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:

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**

<table>
<thead>
<tr>
<th>MDiv Student Learning Outcomes</th>
<th>Rubric</th>
<th>Mini-Justification</th>
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<tbody>
<tr>
<td><strong>Articulation (oral &amp; written)</strong></td>
<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>
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<tr>
<td><strong>Scripture</strong></td>
<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>
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<tr>
<td><strong>Reformed Theology</strong></td>
<td>Significant knowledge of Reformed theology and practice, with emphasis on the Westminster Standards.</td>
<td>Moderate</td>
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<tr>
<td><strong>Sanctification</strong></td>
<td>Demonstrates a love for the Triune God that aids the student’s sanctification.</td>
<td>Strong</td>
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<tr>
<td><strong>Desire for Worldview</strong></td>
<td>Burning desire to conform all of life to the Word of God.</td>
<td>Strong</td>
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<tr>
<td><strong>Winsomely Reformed/Evangelistic</strong></td>
<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>
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<tr>
<td><strong>Preach</strong></td>
<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>Knowledgeable of historic and modern Christian-worship forms; and ability to construct and skill to lead a worship service.</td>
<td>None</td>
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<tr>
<td><strong>Shepherd</strong></td>
<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>
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<tr>
<td><strong>Church/World</strong></td>
<td>Ability to interact within a denominational context, within the broader worldwide church, and with significant public issues.</td>
<td>Moderate</td>
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