

DM8420/01 Pastoral Counseling
3 Credit Hours
Summer 2020
July 20-23, 27-30
10AM-12PM EDT
Reformed Theological Seminary: Charlotte

Professor Information

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TA

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COURSE DESCRIPTION

This course will focus upon honing skills in using God’s Word in pastoral soul care. This course will examine current trends in Christian counseling and will raise questions concerning the sufficiency of scripture in counseling, the proper use of common grace insights in counseling and when outside intervention is appropriate. Frequently encountered counseling topics will be addressed and case studies will be discussed.

How the class will be run:

Because we will not be able to meet together physically due to the coronavirus, we will divide our thirty required hours of class time between approximately fifteen hours of pre-recorded teaching audios and counseling observations videos which you will watch on your own time and eight, two hour class meetings conducted over the Zoom platform. The class meetings will focus upon discussion of the reading and audios/videos, and analysis of case studies which I will present.

Meeting Schedule:

Because RTS policy is to limit Zoom meetings to two hours a day, we will not be able to complete the entire class during the week as originally scheduled. My plan is for us to meet on Zoom from 10 AM until 12 (EST) Monday through Thursday July 20-23 and July 27-30. While it is fine for you to read ahead, I would suggest that you complete the audio/video for each day’s topic shortly before the class meets for the Zoom discussion-- either that morning or the prior afternoon.

COURSE MATERIALS

Required Reading

Pastoral Care & Counsel

1. ***Counseling and Christianity: Five Approaches:*** Ed. Stephen Greggo and Timothy Sisemore
2. ***Biblical Counseling and The Church:*** Ed: Kelleman and Carson; *Chapter 13 Launching a Counseling Center in a midsized church.* Newheiser and Mays. (available on Canvas)
3. ***The Pastor & Counseling:*** Jeremy Pierre and Deepak Reju

Typical Problems in Pastoral Counseling

1. ***Addictions: A Banquet in the Grave:*** Ed Welch
2. ***Help! I Want to Change:*** Jim Newheiser
3. ***Help! My Anger is Out of Control:*** Jim Newheiser

4. **Spurgeon's Sorrows:** Zack Eswine
5. **The Peacemaker:** Ken Sande
6. **Christ Centered Biblical Counseling:** MacDonald and Kelleman, Chapter 8 *Biblical Counseling and Understanding the Influences of "Nature" & "Nurture"*, Jeffery Forrey and Jim Newheiser (will be available on Canvas).
7. Counseling cards from jimnewheiser.com

Marriage & Family

1. **Marriage, Divorce, and Remarriage:** Jim Newheiser
2. **Is God anti-gay?:** Sam Alberry
3. **Love Speaks Many Languages Fluently:** David Powlison, *Journal of Biblical Counseling*, Fall 2002, p. 1-11 (available on canvas)
4. **Parenting is More than a Formula:** Jim Newheiser
5. **The Seven Principles for Making Marriage Work:** Gottman, John. New York, NY: Harmony, 1999. 320 pp. ISBN 0553447718

Abuse

1. **Becoming a Church that Cares Well for the Abused:** Brad Hambrick (Editor), Rachael Denhollander (Contributor), Mika Edmondson (Contributor), Samantha Kilpatrick (Contributor), et al;
2. **Blogs on Abuse** (on Canvas): Jim Newheiser
3. **Help! Someone I Love Has Been Abused:** Jim Newheiser
4. **On Guard:** Deepak Reju
5. **The Heart of Domestic Abuse:** Chris Moles
6. **Is Abuse Grounds for Divorce?** Newheiser – revised chapter 35. (will be available on Canvas).
7. **An open letter to the OPC regarding Abuse,** Greenburg. (will be available on Canvas).

If you have already read some of these books and articles, please read an equivalent number of pages from the list below.

1. **After They are Yours:** Brian Borgman. (adoption)
2. **Blame it on the Brain:** Ed Welch.
3. **Depression: A Stubborn Darkness:** Ed Welch
4. **Dialogue Between Biblical Counselors and Integrationists:** (Hurley, Berry, Powlison, Welch).
5. **Finally Free!** Heath Lambert. (pornography)
6. **Help! My Friend is Suicidal:** Bruce Ray.
7. **Instruments in the Redeemer's Hands:** Paul Tripp; P&R.
8. **Rid of My Disgrace:** Justin & Lindsey Holcomb. (sexual abuse)
9. **Saving Normal: An Insider's Revolt against Out-of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life:** Allen Francis.
10. **Sexual Abuse: Beauty for Ashes:** Robert W. Kelleman.
11. **Shepherding a Child's Heart:** Tedd Tripp.
12. **The Biblical Counseling Movement after Adams:** Heath Lambert.
13. **The Heart of Addiction:** Mark Shaw.
14. **The Meaning of Marriage:** Tim Keller.
15. **Transforming Homosexuality:** Denny Burk and Heath Lambert.
16. **When Good Kids Make Bad Choices:** Elyse Fitzpatrick and Jim Newheiser.
17. **When Sinners Say I Do:** Dave Harvey
18. **You Never Stop Being a Parent:** Elyse Fitzpatrick and Jim Newheiser

