



15800 Calvary Rd
Kansas City, MO 64147

Syllabus

Welcome to Theological Foundations of Counseling. This class serves as a foundation for all classes in the Master of Arts in Biblical Counseling degree program.

Course: CO601M&MN Theological Foundations of Counseling (Modular)
Credit: 3 credit hours
Semester: Spring 2026, Session 1 (January 12th– March 6th)
Time: January 15th-16th (Thursday 8am-9pm, Friday 8am-9pm)
Instructor: Dr. Jeff Cox (Jeffrey.cox@calvary.edu)

DESCRIPTION

An introduction to the foundations of biblical counseling, emphasizing the priority of a theological system for theory and practice. Special attention is given to various models of interaction between counseling and Christian theology, historical developments, current directions, and collaborative models of biblical counseling for the local church and the professional counseling community. This course is a prerequisite for all other counselling courses. Other counselling courses may be taken concurrently with approval from the department chair.

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.

Note: The State of Missouri requires that classes for licensure be taken synchronously (either in class or Livestream). If you are taking courses for Licensure for the state of Missouri you must be present either in class or Livestream for every class. Failure to do so may result in not meeting requirements for State Licensure in Missouri.

OBJECTIVES

A. Understand biblical and theological foundations of biblical counseling (PLO 1, 2, and 3).

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

- B. Apply biblical, theological, and psychological concepts to the practice of counseling (PLO 1, 2, and 3).
- C. Demonstrate biblical, theological, and psychological research, assessment, and interpretation within the context of counseling ministry (PLO 1, 2, and 3).
- D. Engage in practices related to self-care and personal growth necessary for effective counseling (PLO 4).
- E. Explain the significance of first developing a philosophy of counseling, followed by a theory and practice of counseling (PLO 1, 2, 3, and 4).
- F. Evaluate the validity of four foundational models for all forms of counseling as well as the main models of relationship between psychology and Christianity (PLO 1 and 2).
- G. The student will examine different application models of biblical counseling and evaluate their potential for collaborative applications (PLO 1, 2, and 3).
- H. The student will develop an increased personal commitment and passion for a defined foundational and application model of biblical counseling (PLO 1, 2, 3, and 4).

REQUIRED TEXTS/MATERIALS

Johnson, Eric L. *God & Soul Care: A Therapeutic Resources of The Christian Faith*. IVP Academic, 20017. 717 pages.

Thompson, Curt. *Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships*. Tyndale Momentum, 2010. 304 pages. ISBN: 141433415X (\$9.40).

McMinn, Mark. *Psychology, Theology, and Spirituality in Christian Counseling*. Tyndale House Publishers, 1996. 371 pages. ISBN: 084235252X (\$26.99)

REQUIREMENTS

- **Class Participation (5%) (Obj. A, B, C, D, E, F, F)**

Students are expected to attend class lectures as scheduled as well as to engage in discussion of presented topics. Personal involvement during class time is an essential element of active learning, and students will be graded accordingly. Students watching online are expected to interact by emailing or texting questions and comments.

- **Reading Assignments (15%) (Obj. A, B, C, D, E, F)**

The two required texts are due according to the following deadlines. Students will report completion of reading on CANVAS by uploading word document stating the completion of the reading.

Anatomy of Soul – **Due ###**

God and Soul Care – **Due ###**

Psychology, Theology, and Spirituality in Christian Counseling – **Due ###**

- **Written Assignments (80%) (Obj. A, B, C, D, E, F)**

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.

All research papers **must** follow the APA style according to the revised 7th edition. For questions please consult the *Publication Manual of the American Psychological Association*, (7th ed.,) or <http://apastyle.apa.org>.

- ❖ **Write a 5-page response paper** on *Anatomy of the Soul*. Students will: 1) explain the thesis of the book; 2) identify their personal top “take aways” from the book and explain why; 3) identify areas of disagreement and explain why; and 4) explain how the book will impact change in their personal ministry in the future (10%). **Due ### (Obj. A, C, E, & H) This paper does not have to follow APA style.**

- ❖ **Participate in four discussion boards.** These discussion boards will center around the topic of sufficiency of Scripture and Common Grace: 1) what Scriptures say about its own sufficiency; 2) the theological meaning of sufficiency of Scriptures in general; 3) the theological meaning of sufficiency of Scriptures as it pertains to counseling; 4) what sufficiency of scriptures does NOT mean.

Purpose: The purpose of the discussion boards is to provide the students with an opportunity to collaborate with the rest of the class in the exegesis of Scripture and counseling philosophy as it pertains to the sufficiency of Scripture and the doctrine of common grace. Each of the four designated weeks the student will be required to respond to a question on the discussion board. The posts must be substantive in nature and respond to questions considering Scripture, the textbook, and other pertinent research.

The initial post in response to each question must be posted to the discussion board by 11:59 p.m. CST on Tuesday of the week in which the question is asked. This will allow time for classmates to respond to the post. The student will also be expected to respond to at least two (2) other classmates' responses to the question in each discussion board. These interaction posts are due by 11:59 p.m. CST on Wednesday. You are also expected to answer any questions left on your post during the week. The first round of responses to questions left on your thread are due by 11:59 p.m. CST on Thursday. Discussions will continue until Saturday at 11:59 p.m. CST. Participation in each discussion post will be

50 points (20% of the final grade). Posts will be graded on professional courtesy, humility, critical thinking, understanding of common grace and the authority of Scripture.

1. Discussion One: Question for #### (Due ####)
2. Discussion Two: Question for #### (Due ####)
3. Discussion Three: Question for #### (Due ####)
4. Discussion Four: Question for #### (Due ####)

(Obj. A, B, C, E, F, & H)

❖ **Write a 25-page research paper** that presents *your* biblical and theological rationale for *your* understanding and practice of counseling. This paper *is not* an argument for the sufficiency of Scripture. The paper must discuss the principles **from Scripture and common grace** the student will use to develop a philosophy of counseling that adheres to a Christian worldview. The student should discuss the concept of wisdom as defined in Scripture. This paper may be written in 1st person. Use a minimum of 15 scholarly references published 2000 or later (50%). **(Obj. A, B, C, D, & I).**

- Student will submit an outline of the paper along with 8 scholarly references that will be used in the final submission. **Due #### (10% of final grade)**
- Student will submit their entire paper. **Due #### (40% of final grade)**

METHODS

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

Class participation: 5%

Reading assignments: 15%

Written assignments (Discussion Boards): 20%

Written assignments: 60%

Late Assignments

Papers turned in one (1) week late will result in a reduction of one (1) letter grade. Papers turned in two (2) weeks late will result in a reduction of two (2) letter grades. No later papers will be accepted.

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 Coordinator (dss@calvary.edu) of any disabling condition that may require support.