

CP5101 Foundations of Counselling
Rod Buxton D.Min.

Providence Theological Seminary
Otterburne Oct.12-16, (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 psychotherapy.

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 psychotherapist.”
5. Explore “what works” in therapy.

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

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 learnings from Rabinowitz. Group 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: Nov 23, 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 psychotherapist. Citations from your literature review-interview and course readings must be distributed evenly throughout the paper. Include a bibliography.

Due Date: Dec 13, 2010

4. Write a **15-20 Page integrative essay** that addresses the following questions:
 - a. What is Christian Counseling?
 - b. How does Christian Counseling heal?
 - c. What are the curative aspects of psychotherapy according to Hubble etc., and how might these formulations inform our theory and practice of Christian Counseling?
 - d. 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: Dec 17, 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).
- ❑ **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.
- ❑ All papers must be **e-mailed** as an attachment to rod.buxton@prov.ca

READING SCHEDULE

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