

COUNSELING SKILLS

Trinity International University: CO 5210 Graduate

INSTRUCTOR: Daniel R. Green, Ph.D.

Phone: 262.782.1474 Fax: 262.782.1441 E-Mail: drgreen@tiu.edu

SCHEDULE:

Friday 6:30 – 9:30 pm; Saturday 8:30 am – 4:30 pm
January 24-25; February 21-22; March 27-28; April 24-25

COURSE DESCRIPTION

This course is a cognitive and experiential introduction to the skills basic to any counseling process. The course emphasizes both conceptual understanding and experiential rehearsal of the basic and essential counseling skills necessary in pastoral and mental health counseling.

TEXTS:

Benner, D. (2003). *Strategic Pastoral Counseling. A Short Term Structured Mode, 2nd Ed.* Grand Rapids, MI: Baker House. (ISBN: 0801026318)

Benner, D. (2004). *The gift of being yourself: The sacred call to self-discovery.* Downers Grove, IL: InterVarsity Press. (ISBN: 0830832459)

Egan, G & Reese, R. (2018) *The skilled helper: A Problem-management and opportunity-development approach to helping, (11th edition).* Belmont, CA: Brooks/Cole. ISBN-978-1-305-86571

McMinn, M. (2008). *Sin and grace in Christian counseling: An integrative paradigm.* Downers Grove, IL: IVP Academic. (ISBN: 0830828516)

OBJECTIVES

Upon completion of the course, students will be expected to

- Understand counselor characteristics, behaviors, and factors that impact the counseling process.
- Acquire understanding of basic counseling skills.
- Practice basic counseling skills and increase confidence in the application of such skills.
- Develop an understanding of the change process.
- Develop and Evaluate counseling treatment plans.
- Develop realistic measurable treatment outcomes.
- Identify strengths and growth areas regarding knowledge and skills.

- Demonstrate an awareness of one's personal style, personal narrative, and other factors that would impact the counseling/therapeutic process.
- Integrate Christian faith by developing a Biblical, theological paradigm within which to conceptualize the counseling process.
- Recognize personal, legal, and professional issues that may arise in the practice of counseling within the church, parachurch, and other settings.

The course is appropriate for seminary students, graduate students in mental health and related fields, lay counselors, individuals involved in pastoral ministry, and others interested in counseling from a Christian perspective.

REQUIREMENTS

1. Attendance & Participation

A lecture – discussion – experiential participation format is used. **Attendance and participation is essential** for the learning experience.

2. Readings & Log

The student will complete a log for each chapter in the Egan & Reese book. Each log entry will identify the theme(s) of the chapter and the student's experience with the material in the chapter. The completed log will be submitted by email to drgreen@tiu.edu as an attachment in the following form: **Last-name First-name RL.docx** (or .doc) no later than 3/28.

3. Observation Logs

During weekends 1-3, students will participate in groups as assigned by the professor. Rehearsal of counseling skills will occur within these groups. Each student will maintain an observation log of their thoughts, feelings, and experiences in the groups. This is not a news report but rather an insightful description of personal experience in the process. A form for this log will be distributed during the first class. Logs will be due at the conclusion of class on Saturday, 3/28.

4. Counseling Video Reviews/Critique Papers of Two Recorded Counseling Sessions

During the second and the third weekends, each student will video record a counseling session with a classmate. The presenting problem will be determined by the student in the counselee role. The session should be at least 30 minutes long and utilize the skills reviewed up to this point. Following the session, each student will submit a 3-5-page evaluation of the session, including both strengths and areas for improvement. Thus, each student will write an evaluation from the experience of being in the counselor role and a second evaluation from their experience in the client role. Only the final report (not the recording) will be submitted, by email, to drgreen@tiu.edu as an attachment in the following form: **Last-name First-name CVRC1.docx** (or .doc) and **Last-name First-name CVRC2.docx** (or .doc).. Each critique paper is due one week after the class in which the session was recorded.

5. Final Paper – Self as Counselor

The Final Paper is an opportunity to integrate the knowledge and skills acquired during the course with the awareness of self and Christian faith. The paper will address the following issues:

- How does a counselor's sense of self, identity, personal history, current concerns

- and influences, and other personal factors influence the counseling process? In your response, identify your personal narrative as it relates to you as a counselor.
- How does a Christian worldview impact you as a counselor? How do you describe sin in the human experience? How does this recognition impact the counseling process? Include in this discussion your understanding of the impact awareness of sin may have on empathy. How does one's awareness of their own sin impact one's counseling? How does Grace impact the counseling process and you as a counselor?

