

Course: CO244MC & CO244MNC Introduction to Biblical Counseling (Modular Course)
Credit: 3 credit hours
Semester: Fall 2020, Cycle 2
Time: Thur., Fri., & Sat; Aug. 27-29
Professor: Dr. Luther Smith, Psy.D
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I. DESCRIPTION

An introductory study of the definitive approach to counseling based on biblical truth and effecting biblical change. Content includes comparison of the biblical model as compared to modern philosophies, emphasis on the centrality of the gospel, and an explanation of counseling components, principles, and methods. This is a prerequisite for all counseling courses.(Prerequisite: (BI115)

This is a blended class, meaning that both campus and online students take this class together. Campus students attend the classes in person, online students attend the classes via the online classroom. All interaction and assignments for campus and online students are done in the online classroom.

II. OBJECTIVES

A. General competencies to be achieved:

1. The student will recognize and understand how and why biblical counseling differs from all other kinds of counseling (PLO 1, 3).
2. The student will learn the basic elements necessary for a successful counseling session (PLO 3, 5).
3. The student will become aware of what is required personally and professionally to become an effective biblical counselor (PLO 3).
4. Students will gain a greater confidence in the sufficiency and superiority of the Scripture for handling the personal and interpersonal problems of life (PLO 1, 4, 5).

B. Specific competencies to be achieved:

1. The student will learn the great importance of providing hope in each counseling session (PLO 1).
2. The student will develop necessary skills for gathering and analyzing data and the assign meaningful homework that results in life changes (PLO 3, 5).
3. The student will learn how to gain involvement in the counselee's life through respect, sincerity, and compassion (PLO 4, 5).
4. The student will work through a personal problem in their own life using scripture and material from class (PLO 3, 5).

III. REQUIREMENTS

A. Reading Assignments

Reading Journals: (3-4 pages each) the student will give the main points of the chapters read and reaction/reflection on the reading. The student will also share his/her own thoughts or opinions about the subject of the material. The student will also share how this information might be used in his/her own life (or not), and why. The personal reflection section may be written in the first person. **There will be a total of 7 journals.** Each journal will be worth 10 points (GC 1, 4; SC 1, 3).

B. Written Assignments

Personal Improvement Project: Student will work on the Personal Improvement Project (PIP) (put together by Pat Miller and Dr. Ernie Baker (adapted by Dr. Luther Smith). Specific directions concerning this project are described below do not work ahead—further instruction will be given. This project, if you so choose, could be used as a part of your daily time with God during this course. **The initial contract (5 pages) is due on Week 2.** The assignment will be due on week 8. **The assignment is worth 400 points** (GC 3, 4; SC 4).

PIP Project Final Paper: Type a 10-page Final Paper of this Personal Improvement Project. Due Week 8. Give significant details from items 1 through 13 of the project (see sample). Then evaluate and assess where you think you have come, what change has taken place, what changes yet remain, where you have and have not made progress, the reasons for your failure to make more progress, what the obstacles have been, what obstacles still remain, how your tackling this issue has affected your ministry, what your plans are in reference to this issue for the future, and anything else you think relevant. Follow the outline of the **SAMPLE**. (For this paper the student will use her/his PIP Contract and add the results, response, what happened, what you did, what God taught you through His word, etc.? Add your results under each question in italics.

Writing the results will lengthen the original contract from 5 to 10 pages).
The assignment is worth 100 points (GC 3, 4; SC 4).

Specific Directions for PIP Project:

1. **Problem Selection:** Select one problem or issue in your own life on which you want to work on improving during this course. Perhaps it will be an issue in your life with which you have the greatest trouble, one in which you sense a real deficiency, one that is of most interest to you, or maybe one that represents an issue that has challenged you most. This is a research paper, but of a different type! This is a paper about you! You will never understand biblical counseling until you understand the importance of sanctification in the Christian life. Throughout this course you will embark, maybe for the first time in your life, on a mission of personal improvement focused on one sin that you struggle with, bad habit, or pressure you face. This is an excellent opportunity for you to work on an area in your life that you have known needs to change in order to be more like Jesus Christ.

You may choose what appears to be a relatively minor habit (e.g., biting your fingernails). Or you may choose something major (e.g., wrong thinking, behaving, speech, emotions – a tendency to be withdrawn, uptight, evasive, aggressive, controlling, competitive, pushy, demanding, judgmental, negative, critical, a tendency to want to be the center of attention, a tendency to show off or try to impress people, a tendency to be performance-oriented in your school work, in your evaluation of people, in your evaluation of worth and value, etc.). If you choose to work on what many would consider a small bad habit, it possibly may lead you to more substantial issues. Working on not biting your fingernails may lead you to how you handle tension in general. Investigation of a seemingly insignificant area of life may have ripple effects in other areas of life.

