

**Course:** CO320 N-E Counseling Women  
**Credit:** 3 credit hours  
**Semester:** Fall (Session 1) (August 18<sup>th</sup>-October 10<sup>th</sup>)  
**Time:** Thursday 6pm-9pm  
**Location:** CABRE Building Rm. 100  
**Instructor:** Carolyn Asher, MA

## I. DESCRIPTION

This course deals with specific issues and problems that women face. The student will be exposed to various potential counseling concerns and given biblical solutions and resources in assisting women in counseling. (Prerequisite: CO244; This course is restricted to women).

*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. General competencies to be achieved. The student will:

1. Demonstrate how to apply the word of God to counseling situations concerning women (PLO 3, 4, 5).
2. Explore the multifaceted nature of counseling women.
3. Formulate a counseling plan to assist women with shame, forgiveness, healing, and restoration (PLO 2, 3, 4, 5).

### B. Specific competencies to be achieved. The student will:

1. Identify specific counseling principles that make a significant contribution to their counseling (PLO 3, 4, 5, 6).
2. Discuss a variety of topics that impact woman's life (PLO 3, 4, 5, 6).
3. Explore the concepts of womanhood and femininity when guiding and advising women through presenting problems (PLO 3, 4, 5, 6).

### III. REQUIREMENTS

#### A. Reading Assignments

**Reading Journals:** (Three full pages each) The student will give the main points of the chapters read and reaction/reflection on the reading. The student will also share his/her own thoughts or opinions about the subject of the material. The student will also share how this information might be used in his/her own life (or not) and why. The personal reflection section may be written in the first person. There will be a total of **seven (7)** journals. **Each journal will be worth 25 points** (GC 1, 2, 3, 5; SC 1, 2, 3, 4).

#### B. Written Assignments

**Counseling Women Online Discussion:** **Note: You must have a webcam in order to complete this assignment.** The student will post a 5–10-minute video and each student will respond to at least two (2) classmates with a 3–5-minute video. There will be a total of **five (5)** Canvas discussions. **Each assignment will be worth 30 points** (GC 1, 2, 3, 5; SC 1, 2, 3, 4).

**Counseling Women Vignettes:** (two to three (2-3) pages): student will read a vignette study and assess, evaluate the presenting problem of the client/counselee of each vignette using the information provided in class from the lectures, readings, and other sources. There will be a total of three (3) vignettes. **Each of these vignettes are worth 50 points** (GC 1, 2, 3, 5; SC 1, 2, 3, 4).

**Counseling Women Assignments:** The student will either listen to a podcast or some other form of media provided by the instructor that is relevant to the topic of counseling women. The student will then and write a summary of the main points that episode, how this connects or adds to the information discussed in class, personal thoughts, and how this information could be used to guide and advise women. There will be a total of two (2) assignments. **Each of these assignments are worth 50 points** (GC 1, 2, 3, 5; SC 1, 2, 3, 4).

#### C. Final Paper

The final paper will consist of an eight to ten (8-10) page paper on the book *The UltraMind Solution* by Dr. Mark Hyman. Details of this final paper will be given by the instructor in the first week of class. **The final paper is worth 250 points** (GC 1, 2, 3, 5; SC 1, 2, 3, 4).

## D. Class Participation and Behavior

Students are expected to maintain classroom decorum that includes respect for other students and the professor, prompt and excellent attendance, and an attitude that seeks to take full advantage of the educational opportunity. Students are to refrain from using cell phones and handheld devices during class. Playing games, browsing the internet, using email, instant messaging, or text messaging, etc. are considered unacceptable when class is in session. In addition, the student will be expected to contribute to class discussions in a positive manner which shows respect for the views of others. Failure to maintain this standard may result in a **full letter grade deduction from their overall grade.**

## IV. METHODS

### A. Teaching

1. Lectures by the instructor
2. Large group discussion
3. Research and writing
4. Projects and presentations

### B. Grading

1. Weight given to each assignment
 

Journal Summaries of reading <i>25pts each</i>	150pts	15%
Counseling Women Online Discussion <i>30pts each</i>	150pts	15%
Counseling Women Vignette <i>50pts each</i>	150pts	15%
Counseling Women Assignment <i>50pts each</i>	100pts	10%
Class Participation <i>25pts each</i>	200pts	20%
Final Project	250pts	25%

1. Letter/Numerical Grade Scale

**Grading Scale**  
Grade Value Grade Point Value  
Per Semester Hour

A	100-93	4.0
A-	92-90	3.7
B+	89-87	3.3
B	86-83	3.0
B-	82-80	2.7
C+	79-77	2.3
C	76-73	2.0
C-	72-70	1.7
D+	69-67	1.3
D	66-63	1.0
D-	62-60	0.7
F	59-0	0.0

## V. COURSE SUPPLEMENTAL INFORMATION

Students are expected to maintain classroom decorum that includes respect for other students and the professor, prompt and excellent attendance, and an attitude that seeks to take full advantage of the educational opportunity. Students are to refrain from using cell phones and handheld devices during class. Playing games, browsing the internet, using email, instant messaging, or text messaging, etc. are considered unacceptable when class is in session. In addition, the student will be expected to contribute to class discussions in a positive manner which shows respect for the views of others. Failure to maintain this standard may result in a **full letter grade deduction from their overall grade**.

