

COURSE SYLLABUS

Pastoral Counseling, OPT516, 3 Hours

Rev. Carl W. Miller

Reformed Theological Seminary- Houston Campus

Course Details/Contact Information

Location: RTS-Houston Campus at Christ Evangelical Presbyterian Church

Time: 6:30PM – 9:30PM

Dates: Tuesday Evenings, February 5, 2019 – May 7, 2019

Instructor: Rev. Carl W. Miller

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Course Description

An overview of current trends in counseling theory and practice and the role of counseling in public, private, and church settings. Basic counseling skills taught in this course include interviewing, assessment, therapeutic listening and intervention in a laboratory situation. Application is made to premarital, family crisis, grief, addictions, and substance abuse counseling, with emphasis on developing strategies and applying scriptural principles.

Course Objectives

To introduce the student to the subject of pastoral counseling with emphases on:

- ❖ Creating a philosophy of counseling in ministry
- ❖ The importance of self-examination and awareness in pastoral counseling
- ❖ The various biblical and secular views of counseling
- ❖ The importance of and methods to obtain good assessment in counseling
- ❖ Working knowledge of the origins and causes of abnormal human behavior
- ❖ Biblical counseling techniques to help in the path of healing and reconciliation
- ❖ Techniques to identify and help those displaying destructive behaviors (i.e. depression, self-injury, addictions)
- ❖ Developing a biblical view of family, marriage, sexuality, and divorce
- ❖ Conflict resolution and peacekeeping strategies
- ❖ The importance of church membership and church discipline

Course Expectations

- ❖ All registered students are expected to attend all scheduled classes, unless providentially hindered, and participate in class discussion (10%).
- ❖ Students will be required to complete two 2-3 page philosophy of counseling papers- one at the beginning of the course, the other at the end of the course. Details of the expected contents of those papers will be presented by the instructor in the first class. (5% each)
- ❖ Students will be required to read and respond to two case studies. Each response should be 5-6 pages in length. (10% each)
- ❖ Students will be required to complete the Mid-Term exam (25%) and Final Exam (25%)
- ❖ Students will be required to complete a Reading Report at the end of the course reporting the percentage of the required reading was completed. (10%)

Required Textbooks

Students are expected to read the following in full:

- ❖ *How People Change* by Paul Tripp
- ❖ *Seeing With New Eyes* by David Powlison
- ❖ *Instruments in the Redeemer's Hands* by Paul Tripp
- ❖ *Precious Remedies Against Satan's Devices* by Thomas Brooks
- ❖ *Sin and Temptation* by John Owen

Recommended Reading:

Students are recommended to read the following and use them as resources:

- ❖ *The Reformed Pastor* by Richard Baxter
- ❖ *When People are Big and God is Small* by Ed Welch
- ❖ *Strengthening Your Marriage* by Wayne Mack
- ❖ *Shepherding a Child's Heart* by Tedd Tripp
- ❖ *When Good Kids Make Bad Choices* by Elyse Fitzpatrick
- ❖ *Spiritual Depression (Causes and Cure)* by D. Martyn Lloyd-Jones
- ❖ *Deserted by God?* By Sinclair Ferguson
- ❖ *A Heart Set Free: A Journey to Hope through the Psalms of Lament* by Christina Fox
- ❖ *Overcoming Fear, Worry, and Anxiety* by Elyse Fitzpatrick
- ❖ *Christians Get Depressed Too* by David Murray
- ❖ *Behind a Frowning Providence* by David Murray

Course Schedule

Date	Topic
2/5	Introduction / Philosophy of Pastoral Counseling
2/12	Philosophy of Pastoral Counseling / Self-Assessment and Awareness / Philosophy Paper 1
2/19	Counseling Theory- Biblical and Secular Views
2/26	Presence / Communication Skills / Rapport Building / Assessment / Case Study 1
3/5	Pre-marital Counseling / MIDTERM EXAM
3/12	OFF
3/19	Marriage and Divorce / Sexuality
3/26	Parenting / Family Counseling (including troubled teens, special needs, foster, and adopted children)
4/2	Depression / Self-Injury / Suicide
4/9	Anxiety / Panic / Phobias
4/16	Addictions / Grief and Loss / Case Study 2
4/23	Psychosis / Counseling the Elderly
4/30	Conflict Resolution / Church Discipline
5/7	Philosophy Paper 2 / FINAL EXAM / Reading Report