

CNS 421 Counseling Techniques  
Washington Bible College  
Professor: Ok Cha Soh, Ph. D.  
Tel: 301 552 1400 x1287, e-mail: [osoh@bible.edu](mailto:osoh@bible.edu)

Fall Semester, 2010

## **COURSE SYLLABUS**

### **COURSE DESCRIPTION AND EDUCATIONAL GOALS**

The purpose of this course is to introduce students to an experiential and a cognitive methodology of the techniques which are basic to any counseling endeavor, working with a developmental model of helping. This course also seeks to explore various Christian counseling skills to develop further counseling practices which can be implemented in Christian fields. The emphasis of this course is on the acquisition and use of some of the basic skills in counseling.

### **REQUIRED TEXTBOOKS**

Crabb, Larry. Effective Biblical Counseling. Grand Rapids, MI: Zondervan, 1998.

Corey, Gerald. The Art of Integrative Counseling. (2<sup>nd</sup> ed.). Brooks/ Cole, 2009.

### **RESERVED TEXTBOOKS**

Broger, John C. Self-Confrontation. Rancho Mirage, CA: Biblical Counseling Foundation, 1993.

McMinn, Mark R. Cognitive Techniques in Christian Counseling. Dallas, TX: Word Publishing, 1991.

### **SPECIFIC OBJECTIVES**

At the completion of this course, students should be able to:

- 1) demonstrate knowledge of the philosophy of counseling that is consistent with biblical theology.
- 2) demonstrate a working knowledge of basic attending skills for counseling.
- 3) evaluate various counseling processes and outcomes.
- 4) refine the ability to integrate and apply counseling skills based on biblical knowledge.
- 5) practice the various people-helping skills involved with problem exploration, goal setting, and treatment.

## **REQUIREMENTS**

1) Class Attendance: Class attendance is very important in academic accomplishment. Students will receive an automatic grade of “F” for being absent more than 20% of total classes. Under unusual circumstances, such as prolonged illness or family emergencies, a student may petition the faculty for permission to make up and complete a course.

2) Class Assignment: Reading and class assignments given below must be completed before the class period for which they are scheduled.

3) Counseling Triad: The students in this course will be grouped into three as approved by the professor. This triad will then become a support group for its members. This triad will meet at least 7 times during the semester outside the classroom for at least one hour each session. The triad can not meet more than twice per week and must have an interval of at least one day between meetings. The triad will become a lay counseling group to discuss real problems and to practice people-helping skills.

Session #1 will be a planning meeting during which the Triad Planning Sheet will be filled out. During the next six sessions the members will rotate among the Presenter (i.e., the one who is the counselee and who is presenting a real problem of his own), the Responder (i.e., the one who is the counselor and who is responding to the real problems of a fellow member), and the Facilitator (i.e., the one who opens and closes the sessions, who observes the helping process going on, who writes notes, and who intervenes in emergencies or when the helping process has stopped). During sessions #2-7 the Facilitator will be writing notes on the Facilitator’s Sheet. After each of the session #2-7 the Presenter and the Responder will be writing brief notes on the Presenter and the Responder Sheet respectively. At the end of each session, the Facilitator will give his or her reactions to the meetings and ask the other two members to do the same. These reaction comments should be brief and can be recorded under Comments on each sheet. Through this process of 7 triad meetings each student should develop a counseling file which includes at least 7 session sheets for 7 meeting (1 Planning, 2: Presenter, 2 Responder, 2 Facilitator sheets). Any students who attends each of the 7 sessions and fills out the 7 sheets in his or her file will pass the assignment (C). Excellence in genuine disclosure, effective helping, and objective facilitativeness will result in A or B grade.

Irresponsible breach of confidentiality by any member of the group will result in broken trust and may result in a failing grade for the assignment.

4) Class Presentation: Students will research and evaluate secular counseling theories and make presentations in the class.

5) Exams: Students will take two exams (a mid term and a final).

6) Technology Policy: The appropriate use of technology, in the classroom, for

enhancement of a student's educational experience is encouraged and welcomed. It is expected that technology (cell phones, computers, etc.) will not be used for matters unrelated to class unless described and approved by the professor. The use of technology should not distract other students or interfere with their learning experience. Students are encouraged to discuss any and all concerns regarding this issue with their professor at the beginning of the semester.

### **GRADING**

- 1) Counseling Triad: 40%
- 2) Class presentation: 10%
- 3) Exams: 50% (25% each)

\*Assigned project should be submitted at the beginning of the class period for which they are scheduled. Unexcused lateness will result in grade reduction. The submitted copy may suffer grade reduction for grammatical errors. Projects will not be accepted after two weeks of lateness.

### **CLASS SCHEDULE**

August	24	Introduction to the course/ overview of counseling principles Read: Crabb, Chs. 1-2
	31	Christian Counseling Continuum Read: Crabb, Chs. 3-4
September	7	Beginning of counseling/ Therapeutic relationship Read: McMinn, Chs. 1-3
	14	Cognitive focus in counseling Read: McMinn, Chs. 4-7 <b><u>Video Presentation</u></b>
	21	Emotive focus in counseling Read: Crabb, Chs. 5-7
	28	Behavioral focus in counseling Read: Corey, Chs. 1-3
October	5	Communication skills <b><u>Video Presentation</u></b> Read: Crabb, Chs. 8-9

October	12	<b><u>Mid Term Exam</u></b>
	19	<b><u>Fall Break: No Class!!</u></b>
	26	Evaluation of secular counseling <b><u>Due: Class Presentation</u></b> Read: Corey, Chs. 4-6
November	2	Evaluation of secular counseling <b><u>Due: Class Presentation</u></b> Read: Corey, Chs. 7-9
	9	Evaluation of secular counseling <b><u>Due: Class Presentation</u></b> Read: McMinn, Chs. 8-10
	16	Evaluation of secular counseling Read: McMinn, Chs. 11-13
	23	<b><u>Thanksgiving Break: No Class!</u></b>
November	30	Counseling of Jesus BCF Self-Confrontation Read: Broger, handouts <b><u>Due: Triad File</u></b>
December	7	BCF Self-Confrontation Read: Broger, handouts
	13 - 17	<b><u>Final Exam</u></b>

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