



PM4373G SOLUTIONS FOCUSED COUNSELING

3 Credits

A Strategic Assessment Course

Professor Name and Title: Rev. Kerry Watts, M.Div.

Professor's Contact Information: kerryw@grfirst.org

Professor's Office Hours: By Appointment

Location / Branch: NBC|GR

Semester / Year: Fall 2021

Course Days: Tuesday **Class time:** 1:30pm – 4:30pm

Classroom: 107

Mission Statement:

Northpoint Bible College Grand Rapids Campus exists to create a cost-efficient, educationally and spiritually dynamic community where students are equipped to participate in the continuing work of Jesus through a rigorous curriculum of academic and theological studies, applied learning, and personal spiritual transformation.

Course Description:

This course presents a biblical understanding of the roles of the pastor as counselor. Basic counseling skills are introduced, including listening, empathy, problem definition and clarification, and use of the Bible. Alternate counseling strategies and formats are covered. A biblical perspective on issues such as pain, anxiety, loneliness, depression, fear, anger, guilt, and unforgiveness will be presented.

Strategic Assessment:

This course functions as part of Northpoint's strategic assessment of student learning plan. The results of Simulated Counseling exercises will be used to assess Northpoint's effectiveness in fulfilling the "giving sound counsel" portion of Student Learning Outcome 5: "Learn the principles for effectively ministering to various age groups, developing leadership teams, evangelizing, and giving sound counsel."

Course Objectives:

Upon the completion of this course, each student will be able to:

1. Demonstrate knowledge of the basic principles of pastoral counseling.
2. Understand the limits of pastoral counseling and know when to refer counselees to a professional counselor.

3. Demonstrate knowledge of and basic counseling strategies for common themes such as depression, anxiety, anger, guilt and forgiveness, loneliness, interpersonal issues, identity issues, family issues, addictions, and spiritual issues.
4. Understand the need for self-care and develop coping strategies to insure the spiritual and emotional health of the counselor.
5. Demonstrate competency through the completion of exams, quizzes, and assignments.

Required Textbooks:

Connie, Elliott. *The Solution-Focused Marriage: 5 Simple Habits That Will Bring Out the Best in Your Relationship*. Keller, TX: The Connie Institute, 2013. ISBN: 978-0-578-12699-9.

Kollar, Charles Allen. *Solution-Focused Pastoral Counseling: An Effective Short-Term Approach for Getting People Back on Track*, Updated and Expanded. Grand Rapids, MI: Zondervan, 2011. ISBN: 0-310-32929-9

Mutter, Kevin. *Solution-Focused Pastoral Counseling: Practice Guide and Workbook*. Unpublished Manuscript. 2010.

Course Outline:

Please note that dates reflect the date an assignment and/or reading should be completed or the day an examination will actually take place.

WEEK 1: September 14, 2021

Reading:

- Kollar: Introduction & Chapters 1-3
- Mutter: Chapter 1

WEEK 2: September 21, 2021

Reading:

- Kollar: Chapters 4-5

Assessment: Reading Quiz 1

WEEK 3: September 28, 2021

Reading:

- Kollar: Chapters 6-7
- Mutter: Chapter 2

WEEK 4: October 5, 2021

Reading:

- Kollar: Chapters 8-10

Assessment: Reading Quiz 2

WEEK 5: October 12, 2021

Reading:

- Kollar: Chapters 11-12
- Mutter: Chapter 3

WEEK 6: October 19, 2021

Reading:

- Kollar: Chapter 13

Assessment: Reading Quiz 3

WEEK 7: October 26, 2021

Reading:

- Kollar: Chapter 14
- Mutter: Chapter 4

WEEK 8: November 2, 2021

Reading:

- Kollar: Chapter 15
- Mutter: Chapter 5

Assessment: Midterm Exam

WEEK 9: November 9, 2021

Reading:

- Kollar: Chapter 16
- Mutter: Chapters 6-7
- Connie: Preface, Introduction, and Chapter 1

WEEK 10: November 16, 2021

Reading:

- Kollar: Chapter 17
- Mutter: Chapter 8
- Connie: Chapter 2

Assessment: Reading Quiz 4

WEEK 11: November 23, 2021

Reading:

- Kollar: Chapter 18
- Mutter: Chapter 9
- Connie: Chapter 3

WEEK 12: November 30, 2021

Reading:

- Kollar: Chapter 19
- Mutter: Chapter 10
- Connie: Chapter 4

Assessment: Reading Quiz 5

WEEK 13: December 7, 2021

Reading:

- Kollar: Chapter 20
- Mutter: Chapter 11
- Connie: Chapter 5 and Conclusion

WEEK 14: December 14, 2021

Reading:

- Thompson: Chapter 9
- Mutter: Chapters 12-13

Assessment: Reading Quiz 6

Final Exam Review

WEEK 15: December 21, 2021

Assessment: Final Exam

Methodology:

The majority of this class will be spent dialoging with experts in the fields of clinical and nouthetic counseling via their written work. Because of the focus on class discussion and personal application, reading assigned texts and class participation are of critical importance.

