

SYLLABUS

Introduction

The Doctor of Ministry Counselling Concentration Courses are designed to deepen understanding of the human condition by integrating resources, insights, theory and best therapeutic practices emerging out of the helping professions with the rich heritage of Christian faith, theology, and spirituality. The program utilizes a scholar-practitioner model in which students reflect critically upon concrete ministerial or counselling encounters, thereby resulting in improved practices of soul and communal care and an integrative understanding of the human person.

Course Description

From the Catalogue

The Advanced Psychotherapy and Clinical Supervision course is an in-depth exploration of and critical reflection on various therapeutic modalities that are found to be effective in facilitating the change process. Different models of clinical supervision will also be examined.

From an integrative, spiritually oriented psychotherapy perspective, the topics for this course will be: Cognitive-Behavioural Therapy, Family Systems Theory and Therapy, and Object Relations Theory and Therapy, applied to specifically Mood, Anxiety and Personality Disorders.

Commentary

The topics for this course will be driven by the learner's needs. Each learner is encouraged to conceptualize from an orientation they are less familiar and comfortable with in order to take advantage of this course to expand their repertoire.

Course Objectives:

- ❑ To provide the doctoral candidate with a refresher overview of Christian Psychotherapy and Counselling from a spiritually integrative perspective.
- ❑ To utilize the doctoral candidate's ministerial/counselling experience and prepared case-studies in clinical supervision during the course
- ❑ To introduce the doctoral candidate to different models of clinical supervision and case management

- To ensure professional development through required clinical supervision
- To assist the doctoral candidate to critically reflect on their own ministerial/therapeutic practice
- To apply selected major theories of counselling and psychotherapy to a selection of major disorders from a Christian perspective
- To help the doctoral candidate to move beyond an in-depth understanding of the theories, to a level of practical competency in evaluation, assessment, diagnosis, and treatment planning
- To encourage and enable doctoral candidates to further define and develop their own theoretical approach

Required Texts:

Be sure to order the first two texts listed as a package with the ISBN-10: 0132076195

Bernard, J., Goodyear, R. (2009). *Fundamentals of clinical supervision (4th ed.)*. Upper Saddle River, NJ: Merrill.

Fall, M., Sutton, M. (2004). *Clinical Supervision: A handbook for practitioners*. Upper Saddle River, NJ: Merrill.

Prochaska, J. Norcross, J. (2007). *Systems of psychotherapy: A Transtheoretical approach*. Belmont, CA: Wadsworth.

Sperry, L. & Sharfranske, E.P. (2004). *Spiritually Oriented Psychotherapy*. Washington: APA.

All textbooks are available from Providence Bookstore 1-800-668-7768 (ext. 225)

Course Requirements:

1. Pre-Course Requirements

- Scan all three required texts. Carefully review three theoretical approaches identified in Sperry & Sharfranske.
- Reacquaint yourself with the diagnostic criteria and of the following groups of disorders: Mood, Anxiety and Eating Disorders and Substance-related Disorders. Use either DSM IV, or a website that summarizes this information such as <http://psychcentral.com/disorders/>

2 Course Contact Requirements

1. On two occasions present and consult on a case conceptualization. The written document will be ≈2500 words, and will present an integrated Christian counselling perspective. The presentation schedule will be confirmed prior to the start of the

course.

- Each learner will present two case conceptualizations. The exact dates of these will be confirmed prior to the start of the course. Each learner will distribute the written document the day before the scheduled presentation.
- These cases should conceptualize clients with mood, anxiety, eating or substance-abuse problems. The clients should preferably be current, but a past case could also be used.
- If possible, obtain the client's consent to use them in the presented case study
- In all cases, all identifying information should be omitted and/or obscured in both the written submission and in the consultations.
- The case study should include:
 - a short biography of the client, including all relevant information
 - a genogram
 - a summary of the client's initial concerns (presenting problems)
 - a conceptualization of the etiology of the client's problems, using one of the theoretical orientations addressed in the texts. This will include originating factors and maintaining factors
 - a full DSM multi-axial diagnosis (be prepared to discuss differential diagnostic concerns)
 - a short summary of the therapeutic process thus far; i.e. which theoretical model has guided your treatment, and how has the client responded/interacted
 - a list of the counselling goals and interventions. Map out a strategy for change. Where do you want to go with this client and how do you plan to get there
 - Identify the impediments to change and suggest ways of overcoming the resistance
 - Use an integrative theology/psychology approach and clearly indicate what it is that would make this counselling Christian