The Final Paper is to be submitted by email as an attachment to the following email address: drgreen@tiu.edu in the following form: ***Last-name First-name FinalPaper.docx***.

*All papers submitted after the day when they are announced to be due are considered **late** and will receive up to one letter grade reduction (e.g. A- to B-) for each week or fraction thereof that they are late.*

GRADING:

Below are listed the maximum possible points for each of the required activities. 1000 points are available in this course and will be assigned as follows:

1. Attendance and Participation – 100 points
2. Readings and Log – 100 points
3. Observation Logs – 200 points
4. Counseling Video Reviews/Critique Papers of Two Recorded Counseling Sessions – 150 points each for total of 300 points
5. Final Paper – Self as Counselor – 300 points

The final grade will be the summation of points earned according the criteria listed below:

A 960 – 1000	A- 930-950	B+ 910-920	B 880-900	B- 850-870
C+ 830-840	C 800-820	C- 770-790	D 700-760	

CLASS SCHEDULE:

WEEKEND	DATE	TOPIC	READING
1	1/24-25	Essentials of Helping	Egan & Reese Chapters 1-3
2	2/21-22	Communication and Relationship-Building Skills	Egan & Reese Chapters 4-7
		Critique Paper due 2/28 via email	

3	3/27-28 Stages and Tasks of Change Logs due at conclusion of class on 3/28 Reading Log due 3/28 Critique Paper due 4/3 via email	Egan & Reese Chapters 8-11 Benner, D. (2003). <i>Strategic Pastoral Counseling</i>
4	4/25-25 Self in Counseling Process Final Paper due 5/9 via email	Benner, D. (2004). <i>The gift of being yourself: The sacred call to self-discovery</i> McMinn, M. (2008). <i>Sin and grace in Christian counseling: An integrative paradigm</i>

ACADEMIC INTEGRITY

The Trinity community is committed to integrity in all areas of life, including academic integrity, which we believe is essential in the search for and promotion of truth. The pursuit of truth is integrally connected with values of the Trinity community including respect for individual intellectual contributions, the development of God-given talents, and the building of relationships in community in a spirit of trust. Therefore, academic integrity is upheld in the Trinity community and any form of cheating and plagiarism is not permitted.

Cheating is a form of deception and takes many forms—copying of a word from another’s quiz or exam; the use of unauthorized notes, previous exams, books or other materials; the submission of another’s work to fulfill a course requirement; the unauthorized use of work completed for one course in another; or the reporting of material as read that was not read.

Plagiarism gives the impression that the words or ideas in one's writings are one's own when in reality they are taken from another’s written or oral work. Plagiarism maybe either intentional or unintentional and includes paraphrasing the words or ideas of another without giving credit (unless describing common knowledge); the use of quotations without identification by quotation marks and citation; and the reproduction of another’s written work as if it was your own. Plagiarism is an affront to community standards, a willful neglect of the scholarship of another, and an expression of poor scholarship.

A student found to break the standard of academic integrity by cheating or plagiarizing will be confronted by the faculty member involved and will be reported to the Dean of Students. This will result in a “zero” grade for that particular paper or exam, which may result in an “F” for the course (e.g. depending on the normal weight of that particular assignment, as articulated on the syllabus, the student may fail the course). Such an assignment cannot be “made-up” or a substitute assignment made. It may also lead to expulsion from the institution, or a revocation of a degree already granted by Trinity.

Refer to the posting on My TIU>Academics>Writing Resources for a lengthier discussion of academic integrity and plagiarism, including access to Turnitin Software which helps writers avoid plagiarism. (See relevant sections in current *TEDS Catalog*, *Student Guide*, and *Academic Handbook* for further discussion of these matters.)

AMERICANS WITH DISABILITIES ACTS SERVICES

In compliance with Section 504 of the *Rehabilitation Act of 1973* and the *Americans with Disabilities Act of 1990* (ADA), it is the policy of Trinity Evangelical Divinity School to provide appropriate and reasonable accommodations, or academic adjustments, and services to students with a documented disability to help ensure an equal educational opportunity. Students seeking these services should contact Jana Holiday, Associate Dean of Students, at the earliest possible time with supporting documentation. If you believe you might have a disability that negatively impacts your educational performance, but have never been diagnosed, you are encouraged to meet with Jana Holiday to discuss your needs. You can contact her at jrholiday@tiu.edu or [847-317-4063](tel:847-317-4063).