

REFORMED THEOLOGICAL SEMINARY
PT503 – Introduction to Biblical Counseling
Spring, 2019
Instructor: John C. Kwasny, Ph.D.
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Course Description:

This course is an introduction to the practice of Biblical counseling that is to be practiced in the local church, as well as in Biblical counseling ministries which seek to serve the church. A system of counseling firmly grounded in Biblical presuppositions, process, and practice will be taught. The student will receive foundational knowledge and understanding of typical individual, marital, and family problems--applying essential Biblical principles to all situations, to the glory of God and for the sanctification of God's people.

Required Reading:

Emler, M. R. (2009). *CrossTalk: Where Life and Scripture Meet*.
Lambert, H. (2016). *A Theology of Biblical Counseling*.
Lane, T. S., Tripp, P. D. (2008). *How People Change*.

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 reports of the following three (3) books: *A Theology of Biblical Counseling*, *How People Change*, and *CrossTalk*.

Due: February 28, April 4, April 25

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: May 2

Final Exam

The final exam will be a comprehensive, written exam which will cover content from all of the lectures as well as applicable case studies.

Grading:

- 10% - Class Attendance/Participation
- 15% - Book Reports
- 35% - Philosophy of Counseling Paper
- 40% - Final Exam

Class Schedule:

Class will meet on Thursdays from 1:00-2:55 p.m.

Week 1 (01/31)

History of Biblical Counseling
Reading: Lambert Chapters 1-3

Week 2 (02/07)

Biblical Counseling Presuppositions
Reading: Lambert Chapters 4-6

Week 3 (02/14)

Biblical Counseling Process
Reading: Lambert Chapters 7-9

Week 4 (02/21)

Biblical Counseling Practice
Reading: Lambert Chapters 10-12

Week 5 (02/28)

Individual Counseling Problems I: Self Problems, Anxiety
Reading: Lane & Tripp Chapters 1-4
Book Report #2 (Lambert) Due

Week 6 (03/07)

Individual Counseling Problems II: Depression, Anger
Reading: Lane & Tripp Chapters 5-8

NO CLASS, SPRING BREAK (03/14)

Week 7 (03/21)

Individual Counseling Problems III: Addictions, More complex problems
Reading: Lane & Tripp Chapters 9-12

Week 8 (03/28)

Individual Counseling Problems IV: Gender, Sexuality
Reading: Lane & Tripp Chapters 13-16

Week 9 (04/04)

Youth and childhood problems

Reading: Emlet Chapters 1-3

Book Report #2 (Lane & Tripp) Due

Week 10 (04/11)

Guest Teacher

Crisis Counseling

Reading: Emlet Chapters 4-6

Week 11 (04/18)

Marital Counseling I

Reading: Emlet Chapters 7-9

Week 12 (04/25)

Marital Counseling II

Reading: Emlet Chapters 10-11

Book Report # 3 (Emlet) Due

Week 13 (05/02)

Wrap up; Case Studies

Philosophy of Counseling Paper Due

FINAL EXAM: TBA

**Course Objectives Related to MDiv Student Learning Outcomes
With Mini-Justification**

Course: Introduction to Biblical Counseling
 Professor: John Kwasny, Ph.D.
 Campus: Jackson
 Date: 11/1/2018

<u>MDiv Student Learning Outcomes</u>		<u>Rubric</u>	<u>Mini-Justification</u>
		> Strong > Moderate > Minimal > None	
Articulation (oral & written)	Broadly understands and articulates knowledge, both oral and written, of essential biblical, theological, historical, and cultural/global information, including details, concepts, and frameworks.	Moderate	The Biblical counselor must be able to articulate a biblical framework of counseling.
Scripture	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.)	Moderate	Biblical counseling is rooted in a knowledge of Biblical principles concerning man's problems and solutions to those problems.
Reformed Theology	Significant knowledge of Reformed theology and practice, with emphasis on the Westminster Standards.	Moderate	Reformed theology does impact how a pastor counsels. The WCF addresses some counseling concerns.
Sanctification	Demonstrates a love for the Triune God that aids the student's sanctification.	Strong	Biblical counselors must first counsel themselves biblically!
Desire for Worldview	Burning desire to conform all of life to the Word of God.	Strong	Biblical counseling is to be done from a consistent Biblical world and life view.
Winsomely Reformed/ Evangelistic	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.)	Strong	Counseling is firmly connected to evangelism. We need to learn how to counsel Christians and non-Christians alike.
Preach	Ability to preach and teach the meaning of Scripture to both heart and mind with clarity and enthusiasm.	None	
Worship	Knowledgeable of historic and modern Christian-worship forms; and ability to construct and skill to lead a worship service.	None	
Shepherd	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.	Strong	Biblical counseling is the centerpiece of the pastoral ministry.
Church/World	Ability to interact within a denominational context, within the broader worldwide church, and with significant public issues.	Moderate	Biblical counseling has a public side as we address cultural issues.