

## **BC210 COUNSELING THEORY SYLLABUS**

### **I. COURSE DESCRIPTION**

A course designed to provide an introduction to primary counseling theories evaluated within a biblical framework. Special attention is given to evaluating theories on the basis of Scripture, understanding the nature of mankind, observing how and why problems develop, and dealing with those problems in appropriate and effective ways.

### **II. COURSE OBJECTIVES**

#### **Cognitive Objectives:**

1. The student will understand the basics of counseling theory commonly presented in a therapeutic environment.
2. The student will be able to apply theory and biblical integration to counseling problems.
3. The student will be able to provide and promote change by dealing with counseling issues in appropriate and effective ways
4. The student will be able to incorporate biblical principles and values within the counseling setting.

#### **Affective Objectives:**

1. The student will appreciate the importance of counseling theory and the use of it in counseling and/or in ministry environments.
2. The student will appreciate the ability to apply counseling theory successfully in a counseling and/or ministry context.

### **III. COURSE TEXTBOOKS**

#### **A. Required**

Jones, S. L. & Butman, R. E. (2011). *Modern psychotherapies* (2nd ed.). Downers Grove, IL: InterVarsity Press.

Corey, G. (2016). *Theory and practice of counseling and psychotherapy* (10th ed.). Boston, MA: Cengage Learning.

Kirwan, W. T. (1984). *Biblical concepts for Christian counseling*. Grand Rapids, MI: Baker Book House.

#### **B. Supplementary Bibliography**

To be handed out separately.

### **IV. COURSE REQUIREMENTS**

#### **A. Reading Assignments**

Students should read and be prepared to discuss the texts and topics in class, as stated in the class schedule.

**B. Written Assignments**

Research Paper: What is your counseling theory?

Interact with it biblically and psychologically. Show what you would reject and how you would integrate biblically. This paper must be 10 pages in length (APA style) and must cover key topics such as: problem definition, methods employed to counsel effectively, appropriate interventions, the process of counseling, goals, and steps toward termination.

**C. Quizzes and/or Exams**

Two Exams: Mid-Term covering the first half of the semester and a Final exam, which will be cumulative.

**V. COURSE POLICIES**

**A. Weight Given to Course Requirements for Grading**

1. Research Paper 35%
2. Exams (20% each) 40%
3. Reading of texts 25%

**B. Class Participation**

Class participation includes, but is not limited to, willingness to be involved in case discussions and role-plays as well as openness to professional as well as personal feedback. Attendance is critical and expected.

**C. Late Assignments**

One point is deducted per weekday for each day research paper is past due.

**D. Absences**

Upon the third absence (justified or not) the student will be dropped from the course. Excessive absences indicate a lack of priority for the course at this time in the student's life and should thus be repeated at a more appropriate time in the future for the student.

**E. Letter/Numerical Grade Scale**

A+	99-100	B+	91-93	C+	83-85	D+	75-77	F	0-69
A	96-98	B	88-90	C	80-82	D	72-74		
A-	94-95	B-	86-87	C-	78-79	D-	70-71		

**VI. COURSE SUPPLEMENTAL INFORMATION**

*Graduating Students.* Graduates for all terms *and* students participating in the spring commencement ceremony are not exempt from final exams. However, in order to accommodate the required early submission of grades for graduates and commencement participants, final exams will be scheduled early by the professor on the assignment schedule.

DTS does not discriminate on the basis of disability in the operation of any of its programs and activities. To avoid discrimination the student is responsible for informing the Coordinator of Services for Students with Disabilities and the course instructor of any disabling condition that will require modifications.

## VII. COURSE LECTURES AND ASSIGNMENT SCHEDULE

CLASS	DATE	LECTURE / DISCUSSION TOPICS	READING / EXAMS DUE
1	11/10	<ul style="list-style-type: none"> <li>▪ Class Introductions &amp; Course Overview</li> <li>▪ Introduction to Theories</li> <li>▪ The Six C's of Counseling Theory</li> <li>▪ Biblical Concepts for Christian Counseling</li> <li>▪ The Essentials of Christian Counseling</li> </ul>	Kirwan Ch. 1-5 Jones & Butman Ch. 1-2 Corey Ch. 2
2	11/17	<ul style="list-style-type: none"> <li>▪ The Integration of Christianity and Psychology</li> <li>▪ Classic Psychoanalysis/Psychodynamics</li> <li>▪ Jungian Therapy</li> </ul>	Kirwan Ch. 6-9 Jones & Butman Ch. 3-4 Corey Ch. 4
3	12/1	<ul style="list-style-type: none"> <li>▪ Behavior Therapy</li> <li>▪ Rational Emotive</li> <li>▪ Cognitive-Behavioral</li> <li>▪ Adlerian and Reality</li> </ul>	Jones & Butman Ch. 5, 6 Corey Ch. 5, 9, 10, 11
4	12/8	<ul style="list-style-type: none"> <li>▪ Person-Centered</li> <li>▪ Existential Therapy</li> <li>▪ Gestalt Therapy</li> <li>▪ Transactional Analysis</li> <li>▪ Family therapy</li> </ul>	Jones & Butman Ch. 7-9 Corey Ch. 6, 7, 8, 14  <b>Mid-Term Exam Due</b>
5	12/15	<ul style="list-style-type: none"> <li>▪ Logotherapy</li> <li>▪ Responsible Eclecticism</li> <li>▪ Christian Psychotherapy</li> <li>▪ Overview of Course &amp; Review</li> </ul>	Jones & Butman Ch. 11, 12
	12/21	<ul style="list-style-type: none"> <li>▪ NO CLASS MEETING</li> </ul>	<b>Final Exam Due</b> <b>Research Paper Due</b>