

TRINITY EVANGELICAL DIVINITY SCHOOL
CM 5000 – Introduction to Counseling Ministries
Fall 2022 – TEDS Face-to-Face/Modular Section

Instructor: Rev. Stephen P. Greggo, Psy.D.

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Office Hours: By Appointment

Phone: 847-317-8093

Class Times: Friday, 9/9 & 9/23 1:00pm-7:45pm; Saturday 9/10 & 9/24 9-4pm*

Website: Canvas

Enrollment PW: ministries

COURSE DESCRIPTION: An introduction to the principles and techniques involved in the pastoral ministry of care and counseling. The course emphasizes basic counseling skills and ability to relate to others. Biblical, theological, and ethical concerns in pastoral care ministry are discussed, and an overview of common counseling concerns is presented. Course format includes lecture, video, role-play, and discussion. Not applicable to MA in CM, or MA in MHC. (2 hours).

LEARNING OUTCOMES:

- 1) Students will begin to assess their abilities and calling in the area of people helping ministry.
- 2) Students will begin to develop a personal biblical framework within which to place their counseling ministry and an awareness of the common counseling situations that they may face, such as depression, premarital counseling, or family issues.
- 3) Students will acquire and practice basic counseling skills in the area of listening and rapport building with opportunities for students to assess personal strengths and weaknesses in this area.
- 4) Students will be presented with and practice a basic problem-solving approach to common counseling problems. Strategies appropriate to such a model will be discussed and placed in a biblical framework.
- 5) Students will gain knowledge of the history and place of counseling in pastoral and ministry settings, including some of the current controversies and issues in the practice of Biblical/Christian counseling.
- 6) Students will gain knowledge of the ethical, legal, and ministerial issues involved in church-related counseling, such as confidentiality, cross-gender counseling, expectations, and use of appropriate boundaries.

TEXTS:

The full text journal articles posted on the Canvas course site and book chapters are identified as either required or recommended. These readings will function as our main text. Additional articles may be assigned to supplement these and the required vs recommended status is subject to change.

Required Text Readings (Note: Reading the entire text is encouraged but certainly *not* required)

Greggo, S. P. (2008). *Trekking toward wholeness: A resource for care group leaders*. Downers Grove,

* These are the official meeting times listed for this course. However, the recent course revision offers pre-recorded lectures. These times will be adjusted to allow for *advanced* viewing of these lectures. These new times will be confirmed at the outset of the semester, and the expected timeframe will be 1 to 6pm for Friday sessions and 9 to 1pm each Saturday.

IL: IVP. [978-0-8308-2824-1]² (Select three chapters)

Nesbit Sbanotto, E. A., Davediuk Gingrich, H. & Gingrich, F. (2016). *Skills for effective counseling: A Faith-based Integration*. Downers Grove, IL: IVP. [978-0-8308-2860-9].³ (Select three chapters)

Recommended Reading

McLaughlin, P. & McMinn, M. (2022). *A Time for Wisdom: Knowledge, detachment, tranquility, transcendence*. West Conshohocken, PA: Templeton Press. [978-1-59947-587-5].

COURSE REQUIREMENTS:

General Guidelines:

- 1) All written work is to be submitted in Word format and is double-spaced unless otherwise stipulated. Well-structured, clearly articulated, graduate-level academic work is the expectation for all written assignments.
- 2) As per the catalog *all assignments submitted after the deadline in the syllabus are considered late and will receive one full letter grade reduction (e.g. A- to B-)* for each week or fraction thereof that they are late.
- 3) Electronic transmission of written work is acceptable only via the Canvas course page. Do not e-mail assignments directly to the instructor.
- 4) **No assignments will be accepted following the administration of the final exam.**
- 5) Plagiarism and/or cheating of any kind will not be tolerated. (See relevant sections in current *Academic Handbook* for further discussion of these matters.)
- 6) A lecture / discussion format is used. As such, **attendance and participation** in classroom activities enhance the learning experience. Participation is defined as the active demonstration of thoughtful reflection on course readings, lecture themes, and case applications. Attendance, participation and course investment is factored into the final grade.
- 7) Assigned readings are to be completed **prior** to class meetings. Readings are selected to stimulate mutual exchange. Agreement with all the theological, theoretical, or application views of the authors is not anticipated.
- 8) Announcements regarding assignments, deadlines, or assigned reading may be made in class or via the course Canvas notification system. Students are responsible for updates communicated in either format.
- 9) Final grades are calculated utilizing total course points to establish a grading curve. (NOTE: Ignore all grade projections computed automatically by Canvas. These do not represent the actual curve applied by the professor).
- 10) Attendance, reading the texts, listening to the recorded lectures, and a written evaluation of class experience are required for audit credit.

Assignments:

- 1) **Canvas Resources:** Course resources (posted articles & book chapters) are on Canvas and/or included in the TEDS Logos Library. This website is open prior to the course and may be updated periodically. The enrollment key will be e-mailed to those registered and/or is listed on this

² *Trekking towards Wholeness: A Resource for Small Group Leaders* is included in the TEDS Logos library in its full text version.

