

# **COUN 518: THEOLOGICAL FOUNDATIONS & COUNSELING**

CINCINNATI CHRISTIAN UNIVERSITY  
DEPARTMENT OF BEHAVIORAL SCIENCES  
Spring 2018 ▪ 3 Credit Hours ▪ Section 01

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## **COURSE DESCRIPTION**

This course provides an overview of how Christian theological foundations are relevant within mental health counseling, especially related to the concepts of grace, sin, suffering, healing, redemption, sanctification, and the image/nature of both humanity and God. Additional topics addressed within this course include integration of theological concepts and counseling, models of faith development, moral development and reasoning, cultural theologies related to counseling, spiritual warfare, and the personal/spiritual implications of death and heaven/eternity.

## **COURSE RATIONALE**

*CACREP* – The material in this course is designed to meet the 2009 Council on Accreditation of Counseling and Related Educational Programs (CACREP) curriculum standards for masters training. The specific standards are related to social and cultural diversity (Section II.G.2).

*Ohio* – This course meets education requirements for Ohio Administrative Code (OAC) for techniques 4757-13-01(A)(4)(b), as well as the Ohio Revised Code (ORC) for eligibility for the LPCC credential: 4757.22(C)(1).

*Kentucky* – This course meets education requirements for Kentucky Revised Statutes (KRS) for helping relationships: 335.525(1)(d)(1), as well as the Kentucky Administrative Regulations (KAR) for eligibility for the LPCC credential: 201 KAR 36:070.

*Indiana* – This course meets education requirements for Indiana Administrative Code (IAC) for mental health counseling: 839 IAC 1-5-1(a)(6), as well as Indiana Code (IC) for eligibility for the LMHC credential: IC 25-23.6-8.5-3(1)(C) & IC 25-23.6-8.5-3(2).

## **COURSE OBJECTIVES**

1. Identify and explain basic theological concepts within the context of the daily life and functioning of individuals, couples, and families (e.g., grace, sin, suffering, healing, redemption), including faith development and moral development across the lifespan: *MAC 2.c; MAC 3.*
2. Articulate an integration of theology and counseling, which includes theological reflection, addressing spiritual and religious themes in counseling when appropriate, and providing counseling within a Biblical context: *MAC 1; MAC 3.*
3. Explain the nature of humanity and the nature of God and how these concepts inform and are relevant to the practice of mental health counseling: *MAC 3.*
4. Understand the legal and ethical issues related to addressing Christian theology within a counseling environment, including sensitivity to cultural and ethnic theologies: *CMHC A.2; MAC 2.h; MAC 3.*
5. Identify how cultural and ethnic theologies influence lifestyle (e.g., moral free will and accountability, spiritual rituals and practices, medication and secular health resources, spiritual warfare, sanctity of life, etc.): *CMHC E.1; MAC 2.d; MAC 3.*

## **METHOD OF INSTRUCTION**

The methods of instruction in this course shall include lecture and group work. A portion of each class session will be dedicated to discussing the readings and assignments using a seminar format, which involves students working together, discussing assignments, and exchanging information. Active participation is required to help develop a richer understanding of the role of theology in counseling; learning will be facilitated via discussion of readings, writing assignments, group work, and application to case studies. It is essential that students prepare for class by reading assigned material and reviewing any related materials (available on Canvas) prior to class.

## **REQUIRED MATERIALS**

### Canvas and Email:

All students enrolled in this course are required to check Canvas and their email weekly for the duration of the course. Course announcements, changes to the syllabus, and memos from the instructor will be distributed via Canvas and/or email. Students are responsible for all information distributed in this manner.

### Required Texts:

*Holy Bible.* Translation is student's choice (ESV or NASB preferred).

Macauley, R., & Barrs, J. (1998). *Being human: The nature of spiritual experience.* Downers Grove, IL: InterVarsity Press. ISBN: 978-0830815029.

