



INDIANAPOLIS THEOLOGICAL SEMINARY

PT 701

Counseling

Fall 2018

Thursdays, 7–10pm; September 06 - December 13

Redeemer Presbyterian Church

1505 N. Delaware Street, Indianapolis 46202

3 credits

Professor Information

Rev. Jeff Nottingham, MDiv, LMHC

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Course Information

A hands-on learning experience of, and training in, counseling within the context of local church ministry, with attention to biblically faithful and theologically wise practices.

Course Objectives

By the end of the course, the student should be able to:

1. *Understand the principles behind:*

The relationship of biblical theology and counseling

The place of contemporary counseling in history

Christian counseling in the church and in society

2. *Asses the common problems:*

Anger, Anxiety, Depression, Grief, Perfectionism, Sexuality

3. *Demonstrate the counseling basics:*

Listen and ask the right questions

Purposefully paraphrase

Facilitate change

Know thyself and know thy God

collaborating with local churches for biblical and theological training

Learning Outcomes

Within the ITS Learning Outcomes, this course contributes to shaping students' aptitude in:

Cultural Apologetics

perceiving longstanding historical and philosophical trends that have created our cultural moment, discerning the source and interpreting the significance of contemporary events, and apologetically promoting the plausibility of the gospel.

Ministerial Leadership

able to powerfully articulate the gospel and a desire to spread the glory of God both in conversation and preaching, skilled at clear written and oral communication, understanding the central role of the local church in missions and evangelism, effective at personal discipleship and counseling, committed to the sufficiency of scripture, and proficient at leading others within organizational governance structures.

Spiritual Transformation

continually growing in Christ-likeness and bringing forth the fruits of the Spirit, having been transformed by the gospel, and living by grace, applying the gospel to all of life.

Teaching Method

This course uses instructional lecture, Question & Answer, group interaction, and individual reading / reflecting assignments. This course also uses a practicum component that will include group participation and two guests for directed Q&A.

Students are welcome to use electronic devices to take notes during class, but in order to practice the "counseling art of presence," there is to be no online activity, nor texting, etc., during class.

Course Readings:

Required:

Books:

- *Anatomy of the Soul*, Curt Thompson
- *Strategic Pastoral Counseling*, David Benner
- *The Pastors Guide to Psychological Disorders and Treatments*, Brad Johnson and William Johnson

Articles

- By Tim Keller- Four Models in Christian Counseling (available for free online)
- By Dan Allender- When Trust is Lost (available for free online)
- Interview with John Piper by Justin Taylor (printed copy provided by professor)
- By Richard Winter - (printed copies provided by professor)
 - *A Biblical and Theological View of Grief and Bereavement*
 - *Grace: Unlocking the Prison of Perfectionism*
 - *The Search for Truth in Psychology and Counseling*
 - *The Roots of Sorrow*

Other required articles will be provided throughout the course of the semester.

Course Assignments

[Use SBL/Chicago/Turabian style. *SBL Handbook of Style*, 2nd ed., SBL Press, 2014.]

Anatomy of the Soul Reflection Questions

Keep a log of your short answers to the Reflection Questions for each chapter in *Anatomy of the Soul*. This will help you connect more personally with the lectures. Answer no less than half the questions for each chapter. If the number of questions is an odd number, please round up. These entries must be typed. They can be formatted variously, e.g., prose, bullet point, etc. Answer each question succinctly. View your answers as shorthand: written briefs to your longer, and more developed, thoughtful reflections. These will only be read by Jeff; however, you will use them for discussion points during group work. Due in Class Dec 08. (20% of final grade)

Objectives 1 & 2

Book Interactions

Write an appreciative and critical reflections for two of the text books-- one for *Strategic Pastoral Counseling* (not more than two pages double spaced), and one for *Anatomy of the Soul* (not more than three pages double spaced). Summarize the major themes of the book at the beginning. Demonstrate that you have interacted with the contents of each book. Record the percentage of book read at the top of your paper. (20% of final grade)

Objectives 1 & 2

Reading Lecture Notes and Articles

I will regularly assign the reading of certain lecture notes and/or an additional article before the appropriate class. It is important that you read these prior to class. Keep a running total of the percentage read of ALL lecture notes and ALL articles that are assigned to read beforehand. Your final summary percentage will be the last question on the final exam. (10% of final grade)

Objectives 1 & 2

Interview Project

Interview two individuals of your choosing, focusing on personal history and life story. Practice asking questions, directing conversation, and listening well. These must be information-seeking interviews only. Engaging in any corrective/counseling activity must be resisted. You will be given questions to reflect on and respond to in writing to facilitate your learning from this process. Your paper is to be about YOUR experience as the interviewer, NOT the content of their answers. Do not use their real names. Use details of history only to illustrate your points. This paper should not be more than 5 double spaced pages. Due October 20. (20% of grade)

Objectives 2 & 3

Group Dynamics Exercises

Twice during the semester we will participate in Group Dynamic groups, where we will practice being “counseling clients” and “pastor-counselors.” During each of these, you will be provided a metrics of expectations for how you engage in those exercises. Your fellow group members will then have the opportunity to score your engagement on those metrics. (10% of final grade)