Audios and Videos As listed in the daily schedule below (to be heard within 24 hours of the class meeting time)

ASSIGNMENTS AND ASSESSMENTS

This course is entirely electronic in its submitting of assignments. Each assignment will be uploaded to Canvas in the appropriate portal. If you are unfamiliar with this process, make sure you schedule a time in advance with Dr. Nate Brooks (program coordinator) to learn how to utilize Canvas.

1. Reading Reports

The expectation is that students will read every word of these books to receive full reading credit. **In order to receive full credit, the reading must be completed before the class meets.** Students will be graded based on their self-reporting according to the following rubric:

	Percentage of the book read the book word-for-word
	Percentage of the book skimmed
	Read by due date (Yes or No)

2. Paper

Write a 20-30 page (5000-6000 words) paper on the counseling topic of your choice in which you compare and contrast biblical and secular approaches to a major counseling issue which you are encountering in your ministry. The paper should include at least one case study in which a biblical approach is demonstrated. It is strongly recommended that you discuss your paper topic with the professor before starting.

3. Asynchronous interactions.

Because some of the class is taking place online, it is required by the accreditors to have the same number of professor-to-student asynchronous interactions and student-to-student asynchronous interactions that are required for current distance education courses. There are to be 15 professor-to-student interactions and 5 student-to-student interactions which must be completed on Canvas (under modules). The first three interactions are for you to answer the following questions before the class begins – the sooner you answer these, the more you will help me to serve you when we meet.

1. What is your current ministry position? What training in counseling have you already had? S1
2. Summarize briefly your approach to counseling? P1
3. The most important counseling questions you would like answered as part of our class. P2

Because we will be having extensive discussion in class I encourage you not to feel obligated to write more than two or three sentences for each of the other interactions.

4 . Class Attendance and Participation

It is very important that you attend each Zoom class on time and that you participate in class discussions.

COURSE GRADING

Reading Reports	25%
Paper	50%
Class Participation	25%

Grading Scale:

Standard RTS Grading Scale

SCHEDULE

*Please note that schedule is subject to change per the professor's prerogative.

July 20

Topics

1. The Sufficiency of Scripture for counseling
2. The role of the church in counseling.

Reading (to be completed before class)

1. **Counseling and Christianity: Five Approaches:** Ed. Stephen Greggo and Timothy Sisemore
2. **The Pastor & Counseling:** Jeremy Pierre and Deepak Reju
3. **Biblical Counseling and The Church:** Ed: Kelleman and Carson; *Chapter 13 Launching a Counseling Center in a midsized church.* Newheiser and Mays. (available on Canvas)
<https://www.dropbox.com/s/gri1skr9kt7z7ks/Chapter%2013%20Mays%20Newheiser%20pdf.pdf?dl=0>

Listening/viewing (to be completed before class)

1. Newheiser, Sola Scriptura; <https://www.dropbox.com/s/t03qw2yr6shbqnh/Scripture%2BAlone%2B-%2BJim%2BNewheiser.mp3?dl=0>
2. Newheiser, The necessity of the church in counseling <https://ibcd.org/the-necessity-of-the-church-in-counseling/>

Discussion questions/case studies

1. Why are many pastors reluctant to counsel? S2
2. How can a pastor who doesn't believe he is well equipped to counsel catch up?
3. How can we train people in our churches to participate in soul care? P3
4. What is the place of women in our soul care ministries? P4
5. When should pastors refer counseling cases? P5

July 21

Topics

1. Biblical Peacemaking

Reading (to be completed before class)

1. **The Peacemaker:** Ken Sande
2. **Help! My Anger is Out of Control:** Jim Newheiser plus Anger Card on jimnewheiser.com

Listening/viewing (to be completed before class)

1. Dan and Debbie videos 1-2
<https://www.dropbox.com/s/8j0uvdc008mfl9p/Dan%20and%20Debbie%201.mp4?dl=0>
<https://www.dropbox.com/s/ypmao2aivtrs6ay/Dan%20and%20Debbie%202.mp4?dl=0>
2. Testimony of Pastor Rob Dykes <https://www.dropbox.com/s/snn01j4lm2600pp/RD%20JH.m4a?dl=0>

Discussion questions/case studies

1. Case studies:
2. How can we build a culture of gospel peace in the church – leadership issues, discipline, etc.? P6
3. How do church leaders often fail to follow biblical peacemaking/conflict resolution practices? S3

