you learned about yourself and counseling through this experience. **These conversations are to maintain the highest level of confidentiality.** Violations of confidentiality may result in a failing grade for this course. Realize that portions of your discussions may be revealed by the "counselor" to the instructor for teaching and supervisory considerations.

**Assignment 3-2 Outline – Bible Study Outline on Anxiety:** Chapter 10 in *Scripture and Counseling* (esp. figure 10.1) provides an outline for a biblical theology of counseling. Take this outline as your starting point and apply it to the area of anxiety. Develop a Bible Study outline that could be given to a client who is struggling with anxiety. This outline should be no longer than two pages and should offer concrete steps for life change.

**Assignment 4-1 Paper 2 – Personal Place in History:** In the Christmas classic "It's a Wonderful Life", George Bailey has the unique opportunity to view life as if he had never been born. Without his impact, his family has changed, his town is different, and people's lives have been destroyed. As you reflect on your own life and the influence you've had, how would our world, lives, and relationships be different if you had never existed? Describe five ways your life has changed (apart from the sovereignty of God) the course of history. **Two-page** paper.

**Assignment 4-2 Summary – Heseid Project Summary:** Heseid is the Old Testament term for loyal-love which has the implied idea of loving faithfulness to a covenantal relationship. The prophets continually stress the need for covenant faithfulness, both to God and to man. One danger of seminary is the tendency to become "Hearers of the Word Only" - to divorce knowledge from response. Believers must take time to cultivate and maintain covenant faithfulness in their relationship with others.

You are to plan an activity that you and someone else can do that will:

- last about 4 hours
- not involve the seminary, job, or study
- be a time of fellowship and enjoyment

You must participate in the activity.

Write a **one-page** summary of the activity - Was it fun? How was it meaningful?

Be creative in planning this assignment. What would further deepen and improve relationship? What activity could you invest emotionally and spiritually that others would feel encouraged and enriched? If you are married you might want to go on a picnic, go to the zoo, visit a museum, etc. Remember, the emphasis should be on doing something the whole family can enjoy. If you are single you can take a friend, or someone you want to befriend, and plan an activity for them. Take them to a ball game, cook a "gourmet" meal, go on a bike ride together, etc. Have them experience the enjoyment of another's company.

**Assignment 5-1 Paper 3 – Ethical Practice dealing with Depression and Medications:** Write a two-page paper reflecting on the ethical, legal, and practical issues associated with counseling those dealing with medications. Be sure to briefly discuss the general categories of current medication used to treat depression. When is there use appropriate? A respected elder in your church is teaching that depression is really a spiritual problem and that antidepressant medication should be avoided. How would you respond to him? Do antidepressants interfere with what God may be trying to do in our lives? (Make sure to read the American Association of Pastoral Counselors Code of Ethics and Hammar's article)

**Assignment 5-2 Synopsis 3 – Personal Interaction Session 3:** With a partner of your choosing (include contact information for this person for the professor), you are to spend a minimum of one hour interacting as counselor and counselee (30 minutes each). This is not to be a role-play. As counselee, address issues that will be helpful to you personally as well as relationally. As counselor, interact as you would if someone in your congregation were seeking you out for help. Write a brief (1 page) synopsis of what you learned about yourself and counseling through this experience. **These conversations are to maintain the highest level of confidentiality.** Violations of confidentiality may result in a failing grade for this course. Realize that portions of your discussions may be revealed by the "counselor" to the instructor for teaching and supervisory considerations.

**Assignment 6-1 Synopsis 4 – Personal Interaction Session 4:** With a partner of your choosing (include contact information for this person for the professor), you are to spend a minimum of one hour interacting as counselor and counselee (30 minutes each). This is not to be a role play. As counselee, address issues that will be helpful to you personally as well as relationally. As counselor, interact as you would if someone in your congregation were seeking you out for help. Write a brief (1 page) synopsis of what you learned about yourself and counseling through this experience. **These conversations are to maintain the highest level of confidentiality.** Violations of confidentiality may result in a failing grade for this course. Realize that portions of your discussions may be revealed by the "counselor" to the instructor for teaching and supervisory considerations.

**Assignment 6-2 Chart 3 – Sanctification and Heart Change Chart:** Building on chapter 16 in *Gospel-Centered Counseling* develop a chart of progressive sanctification that could be used to give a counselee at the conclusion of a counseling session.

