

## **Introduction to Christian Counseling**

**MIN 4350**

Tuesday 7:00 PM – 10:00 PM

Austin Graduate School of Theology

Taught by Armando Hernandez, M.MFT, LMFT

**Fall 2009**

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Office hours by appointment

### **I. Course Description:**

In this course, Christian counseling is distinguished from secular counseling in that it takes place in a Christian environment, usually it is provided by a minister, priest, chaplain or lay Christian and it is considered to be an extension of the ministry of the Word of God. Christian counseling may involve giving advice, serving as a sounding board, encouraging, supporting, teaching or providing spiritual guidance, and in many cases, referring the individual to a mental health professional for more in-depth counseling.

### **II. Goals:**

- a. The student will gain a basic understanding of the field of counseling and its practical applications within a church setting.
- b. While the field of formal counseling requires specialized training and professional credentialing, this course will equip the student with enough first-aid type tools to assist hurting individuals.

### **III. Objectives:**

- a. The student will become familiar with methods and principles of biblical exegesis as applied to the practice of Christian counseling.
- b. The student will be able to articulate elements of a contemporary worldview of Christian counseling approaches in comparison and contrast with other current worldviews.

### **IV. Textbooks:**

Shields, Harry and Bredfeldt, Harry (2001) **Caring for Souls: Counseling under the Authority of the Scripture.** Moody Press. Chicago, IL

### **V. Course Requirements and Grading.**

#### **A. Course Requirements.**

1. Interactive participation in discussions with teacher and class members.

2. Required readings of textbook, articles and other assigned materials. Reading materials will be included in tests.
3. Take two major exams
4. **Book Report:** Students will choose a book in the area of Christian Counseling and will presentation in class. Students will need to get approval from instructor regarding the book selection, and will be expected to make outline of book with copies for each class members.

**B. Course Grading.**

1. Two exams are 80 points out of 100 total grade.  
Exam one = 40 points  
Exam two = 40 points
2. Class participation is 10 points out of 100 total grade.
3. Book report is 10 points out of 100 total grade

<b>VI. Course Outline.</b>	<b>Discussion Topic/Readings</b>	<b>Date</b>
1.	<b>Introduction to the course</b> <b>Part I: The Foundations of Spiritual Counsel:</b>  <b><i>Biblical and Theological Foundations of Human Personality</i></b>  <b>SOLA SCRIPTURA:</b> The Matter of Biblical Authority (chapter 1)	<b>09-01</b>
2.	<b>Wonderfully Created:</b> <b><i>The Biblical Dimensions of Personality (Parts 1 and 2)</i></b> <i>(Chapters 2 and 3)</i>  <b><i>Social Science Foundations of Human Personality</i></b>	<b>09-08</b>
3.	<b>WINDOWS FOR SEEING</b> <b>The value and Evaluation of Psychological Theories</b> <i>(Chapter 4)</i>  <b>PERSONALITY PARADIGMS I</b> <b><i>Biological and Behavioral Approaches</i></b> <i>(Chapter 5)</i>	<b>09-15</b>

<b>4. PERSONALITY PARADIGMS II</b> <i>The Psychoanalytic Approach</i> (Chapter 6)	<b>09-22</b>
<b>5. PERSONALITY PARADIGMS III</b> <i>The Phenomenological Approach</i> (Chapter 7)	<b>09-29</b>
<b>6. PERSONALITY PARADIGMS IV :</b> <i>The Cognitive Approach</i> (Chapter 8)	<b>10-06</b>
<b>7. Midterm Exam</b>	<b>10-13</b>
<b>8. PART TWO THE PRATICE OF SPIRITUAL COUNSEL</b>	<b>10-20</b>
<b>SPIRITUAL COUNSEL: The Care and Cure of Souls</b> (Chapter 9)	
<b>THE PROCESS OF SPIRITUAL COUNSEL (Part One)</b> (Chapter 10)	
<b>9. THE PROCESS OF SPIRITUAL COUNSEL (Part Two)</b>	<b>10-27</b>
(Chapter 11)	
<b>10. SPIRITUAL COUNSEL IN THE CONTEXT</b> <b>OF HOPELESSNESS</b> (Chapter 12)	<b>11-03</b>
<b>SPIRITUAL COUNSEL IN THE CONTEXT of FEAR</b> (Chapter 13)	<b>11-10</b>
<b>11. Book Review Presentations</b>	
<b>SPIRITUAL COUNSEL IN THE CONTEXT of ANGER</b> (Chapter 14)	<b>11-17</b>
<b>SPIRITUAL COUNSEL IN THE CONTEXT of GUILT</b> (Chapter 15)	
<b>12. Book Review Presentations</b>	<b>11-24</b>
<b>SPIRITUAL COUNSEL AND MARITAL CONFLICTS</b> (Chapter 16)	
<b>Thanksgiving -</b>	
<b>14. EPILOGUE</b>	<b>12-01</b>
<b>SPIRITUAL CARE OF ONE'S OWN SOUL</b>	
<b>15. Final for this course</b>	<b>12-08</b>