July 22

Topics

1. Understanding spousal Abuse
2. Addressing sexual abuse
3. Protecting your church from predators

Reading (to be completed before class)

1. ***Becoming a Church that Cares Well for the Abused***: Brad Hambrick (Editor), Rachael Denhollander (Contributor), Mika Edmondson (Contributor), Samantha Kilpatrick (Contributor), & 6 more;
2. ***Blogs on Abuse: The Abuse Pendulum, Educating Your Elders about Abuse, Helping Churches to Better Handle Cases of Abuse, Lessons Learned from Unthinkable Abuse*** (on Canvas): Jim Newheiser
3. ***Help! Someone I Love Has Been Abused***: Jim Newheiser
4. ***On Guard***: Deepak Reju
5. ***The Heart of Domestic Abuse***: Chris Moles
6. ***Is Abuse Grounds for Divorce?*** Newheiser – revised chapter 35 (will be available on Canvas).
https://www.dropbox.com/s/1getl82l0f2zifk/NEWHEISER_Revised_Chapter_35_032420_ed_KLM_numbered_032720.pdf?dl=0
7. ***An open letter to the OPC regarding Abuse***, Greenburg (will be available on Canvas).
<https://jennifergreenberg.net/2020/04/04/an-open-letter-to-the-orthodox-presbyterian-church-opc-regarding-abuse/>
8. Repentance Card and Rejection Card from jimnewheiser.com

Listening/viewing

1. IBCD Videos on abuse
https://www.dropbox.com/s/ma04k2vwp9y7pre/DA_3_KatieSession_V3.mp4?dl=0
https://www.dropbox.com/s/wx0itpsb0iveuin/DA_4_Debrief_V3.mp4?dl=0
https://www.dropbox.com/s/dp17ilhy4wctybs/DA_5_TravisSession_V3.mp4?dl=0
https://www.dropbox.com/s/o0exsffubvdfg15/DA_6_Debrief_V3.mp4?dl=0
2. Tiffany testimony <https://www.dropbox.com/s/dedv4kyom80agcf/Tiffany%20testimony.m4a?dl=0>

Discussion questions/case studies

1. How has the church failed to understand abuse in the past? P7
2. What harm has resulted from the failure of the church to protect victims and discipline offenders in cases of marital abuse? P8
3. Where might there be danger of the pendulum swinging too far the other way? P9
4. Case studies -- Creating a care team – advocate, counselor, etc.
5. When might abuse be grounds for divorce? S4

July 23

Topics

1. Depression
2. Suicide

Reading

1. ***Spurgeon's Sorrows***: Zack Eswine

2. **Christ Centered Biblical Counseling:** MacDonald and Kelleman, Chapter 8 *Biblical Counseling and Understanding the Influences of "Nature" & "Nurture"*, Jeffery Forrey and Jim Newheiser (will be available on Canvas). <https://www.dropbox.com/s/j8a350mai2ujd8w/Chapter%208-March-28-2012%20%20Jim%20Newheiser%20Jeffery%20Forrey.doc?dl=0>
3. Sadness card from jimnewheiser.com

Listening/viewing

1. Newheiser talk on suicide <https://ibcd.org/counseling-after-a-suicide/>
2. Newheiser talk on depression <https://ibcd.org/cdc1-15-depression/>
3. Hodges videos: bi-polar
 - a. First session first 25 minutes (you are free to listen to more) of <https://www.dropbox.com/s/1kt6vahrjr0sbjx/Aaron%20and%20Ellie%201.mp4?dl=0>
 - b. Brief video in its entirety <https://www.dropbox.com/s/yh2bwsImtwh0008/Aaron%20and%20Ellie%203.mp4?dl=0>
 - c. Final session first 20 minutes (you are free to listen to more) <https://www.dropbox.com/s/nig5wv49bccwz4n/Aaron%20and%20Ellie%205.mp4?dl=0>

Discussion questions/case studies

1. Case studies:
2. When are drugs useful in treating depressed and bipolar counselees? P10
3. What is our role in determining whether a counselee should take psychotropic drugs? P11
4. What should you do if you think that a counselee is being harmed by the medications he or she is taking? P12

July 27

Topics

1. Addictions
2. Eating issues

Reading

1. **Addictions: A Banquet in the Grave:** Ed Welch
2. **Help! I Want to Change:** Jim Newheiser

Listening/viewing

1. Newheiser talk on addictions. <https://ibcd.org/helping-people-come-to-the-god-who-satisfies/>
2. Newheiser talk on Gluttony, Diet and Fitness <https://ibcd.org/addicted-to-food-andor-exercise/>

Discussion questions/case studies

1. What kind of treatment options are appropriate and available for addicts? P13
2. Case studies

July 28

Topics

1. Pornography
2. Homosexuality and transgender issues

Reading

1. **Is God anti-gay?:** Sam Alberry

Listening/viewing

1. Newheiser, The Pain of Porn <https://ibcd.org/the-pain-of-porn/>
2. Newheiser, Gender issues: homosexuality and transgender <https://ibcd.org/defined-by-my-sexuality/>
3. Jeremy and Crystal session 1
<https://www.dropbox.com/s/suqxfiw7npio1gi/Jeremy%20and%20Crystal%201.mp4?dl=0>

Discussion questions/case studies.

