



15800 Calvary Rd
Kansas City, MO 64147

Syllabus

Course: CO610M&MN Counseling Theories
Credit: 3 credit hours
Semester: FA-20, Cycle 3 (November 19-21, 2020)
Time: Thursday (1pm – 8pm), Friday (8am-4pm), Saturday (8:30am-4:30pm)
Instructor: Jeff Cox, DMin (jeffrey.cox@calvary.edu)

I. DESCRIPTION

A course designed to provide an introduction to primary counseling theories, with special attention given to evaluating those theories on the basis of Scripture and according to a Christian worldview, especially in regards to understanding the nature of being human, observing how and why problems develop, and dealing with those problems in appropriate and effective ways. (Prerequisite: CO601)

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. Understand the distinction and similarities between the five main models of counseling from a Christian Worldview (PLO 1, 2).
- B. Understand the basics of various counseling theories commonly presented in a therapeutic environment and their philosophical, theological, and methodological assumptions and conclusions (PLO 1, 2, 5).
- C. Be able to analyze counseling theories through a theological framework that maintains a high view of Scripture (PLO 1, 2, 3, 4).
- D. Promote change by dealing with counseling issues in appropriate and effective ways (PLO 1, 2, 3, 4, 5).
- E. Incorporate biblical principles and values within the counseling setting (PLO, 1, 2, 3, 4).

Our Mission: "...to prepare Christians to live and serve in the church and in the world according to the Biblical worldview."

III. REQUIRED TEXTS/MATERIALS

Johnson, Eric L., ed. *Psychology & Christianity: Five Views*. Downers Grove: IVP Academic. 2010. 320 pages. ISBN: 0830828486 (\$12.99)

Jones, Stanton L., & Richard E. Butman. *Modern Psychotherapies: A Comprehensive Christian Appraisal (Christian Association for Psychological Studies Partnership)*. Downers Grove: IVP Academic. 2011. 496 pages. ISBN: 0830828524 (\$24.99).

Seligman, Linda W., & Lourie W. Reighenberg. *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. Upper Saddle River: Pearson; 4th edition. 2014. 576 pages. ISBN: 0132851709 (\$98.69).

IV. REQUIREMENTS

A. Class Participation (10%)

Students are expected to engage in discussion of presented topics. Personal involvement during class time and on message boards is an essential element of active learning, and students will be graded accordingly.

B. Reading Assignments (30%)

- a. *Psychology & Christianity*: **Due October 25th**
- b. *Modern Psychotherapies*: **Due November 13th**
- c. *Theories of Counseling and Psychotherapy*: **Due December 11th**

C. Written Assignments (50%)

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.

All class papers must follow APA format 6th edition.

- 1) Write a 10-page research paper on one of the major theories presented in *Modern Psychotherapies*. Present a summary of the theory's primary conceptualizations. Interact with it biblically and psychologically. Show what you would reject (and why) and what aspects of the theory may be in agreement with the Scriptures. This paper must also cover key topics such as: problem definition, methods employed to counsel effectively, appropriate interventions, the process of counseling, goals, and steps toward termination. Include a minimum of 10 scholarly sources (books and/or journal articles) (20%). **DUE November 27th.**
- 2) Write a 25-page summary for the following treatment systems presented in *Theories of Counseling and Psychotherapies*. Offer insight where appropriate that

evaluates these systems based on Christian perspectives presented *Modern Psychotherapies: A Comprehensive Christian Appraisal*. It is recommended that the student dedicate 4-5 five pages for each of the following five sections. **DUE December 11th.** (30%)

1. Treatment Systems Emphasizing Background (2-6)
2. Treatment Systems Emphasizing Emotions and Sensations (7-11)
3. Treatment Systems Emphasizing Thoughts (12-14)
4. Treatment Systems Emphasizing Actions (15—17)
5. Other Treatment Approaches (18-19)

V. METHODS

- A. Structured class lectures and discussion.
- B. Grading Scale according to catalog
- C. Weighing of Course Requirements for Grading

Class participation: 10%
Reading assignments: 50%
Written assignments: 40%

- D. Late Assignments

Papers turned in one week late will result in a reduction of one letter grade. Papers turned in two weeks late will result in a reduction of two letter grades. No later papers will be accepted.

VI. ADDITIONAL INFORMATION

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.

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.

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