3. **Book Report**

Write a book report (2000 words) on Sperry, L. & Sharfranske, E.P. (2004). *Spiritually Oriented Psychotherapy* – please do not summarise the content, but engage with three of the authors and their chapters, evaluate and evaluate the content, and indicate what impact the book had on your own perceptions. Due date for this assignment April 11, 2011

4 **Interaction with Clinical Supervision: A Handbook for Practitioners by M. Fall, & J. Sutton**

This assignment asks the learner to interact with three vignettes and discussion questions presented in the above-named handbook. Further specific details related to this assignment will be provided in class. Due date for this assignment April 11, 2011

5. **Clinical Supervised Counselling Experience**

Learners are required to attend a minimum of six counselling supervision sessions. The supervisor should preferably be an association-approved supervisor and should at least be a masters-level counsellor with supervisory experience.

Write a five-page self-evaluation of the supervisory experience and attached a note from the supervisor confirming the sessions completed. Due date for this assignment April 11, 2011

Miscellany

- ❑ *All citations used are to follow the APA format, and assignments should be free of grammatical and spelling errors and should reflect doctoral-level of scholarship*
- ❑ *The requirements concerning the avoidance of dual-relationships are applicable for all clients. The clients counselled for the assignments and/or used in case studies, must sign the applicable informed consent forms.*
- ❑ *The time limit for the completion of the course is three months – all the course work must be completed by April 11, 2011.*
- ❑ Written coursework should be submitted by email to don.russell@prov.ca in MSWord format only.

Recommended Texts:

American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders (4th ed.)*. (TR). APA: Washington, DC.

Borders, L.D., & Leddick, G.R. (Eds.) (1987). *Handbook of counseling supervision*. Alexandria, VA.: ACES.

Bradley, L.J., & Ladany, N. (Eds.). (2001). *Counselor supervision: Principles, process, and practice*, 3rd. Ed. Philadelphia: Brunner-Routledge.

Clinton, T. & Ohlschager, G.W. (Eds.). (2002) *Competent Christian counseling. (Vol 1)* Colorado: Waterbrook Press
[Part IV The Process and Practice of Christian Counseling, p294-397]

Davidson, G.C., Neale, J.M., Blankstein, K.R., Gorden, L.F. (2002) *Abnormal psychology – Canadian Edition*. Ontario:Wiley

Gilbert, M.G. & Brock, R.T. (Eds) (1985) *Holy Spirit and counseling: Theology and theory*. Peabody, MA: Hendrickson

Hersen, M. & Porzelius, L. (Eds). (2002). *Diagnosis, conceptualization, and treatment planning for adults*. Lawrence Erlbaum Associates.

Horowitz, M. (2005). *Understanding psychotherapy change: A practical guide to configurational analysis*. APA Books (ISBN:1-59147-228-8)

Hubble, M.A., Duncan, B.L., & Miller, S.D. (1999). *The heart and soul of change: What works in therapy*. Washington, DC: American Psychological Association.

Hurding, R. (1986). *Roots and shoots: A guide to counselling and psychotherapy*. London: Hodder and Stoughton.

- Jones, S, & Butman, R (1991). *Modern psychotherapies -A comprehensive Christian appraisal*. Illinois: InterVarsity Press
- Maxmen, J., Ward, N. (1995). *Essential psychopathology and its treatment*. New York: W.W. Norton.
[Section One: Diagnostic Psychopathology, p1-106]
- McMinn, M. (1997). *Psychology, theology and spirituality*. Wheaton, IL: Tyndale House.
- Miller, S.D., Duncan, M.A., & Hubble, M.A. (1997). *Escape from babel: Toward a unifying language for psychotherapy practice*. NY: Norton.
- Orlinski, D, Ronnestad, M. (2005). *How psychotherapists develop*. Washinton: APA.
- Scharf, Richard. (2004). *Theories of psychotherapy and counseling - Concepts and cases*. (3rd Edition) California: Brooks Cole
- Seligman, M.E.P. (1994). *What you can change & what you can't*. NY: Knopf.
- Skovholt, T.M., & Ronnestad, M. H. (1992). *The evolving professional self*. New York: John Wiley.
- Stoltenberg, C.D., & Delworth, U. (1987). *Supervising counselors and therapists*. San Francisco: Jossey-Bass.
- Stoltenberg, C.D., McNeill, B., & Delworth, U. (1998). *IDM Supervision*. San Francisco: Jossey-Bass.
- Yarhouse, M., Butman, R., & McRay, B. (2005). *Modern psychopathologies: A comprehensive Christian appraisal*. Downers Grove, IL: IVPress.