Worthington, E. L., Jr. (2010). *Coming to peace with psychology: What Christians can learn from psychological science.* Downers Grove, IL: InterVarsity Press. ISBN: 978-0830838820.

### Recommended Text:

American Psychological Association. (2009). *Publication manual of the American Psychological Association* (6th ed.). Alexandria, VA: Author. ISBN: 978-1433805615.

**GRADING/EVALUATION\***

Graded Assignments*	Points	%-age
Theological Awareness Paper	50	12.5%
Forum Discussions (5 x 10 points)	50	12.5%
Personal Reflections (10 x 10 points)	100	25%
Case Study Responses (4 x 25 points)	100	25%
Nature of God & Humanity Paper	50	12.5%
Human Suffering Paper	50	12.5%

	Points	Percentage
<b>A</b>	380-400	95-100%
<b>A-</b>	368-379	92-94.99%
<b>B+</b>	356-367	89-91.99%
<b>B</b>	344-355	86-88.99%
<b>B-</b>	332-343	83-85.99%
<b>C+</b>	320-331	80-82.99%
<b>C</b>	308-319	77-79.99%
<b>C-</b>	296-307	74-76.99%
<b>D+</b>	284-295	71-73.99%
<b>D</b>	272-283	68-70.99%
<b>D-</b>	260-271	65-67.99%
<b>F</b>	≤ 259	< 64.99%

\* MAC students: In accordance with rule 4757-3-01(J)(1), from the Ohio Counselor, Social Worker, & Marriage and Family Therapist Board, you must receive a B- (minimum of 415 points or 83%) or higher in this course for it to count toward your MAC degree or toward licensure.

**Theological Awareness Paper**

Students will compose a paper (not including title page) that thoughtfully considers their understanding of Christian theology and how it influences their conceptualization of clients and of the counseling process. Some considerations for this paper should include theological concepts of sin, suffering, grace, redemption, and sanctification – and the roles (if any) of these theological concepts in mental health counseling. The paper should be 600-750 words (not including title page), typed, double-spaced, 12-point font. If any citations are used, they should be provided in APA proper formatting (6<sup>th</sup> ed.). **This assignment should be submitted on Canvas.** The Theological Awareness Paper is worth 50 points (12.5% of final grade).

Course Objective(s): 1,2

**Forum Discussions**

Students actively participate in five discussions, as noted in the details provided on Canvas. Pay attention to deadlines as late submissions are not accepted for credit for any reason. Details about individual forum discussion posting requirements will be posted on Canvas. These assignments should be completed on Canvas. The Forum Discussions are worth 10 points each (2.5% of final grade) for a total of 50 points (12.5% of final grade).

Course Objective(s): 2,3,4,5

**Personal Reflection Journals**

Students will compose and submit ten personal reflection journals regarding the assigned reading. The personal reflections should be relatively short (150-200 words in length) and express the student's thoughts and feelings about the assigned reading, especially related to mental health counseling. **These assignments should be submitted on Canvas.** The Personal Reflection Journals are worth 10 points each (2.5% of final grade) for a total of 100 points (25% of final grade).

Course Objective(s): 1,2,3

**Case Study Responses**

Students will read and respond to prompts for four (4) case studies related to various theological concepts within a mental health counseling context. Case studies will be completed in small groups, and a small amount of time will be provided in class sessions to discuss and prepare case study responses. Details about the case studies, prompts, and response expectations will be posted on Canvas. **These assignments should be submitted on Canvas.** Each Case Study Response is worth 25 points (6.25% of final grade) for a total of 100 points (25% of final grade).

Course Objective(s): 2,4,5

**Nature of God & Humanity Paper**

Students will compose a 1000-1250 word paper about the nature of God and the nature of humanity. This paper should address the characteristics of God as revealed in scripture and express how it deviates from the characteristics of humanity. Students should then discuss how the nature of God and the nature of humanity informs the practice of mental health counseling. Some potential topics to address include God's divinity (e.g., omniscience, omnipotence, omnipresence) vs. humanity's mortality, the nature of God (e.g., creator, ruler, redeemer) vs. the nature of humanity, etc. The paper should be written using the APA style format (6th ed.) with a minimum of two (2) professional, peer-reviewed references. **This assignment should be submitted on Canvas.** The Nature of God & Humanity Paper is worth 50 points (12.5% of final grade).