## **V. Recommended Bibliography:**

- Arnold, William V. (1982) Introduction to Pastoral Care, The Westminster Press, Philadelphia, PA
- Becvar, Raphael J. and Becvar, Dorothy Stroh (1982) Systems Theory and Family Therapy, A Premier, University Press of America, Inc: Lanham, MD
- Benner, David G. (1992) Strategic Pastoral Counseling: an overview, Baker Book House Company, Grand Rapids, MI
- Benner, David G. (1998). Care of souls: provisioning Christian nurture and counsel: Baker Books Grand Rapids, Mich.,
- Berkley, James D., (1989). Called into crisis: the nine greatest challenges of Pastoral care: Carol Stream, Ill.: Christianity Today; Dallas: Distributed by Word Books,
- Bidwell, Duane R. (2004) Short-Term Spiritual Guidance Fortress Press: Minneapolis, MN
- Capps, Donald (1995). Agents of hope: a pastoral psychology: Minneapolis: Fortress Press.
- Capps, Donald (1981). Biblical approaches to pastoral counseling, Philadelphia: Westminster Press,
- Childs, Brian H., (1990). Short-term pastoral counseling: a guide: Nashville, TN: Abingdon Press,
- Clinebell, Howard John, (1984). Basic types of pastoral care & counseling: Resources for the ministry of healing and growth, Nashville: Abingdon Press,
- Coon, Glenn A. (1968). The art of Bible counseling, Nashville, Southern Pub. Association.
- De Bont, Walter (1968) Rules of Thumb for Pastoral Counseling, Paulist Press: New York, NY
- Hightower, Jr., James E. (Editor/Contributor) (1985) Caring for Folks from Birth to Death, Broadman Press, Nashville, TN
- Hiltner, Seward, Title: (1961). The context of pastoral counseling: New York, Abingdon Press
- Hiltner, Seward (1949), renewed 1976 by Seward Hiltner Pastoral Counseling: How Every Pastor Can Help People Help Themselves, Parthenon Press, Nashville, TN
- Holifield, E.B. (1983) A History of Pastoral Care in America: Nashville: Abingdon.
- Kemp, Charles F., (1985). The caring pastor: an introduction to pastoral Counseling in the local church: Nashville: Abingdon,
- Huber, Charles H. & Back, Backlund, Barbara A. (1995). The Crossroad Publishing Co.: NY
- Kirwan, William T. (1984) Biblical concepts for Christian counseling: a case for Integrating psychology and theology Grand Rapids, Mich. : Baker Book House,
- Kollar, Charles Allen (1999) Solution-Focused Pastoral Counseling. Grand Rapids: Zondervan Publishing House.
- McMinn, Mark R.: (1991) Cognitive therapy techniques in Christian counseling

Dallas: Word Pub,  
Mikesell, William Henry (1961). Counseling for ministers: Boston, Christopher Pub. House  
Meier, Paul D. (et al), (1996) Introduction to Psychology and Counseling. Christian Perspective and Applications. Baker Books: Grand Rapids, MI  
Oglesby, Jr., William(1978) Referral in Pastoral Counseling, Abingdon, Nashville  
Parkham, Thomas A. (2002) Counseling Persons of African Descent (Multicultural Aspects of Counseling And Psychotherapy. Sage Publications, Inc: Thousand Oaks, CA  
Santiago-Rivera, Azara L. (et al) (2002) Counseling Latinos and La Familia (Multicultural Aspects of Counseling and Psychotherapy) Sage Publications, Inc: Thousand Oaks, CA  
Schultz, Karl A., (1993) The art and vocation of caring for people in pain New York: Paulist Press  
Stone, Howard W. The Congregational Setting of Pastoral Counseling: Theorists from 1949- 1991, Journal Of Pastoral Care Publications, Inc. 1997-2001.  
Stone, Howard W. (1994) Brief pastoral counseling Minneapolis: Fortress Press,  
Vaughan, Richard P. (1987) Basic skills for Christian Counselors. Paulist Press: Mahwah, NJ  
Wilson, Earl D., (1987). Counseling and guilt: Waco, Tex. : Word Books,  
Wimberly, Edward P. (1979) Pastoral Care in the Black Church. Abingdon, Nashville

### **Web-Related Resources**

Austin Presbyterian Theological Seminary: <http://voyager.austinseminary.edu/>  
AGST: <http://www.austingrad.edu/Library/libresources.html>  
Biblical Studies on the Web: <http://www.bsw.org/index?l=30>  
The Journal of Pastoral Care & Counseling: <http://www.jpccp.org/>  
The Online Books Page: <http://digital.library.upenn.edu/books/>  
Wabash Center –Internet Resources:  
<http://www.wabashcenter.wabash.edu/Internet/front.htm>  
National Association of Social Work: [WWW.Social Workers.com](http://WWW.SocialWorkers.com)  
United Way: <http://national.unitedway.org/myuw/>  
Journal of Psychology and Theology: <https://wisdom.biola.edu/jpt/>  
Social Science Review: <http://www.journals.uchicago.edu/SSR/>  
Social Science Virtual Library: <http://www.dialogical.net/socialsciences/index.html>

### **VOLUNTEER OPPORTUNITIES On the Web**

In His Name Ministries - <http://inhisname.org/>  
El Buen Samaritano Episcopal Mission: <http://www.elbuen.org/volunteer.html>  
Shepherds Center or Kernersville (Telephone Reassurance Ministry)  
<http://shepherdscenterkville.com/>  
Volunteering in Austin area: <http://austin.about.com/od/volunteering/>  
Austin/San Marcos: <http://www.volunteermatch.org/bymsa/m640/c5/opp1.html>

Stephen Ministries:

<http://www.fumcaustin.org/education/adultdiscipleship/stephenministry.html>

[http://www.hopeaustin.org/stephen\\_ministry.htm](http://www.hopeaustin.org/stephen_ministry.htm)

The Word ( Kixl99.3 FM Radio) <http://www.kixl.com/content.php?id=9>