**Assignment 7-1 Paper 4 – Current Problem Paper:** Write a six page paper maximum, selecting a current problem in your life, one that has emerged from your 4 personal interaction sessions, and analyze it as follows: (a) State the problem, how it currently manifests itself, and its relational impact on others (1 page); (b) Trace its development (2 pages); (c) Do an analysis (1-2 pages); and (d) Develop a "treatment" plan - i.e., steps to correct the problem (1-2 pages).

**Assignment 7-2 Book Review – Gospel-Centered Counseling:** Write a two page review of Kelleman's *Gospel-Centered Counseling*. This review should include his understanding of a biblical theology of pastoral counseling and the way he suggests dealing with assessing relational dynamics. Be sure to highlight biblical principles related to emotional and spiritual well being that Kelleman sees as important (include your personal assessment of these).

### Assessments

Assessments (# in parentheses)	% of Total
Discussions (6)	12%
Assignment 1-1 Paper 1	5%
Assignment 1-2 Chart 1	5%
Assignment 2-1 Chart 2	5%
Assignment 2-2 Personal Interaction Synopsis 1	5%
Assignment 3-1 Personal Interaction Synopsis 2	5%
Assignment 3-2 Outline	5%
Assignment 4-1 Paper 2	5%
Assignment 4-2 Hesus Project	5%
Assignment 5-1 Paper 3	5%
Assignment 5-2 Personal Interaction Synopsis 3	5%
Assignment 6-1 Personal Interaction Synopsis 4	5%
Assignment 6-2 Chart 3	5%
Assignment 7-1 Current Problem Paper 4	18%
Assignment 7-2 Book Review	10%
<b>Total:</b>	<b>100%</b>

Letter grades are determined by the following scale:

Letter Grade	Percentage Equivalent	Description
A	96 – 100	Exceptional work
A-	94 – 95	Excellent work
B+	92 – 93	Very good work
B	89 – 91	Good work
B-	87 – 88	Above average work
C+	83 – 86	Average work
C	79 – 82	Work needs improvement
C-	75 – 78	Minimally acceptable work
F	< 75	Unacceptable work

### Course Resources

Online students have access to the Moody Library. Though students may wish to check out books via inter-library loan, the online database has a number of articles and reviews available for download. You can access the online database by logging into your account at [my.moody.edu](http://my.moody.edu). If you have not

previously accessed the library database you may wish to complete the database tutorial at <http://library.moody.edu>. Here are additional tutorials on how to use the Crowell Library:

- "Finding Resources in the Moody Online Library: **Overview**" - [http://openaudiovideo.moody.edu/OSAM/OSAM/Video/wmv/Education/Courses-Blackboard/Video\\_Files/BI-5528\\_Koehler\\_Overview.wmv](http://openaudiovideo.moody.edu/OSAM/OSAM/Video/wmv/Education/Courses-Blackboard/Video_Files/BI-5528_Koehler_Overview.wmv)
- "Finding Resources in the Moody Online Library: **References**" - [http://openaudiovideo.moody.edu/OSAM/OSAM/Video/wmv/Education/Courses-Blackboard/Video\\_Files/BI-5528\\_Koehler\\_Reference.wmv](http://openaudiovideo.moody.edu/OSAM/OSAM/Video/wmv/Education/Courses-Blackboard/Video_Files/BI-5528_Koehler_Reference.wmv)
- "Finding Resources in the Moody Online Library: **eBooks**" - [http://openaudiovideo.moody.edu/OSAM/OSAM/Video/wmv/Education/Courses-Blackboard/Video\\_Files/BI-5528\\_Koehler\\_eBooks.wmv](http://openaudiovideo.moody.edu/OSAM/OSAM/Video/wmv/Education/Courses-Blackboard/Video_Files/BI-5528_Koehler_eBooks.wmv)
- "Finding Resources in the Moody Online Library: **Articles**" - [http://openaudiovideo.moody.edu/OSAM/OSAM/Video/wmv/Education/Courses-Blackboard/Video\\_Files/BI-5528\\_Koehler\\_Articles.wmv](http://openaudiovideo.moody.edu/OSAM/OSAM/Video/wmv/Education/Courses-Blackboard/Video_Files/BI-5528_Koehler_Articles.wmv)

In addition to the resources available at the Moody Library, you may wish to visit <http://www.biblicalstudies.org.uk> or [www.bible.org](http://www.bible.org). These sites contain content on various topics written by competent biblical scholars

The final resource that deserves mention here is **iTunes University**. Apple has developed a platform for colleges and universities to post audio and video content. There are a number of lectures available on iTunesU from various schools such as Dallas Theological Seminary, Seattle Pacific University, Duke, Yale, Covenant Theological Seminary, and others that may benefit in your studies or understanding of this course.

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