Course Objective(s): 1,3

**Human Suffering Paper**

Students will compose a 1000-1250 word paper that addresses the problem of human suffering from the theological perspective. Students should respond according to how this theological perspective could be useful in mental health counseling. The review should be written using the APA style format (6th ed.) with a minimum of two (2) professional, peer-reviewed references. **This assignment should be submitted on Canvas.** The Human Suffering Paper is worth 50 points (12.5% of final grade).

Course Objective(s): 1,3,5

**IMPORTANT NOTES**

Attendance and Participation: Because active discussion and experiential activities are integral parts of the learning experiences in this course, class attendance is expected and participation in class activities and assignments is critical to your success in the course. If, for any reason, you are unable to attend class, you are still held responsible for all in-class material and any announcements made during class. Per institutional policy, a student who accrues more than two (2) absences will fail the course (FA: failure due to absence); only two (2) absences are permitted for any reason: the two absences are not entitlements for students but should be viewed as "sick days." If you miss more than two (2) class sessions, you will be required to reapply for admission to the course with the Office of the Registrar. However, you should only miss class if absolutely necessary (i.e., illness, etc.) as you will miss group experiential activities. Further, arriving to class late or leaving early, without prior notification to the instructor, may be counted as an absence. Because class time should be a priority, absences for lateness will be assigned as follows: 15 minutes late = 1/4 day absence, 30 minutes late = 1/2 day absence, and over 45 minutes = 1 day absence.

Late Assignments: Unless otherwise noted, assignments are by 11:59pm on the date assigned. Out of respect for the hard work that everyone puts into the course, **late assignments will NOT be accepted**

unless there is a *serious* personal medical or family emergency (e.g., hospitalization, death in the family) that can be substantiated with documentation. In the rare event that a late assignment is accepted, there will be a deduction of one letter grade each day it is late. It is understood that unexpected life events occur, but this policy is to encourage the development of positive professional behavior. Therefore, please plan accordingly to complete assignments on time as ***regular life stressors or technology failures will not be accepted as reasons to turn work in late.*** I invite you to talk with me about any challenges you face in completing your assignments.

Assignment Formatting: Formatting expectations are provided for each assignment. Assignments will be penalized if formatting is not provided according to requirements. All assignments should be submitted on Canvas, unless otherwise noted. Assignments should be submitted in DOC, DOCX, or RTF format.

Christian Component: As we strive to provide a biblically-based approach to counseling, we expect you to evaluate all readings and discussions from a Christian perspective and work to integrate biblical truth into your life, thought, and work.

Student Conduct: Except under unusual circumstances, you should not arrive late or leave early. Cell phones should be turned off. You should not IM, text-message, or surfs the web during class. In fact, because only minimal note-taking is necessary during this class, laptops are unnecessary in the classroom. During discussions and experiential activities, everyone is expected to be respectful of themselves and others. Keep in mind that it may not be appropriate to disclose your own psychological struggles to the class. If you become distressed about any material/discussions, please talk with me and/or make an appointment to see a counselor.

Accommodations: Students who require academic accommodations due to a documented physical, psychological, or learning disability may request assistance from the Student Services Department. Students are encouraged to complete this process within the first two weeks of the semester. The Student Services Department is located on the upper level of Presidents Hall. You may also contact the office by phone at 244-8150.

Academic Dishonesty: Cheating, plagiarism, and all other forms of academic dishonesty will NOT be tolerated. All incidents of academic dishonesty will be dealt with in accordance to university regulations (see *CCU Student Handbook*), which will be decided by the Committee on Academic Integrity.