## VI. MATERIALS

### A. Bible

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.

### B. Required Textbooks

Kellen, K. *Counseling Women: Biblical Wisdom for Life's Battles*. Nashville: B&H Academic, 2022. ISBN 978-1087737508 (\$15.06).

Hyman, M. *The UltraMind Solution: The Simple Way to Defeat Depression, Overcome Anxiety, and Sharpen Your Mind*. New York: Scribner, 2009. ISBN 978-1416549727 (\$14.82).

## VII. CLASS POLICIES

**Campus/Livestream Students:** Students are expected to attend all scheduled meetings of courses for which they are registered (as this also counts for class participation). If a student begins a course and is unable to attend a class, he/she will not receive the points allotted for this course. There are eight (8) class sessions, which correspond to the eight week cycle. **Each class participation session is worth 25 points.**

**Online Students:** The online student is to watch the recording and answer the questions provided by his/her professor (as this counts for class participation). They are to be completed and uploaded on Canvas before the next class session. If a student fails to complete this assignment within the due date he/she will not receive the points allotted for this course. There are eight (8) class sessions, which correspond to the eight week cycle. **Each class participation session is worth 25 points.**

### **Academic Dishonesty**

Plagiarism is defined as copying any content without identifying the source. This also includes taking another person's or AI entity's ideas or constructs and presenting them as your own. The use of AI generated content in student work is prohibited (even if cited) as it does not represent original work created by the student and is an unreliable aggregate of ideas from other sources. Plagiarism of any kind will not be tolerated.

### **A Secondary Statement Regarding Using AI For All Reports/Projects**

Artificial intelligence (AI) in academic use could be beneficial for you as a student. However, when misused it may limit your ability to think critically. As the professor, *I cannot catch nor stop you in the act of using AI for your papers and research.* However, it is my expectation that you as the student will do your best by your ability and skill as a human being in the subject(s) that you desire to study. Below is the percentage threshold concerning the effort you put in your paper and the presence of AI within your paper.

0-10 percent of AI*	No points deducted from your paper/project.
11-20 percent of AI*	A third of your overall points are deducted from your paper/project.
21-30 percent of AI*	75% of your overall points will be deducted from your paper/project.
30+ Percent of AI	You will receive no points for the paper/project.

**\*Keep in mind this deduction is added to the points that you would lose due to other things (Improper writing style, grammar, etc.).**

### **Writing Style**

All class papers must follow the APA style according to *the Publication Manual of the American Psychological Association 7th edition*. You can find APA resources under the **Getting Started Checklist** located in the *Counseling Women Course* on Canvas.

### **Late Work**

Papers, projects, etc. are due at the class period assigned. Unless under extreme circumstances, which will be determined at the discretion of the instructor, **no late work will be accepted.**

**Disabilities Statement**

Students with disabilities have the responsibility of informing the ASO Accommodations Support Officer (aso@calvary.edu) of any disabling condition that may require support.

**Learning Center**

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.

## VIII. TENTATIVE CLASS SCHEDULE

Week/Date	Class Topics	Assignments
Week 1	How God Made Women The Curse of Sin Women's Life Stages	Read <i>Counseling Women</i> (pgs. 3-57) Reading Journal (Incorporating the Lecture) Counseling Women Discussion
Week 2	Depression Fear and Anxiety Suicide and Self Harm	Reward <i>Counseling Women</i> (pgs. 71-94, 133-148) Reading Journal (Incorporating the Lecture) Counseling Women Discussion
Week 3	Eating Disorders Same-sex attraction and Gender Dysphoria Addiction and Pornography	Read <i>Counseling Women</i> (pgs. 107-132, 149-160) Reading Journal 3 (Incorporating the Lecture) Counseling Women Vignette #1
Week 4	Trauma and Abuse Narcissism Spiritual Abuse and Legalism	Read <i>Counseling Women</i> (pgs. 171-182) Reading Journal 4 (Incorporating the Lecture) Counseling Women Discussion
Week 5	Domestic Violence and Abuse Marital Unfaithfulness Infertility and Pregnancy Loss	Reading Counseling Women (pgs. 183-218) Reading Journal 5 (Incorporating the Lecture) Counseling Women Discussion
Week 6	Parenting Struggles Birth Order Kids with ADHD, Autism Adoption and Attachment Styles	Read Counseling Women (pgs. 219-232) Reading Journal (Incorporating the Lecture) Counseling Women Vignette # 2
Week 7	Physical Ailments Grief Women's Cycle, Hormone, and Mood	Read Counseling Women (pgs. 233-251) Reading Journal (Incorporating the Lecture) Counseling Women Discussion.
Week 8	Nutrition and Supplementation Natural Alternatives Exercise and Breathing	Counseling Women Assignment #1 (Dr. Mark Hyman) Counseling Women Assignment #2 (Dr. Caroline Leaf) Final Counseling Women Vignette Counseling Women Final Project