Course Requirements:

To successfully complete this course each student will be required to:

1. Read all assigned materials.

2. Actively participate in class and asynchronous online activities and discussion.
3. Participate in at least five in-class Simulated Counseling exercises centered on common counseling topics including marriage, child/teen, parent/child, addiction, and depression. These exercises will be used as part of Northpoint's Strategic Assessment plan.
4. Complete all reading quizzes, exams and assignments.

The final grade will be determined as follows:

1. Class Participation/online discussion – 75 points
2. Reading Quizzes (6) – 120 points
3. Simulated Counseling Exercises – Pass/Fail
4. Mid-Term Exam – 50 points
5. Final Exam – 100 points

Selected Bibliography:

- Adams, Jay. *Competent to Counsel*. Grand Rapids, MI: Zondervan, 1970.
- Adams, Jay. *The Christian Counselor's Manual*. Grand Rapids, MI: Zondervan, 1973.
- American Psychiatric Publishing. *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)*, 2013.
- Beck, Aaron, Gary Emery, and Ruth L. Greenberg. *Anxiety Disorders and Phobias: A Cognitive Perspective*. Basic Books, 1985.
- Beck, Aaron, A. John Rush, Brian F. Shaw and Gary Emery. *Cognitive Therapy of Depression*. New York: The Guilford Press, 1979.
- Carter, Les & Frank Minirth. *The Anger Workbook: An Interactive Guide to Anger Management*. Nashville, TN: Thomas Nelson, 2012.
- Carter, Les & Frank Minirth. *The Freedom from Depression Workbook*. Nashville, TN: Thomas Nelson, 1995.
- Clinton, Tim, Archibald Hart and George Ohlschlager. *Caring for People God's Way*. Nashville, TN: Thomas Nelson, 2005.
- Corey, Gerald. *The Art of Integrative Counseling, Third Edition*. Belmont, CA: Brooks/Cole, 2013.
- Corey, Gerald. *Theory and Practice of Counseling and Psychotherapy, Ninth Edition*. Belmont, CA: Brooks/Cole, 2013.
- Crosson-Tower, Cynthia. *Understanding Child Abuse and Neglect*, Eighth Edition. Pearson, 2009.
- Ellis, Albert and Robert A. Harper. *A New Guide to Rational Living*. Englewood Cliffs, NJ: Prentice-Hall, 1975.
- Engel, Beverly. *The Right to Innocence: Healing the Trauma of Childhood Sexual Abuse*. New York: Ballantine Books, 1990.
- Gaylin, Willard. *Talk is Not Enough: How Psychotherapy Really Works*. New York: Contemporary Books, 2000.
- Gilbert, Paul. *Overcoming Depression: A Step-by-Step Approach to Gaining Control over Depression*. Oxford University Press, 2001.
- Gilbert, Sara Dulaney. *Unofficial Guide to Managing Eating Disorders*. Wiley, 2000.
- Greenberg, Leslie. *Emotion-Focused Therapy: Coaching Clients to Work Through Their*

