

Counseling Process and Skills



Faculty Contact

Ryan Noel Fraser, Ph.D.
Associate Professor of Bible and Pastoral Counseling
Licensed Clinical Pastoral Therapist (LCPT)
Freed-Hardeman University

B.A. in Bible, Freed-Hardeman College, 1989; M.Min., Freed-Hardeman University, 1991;
M.Div., Abilene Christian University, 2002; Ph.D., Brite Divinity School (Texas Christian
University), 2010

Office Phone: 731-989-6646
Email: rfraser@fhu.edu

Course Description

The basic principles, ethics, clinical techniques, and procedures for personal counseling are introduced. Relevant biblical and/or spiritual principles are applied.

Course Objectives

1. To enhance students' ability to think conceptually about counseling, and to develop an understanding of how biblical perspectives as well as those provided by the social sciences may be utilized.
2. To develop basic counseling skills, including active listening and communication, building rapport, assessment, reflection and problem solving, and awareness of both personal and environmental limits, boundaries, and resources.
3. At the conclusion of the course, students will be able to:
 - a. Demonstrate familiarity with the basic skills and concepts of short-term personal counseling, including empathy, goal-setting, identifying and working with exceptions, sustaining positive change, and formulating feedback.
 - b. Demonstrate an ability to facilitate future-oriented and solution-focused conversations.
 - c. Recognize and articulate the bounds of their own counseling competence and expertise.

Methodology

This course of study will be primarily taught by lecture/discussion, demonstrations, role play, and power point presentations.

Course Outline

1. You will be required to write a **Personal Reflection Paper** (five pages). Please comment as clearly and openly as you can on the following questions:
 - a. What strengths do you bring to the practice of personal counseling?
 - b. What might you find difficult in your counseling work/ministry? You may want to comment here on any specific issue or concern you anticipate being especially challenging in your counseling work.
 - c. What is your past experience with counseling, whether Christian/pastoral or secular?
 - d. How do you feel about counseling a person whom you perceive to be different from you in a significant way? Differences you may consider include race and ethnicity, gender, sexual orientation, theological and/or political persuasion.
2. Write a 4-page book report about *Overcoming the Blues* (by Ryan Fraser). Address major themes and interventions provided in the book, as well as provide your reflections on what you gained from reading it.
3. You will take two major exams during the semester: Midterm Exam and Final Exam (TBA).

Required Textbooks

Fraser, Ryan Noel. (2020). *Overcoming the Blues: Finding Christ-centered hope and joy through serving others*. New York: GoodBooks. **ISBN: 978-1680997170**

Young, Mark E. (2017). *Learning the art of helping: Building blocks and techniques* (6th ed.). Boston, MA: Pearson Education, Inc. **ISBN: 978-0134165783** [*Note: Do not purchase other editions]

Recommended Resource

Clinton, Tim and Ron Hawkins. (2009). *The quick-reference guide to biblical counseling*. Baker Books. **ISBN: 978-0801072253**

Class Times

The class will meet live on Tuesday evenings from 6:00–7:30 p.m. CST (7:00–8:30 EST). All other lectures will be pre-recorded and provided in advance for viewing.

Class Schedule

<p>Week 1 Tuesday, March 2</p>	<p>Introductions and Syllabus Overview What is Counseling? Biblical Perspectives for Christian Counseling</p> <p>Pre-recorded: Counseling Process and Therapeutic Factors (REPLAN) Ethics in Counseling</p>
<p>Week 2 Tuesday, March 9</p>	<p>Due: Read chapters 1-3 of <i>Learning the Art of Helping</i> Basic Attending Skills (SOLER) The First Session</p> <p>Pre-recorded: Assessment and Goal-Setting Skills Short-term Approaches to Counseling Solution-Focused Brief Therapy (SFBT)</p> <p>Due March 12th: Personal Reflection Paper (five pages)</p>
<p>Week 3 Tuesday, March 16</p>	<p>Due: Read chapters 4-6 of <i>Learning the Art of Helping</i> Counseling Tips for Helping Youth</p> <p>Pre-recorded: Due: Read chapter 8 of <i>Learning the Art of Helping</i></p> <p>Core Counseling Skills Reflecting Skills and Nonjudgmental Listening Cycle Cognitive Behavioral Therapy (CBT)</p>
<p>March 23</p>	<p>No class this week.</p>
<p>Week 4 Tuesday, March 30</p>	<p>Due: Read first half of <i>Overcoming the Blues</i> Depression Counseling</p> <p>Pre-recorded: Suicide Assessment and Intervention Crisis Counseling</p> <p>Midterm Exam due April 2nd</p>
<p>Week 5 Tuesday, April 6</p>	<p>Due: Read second half of <i>Overcoming the Blues</i> Anxiety Counseling Mindfulness and Relaxation Techniques</p> <p>Pre-recorded: Anger Management</p>

Class Schedule (continued)

Week 6 Tuesday, April 13	Due: Book report on <i>Overcoming the Blues</i> Obsessive-Compulsive Disorder (OCD) Prerecorded: Grief and Loss Counseling
Week 7 Tuesday, April 20	Due: Read chapter 7 of <i>Learning the Art of Helping</i> Introduction to Addictions Counseling Alcohol and Substances Addiction Prerecorded : Sex and Pornography Addiction Couples Counseling Approaches
Week 8 Tuesday, April 27	Due: Read chapter 11 of <i>Learning the Art of Helping</i> Evaluation and Termination Review for Final Exam Final Exam due April 30th

Grading Scheme

1. The personal reflection paper will represent 20 percent of your cumulative grade.
2. The four-page book report on *Overcoming the Blues* (by Ryan Noel Fraser) will represent 20 percent of the cumulative grade.
3. The midterm exam will represent 25 percent of your cumulative grade.
4. The final exam will represent 25 percent of your cumulative grade.
5. Pop quizzes, Attendance, and Class Participation (in role-plays, etc.) will represent 10 percent of your cumulative grade.

Grading Scale

Percent	Letter	Grade Points
96-100	A+	4.0
86-95	A	4.0
80-85	A-	3.8
77-79	B+	3.5
74-76	B	3.0
70-73	B-	2.8
67-69	C+	2.5
64-66	C	2.0
60-63	C-	1.8
57-59	D+	1.5
54-56	D	1.0
50-53	D-	0.8
49 & under	F	0.0

Make Up Work

All work missed due to an absence whether excused or unexcused must be made up immediately upon return to class. Please see the instructor for specific times to complete the work missed.

NO MAKE UP WORK OR EXTRA CREDIT WORK WILL BE PERMITTED AT THE END OF THE SEMESTER.

Classroom Behavior

Students are expected to behave in a mature, Christ-like manner, especially when addressing others in the class including fellow students and the professor.

Great Lakes Bible College
February 15, 2021