

ERSKINE THEOLOGICAL SEMINARY

Christian Commitment and Excellence in Learning

CO 560 Techniques and Theories of Counseling

Fall 2009

Due West: Thursdays 6:00 – 9:00 p.m.

Professor Doug White

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COURSE DESCRIPTION

This course prepares students working in a counseling ministry to be conversant with current counseling techniques and the theories out of which they emerge. Principles for determining biblically sound techniques are discussed. Required for Counseling students: *Three hours*.

COURSE OBJECTIVES

The mission of Erskine Seminary is to educate persons for service in the Christian church. This course relates to the major goals of integration of the various disciplines and the skills of the minister's work into a coherent whole. The focus is also to help people with their spiritual needs.

1. Describe a Biblical understanding of the nature of personality.
2. Understand various theories in their historical context and their concepts of personality.
3. Understand and articulate – classical and current – theories of counseling.
4. Describe and explain various techniques of counseling.
5. Understand the dynamics of “work” and “spirit” in relationship to humanistic theories.
6. Articulate a redemptive model of change.

REQUIRED TEXTBOOKS

Students are expected to secure their own copies of all required textbooks. As a convenience, the seminary has a bookstore portal of the website at <http://www.erskineseminary.org/bookstore.html> There you will find links to familiar vendors and can check availability of texts, compare prices, and place orders. The Erskine Campus Bookstore will carry a limited number of copies of every required text and orders for books can be placed through the Campus Bookstore.

Nystub, Michael S. Introduction to Counseling. Boston: Allyn and Boston, 1999.

COURSE REQUIREMENTS

1. Class attendance is mandatory. Frequent unexcused absences will lower the student's final grade. The student is responsible for making up all the work missed or due on the day one is absent.
2. The student is expected to be prepared for each class meeting. Adequate preparation means the completion of all reading and being able to participate in class discussions and written work. Class involvement is very important.
3. Daily short quizzes will be given over the reading material required each day. Direction about what to study will be given.
4. A **final exam** will be given. There will be an extensive review before the exam.
5. A short **research paper** on one of the theories of counseling will be required on Nov. 19. Discuss the theory and write about the exact techniques derived from that certain theory. Please a constructive analysis.
6. All work must be submitted on time. Severe grade penalties will be levied against work that is late. Papers are expected to be graduate work quality. The professor reserves the right not to accept any work that is excessively late. Students can call professor for an appointment or come by during office hours: 9:00 – 11:00 a.m. on Wednesdays.

ERSKINE SEMINARY POLICIES

Drop/Add/Withdrawal: Once a student has completed, signed, and submitted his/her registration to the Registrar for this class, it is a binding contract, and billing will be based on this registration. If the student decides not to take this class, he/she must complete a “drop/add” form and secure the appropriate signatures prior to the drop/add deadline during the second week of the semester or term. If one wishes to withdraw from the course after the drop/add deadline, one must complete a withdrawal form, and tuition will be refunded on a pro rated basis. Failure to withdraw from the class properly will result in the student's receiving a grade of “F” for the course, and full tuition charges will apply. No exceptions will be made to this policy.

Office Hours

My normal office hours are printed in this syllabus. However, due to meetings and unforeseen circumstances that may arise, my schedule may change. If you need to see me, I strongly recommend that you call or e-mail to schedule an appointment.

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Language about God and Humanity

Although God transcends the distinction between male and female, the Bible and the Church's historic creeds and confessions use masculine language in reference to God. Thus, the Seminary encourages all students to retain this masculine usage when speaking and writing about God. Furthermore, the Seminary recognizes that all human beings, male and female, are created equally in the image of God (Gen. 1:26-27), and believers of both sexes are fellow heirs of the grace of life (1 Pet. 3:7). Accordingly, whenever students are speaking and writing about males and females, they should use language that clearly includes both men and women (for example, by saying/writing "humanity" rather than "man" or "people" rather than "men").

Conduct in Theological Discussions

Erskine Seminary is committed to the one, holy, catholic, and apostolic Church, and it expects its students to show respect for all who identify with that one Church. In all written work, oral presentations, and discussions both inside and outside the classroom, the Seminary expects students to conduct discussions of controversial issues in a context of respect for those with whom one disagrees. Please see the Community Life Statement in the Catalog for more information.

Incompletes

The grade of "I" or incomplete is given at the discretion of the professor. A grade of "I" is normally given when a student has substantially completed the requirements for a course but has been prevented by extraordinary circumstances from completing the remainder of the course requirements. A student who wishes to request an incomplete should normally complete an incomplete form prior to the end of the semester and ask the professor to grant the request. (Under unusual circumstances, the student may communicate with the professor by phone or email rather than in person, and the professor may then agree to fill out the form at the student's request. Under exceptional circumstances, the professor may initiate the process by filling out the form on the student's behalf.) If the professor grants the request, he/she will sign the incomplete form and turn it in with his/her final grade report. An "I" in any course must be removed by March 1 for the Fall Term, April 1 for the January Term, August 1 for the Spring Term, and November 1 for the Summer Term. Only the Dean may grant extensions of incompletes beyond the established completion date. Otherwise, these grades automatically become "F."

EVALUATION

The Seminary grade scale will be used. The student's final grade will be computed as follows:

Quizzes	50%
Research Paper	25%
Final Exam	25%

Grading Scale:

Letter Grade	Numerical Grade
<u>A</u>	<u>95-100</u>
<u>A-</u>	<u>93-94</u>
<u>B+</u>	<u>91-92</u>
<u>B</u>	<u>88-90</u>
<u>B-</u>	<u>86-87</u>
<u>C+</u>	<u>84-85</u>
<u>C</u>	<u>80-83</u>
<u>C-</u>	<u>78-79</u>
<u>D+</u>	<u>76-77</u>
<u>D</u>	<u>72-75</u>
<u>D-</u>	<u>70-71</u>
<u>F</u>	<u>0-69</u>

COURSE OUTLINE

Sept. 3	Overview of Counseling The Westminster Confession and the Condition of Man	
Sept. 10	Techniques and Dynamics	Ch 1-3, 6
Sept. 17	Classical Theories I	Ch 7 (p. 156-177)
Sept. 24	Classical Theories II	Ch 7 (p. 177-)
Oct. 1	Experimental Theories	Ch 8
Oct. 8	Cognitive- Behavioral Theories I	Ch 9
Oct. 15	Cognitive- Behavioral Theories II	Ch 9 (p. 232-)
Oct. 22	Marriage & Family Counseling	Ch 10
Oct. 29	Child & Adolescent Counseling	Ch 11
Nov. 5	Group Counseling – Therapy and Educational Groups	Ch 12
Nov. 12	Career and School Counseling	Ch 13
Nov. 19	Mental Health & Professional Issues	Ch 15
Dec. 3	Research and Review	Ch 4-5
Final Exam -----	See exam schedule	