Flexibility Clause: This syllabus is **NOT** a binding contract. The dates of lectures, exams, projects, etc. may be revised as the semester progresses. All modifications to the syllabus will be announced in class and/or via Canvas.

## COURSE SCHEDULE

Week	Discussion Topic & Required Reading	Assignments Due
01.22 (1)	Introduction to Course Theological Foundations & Counseling <u>Course Objective(s): 1,5</u>	
01.29 (2)	A False Dichotomy: Psychology vs. Christianity <i>Worthington (2010): Chapters 1-2</i> <i>Macaulay &amp; Barrs (1998): Chapter 1</i> <u>Course Objective(s): 1,2</u>	Theological Awareness Paper
02.05 (3)	Sources of Authority: Faith-Based & Secular <i>Worthington (2010): Chapters 3-4</i> <u>Course Objective(s): 1,2,4</u>	Personal Reflection #1
02.12 (4)	Methods of Disciplines & Biblical Framework <i>Worthington (2010): Chapter 5</i> <i>Macaulay &amp; Barrs (1998): Chapter 2</i> <u>Course Objective(s): 2,3,4</u>	Forum Discussion #1 Personal Reflection #2
02.19 (5)	Relationships Between Theology & Psychotherapy <i>Worthington (2010): Chapters 6-7</i> <u>Course Objective(s): 2</u>	Personal Reflection #3
02.26 (6)	Challenges With Theology & Psychotherapy <i>Worthington (2010): Chapter 8</i> <i>Macaulay &amp; Barrs (1998): Chapter 5</i> <u>Course Objective(s): 2</u>	Case Study #1 (due by 11:59pm) Personal Reflection #4
3.05 (7)	Theology & Psychotherapy: Tools <i>Worthington (2010): Chapter 9</i> <u>Course Objective(s): 2,3,4</u>	Forum Discussion #2 Personal Reflection #5
<b>3.12</b>	<b>NO CLASS – SPRING RECESS</b>	
3.19 (8)	Theology & Psychotherapy: Limitations <i>Worthington (2010): Chapter 10</i> <u>Course Objective(s): 2,3,4</u>	Case Study #2 (due by 11:59pm)
3.26 (9)	Challenges With Theology & Psychotherapy Symbiosis of Theology & Psychotherapy <i>Worthington (2010): Chapters 11-12</i> <u>Course Objective(s): 2,3,4</u>	Forum Discussion #3 Personal Reflection #6
4.02 (10)	Theology, Psychotherapy, & Social Controversies <i>Worthington (2010): Chapter 13</i> <i>Macaulay &amp; Barrs (1998): Chapter 6</i> <u>Course Objective(s): 2,4,5</u>	Case Study #3 (due by 11:59pm) Personal Reflection #7

4.09 (11)	Theology, Psychotherapy, & Lifestyles <i>Worthington (2010): Chapter 14</i> <i>Macaulay &amp; Barrs (1998): Chapter 7</i> <u>Course Objective(s): 2,4,5</u>	Human Suffering Paper
4.16 (12)	Knowing God <i>Worthington (2010): Chapter 15</i> <i>Macaulay &amp; Barrs (1998): Chapters 3-4</i> <u>Course Objective(s):</u>	Forum Discussion #4 Personal Reflection #8
4.23 (13)	Being a Child of God <i>Worthington (2010): Chapter 16</i> <i>Macaulay &amp; Barrs (1998): Chapters 8-9</i> <u>Course Objective(s):</u>	Case Study #4 (due by 11:59pm) Personal Reflection #9
4.30 (14)	Nature of God: Personal Judgment & Counseling <i>Macaulay &amp; Barrs (1998): Chapter 10</i> <u>Course Objective(s):1,3,5</u>	Forum Discussion #5 Personal Reflection #10
5.07 (15)	Course Wrap-Up Theoretical Integration <i>Canvas Readings</i> <u>Course Objective(s):1, 3, 5</u>	Nature of God & Humanity Paper
<b>05.14</b>	<b>NO CLASS – FINAL EXAMINATIONS WEEK</b>	