Reformed Theological Seminary

Pastoral Counseling
PT 516

Fall 2013
Orlando

Instructor:
James Coffield Ph.D.
jcoffield@rts.edu
Office hours by appointment

Requirements

Attendance &
participation (10%)
Reading (20%)
Creative Illness
paper (15%)
12 step meetings (10%)
Lab day (15%)
Discussion Group
(10%)
Book reviews (10%):
Allender, Eldredge,
Buechner
Prepare/Enrich training (10%)

Course Purpose

The class will provide an overview of current trends in counseling theory and practice and the role of counseling in church and business settings. Basic counseling skills taught in this course include interviewing, assessment and therapeutic listening in a laboratory situation. Application is made to family, crisis, grief and substance abuse counseling, with emphasis on developing strategies and applying scriptural principles. The class will provide a basic groundwork for pastoral care. The class will provide a paradigm for listening and caring for others.

Competencies

At the completion of this class a successful student should be able to:
- Compare and contrast basic counseling approaches and develop an initial biblical model of counseling that can be explored further and utilized in ministry.
- Become familiar with some of the basic categories of problems which may be faced by counselors, pastors and managers.
- Complete an honest self-assessment concerning his/her ability to participate in a counseling ministry.
- Become familiar with the concept of “creative illness” and apply that concept to self and others.
- Be aware of theories, issues, strategies and interventions in crisis counseling, grief counseling, suicide prevention and substance abuse concerns.
- Develop interview and listening skills to facilitate the counseling process.
- Develop a professional vocabulary which will allow for effective communication between the counselor/pastor and lay persons or other professionals.
- Develop some basic “discernment” concerning the assessment of emotional problems of clients and/or parishioners.

Reading in the first three weeks...
Read article found at www.leaderu.com

1) What’s wrong with Us?
By Dan Allender
2) Less-Wild lovers By Eldredge & Curtis from Ch. 9 of The Sacred Romance
3) The Pastor as a Minor Poet by Barnes
TENTATIVE SCHEDULE

Wed 8/21/2013—Wed 12/4/2013 from 9am until 12noon
There will be a 1 hr break for chapel at 10 AM each day—students are encouraged to participate in chapel. This class will utilize small group, discussion and lecture format; therefore attendance and participation is expected for a successful experience. The Lab Day** will be on a Saturday in October, and students will practice counseling skills which will require some limited self disclosure in a small group setting. Additional personnel will be utilized on the lab day. Students will also be given the opportunity to participate in small group discussions of the reading during lunch time. These groups will be led by student leaders. Participants should have completed reading of the discussed texts and some limited self-discourse may be expected in these small groups. The instructor reserves the right to change this syllabus as needed to meet the course goals. The participants have the right to change and negotiate changes in the class if they find the format or content to not be helpful.

Class Topics

8/21 Introduction/ Basic Theories/ Assumptions
Views on integration of psychology and theology
8/28 Basic Biblical model
9/4 Depression
9/11 Anxiety
9/18 Family Crisis/Addiction
9/25 Sexuality
10/9 Reading Week (no class)
10/16 Parenting/Personality Disorders
10/23 Pre-marital counseling
10/30 PREPARE/ENRICH training*
11/6 Grief/ Short term pastoral counseling
11/13 Church Discipline
11/20 Referrals
11/27 No Class (Thanksgiving)
12/4 Questions and catch-up

PLEASE NOTE...
*Students will be trained and certified to administer the Prepare/Enrich marital counseling tool. The materials cost for PREPARE/ENRICH will be approximately $95.00 and will be paid directly in the class. Students must be present for the entire presentation on Prepare/Enrich in order to be certified (10/30)

**Lab Day topics include
basic listening skills using the here & now
using the relationship for healing

TEX TS

The following texts are required
The Elements of Counseling by Davis & Meier ISBN-10: 0-534-57418-1
The Pastor as a Minor Poet by Barnes ISBN-10:0802829627

The following texts are only recommended and not required for the class

We are not machines that need to be fixed, or simply dutiful servants with jobs to be done — we are relational beings full of passions, dreams, hopes, longings and terrors which must be faced
This life, therefore, is not righteousness but growth in righteousness, Not health but healing, Not being but becoming, Not rest but exercise. We are not yet what we shall be, but we are growing toward it; The process is not yet finished but it is going on; This is not the end but it is the road. All does not yet gleam in glory but all is being purified.

Martin Luther on the Christian Life

### Academic Policies

- Computers are a welcome educational tool and your use of a lap top computer during our class time is encouraged. However, please do not distract yourself or others by using wireless internet to check email or surf the net during our class time. Do not play games on personal computers during class time.
- Please retain a personal copy of all of your work.
- **All work is due by Friday December 6th, 2013.**

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### Lab Day

We will “negotiate” the most convenient Saturday for the class as a group. If for some reason it is impossible for you to be present on that day; please notify me as soon as possible and an alternative training experience may be found. We will not meet for the full class time on and 11/20 because of the time spent on lab day.

### Prepare/Enrich Certification

A Prepare/Enrich Certification Seminar will be included within the class time, Prepare/Enrich is a singularly effective tool for pre-marital and marital counseling. Training is necessary to be certified to use the testing instrument. The training fee includes certification, a manual, sample tests and a certificate for test processing worth $29. Training normally costs $150 –$200. Class members cost at RTS is $95. RTS will make no profit on this training. If you have already been trained in use of this tool your attendance for the day will still be required. We will include lectures on couples counseling during the training.

