

ADVANCED CHRISTIAN COUNSELING MODELS AND PRACTICE
CO850
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PURPOSE:

This course is designed to facilitate graduating students' synthesis and culmination of their coursework and clinical experiences. Students will reflect upon, demonstrate competency in and gain exposure to advanced therapeutic techniques. Students will also write a final paper of their personal philosophy of integration and how this philosophy impacts their counseling endeavors.

OBJECTIVES:

- Critique existing models and discuss current issues in integration as well as practical dilemmas faced by Christian counselors practicing within the larger secular culture
- Articulate beliefs regarding specific doctrinal statements and how said beliefs influence their counseling ministry
- Demonstrate familiarity with and competency in chosen modality, clinical skills and case conceptualization
- Gain additional training in chosen modality as well as feedback modality's theory and technique implementation
- Synthesize coursework, clinical experiences and theological tenants into a final personal philosophy of integration document

COURSE REQUIREMENTS:

1. Required Reading:

- a. Entwistle, D.N. (2010). *Integrative Approaches to Psychology and Christianity: An Introduction to Worldview Issues, Philosophical Foundations, and Models of Integration*. Eugene OR: Cascade Books; a division of Wipf & Stock Publishers.
ISBN 13: 978-1-55635-944-6
- b. Additional journal articles will be assigned as well as reading in the student's chosen counseling modality
(Refer to final pages of syllabus for recommended reading resources)

2. Written Assignments:

a. Series of six three-page papers

Each of these papers will include a summary of your understanding of the following doctrines covered in TH 501 and 502 and how they specifically relate to and impact your own counseling theory and practice:

- The doctrine of God and Biblical anthropology.
 - Due: First weekend of the course
- Revelation and pneumatology
 - Due: Second weekend
- Hermeneutics and Sanctification
 - Due: Third weekend

b. Reflective exercise

Students will reflect on their own theological/spiritual, clinical and intra/interpersonal experiences during seminary and how those experiences have shaped their work as a counselor.

Due: Friday, March 16

c. Final *Philosophy of Integration Paper*

Students will write a final paper that reflects and incorporates the three following components:

- i. A broad view of the student's understanding of theology as related to counseling, utilizing but not limited to the above three papers.
- ii. Their own model of counseling (basis of practice), integration of theology with this model, as illustrated with a current or recently terminated case incorporating the following information:
 - Identifying information
 - Reason for referral
 - Presenting problem/s
 - Psychospiritual and psychosocial dynamics
 - Five axial diagnosis
 - Modality utilized and corresponding interventions
 - Termination/Resolution
 - Rationale for utilizing chosen modality, including client and counselor characteristics
- iii. Length of the paper should be approximately 15-20 pages, double-spaced written in APA style, with references as appropriate.

3. Attendance:

Class will meet on Fridays from 6:30 to 9:30 and Saturdays from 8:30 to 4:30 on the following weekends: February 17-18; March 16-17; April 20-21.

Attendance and full participation is expected during all class meetings. If you

miss up to three hours of class for any reason, you can either choose to 1. Have five points deducted from your final course grade or 2. Submit an annotation for an additional 500 pages of reading pertaining to course content as well as making up any pertinent assignments related to missed content to be decided by professor.

EVALUATION:

<i>Theology and Counseling</i> integration papers (10% each):	60%
Reflective Exercise	10%
Final <i>Philosophy of Integration</i> paper:	30%

Proposed Agenda

Each weekend, we will discuss the two doctrines addressed in the paper due that weekend

First weekend:

- Discuss first assignment
- Critiquing models and methods of integration
- Discuss current issues and advances in integration
- Professional development issues (licensing, insurance panels, creating a CV, obtaining employment, etc.)

Second weekend:

- Discuss second assignment
- Advanced clinical issues
- Each student will submit a transcription of one session of a current client, and come prepared to present this clinical material. Transcription will be a verbatim transcript of full session. There should be evidence that interventions are congruent with stated modality. Transcript should also include evidence of fundamental counseling skills, such as reflective listening and empathic attunement. Transcription should reflect a clinical experience that is relevant to the discussion of integration.
- If applicable, student should also present tangible therapeutic artifacts. For example,
 - Child client's art work for *Play Therapy*
 - Activity Scheduling worksheet for *Behavior Therapy*
 - Thought Records worksheet for *Cognitive Therapy*
 - Curriculum created and utilized in psychoeducational group therapy
 - Mindfulness exercises used in *Dialectical Behavior Therapy*
- Student will be asked to consider and receive feedback regarding
 - Effectiveness of modality
 - Other outcomes of therapy
 - Other modalities appropriate for student's client or population served
 - Fit between student's style/ability/temperament and model's techniques/theories

Third weekend:

Discuss third assignment

Addressing specific issues related to Christian counseling in various contexts.

For example:

- Use of prayer
- Psychosis versus demonization
- Christian values in the context of secular institutions, professional organizations and clients with various faith backgrounds
- The use of faith and Christian community as resources for the healing process

Reading resources for integration

Dueck, A. C., & Gooden, W. E. (2006). *Integrating psychology & theology: Research and reflections*. Pasadena, Calif: Fuller Seminary Press.