- Feelings*, American Psychological Association, 2002.
- Herman, Judith. *Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror*. New York: Basic Books, 1997.
- James, John and Russell Friedman. *Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses*. Harper Perennial, 2001.
- Kim, Johnny S. *Solution-Focused Brief Therapy: A Multicultural Approach*. Los Angeles: Sage Publications, 2014.
- Kollar, Charles Allen. *Solution-Focused Pastoral Counseling*. Grand Rapids: Zondervan, 2011.
- Kubler-Ross, Elisabeth. *On Death and Dying*. New York: Touchstone, 1969.
- Levinson, Daniel. *The Season's of a Man's Life*. New York: Ballantine Books, 1978.
- Lewis, C.S. *Mere Christianity*, New York: HarperOne, 1952.
- McGee, Robert. *The Search for Significance*. Nashville: Word Publishing, 1998.
- McMullin, Rian E. *The New Handbook of Cognitive Therapy Techniques*. New York: W. W. Norton & Company, 2000.
- Minirth, Frank B. and Meier, Paul D. *Happiness is a Choice*. Grand Rapids: Baker, 1978.
- Okun, Barbara F. and Ricki E. Kantrowitz. *Effective Helping: Interviewing and Counseling Techniques*. Belmont, CA: Thomson Brooks/Cole, 2008.
- Patterson, JoEllen, Lee Williams, Todd M. Edwards, Larry Chamow, and Claudia Grauf-Grounds. *Essential Skills in Family Therapy: From the First Interview to Termination*. New York: The Guilford Press, 2009.
- Tournier, Paul. *A Listening Ear: Reflections on Christian Caring*. Minneapolis: Augsburg, 1987.
- Tournier, Paul. *The Gift of Feeling*, Atlanta: John Knox, 1981.
- Tozer, A.W. *The Knowledge of the Holy*. New York: HarperCollins, 1961.
- Walker, Lenore E.A. & Brown, Laura. S. *Abused Women and Survivor Therapy*. American Psychological Association, 2001.
- Williams, Mary Beth, and Soili Poijula. *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*. Oakland, CA: New Harbinger Publications, 2013.
- Wuthnow, Robert. *Sharing the Journey: Support Groups and America's New Quest for Community*. New York: The Free Press, 1994.
- Yalom, Irvin. *The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients*. New York: HarperCollins, 2002.

Websites

- www.aacc.net American Association of Christian Counselors
- www.aapc.org American Association of Pastoral Counselors
- www.gardenministries.com/pastoral_advocacycenter.htm Pastoral Advocacy Center
- www.antidepression.org nonprofit Christian organization that helps those suffering with depression
- www.pastors.com Rick Warren Pastoral Resources
- www.apa.org American Psychological Association
- www.counseling.org American Counseling Association

www.aamft.org American Association for Marriage and Family Therapy
www.familyresource.com/Default.htm family resource.com
www.frc.org/home.html Family Research Council
www.acf.dhhs.gov The Administration for Children & Families (DHHS)
www.barna.org Barna Research Online
www.nih.gov/ National Institutes of Health

*Inclusion of a web site or book does not indicate agreement with or endorsement of all content.

The NBC|GR Grading Scale is:

97-100 A+	80-82 B-	63-66 D
93-96 A	77-79 C+	60-62 D-
90-92 A-	73-76 C	59 or below F
87-90 B+	70-72 C-	
83-86 B	67-69 D+	

Policy on Attendance:

Northpoint believes the classroom is a critical part of the learning process; therefore, attendance for all class periods is both expected and necessary. The faculty understands that there may be legitimate reasons to miss classes and allows personal absences to accommodate sicknesses, emergencies, etc. If absences do occur, students are responsible for acquiring the materials covered in class and any assignments. Excessive absences will be handled as outlined in the Student Handbook.

Extension Policy – Projects and Major Papers:

Extensions may be granted by the course professor for the following four reasons: 1) hospitalization for illness. A doctor’s note confirming such is required; 2) extended serious illness that prevents a student from attending class. This requires a doctor’s note; 3) funerals or family emergencies granted as an approved absence by the Academic Dean; 4) school-approved activities. Students are to give any doctor’s notes to the Registrar upon returning to school. A note of explanation must be provided to the Registrar for an absence incurred for any of the above reasons. The student is to turn in all approved extension work to the professor by the date the professor designates on Populi. Failure to turn in a paper or project by the extended due date will result in a grade of zero for the paper or project.

Late Paper Policy:

When a student does not qualify for an extension, he/she may still turn in a major paper or project up to five days late via Populi; however, a grade penalty will be applied. Professors may exercise their privilege to reject all late submissions for assignments which account for less than 10% of the final grade or which may be part of a series of assignments in which the lowest scores are automatically dropped. All major late papers and projects turned in after the start of the period on the due date will receive an automatic five-point deduction. For each twenty-four-hour period (including Saturdays, Sundays and school breaks) that the paper/project is not turned in, another five points will be deducted. If the paper is not

submitted within five twenty-four-hour periods after the due date and time, an automatic score of zero will be entered for the grade with no opportunity to make up the paper.

Policy Concerning Electronic Devices in the Classroom:

Policy on Use of Cell Phones and Wireless Computers in Classes: As a member of the NBC-GR academic community, each student has a responsibility to professors and fellow students. When cell phones ring and students respond in class or leave class to respond, it disrupts the educational process. Therefore, NBC-GR prohibits the use by students of cell phones including texts, instant messaging, all social media such as Facebook, etc. Due to federal regulations related the CLERY Act, cell phones are permitted in class in case of a campus emergency. All phones must be on vibrate and need only be checked if every phone vibrates at the same time.