³ *Skills for Effective Counseling: A Faith-based integration* is on reserve in the Roling library and an electronic version is available for instant access.

syllabus. Lecture outlines will be available on this website *for personal study purposes only*.

- 2) **Recorded lectures:** A complete collection of recorded lectures via posted links is available to students. These PowerPoint presentations contain audio and visual content. The instructor may elect to do a limited selection of these lectures live. If and when this will be done, you will be notified as to which recorded lectures to exclude from advanced review. Unless notified, the expectation is that the recorded lectures will be viewed prior to attendance. Class sessions will be dedicated to discussion, casework, construct expansion, and application.

- 3) **Reading and Discussion Participation (reading due on date assigned for class discussion):** All required book chapters and articles are to be read in full. Be prepared to sign a detailed reading, attendance and participation report on each meeting weekend. You will appraise your own contribution to the learning environment and peer interaction. The instructor will take your self-assessment into consideration to formulate this portion of the course grade (20%). [LO 2, 5, 6]

- 4) **Spiritual Formation Project (due 9/30 Friday 11am):** It is essential that we create space for God to speak into our own lives to effectively help others. In the context of this class, this is an opportunity to seek God’s guidance with regard to interpersonal skills for current and future ministry. The focus for this formation exercise might be prayed: *“Lord, what type of people helper are you calling me to be? How are you shaping me relationally to fulfill this calling?”* Each student will design and participate in a brief (2 hour) spiritual formation reflection. This may include contemplative prayer (listening prayer), seeking guidance from God regarding interpersonal strengths and weaknesses, or other counseling ministry related concerns. Activities may include any spiritual discipline that is personally beneficial. It is suggested that you enter into an activity that may not be a current practice. Turn in a 2-page accountability report stating the date, time, plan, circumstances of the activity *and* include a brief synopsis of your actual experience (i.e. How did you hear the Holy Spirit speak to your relational shaping and calling? (10%). [LO 1, 2]

- 5) **Counseling Skills Exercise Recording Self Critique (due 9/24 Saturday 8am):** Record a “counseling” session with a classmate (one session per cloud recording/thumb drive please). Pair up on the first day of class. Secure a private location that is suitable for confidential conversation. Students can feel free to use their own equipment or record a meeting but this material should be kept private. *Bring your recording or link to the class session on 9/24 Saturday for review.*

Counseling scenarios can be selected from the list on Canvas. Or, it is more realistic if an actual life concern can be explored. An informed consent agreement is provided, and identification of an appropriate topic will be discussed. The session should include allowing the “counselee” to briefly tell his or her concern, work toward problem definition, and *possibly* offer an intervention or recommendation. This session should last 40-50 minutes.

Review your recording carefully. In 4-6 pages, identify and critique your use of empathic techniques, helping skills, and strategies. Consider any feedback from the “counselee.” The ideal focus is to give examples of the skills you demonstrate and state a plan for increasing the use of additional skills in future counseling. Use terms from lectures/readings. Further, *Skills for Effective Counseling* provides examples and additional explanation of empathy and key counseling skills. Reflect on both the positives and identify specific areas for improvement (20%) [LO 1, 3, 4].

- 6) **Counseling Skills Exercise Peer Review (due 9/30 Friday 11:00pm):** Each student will review a peer’s counseling recording, evaluating his or her skills, empathy, helping techniques and approach to the session. Link addresses on index cards/jump drives will be randomly distributed in class. Analysis should be 2-3 pages in length. Submit two copies of this paper on the due date, one for the professor via Canvas and one for the peer evaluation (to peer via e-mail) (10%). [LO 1, 3, 4]

- 7) **Pastoral Counseling Case Exploration (due 9/9 Friday 1:00pm):** Phase 1: For our initial session, prepare a 2-3-page case description of a hypothetical client that depicts a concern that could conceivably come to you in the pastoral counseling role in your future. Base this description on a real-life scenario, if possible. Do not offer *any* identifying information. Select a case that addresses a concern that you expect to see again in your future ministry. In addition to your submission, you will share the client’s key dilemma and spiritual concern in our live session.

Phase 2 (due 9/24 Saturday): For our closing session, summarize one key lesson appropriate from the course that would influence how you would minister to this client directly via pastoral counseling and/or indirectly by the application of principles related to a vibrant continuum of care.