If you choose a larger issue you will need to break it down into particular actions, attitudes, thoughts and feelings that manifest the problem. Remember, an avalanche is made of millions of snowflakes. Fundamental changes in attitudes, motives, and desires have ripple effects.

2. **Prayer:** After spending time in prayer, fine-tune your project into your PIP Contract (see attached sample in the syllabus, 5 pages in length, typed, and using the exact form as the sample).

3. **Detailed Journal:** Keep a journal on the computer of what happens in your life in this area throughout the course. Record specific occasions when the problem surfaces or when you are tempted. Keep this journal at least three times a week—be sure to date your entries. (Each dated entry is worth 5 points = 100 points total). In this journal record the prominent, significant features in your situation. What did you say, do, feel, and think? What were your controlling motives, desires? What are relevant biblical passages that illuminate the situation, define the problem, expose motives, and point to solutions?
4. **Application:** Apply information from this course and your reading to the particular problem you have chosen. Let honest prayer and honest thinking work together. Use class discussions and reading to spur your understanding of and solution to this problem.

On the due date of the final PIP paper, you will also hand in your journal (you are keeping on your computer). **The journal will be considered strictly confidential.** Please keep this journal on a computer rather than a separate book and attach the printed out pages to your final report.

Psalm 119 Project: Student will read Psalm 119 each week detailing some of the features of the Psalm and its importance using the consistent literal grammatical method for proper application using a worksheet provided by the instructor. This Psalm will also be discussed in class each week. **This ongoing project will be worth 50 points (GC 4).**

C. Class Participation and Behavior

Students are expected to maintain classroom decorum that includes respect for other students and the professor, prompt and excellent attendance, and an attitude that seeks to take full advantage of the educational opportunity. Students are to refrain from using cell phones and handheld devices during class. Playing games, browsing the internet, using email, instant messaging, or text messaging, etc. are considered unacceptable when class is in session. In addition, the student will be expected to contribute to class discussions in a positive manner which shows respect for the views of others. Failure to maintain this standard may result in a **full letter grade deduction from their overall grade.**

IV. METHODS

A. Teaching

1. Lectures by the instructor
2. Large group discussion
3. Research and writing
4. Projects and Presentations

B. Grading

1. Weight given to each assignment

Journal Summaries of reading <i>10pts each</i>	250pts	25%
Personal Improvement Project (PIP)	500pts	50%
Psalm 119 Project	250pts	25%

Grading Scale
 Grade Value Grade Point Value
 Per Semester Hour

A	100-93	4.0
A-	92-90	3.7
B+	89-87	3.3
B	86-83	3.0
B-	82-80	2.7
C+	79-77	2.3
C	76-73	2.0
C-	72-70	1.7
D+	69-67	1.3
D	66-63	1.0
D-	62-60	0.7
F	59-0	0.0

V. MATERIALS

A. Bible

The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version

B. Required Textbooks

Shields & Bredfeldt. 2001. *Caring For Souls: Counseling Under the Authority of Scripture*. Moody Publishers ISBN: 978-0802437419. Retail price: \$44.99.
Kindle edition available.

Evans, Louis, 1982. *Covenant To Care*. Victor Books. ISBN. 0882073559 \$12.66.
Kindle version is not available.

C. Selected Readings, which will be passed out by the instructor.

VI. CLASS POLICIES

Attendance

Campus Students: Students are expected to attend all scheduled meetings of courses for which they are registered. An Intensive lasts for 8 weeks. If a student begins a course and is unable to attend a class, he/she will be marked absent for the class. If a student misses two consecutive nights of class, he/she will be administratively withdrawn from the course and receives an AF or AP grade.

Blended Students: The blended student is to watch the recording and answer the questions provided by his/her professor. They are to be completed and uploaded on CANVAS before the next class session. If a student fails to complete this assignment within the due date they will receive an absence for the course. If a student misses two consecutive nights of class, he/she will be administratively withdrawn from the course and receives an AF or AP grade.

Academic Dishonesty

Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person's ideas and presenting them as your own.

Writing Style

All class papers must follow the Turabian style according to *A Manual for Writers of Research Papers, Theses, and Dissertations*, 8th edition and the Calvary Style Guide, 2015 update.

Late Work

Papers, projects, etc. are due at the class period assigned. Unless under extreme circumstances, which will be determined at the discretion of the instructor. **No late work will be accepted.**

Disabilities Statement

Students with disabilities have the responsibility of informing the DSS Coordinator (dss@calvary.edu) of any disabling condition that may require support.

Learning Center

The Clark Academic Center (learning@calvary.edu), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.