

**CP5101 Foundations of Counselling**  
**Rod Buxton D.Min.**

**Providence Theological Seminary**  
**Calgary Aug 16-20 (8:30 a.m. - 4:30p.m.)**

## **COURSE DESCRIPTION**

The course is an exploration of the fundamental components of a biblically-based, spiritually-focused, culturally and psychologically-informed practice of Christian Counseling. Particular attention will be placed on such issues as the personhood of the counselor, counseling as a calling and professional practice, theological anthropology, human suffering, and the explication of the different curative aspects of therapy.

## **COURSE OBJECTIVES**

1. Explore the biblical, spiritual-theological, and cultural and psychological foundations of Christian Counseling.
2. Explore images of God and human beings and the impact of these images in the theory and practice of Christian Counseling.
3. Explore the nature of human suffering (theodicy) and redemption within the context of the counseling relationship.
4. Explore “what it means to be a therapist.”
5. Explore “what works” in therapy along with those things that are “less helpful”.

## **REQUIRED COURSE TEXTS**

Hubble, Mark A; Duncan, Barry L. (2003). *The Heart and Soul of Change: What works in Therapy*. American Psychological Association: DC.

Clinton, Timothy; Ohlschlager, George. (2002). *Competent Christian Counseling, Volume One: Foundations and Practice of Compassionate Soul Care*. Waterbrook Press: CO.

Nouwen, Henry. (1979). *The Wounded Healer: Ministry in Contemporary Society* Image: MD.

Rabinowitz, Ilana (2000). *Inside Therapy: Illuminating Writings about Therapists, Patients and Psychotherapy*. Griffin: NY.

## **SUGGESTED READING**

Miller, William R.; Delaney Harold D. Editors (2005). *Judeo –Christian Perspectives on Psychology: Human nature, Motivation, and Change*. APA Washington DC.

Maloney H. Newton; Augsburg David W. (2007). *Christian Counselling: An Introduction*. Abingdon Press, Nashville TN.

Kottler Jeffrey A. ;Carlson Jon (2003). *The Mummy at the Dining Room Table: Eminent Therapists Reveal Their Most Unusual Cases*. Josy-Bass, San Francisco CA.

Capuzzi, David; Gross, Douglas R. (2009). *Introduction to the Counselling Profession Fifth Edition*. Merrill/Pearson, New jersey.

## COURSE REQUIREMENTS

1. Attend all sessions, participate actively in class activities, and do the necessary preparation as required.
  - Participate in a class presentation/lecture on gleanings from Rabinowitz. Group(s) will present 3-6 teaching points or key insights from their assigned chapters.
2. Choose **5 chapters** from Rabinowitz Inside Therapy and from a clinician's perspective list **five therapeutic principles** and **five therapeutic pitfalls** culled from each chapter chosen. Note that the format for these principles is still sentence form.

*Due Date: September 17, 2010*

3. Write a **10-15 page paper** on the theme "**On Being a Clinician**" culled from interview, research, and personal reflection-analysis. This is a two-stage process:

**Stage I:** Keep an on-going **diary** of your thoughts, feelings, reflections and analysis on your evolving awareness and understanding of **who you are as a person and clinician-in-training**. Begin your diary by responding to Questions A, D & E as outlined in Stage II. Make sure to integrate quotes from your diary into the paper.

**Stage II:** Interview an "active-practicing clinician" regarding issues outlined below.

- a. What motivated him/her to be a clinician?
- b. Describe early experiences as a beginning therapist.
- c. What does he/she do to prepare him/herself for the task of meeting and working with clients? Challenges he/she has encountered in the consulting room and ways he/she has responded to these challenges.
- d. How does he/she understand what it means to be a clinician?
- e. How does this understanding shape his/her clinical and personal presence in the consulting room in terms of assessment, diagnosis, and treatment planning?

Analyze these responses, along with your own personal take on the questions above in light of Nouwen's own formulations regarding what it means to be a healer. Weaving together these sources of data (interview, research, and diary) will hopefully provide students with a reflective and informed understanding of the personhood of the therapist.

Citations from your literature review-interview and course readings must be distributed evenly throughout the paper. Include a bibliography.

*Due Date: October 1, 2010*

4. Write a **15-20 Page integrative essay** that addresses the following questions:
- What is Christian Counseling?
  - How does Christian Counseling heal?
  - What are the curative aspects of psychotherapy according to Hubble etc., and how might these formulations inform our theory and practice of Christian Counseling?
  - What does it mean to conceive of Christian Counseling as a form of "Soul Care?"
- Citations from your literature review and course readings (e.g. Clinton's *Competent Christian Counseling*; and Hubble's *The Heart and Soul of Change*) must be distributed evenly throughout the paper. Include a bibliography.

*Due Date: October 15, 2010*

## GRADING

Attendance and Participation	15 marks
Rabinowitz Principles	20 marks
On Being a Clinician	30 marks
Integrative Essay	<u>35 marks</u>
	100 marks

## PLEASE NOTE:

- Students who miss more than two classes will risk failing the course
- All counseling students must use the APA format for citing resources. ([http://webster.commnet.edu/apa/apa\\_index.htm](http://webster.commnet.edu/apa/apa_index.htm)).
- Papers are due on the DATE they are DUE.** Any paper submitted after the due date will incur a *1 pt deduction* for every single day it is turned in late without prior approval from your instructor.
- All papers must be **e-mailed** as an attachment to [rod.buxton@prov.ca](mailto:rod.buxton@prov.ca)

## READING SCHEDULE

<i>Day One:</i>	Nouwen Clinton & Ohlschlager	Introduction-Chapter 1 Parts I&II
<i>Day Two:</i>	Nouwen Clinton & Ohlschlager	Chapter 2 Part III
<i>Day Three:</i>	Nouwen Clinton & Ohlschlager	Chapter 3 Part IV
<i>Day Four:</i>	Nouwen Clinton & Ohlschlager	Chapter 4 Part V
<i>Day Five:</i>	Nouwen Clinton & Ohlschlager	Conclusion Part VI