**SYLLABUS**

**PASTORAL COUNSELING 11PT5350/01**

**Fall 2023**

**Reformed Theological Seminary Dallas**

**Dr. Rod Mays**

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**404-915-0223**

**Course Description**

This class is a general introduction to Pastoral Counseling, including an overview of current trends in counseling theory and practice and the role of counseling in public, private and church settings. Basic counseling skills taught in this course include interviewing, assessment, listening and referral. Application is made to premarital, family crisis, grief and addiction counseling, with emphasis on developing strategies and applying scriptural principles. Several case studies will be reviewed as well as a system for mediation.

**Course Requirements**

* Reading: Students will have readings from the required texts and will write a two- page book review of each.
* At the end of the class, students will write a five-page paper on how their counseling views have changed.
* During the class, students will participate in group case studies and role play.
* Class participation is expected and required.

**Exams**

* Oral Throughout the Class

**Class Participation**

* It is required that students be present for all class sessions. If a student is “providentially hindered” from attending class, if possible, please notify the instructor. It is expected that students will keep current in their reading and assignments on time. Failure to comply with these standards will result in grade reduction, unless other arrangements have been made.

**Grading**

* Book reports 25%
* Paper 50%
* Oral Exam 25%

Lecture I Introduction and Philosophy of Ministry

Lecture II Philosophy of Pastoral Counseling

Lecture III Systematic Theology and Counseling

Lecture IV Theories of Counseling

Lecture V Theories and Techniques of Counseling

Lecture VI Clinical Issues

LECTURE VII Relational Issues

LECTURE VIII Mediation and Peacemaking

Lecture IX Addictions/case studies

Lecture X Addictions and Depression

Lecture XI Church Discipline and Counseling

LECTURE XII Diaconal Ministry and Referral/case studies

**★Papers and Book Reports**

Psychology and Counseling: Five Views, Johnson (book report, two pages)

Instruments in the Redeemer’s Hands, Tripp (book report, two pages)

Unshakable, Mays and Oliphint (book report, two pages)

God’s Grace in Your Suffering, Powlison (book report, two pages)

How People Change, Lane and Tripp (book report, two pages)

Rid of My Disgrace, Holcomb, (book report, two pages)

Side by Side, Welch (book report, two pages)

How My Counseling Views Have Changed (seven- page paper)

**Required Book List**

1. **Instruments in the Redeemer’s Hands**: Paul Tripp; P&R
2. **Psychology and Christianity: Five Views**; Johnson and Jones; IVP
3. **How People Change**: Tim Lane and Paul Tripp; New Growth Press
4. **Rid of My Disgrace:** Justin S. Holcomb and Lindsey A. Holcomb; Crossway
5. **Things That Cannot Be Shaken:** Scott Oliphint, and Rod Mays; P&R
6. **God’s Grace in Your Suffering, David Powlison, Crossway**
7. **Side by Side, Ed Welch, Crossway**

**Additional Reading (Not Required)**

1. **Addictions: Ed Welch**
2. **Wounded Heart: Dan Allender**
3. **The Biblical Counseling Movement: David Powlison;** New Growth Press
4. **Depression: Ed Welch**
5. **What Do You Think of Me and Why Do I Care? Ed Welch**