



15800 Calvary Rd
Kansas City, MO 64147

Syllabus

Course: CO610M&MN Counseling Theories
Credit: 3 credit hours
Semester: FA-21, Cycle 3 (October 28-30, 2021)
Time: Thursday (1pm – 8pm), Friday (8am-4pm), Saturday (8:30am-3:30pm)
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. Students wishing to apply for licensure in the state of Missouri should take the class on campus.

II. OBJECTIVES

- A. Understand the basics of various counseling theories commonly presented in a therapeutic environment and their philosophical, theological, and methodological assumptions and conclusions (PLO 2, 4).
- B. Be able to analyze counseling theories through a Christian worldview and theological framework (PLO 1, 2, 4).
- C. Promote change in the client and personal wellness in the counselor by dealing with counseling issues in appropriate and effective ways (PLO 1, 2, 3, 4, 5).
- D. Incorporate biblical principles and values within the counseling setting (PLO, 1, 3, 4, 5).
- E. Understand theories essential to passing the National Counselor Exam and Missouri Licensing Procedures (PLO 5).

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

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: 01328551709 (\$98.69).

IV. RECOMMENDED 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).

V. REQUIREMENTS

A. Class Participation (10%) (Objectives A, B, C, D, E)

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 (10%) (Objectives, A, B, C, D, E)

Read all required texts by the first day of class, November 19th. Students will report completion of reading that day. **DUE #####**.

Recommended textbooks are not required reading, but can prove helpful for writing assignments. The subject matter of *Psychology and Christianity: Five Views* will be presented in class.

C. Written Assignments (80%) (Objectives A, B, C, D, E)

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 7th edition.

Write a 35-page summary paper for the following treatment systems presented in *Theories of Counseling and Psychotherapies*. Include an introduction and conclusion page. Offer insight where appropriate that evaluates these systems based on a Christian perspective presented in *Modern Psychotherapies: A Comprehensive Christian Appraisal*. It is recommended that the student dedicated 6-7 pages for each of the following five sections. **Due ##### (80%)**.

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)

VI. 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: 10%
Written assignments: 80%

- D. Late Assignments

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

VII. 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 Accommodations Support Coordinator (aso@calvary.edu) of any disabling condition that may require support.