### Participation Grade

You will be expected to be in class on time at each scheduled meeting. Additionally, each student will once weekly check-in and engage with the class discussion/question of the week. The class discussion will be moderated by the class TA.

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### Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>100-95</td>
</tr>
<tr>
<td>A-</td>
<td>94-93</td>
</tr>
<tr>
<td>B+</td>
<td>92-91</td>
</tr>
<tr>
<td>B</td>
<td>90-85</td>
</tr>
<tr>
<td>B-</td>
<td>84-83</td>
</tr>
<tr>
<td>C+</td>
<td>82-81</td>
</tr>
<tr>
<td>C</td>
<td>80-77</td>
</tr>
<tr>
<td>C-</td>
<td>76-75</td>
</tr>
<tr>
<td>D</td>
<td>74-70</td>
</tr>
<tr>
<td>F</td>
<td>Below 70</td>
</tr>
</tbody>
</table>

### Small Groups

Some of the second year counseling students have agreed to lead small group discussions on the readings (Allender/Barnes). The small groups will be assigned on 9/4.
**Course Objectives Related to MDiv* Student Learning Outcomes**

**Course:** Pastoral Counseling  
**Professor:** Jim Coffield  
**Campus:** Orlando  
**Date:** Fall 2013

<table>
<thead>
<tr>
<th><em><em>MDiv</em> Student Learning Outcomes</em>*</th>
<th><strong>Rubric</strong></th>
<th><strong>Mini-Justification</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Articulation (oral &amp; written)</strong></td>
<td>Moderate</td>
<td>Must be able to articulate a framework for counseling that is supported by a Biblical worldview</td>
</tr>
<tr>
<td>Broadly understands and articulates knowledge, both oral and written, of essential biblical, theological, historical, and cultural/global information, including details, concepts, and frameworks.</td>
<td>Moderate</td>
<td>Pastoral counseling must have its foundation in Biblical principles of problems and solutions</td>
</tr>
<tr>
<td><strong>Scripture</strong></td>
<td>Moderate</td>
<td>The WCF addresses counseling issues and concerns</td>
</tr>
<tr>
<td>Significant knowledge of the original meaning of Scripture. Also, the concepts for and skill to research further into the original meaning of Scripture and to apply Scripture to a variety of modern circumstances. (Includes appropriate use of original languages and hermeneutics; and integrates theological, historical, and cultural/global perspectives.)</td>
<td>Strong</td>
<td>Must see their own issues in order to be able to counsel others.</td>
</tr>
<tr>
<td><strong>Reformed Theology</strong></td>
<td>Moderate</td>
<td>The WCF addresses counseling issues and concerns</td>
</tr>
<tr>
<td>Significant knowledge of Reformed theology and practice, with emphasis on the Westminster Standards.</td>
<td>Strong</td>
<td>Counseling must be done constant with Biblical worldview</td>
</tr>
<tr>
<td><strong>Sanctification</strong></td>
<td>Strong</td>
<td>Counseling and problem solving is connected to evangelism.</td>
</tr>
<tr>
<td>Demonstrates a love for the Triune God that aids the student’s sanctification.</td>
<td>Strong</td>
<td>Counseling and problem solving is connected to evangelism.</td>
</tr>
<tr>
<td><strong>Desire for Worldview</strong></td>
<td>Strong</td>
<td>Counseling and problem solving is connected to evangelism.</td>
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<tr>
<td>Burning desire to conform all of life to the Word of God.</td>
<td>Strong</td>
<td>Counseling and problem solving is connected to evangelism.</td>
</tr>
<tr>
<td><strong>Winsomely Reformed</strong></td>
<td>Strong</td>
<td>Counseling and problem solving is connected to evangelism.</td>
</tr>
<tr>
<td>Embraces a winsomely Reformed ethos. (Includes an appropriate ecumenical spirit with other Christians, especially Evangelicals; a concern to present the Gospel in a God-honoring manner to non-Christians; and a truth-in-love attitude in disagreements.)</td>
<td>None</td>
<td></td>
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<tr>
<td><strong>Preach</strong></td>
<td>None</td>
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<tr>
<td>Ability to preach and teach the meaning of Scripture to both heart and mind with clarity and enthusiasm.</td>
<td>None</td>
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<td><strong>Worship</strong></td>
<td>None</td>
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<tr>
<td>Knowledgeable of historic and modern Christian-worship forms; and ability to construct and skill to lead a worship service.</td>
<td>None</td>
<td></td>
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<tr>
<td><strong>Shepherd</strong></td>
<td>Strong</td>
<td>Students learn to shepherd others in classroom lab setting.</td>
</tr>
<tr>
<td>Ability to shepherd the local congregation: aiding in spiritual maturity; promoting use of gifts and callings; and encouraging a concern for non-Christians, both in America and worldwide.</td>
<td>Strong</td>
<td>Students learn to shepherd others in classroom lab setting.</td>
</tr>
<tr>
<td><strong>Church/World</strong></td>
<td>Moderate</td>
<td>We live and minister to a very “psychological so-phisticated” world and this class addresses cultural issues</td>
</tr>
<tr>
<td>Ability to interact within a denominational context, within the broader worldwide church, and with significant public issues.</td>
<td>Moderate</td>
<td>We live and minister to a very “psychological so-phisticated” world and this class addresses cultural issues</td>
</tr>
</tbody>
</table>

*As the MDiv is the core degree at RTS, the MDiv rubric will be used in this syllabus.