Wireless laptop computers and/or tablet devices are highly recommended for all classes. They must always be kept in silent mode during class sessions and they may be used for academic purposes applicable to that course only. Gaming, surfing the web, utilizing social media, and emailing will be grounds for disciplinary action.

Improper use of these devices may lead also to a charge of “cheating” or academic dishonesty and additional penalties.

A sanction for class disruption or academic dishonesty may be appealed using the appeals process. However, a violation that involves a charge of academic dishonesty must be appealed before the Director of the Grand Rapids Campus. Students have the right to continue attending class while an appeal is in progress.

Policies on Plagiarism and Cheating:

Any material, whether published or unpublished, copied from another writer, must be identified by use of quotation marks, block quotations, and documentation with specific citation of the source. Paraphrased material must likewise be attributed to the original author. As a school, intent on training men and women of integrity for the ministry Northpoint takes plagiarism seriously.

Plagiarism consists of the following categories:

- Use of another’s ideas without giving credit
- Quoting material from published or unpublished works, or oral presentation, without giving proper citation
- Paraphrasing material, whether published or unpublished, written or oral, without proper citation
- Copying another student’s paper, without that student’s permission

Cheating consists of but is not necessarily limited to the following:

- Using unauthorized notes or material when taking an examination

- Copying answers to examination questions, obtaining or helping others to obtain unauthorized copies of examination questions
- Copying another person's class work/assignments and/or homework and submitting it as one's own
- Having another student do one's paper, or any other assignment, in whole or in part and submitting the assignment as one's own work
- Allowing another student to copy one's paper
- Copying another student's paper with or without that student's permission

Any Student found guilty of plagiarism will receive a letter of reprimand (to be placed on their permanent record) and may be subject to, but not necessarily limited to, the following discipline:

- First offense (faculty discipline):
 - Reduction of grade
 - Failure of assignment

- Second offense (academic staff discipline):
 - Receiving an "F" for the course
 - Removal from any extracurricular activities
 - Dismissal for one semester or more

Policies on Assignments:

Responsibility for Information: The student will be responsible for all material presented during a class period he misses, regardless of the reason for the absence. This includes lecture material, assignment instructions or dates, test dates, changes in course requirements, etc. The student should check with a classmate to determine what was missed. Do not expect the professor to keep copies of handouts, study guides, etc.

Out of Class Study Time: The student should expect to devote two hours of individual study for every hour of class attendance.

Missing Exams: If a student must miss an exam due to serious illness or major emergency, he/she must contact the instructor within three days of the missed exam to arrange an alternative. Missing for such reasons as oversleeping, alarm not going off, forgetting, not being prepared, or extending a holiday or weekend will not merit a make-up opportunity. See the NBC-GR Student Handbook.

Reading: Students should expect to invest approximately 250 pages of reading per credit hour, per semester. This includes the primary text, the assignment of additional resources, and reading for research. Thus, for a two-credit course one should expect approximately 500 pages of reading, 750 pages for a three credit course, and 1,000 for a four credit course.

Satisfactory Academic Progress:

The Higher Education Amendment of 1976 mandates institutions of higher education to establish standards of ‘satisfactory academic progress’ for all students receiving financial aid. Northpoint Bible College will make the following standards applicable to all federal funds awarded to students:

The following Student Federal Aid programs will be subject to the standards: Federal Pell Grant, Federal Supplemental Educational Opportunity Grant [SEOG], Federal Work-Study [FWS], Federal Direct Subsidized and Unsubsidized Loans, Federal Direct Parent Loan for Undergraduate Students [PLUS].

Please be aware that the Satisfactory Academic Progress standards also affect state grant programs.

To maintain satisfactory academic progress, a student must:

- Complete a program in not more than 150% of the published length
- Obtain a C average or equivalent 2.0 upon completion of 60 or more credits in the Bachelor of Arts program
- Complete 67% of cumulative credits attempted [including repeated and transfer credits]

Students may attempt, including transfer credits, a maximum of 192 credits before financial aid eligibility will be terminated.

The following chart applies to all full and part-time students:

Credits Completed	Cumulative GPA
1-29.5	1.60
30-59.5	1.80
60 and thereafter	2.00

The following chart shows the minimum number of completed credit hours to maintain 67% satisfactory academic progress for full-time students:

Years Completed	1	2	3	4	5	6
Credits Accrued	20	40	64	86	108	128

Students attending on a ¾ time, ½ time, or less than ½ time basis will be prorated accordingly.

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