1. Is homosexual desire sinful? S5
2. If Jesus was tempted in all ways as we are was he tempted by homosexuality and drunkenness? P14
3. Case studies.

July 29

Topics

1. Marriage counseling
2. Counseling in cases of marital unfaithfulness
3. Divorce and remarriage

Reading

1. **Marriage, Divorce, and Remarriage:** Jim Newheiser
2. **The Seven Principles for Making Marriage Work.** Gottman, John. New York, NY: Harmony, 1999. 320 pp. ISBN 0553447718
3. **Love Speaks Many Languages Fluently:** David Powison, *Journal of Biblical Counseling*, Fall 2002, p. 1-11 (available on canvas) <https://www.dropbox.com/s/crg3jn1z8hvjf8l/2101002.pdf?dl=0>
4. Repentance card and Rejection card on jimnewheiser.com

Listening/viewing

1. Newheiser, Rebuilding a marriage after an affair sin <https://ibcd.org/bringing-healing-to-marriages-broken-by-sexual-sin/>
2. Newheiser, Critique of Gottman therapy
<https://www.dropbox.com/s/kyoihpjxbrstk1o/Jim%20and%20Caroline%20Newheiser%20Biblical%20Critique%20of%20the%20Gottman%20Method%20of%20Relationship%20Therapy.mp3?dl=0>
3. Newheiser, The Gospel divides families <https://ibcd.org/the-gospel-divides-families/>

Discussion questions/case studies

1. How, if at all, would you use the Love Languages and Gottman therapy in your counseling? P15
2. Case studies.

July 30

Topics

1. Parents and children

Reading

1. **Parenting is More than a Formula:** Jim Newheiser

Listening/viewing

1. Newheiser, Dealing with rebellious teens <https://ibcd.org/dealing-with-rebellion/>
2. Newheiser, You Never Stop Being a Parent <https://ibcd.org/living-at-peace-with-your-young-adult-children/>

Discussion questions/case studies

1. Case Studies:
2. What factors influence how children turn out?
3. What authority do parents have over their adult children?

Course Objectives Related to SLOs Chart

Course: DM8420

Professor: Dr. Jim Newheiser

Campus: Charlotte

Date: Summer 2020

<u>DMin* Student Learning Outcomes</u>		<u>Rubric</u>	<u>Mini-Justification</u>
<p><i>In order to measure the success of the DMin curriculum, RTS has defined the following as the intended outcomes of the student learning process. Each course contributes to these overall outcomes. This rubric shows the contribution of this course to the DMin outcomes.</i></p> <p><i>NOTE: DMin Emphases are:</i></p> <ol style="list-style-type: none"> 1. Reformed Expository Preaching (REP), and 2. Reformed Theology and Ministry (RTM) 		<ul style="list-style-type: none"> • Strong • Moderate • Minimal • None 	
Biblical/ Theological Foundations:	<p>Significant knowledge of biblical and theological foundations for pastoral ministry. (This includes interaction with Biblical texts, as well as awareness of Reformed Theology.)</p> <p><i>For meets: REP= Significant</i> <i>For meets: RTM= Significant</i></p>	Moderate	Biblical counseling involves faithfully expounding the scriptures in the personal ministry of the Word.
Historical/ Contemporary Practices:	<p>Significant knowledge of historical and contemporary practices of pastoral ministry.</p> <p><i>For meets: REP= Minimal</i> <i>For meets: RTM= Significant</i></p>	Strong	We will examine various approaches to Christian counseling and crucial contemporary issues in counseling.
Integration:	<p>Ability to reflect upon and integrate theology and practice, as well as implementation in a contemporary pastoral setting.</p>	Strong	Biblical counseling is applied theology.
Sanctification:	<p>Demonstrates a love for the Triune God that aids in the student's sanctification.</p>	Moderate	Biblical counseling focuses upon helping believers to grow in holiness. Often the students/counselors are more affected than their counselees.
Hermeneutical/ Homiletical Analysis	<p>Demonstrates ability to interpret a text and apply homiletical principles to the text.</p> <p><i>For meets: REP= Significant</i> <i>For meets: RTM= Minimal</i></p>	Moderate	This course builds on the foundation of courses which teach exegetical skills.