Jacque, Z. (2005). *A practical theological exploration of psychology and theology as collaborative partners: The Pastoral Counseling Center, Trinity Church, Boston MA*. Boston

Hernandez, W. C. (2005). *A spirituality of imperfection: The coherence of spirituality with psychology, ministry, and theology in Henri J. M. Nouwen's integrated approach to soul care and spiritual formation*. Thesis (Ph.D.)—Fuller Theological Seminary, School of Theology, 2005.

Shults, F. L. & Sandage, S. (2006). *Transforming Spirituality: Integrating Theology and Psychology*. Baker Academic.

Dueck, A. & Lee, C. (2005). *Why Psychology Needs Theology: A Radical-Reformation Perspective*. William. B. Eerdmans Publishing Company

Jones, S. (2006). Integration: defending it, describing it, doing it. *Journal of Psychology and Theology*. 34 (3) 252-260. Thomson Gale.

Gubi, P. (2007). *Prayer in Counselling and Psychotherapy: Exploring a Hidden Meaningful Dimension*. Jessica Kingsley Publishers.

Johnson, e. (2007). *Foundations for Soul Care: A Christian Psychology Proposal*

Reading resources for counseling modalities

Basco, M., & Rush, J. (2007). *Cognitive-behavioral therapy for bipolar disorder*. (2nd ed.). New York: Guilford Press.

Beck, A., David, D. & Freeman, A. (2006). *Cognitive therapy of personality disorders*. New York: Guilford Press.

Beck, J. (1995). *Cognitive therapy: Basics and beyond*. New York: Guildford Press.

Bieling, P., McCabe, R. & Antony, M. (2006). *Cognitive-behavioral therapy in groups*. New York: Guilford Press.

- Buirski, P. & Haglund, P. (2001). *Making sense together: The intersubjective approach to psychotherapy*. Northvale, NJ: Jason Aronson, Inc.
- Cabouli, L. (2007). *Strategic experiential family therapy*. Bloomington, IN: Authorhouse.
- Dobson, K. (Ed.) (2002). *Handbook of cognitive-behavioral therapies*. New York: Guilford Press.
- Freeman, A., Dattilio, F., Freeman, A. & Beck, A. (2006). *Cognitive therapy with children and adolescents : A casebook for clinical practice*. New York: Guilford Press.
- Greenberg, J. & Mitchell, S. (1983). *Object relations in psychoanalytic theory*. Cambridge, MA: Harvard University Press.
- Greenberg, L., Lietaer, G. & Watson, J. (Eds.). (1999). *Handbook of Experiential Psychotherapy*. New York: Guilford Press.
- Greenson, R. (2000). *The technique and practice of psychoanalysis*. Madison, CN: International Universities Press, Inc.
- Hamilton, G. (1990). *Self and others: Object relations theory in practice*. Northvale, NJ: Jason Aronson, Inc.
- Harman, R. (ed.). (1990). *Gestalt therapy discussions with the masters*. Springfield, IL: Charles C Thomas Publishers.
- Hays, P. & Iwamasa, G. (Eds.) (2006). *Culturally Responsive Cognitive-behavioral Therapy: Assessment, Practice, And Supervision*. American Psychological Association.
- Hollender, M. & Ford, C. (2000). *Dynamic psychotherapy: An introductory approach*. Northvale, NJ: Jason Aronson, Inc.
- Kottman, T. (2001). *Play therapy: Basics and beyond*. (2nd ed.). Alexandria, VA: American Counseling Association.
- Linehan, M., Dimeff, L. & Koerner, K. *Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings*. New York: Guilford Press.
- Linehan, M. *Cognitive-Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press.
- Malkinson, R. (2007). *Cognitive grief therapy: Constructing a rational meaning to life following loss*. New York: W.W. Norton.

- Nelson, M. (1996). *Keeping your cool: The anger management workbook*. Ardmore, PA: Workbook Publishing.
- Johnson, S. (2002). *Emotionally focused couple therapy with trauma survivors : Strengthening attachment bonds*. New York: Guilford Press.
- Johnson, S. (2004). 2nd ed. *The practice of emotionally focused marital therapy: Creating connection*. New York: Guilford Press.
- Oaklander, V. (1988). *Windows to our children: A gestalt therapy approach to children and adolescents*. Gouldsboro, ME: Gestalt Journal Press.
- Orange, D., Atwood, G and Stolorow, R. (1997). *Working intersubjectively: Contextualism in psychoanalytic practice*. Hillsdale NJ: The Analytic Press.
- Reilly, P. (2003). *Anger management for substance abuse and mental health clients: A cognitive behavioral manual*. Collingdale, PA: Diane Publishing Company.
- Sable, P. (2000). *Attachment and adult psychotherapy*. Northvale, NJ: Jason Aronson, Inc.
- Scharff, J. & Scharff, D. (1998). *Object relations individual therapy*. Northvale, NJ: Jason Aronson, Inc.
- Schwartz, R. (1997). *Internal family systems therapy*. New York: Guilford Press.