Phase 3 (due 9/30 Friday, 11:00pm): Respond to your own client in a 4-5 page pastoral

assessment, conceptualization, and care plan that demonstrates familiarity with the course readings and lecture concepts. Include references from the required readings. Outside research is not expected but references from the recommended reading is welcome. Apply key concepts from the articles/chapters that most influenced the deeper grasp of your role, counseling process, thematic motifs, continuum of care and/or prevention strategies to this case. (20%). [LO 2, 4, 5, 6]

- 8) **Exam (due 9/30, Friday 11:00pm):** One final exam will be given. The format will be brief essays regarding the assigned reading/session lectures/discussion. The exam is completed independently, but it is acceptable to consult texts, articles, or notes. Keep in mind that the clock is ticking once the exam is open. You cannot stop the exam and return to it later. Be sure to have a reliable internet connection in place during the exam. If you plan to take your exam while out of the area, remember the exam on Canvas is in Trinity's time zone. **The final exam will be open on Canvas from 1pm on 9/24 Saturday to 11 pm on 9/30 Friday. This exam has a time limit of 90 minutes.** (20%) [LO 2, 3, 4, 5, 6]

<u>Class</u>	<u>Date</u>	<u>Topic</u>	<u>Reading and/or Assignment Due</u>
Unit 1 The Wisdom Way			
1	9/9	The Wisdom Way: Vision Care for the Eyes of the Heart	<i>Pathways from Adversity to Wisdom/Dorfman</i>
2	9/9	Making Wise Bioethical Decisions	<i>Beyond Bioethics 101/Greggo & Tillett</i>
3	9/9	Counseling in Theodramtic Perspective: Walking in the Way of Wisdom	<i>Forming the Performers/Vanhoozer</i> <i>Canon Sense & Common Sense/Greggo</i>
4	9/9	Defining Counseling and Christian Distinctives	<i>Counseling for Evangelical Pastors/Greggo</i>
	9/9	Assignment Due	Pastoral Counseling Case Exploration Phase 1 1:00pm
Unit 2: Maximizing Counseling Conversations			
5	9/10	The Social Brain, Empathy & Pastoral Care	<i>How we empathize with others: A neurobiological perspective</i> /Jankowiak-Siuda et al.
6	9/10	Raising Expectations for Dialogue as Ministry	<i>Skills for Effective Counseling (select chapter)</i>
7	9/10	Mastering Micro skills For Conversations that Help	<i>Skills for Effective Counseling (select chapter)</i>
8	9/10	The Hospitality of Healing Presence	<i>Skills for Effective Counseling (select chapter)</i>
Unit 3: Essential Counseling Motifs			
9	9/23	Spiritual Struggles: Distraction or Doorway	<i>Religious and Spiritual Struggles/Exline</i>
10	9/23	Vocation & Life Story: Coauthoring Identity	<i>"First we invented stories, then they changed us"/Adams</i>
11	9/23	Hope Infused Couples' Counseling	Check out https://www.hopecouples.com/
12	9/23	Breaking Hard Habits: Motivating Change	<i>Motivational Interviewing/Martin & Sihm</i>
	9/23	Assignment Due	Spiritual Formation Report 11:00am

Unit 4: Promoting Connection and Prevention

13	9/24	Support Groups: Trekking Towards Wholeness	<i>Counseling in Small Groups/Greggo</i> <i>Trekking toward Wholeness (Select chapters)</i>
14	9/24	Creative Ministries Along the Continuum	<i>Creating a continuum of care/Greggo</i>
15	9/24	Caregiving Pitfalls: Boundary Issues	
16	9/24	Church Hurt: Victims with Body Injury	
	9/24	Assignment Due	Role-play DVD Self-Critique (Bring Recording to class) In-class: Detailed Reading/Participation Report Pastoral Counseling Case Exploration Phase 2
	9/24 – 9/30	Final Exam Open	Exam Due 9/30 11:00pm via Canvas
	9/30		Role-play DVD Peer Review 11:00pm

STUDENTS WITH DISABILITIES

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 Mary Guthrie, 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 Mary Guthrie to discuss your needs. You can contact her at mcguthrie@tiu.edu or 847-317-7114.

Note on Academic Accommodations in this CM 5000 Modular course: The reading and written assignments are available for this course well in advance of its starting date. This allows for advanced preparation for those who may need additional time for exposure to this material. Preparation in advance of the course is the optimum way to overcome learning challenges as it permits full participation with the cohort and immediate use of in-class supports. Modular courses proceed quickly and if this pace is not conducive to your learning style, please enroll in another section of this course that is even paced with weekly sessions. In addition, please discuss reading priorities with the professor should selection of readings be necessary.

ACADEMIC DISHONESTY AND PLAGIARISM

The community at Trinity International University promotes a commitment to integrity in all areas of life. In the case of breaches of academic honesty such as plagiarism or cheating on examinations, the matter will be reported to the Dean/Associate Dean of Students. Students should be advised that normally in cases of academic dishonesty or plagiarism the penalty shall be a “0” for the assignment and an “F” for the course. For the full policy, please see the TEDS/TGS Student Guide.

COURSE EXTENSIONS

Course extensions may not be granted by the professor past the final day of exam week, and are granted only for very exceptional reasons. Requests for course extensions must be made to the Dean of Students office. Grades of “incomplete” are not granted at Trinity Evangelical Divinity School.