Course Description:
This course is an introduction to the pastor’s role and responsibility as Biblical counselor in the local church. A system of counseling grounded in Biblical presuppositions will be taught as well as basic counseling process and practice. The student will also receive foundational knowledge and understanding of typical individual, marital, and family problems with an emphasis on applying Scriptural principles to these life issues. Case studies will be reviewed and a system of premarital counseling will be presented as well.

Required Reading:

Recommended Resources for your Counseling Library:
A reading list will be handed out during the course.

Assignments:

Reading
Students will follow the course schedule

Book Reports
Write two-page, typed reviews of the following three (3) books: *Instruments in the Redeemer’s Hands, How People Change,* and *CrossTalk.*
Due: September 17, October 15, October 29

Philosophy of Counseling Paper
Write a paper presenting your philosophy of pastoral counseling. Make sure to include:
1. A Scriptural foundation to your counseling
2. Your vision for how much and what types of counseling you will do in your ministry.
3. The place of psychological theories and/or techniques in your counseling.
4. How you believe Reformed theology and various psychologies integrate.
5. The role of the church in counseling.
Requirements: 6-8 pages, double-spaced 12 point typeset with standard margins. Cite at least five sources, listed at the end of the paper.
Due: November 19

Case Studies
Interact with and write up five (5) case studies throughout the semester. Instructions will be given during the course.
Due: December 3
Final Exam
The final exam will be a comprehensive, written exam which will cover content from all of the lectures and all of the required reading (broad, general concepts).

Grading:

10% - Class Attendance/Participation
15% - Book Reports
20% - Case Studies
25% - Philosophy of Counseling Paper
30% - Final Exam

Class Schedule:
Class will meet on Thursdays from 1:00-3:55 p.m.

Week 1 (08/20)
Introduction and History of Pastoral Counseling
Reading: Tripp Chapters 1-5

Week 2 (08/27)
Counseling Presuppositions
Reading: Tripp Chapters 6-10

Week 3 (09/03)
Counseling Process
Reading: Tripp Chapters 11-14

NO CLASS THIS WEEK (09/10)

Week 4 (09/17)
Counseling Practice
Reading: Lane & Tripp Chapters 1-5
Book Report #1 (Tripp) Due

Week 5 (09/24)
Basic Counseling Problems I: Self Problems, Anxiety
Reading: Lane & Tripp Chapters 6-10

Week 6 (10/1)
Basic Counseling Problems II: Depression, Anger
Reading: Lane & Tripp Chapters 11-16

NO CLASS, READING WEEK (10/08)

Week 7 (10/15)
Basic Counseling Problems III: Addictions, More complex problems
Reading: Emlet Chapters 1-3
Book Report #2 (Lane & Tripp) Due
Week 8 (10/22)
Church Discipline; Crisis Counseling
Reading: Emlet Chapters 4-7

Week 9 (10/29)
Pre-Marital Counseling
Reading: Emlet Chapters 8-11
Book Report #3 (Emlet) Due

Week 10 (11/05)
Guest Lecturer: Rev. Carl Kalberkamp
Reading: Harvey Chapters 1-4

Week 11 (11/12)
Marital Counseling I
Reading: Harvey Chapters 5-7

Week 12 (11/19)
Marital Counseling II
Reading: Harvey Chapters 8-10
Philosophy of Counseling Paper Due

NO CLASS, THANKSGIVING (11/26)

Week 13 (12/03)
Youth and childhood issues
Case Studies Due

FINAL EXAM: TBA
## Course Objectives Related to MDiv Student Learning Outcomes
### With Mini-Justification

<table>
<thead>
<tr>
<th>MDiv Student Learning Outcomes</th>
<th>Rubric</th>
<th>Mini-Justification</th>
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</thead>
<tbody>
<tr>
<td><strong>Articulation (oral &amp; written)</strong></td>
<td>Moderate</td>
<td>The pastoral counselor must be able to articulate a biblical framework of counseling.</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 is rooted in a knowledge of Biblical principles concerning man’s problems and solutions to those problems.</td>
</tr>
<tr>
<td><strong>Scripture</strong></td>
<td>Moderate</td>
<td>Reformed theology does impact how a pastor counsels. The WCF addresses some counseling 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>Moderate</td>
<td>Pastoral counseling is rooted in a knowledge of Biblical principles concerning man’s problems and solutions to those problems.</td>
</tr>
<tr>
<td><strong>Reformed Theology</strong></td>
<td>Moderate</td>
<td>Pastoral counseling is rooted in a knowledge of Biblical principles concerning man’s problems and solutions to those problems.</td>
</tr>
<tr>
<td>Significant knowledge of Reformed theology and practice, with emphasis on the Westminster Standards.</td>
<td>Moderate</td>
<td>Pastoral counseling is rooted in a knowledge of Biblical principles concerning man’s problems and solutions to those problems.</td>
</tr>
<tr>
<td><strong>Sanctification</strong></td>
<td>Strong</td>
<td>Pastors must first counsel themselves biblically!</td>
</tr>
<tr>
<td>Demonstrates a love for the Triune God that aids the student’s sanctification.</td>
<td>Strong</td>
<td>Pastoral counseling is to be done from a consistent Biblical world and life view.</td>
</tr>
<tr>
<td><strong>Desire for Worldview</strong></td>
<td>Strong</td>
<td>Pastoral counseling is to be done from a consistent Biblical world and life view.</td>
</tr>
<tr>
<td>Burning desire to conform all of life to the Word of God.</td>
<td>Strong</td>
<td>Pastoral counseling is to be done from a consistent Biblical world and life view.</td>
</tr>
<tr>
<td><strong>Winsomely Reformed/Evangelistic</strong></td>
<td>Strong</td>
<td>Counseling is firmly connected to evangelism. We need to learn how to counsel Christians and non-Christians alike.</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>Strong</td>
<td>Counseling is firmly connected to evangelism. We need to learn how to counsel Christians and non-Christians alike.</td>
</tr>
<tr>
<td><strong>Preach</strong></td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Ability to preach and teach the meaning of Scripture to both heart and mind with clarity and enthusiasm.</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td><strong>Worship</strong></td>
<td>None</td>
<td>None</td>
</tr>
<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>None</td>
</tr>
<tr>
<td><strong>Shepherd</strong></td>
<td>Strong</td>
<td>Pastoral counseling is the centerpiece of the pastoral ministry.</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>Pastoral counseling is the centerpiece of the pastoral ministry.</td>
</tr>
<tr>
<td><strong>Church/World</strong></td>
<td>Moderate</td>
<td>Pastoral counseling has a public side as we address 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>Pastoral counseling has a public side as we address cultural issues.</td>
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</tbody>
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