

Course: CO610M-NM-LSO Counseling Theories
Credit: 3 credit hours
Semester: Fall 26, Session 2 (October 19th – December 11th)
Time: Thursday, October 22nd (8am - 9pm), Friday, October 23rd (8am-9pm)
Instructor: Jeff Cox, DMin (jeffrey.cox@calvary.edu)

I. DESCRIPTION

A course designed to introduce primary counseling theories, with special attention given to evaluating those theories on the basis of Scripture and according to a Christian worldview, especially in regard 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 & CO603)

*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.***

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.

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 worldviews 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).

III. REQUIRED TEXTS/MATERIALS

Seligman, Linda W., & Lourie W. Reichenberg. *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/Discussion (40%) (Objectives A, B, C, D, E)

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 **application, analysis, and evaluation** of select topics.

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 the question considering the reading in the textbook and a theological application.

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 100 points (10% of the final grade). Posts will be graded on professional courtesy, humility, critical thinking, understanding of common grace and the authority of Scripture.

- Discussion Question for ### (DUE ###)
- Discussion Question for ### (DUE ###)
- Discussion Question for ### (DUE ###)
- Discussion Question for ### (DUE ###)

B. Reading Assignments (10%) (Objectives, A, B, C, D, E)

Read the required text by December 1st. Students will report completion of reading that day. **DUE ###**

Recommended textbooks do not **require** 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 (50%) (Objectives A, B, C, D, E)

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 class papers must follow APA format 7th edition.

Write a 20-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 3-4 pages for each of the following five sections. **Due ### (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)

D. Case Conceptualization

Write a 10-page paper on applying counseling theories to a case (a hypothetical case will be provided for the students to review). The student will determine the theories to apply (although in reality more theories might be used, for this assignment the student will choose two specific theories to utilize). This paper does not need to follow APA formatting.

The student will:

1. Choose two counseling theories to apply to the case.
2. Do a cursory summary of both theories (1-2 pages).
3. Share their reasoning for choosing the counseling theories they chose (3-4 pages).

4. Share how the student would apply the theories to the case (5-6 pages).

Due ### (20%).

VI. METHODS

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

Class participation/discussion: 40%

Reading assignments: 10%

Written assignments: 30%

Case Conceptualization: 20%

- 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 DSS Director

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