Objectives 2 & 3

Exam

There will be an exam at the end of the semester requiring short (a word or a sentence or two) answers to questions on the subjects covered in classroom lectures and assigned readings. Due during finals week. (20% of final grade)

Objectives 1 & 2

Course Schedule

Date	Topic	Assignments Due
Sept 6	Teaching Model, Counseling basics; Framework for Christian Counseling (pt 1)	Read ch. 1 (<i>Anatomy of the Soul</i>), answer reflections; Read <i>Keller article Four Models</i>
Sept 13	Framework for Christian Counseling(pt 2); The Search for Truth	Read ch. 2 (<i>Anatomy of the Soul</i>), answer reflections; Read <i>The Search for Truth in Psychology</i> (p.18-26); Read pp.151-163 in <i>Pastors Guide</i>
Sept 20	The Relationship between Scripture and Psychology	Read ch. 3 (<i>Anatomy of the Soul</i>), answer reflections; Read Article <i>The Search for Truth in Psychology</i> (p.27-34); Read p.139-144 in <i>Pastor's Guide</i> ; Read <i>Piper article</i>
Sept 27	Practicum emphasis (1 of 2): 1.Group Dynamics 2. guest professional(s) to join	Read ch. 4 (<i>Anatomy of the Soul</i>), answer reflections; Read <i>Group Article</i>
Oct 4	Loss Grief	Read ch. 5 (<i>Anatomy of the Soul</i>), answer reflections; Read <i>A Biblical and Theological View of Grief and Bereavement</i>
Oct 11	Depression Anxiety	Read ch. 6 (<i>Anatomy of the Soul</i>), answer reflections; Read p. 8-25 & 165-170 in <i>Pastor's Guide</i> ; Read <i>The Roots of Sorrow</i>
Oct 18	No Class / Fall Break	Read ch. 7 (<i>Anatomy of the Soul</i>), answer reflections INTERVIEW PROJECT PAPER DUE Oct 20 (online submission)
Oct 25	Practicum emphasis (2 of 2): 1.Group Dynamics 2. guest professional(s) to join	Read ch 8 (<i>Anatomy of the Soul</i>), answer reflections;
Nov 1	Family issues	Read ch. 9 (<i>Anatomy of the Soul</i>), answer reflections; Read <i>Family Articles</i>
Nov 8	Anger Addictions	Read ch. 10 (<i>Anatomy of the Soul</i>), answer reflections; Read <i>Anger article</i> ; Read pp. 48-57 in <i>Pastor's Guide</i>
Nov 15	Sexual Issues	Read ch. 11 (<i>Anatomy of the Soul</i>), answer reflections; Read Article(s) <i>When Trust is Lost; Sex Articles</i>
Nov 22	No Class	Thanksgiving

		Read <i>Strategic Pastoral Counseling</i> ; Read <i>ch 9 in Pastor's Guide</i>
Nov 29	Strategic Pastoral Counseling Ethical - Legal Safeguards	Read ch. 12 (<i>Anatomy of the Soul</i>), answer reflections; Strategic Pastoral Reflection Due
Dec 6	The Pursuit of Excellence and The Perils of Perfectionism	Read ch 13 & Epilogue (<i>Anatomy of the Soul</i>); <i>Read Winter Article, Grace: Unlocking the Prison of Perfectionism</i> Anatomy Book Response Due; Anatomy Reflections Log Due
Dec 13-16, 19	Final Exams	Final Exam

Grading Scale

Letter	Percent	Points	C	74–76	2.00
A	96–100	4.00	C-	71–73	1.67
A-	92–95	3.67	D+	69–70	1.33
B+	88–91	3.33	D	67–68	1.00
B	84–87	3.00	D-	65–66	0.66
B-	80–83	2.67	F	< 65	0.00
C+	77–79	2.33	I	Incomplete	0.00

Course Policies

Attendance in class is absolutely critical for learning the necessary material. Students are, therefore, expected to attend every class session, including colloquia. ITS understands, however, that unexpected and unavoidable emergencies do occur in the course of study. Two absences in one course will not result in a lower grade. Three or four absences, however, will result in lowering the student's grade by one letter. Five absences will result in an automatic F.

Incompletes can be granted at the professor's discretion based on the likelihood that the student can complete the necessary coursework with no more than one month of extra time, and given that the student is currently passing the course at the time of the request. The regular attendance policy still applies. Students are, therefore, encouraged to withdraw if more than four classes will need to be missed.

Plagiarism and cheating will be grounds for an immediate F in any given course. A second occurrence will result in expulsion from the school.

Bibliography

- *Perfecting Ourselves to Death: The Pursuit of Excellence and the Perils of Perfectionism*, Richard Winter,
- *Emotionally Healthy Spirituality*, Peter Scazzero
- *The Healing Path*, Dan Allender
- *The Gift of Being Yourself*, David Benner
- *Suffering and the Sovereignty of God*, ed. by John Piper and Justin Taylor
- *Crosstalk: Where Life and Scripture Meet*, Michael Emlet
- *Integrative Psychotherapy, Toward a Comprehensive Christian Approach*, Mark R. McMinn and Clark D. Campbell
- *Wounded Heart*, Dan Allender
- *On the Threshold of Hope*, Diane Laneburg
- *Article, "Jay Adams – Is He Biblical Enough,"* Richard Winter