

CO5350 Counseling & Physiology

Winter Semester
Reformed Theological Seminary: Charlotte
January 19-23, 2026

Professor Information

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TA

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COURSE DESCRIPTION

This course is an exploration of medical issues connected to biblical counseling. Special focus will be given to developing a basic framework for medical care in counseling. Additionally, counseling individuals with various specific health afflictions will be considered.

COURSE OBJECTIVES

By studying the materials presented in this course, listening to the lectures, and completing the assignments and assigned projects, the student will be able to:

- A. Articulate a biblically developed, theologically informed understanding of biblical counseling theory as related to physiology and medical matters
- B. Apply this theory by outlining techniques for counseling

COURSE MATERIALS

Required:

- Hodges, Charles. *The Christian Counselor's Medical Desk Reference, 2nd Edition*. 2nd edition. Greensboro, NC: New Growth Press, 2023.
- Hodges, Charles. *Good Mood, Bad Mood: Help and Hope for Depression and Bipolar Disorder*. Wapwallopen, PA: Shepherd Press, 2013. ISBN 1936908506
- Welch, Ed. *The Counselor's Guide to the Brain and Its Disorders*, PDF available from <https://www.ccef.org/shop/product/the-counselors-guide-to-the-brain-and-its-disorders>
- DSM V Quick Study Academic Guide. Available at: https://www.amazon.com/Dsm-5-Overview-Quick-Study-Academic/dp/1423222687/ref=sr_1_cc_1?s=aps&ie=UTF8&qid=1475780739&sr=1-1-catcorr&keywords=DSM+V+quick+study+academic

The expectation is that students will read every word of these books to receive full reading credit. Students will be graded based on their self-reporting according to the following rubric:

	Percentage of the book read word-for-word
	Percentage of the book skimmed

See note below under “Assignment Schedule.” **Students are HIGHLY recommended to complete the reading before the course first meets.** This is not a requirement, but for the sake of completing assignments with thoroughness, thoughtfulness, and not having a really miserable life for a month, please start early.

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 have any questions regarding the use of Canvas, please reach out to the class TA.

1. Reading Reports

Students are to turn in a report stating the percentage of each book or pamphlet read by the due date. No summaries are required on this page.

2. Reading Reflection

Students are to turn in a four-page reading reflection for the following book. *This reflection is not a book report.* Instead of summarizing material, you are to interact with the book through the questions noted below. Students are to answer each question thoroughly, though the amount of space dedicated to each question within the four-page limit is discretionary.

The Christian Counselor’s Medical Desk Reference, Hodges (4 pp.)

1. Chapter 1 - There is a framework given for dealing with DSM labels. Please use it to assess one of the DSM5 labels with which you are familiar.
2. Chapter 2 - How is the doctrine of the sufficiency of scripture described in this chapter? How is it applied to Biblical counseling? Please interact with the concept. How does medical knowledge fit in this framework. Do you agree or disagree? Please support your thinking.
3. Chapter 12 - How is OCD presented in this chapter? As a medical or spiritual problem or both? How do you see this issue? Please support your viewpoint.
4. Chapter 13 - How does this chapter present Schizophrenia? How do you view this problem, spiritual or medical? Please support your answer biblically and medically.

3. Research Paper

Students will select a topic related to biblical counseling and physiology or medical issues and write a 10-12 page research paper (double spaced). This paper must advance a thesis and make a case for that thesis through research-backed argumentation. Students are highly recommended to read the materials in the research paper folder on Canvas for aid in formulating and arguing a thesis. Papers are to have a minimum of 10 academic sources (books, journal articles, etc).

4. Class Attendance and Participation

Come to class, pay attention, and engage. Simple enough!

COURSE GRADING

Reading Report	20%
Book Reflection	25%
Research Paper	50%
Attendance and Participation	5%

NUTS AND BOLTS

Special Needs

In order to ensure full class participation, any student with a disabling condition requiring special accommodations (e.g., tape recorders, special adaptive equipment, special note-taking or test-taking needs) is strongly encouraged to contact the professor at the beginning of the course.

Disclaimer

During the course of the semester the professor reserves the right to modify any portion of this syllabus as may appear necessary to the professor because of events and circumstances that occur during the term.

Late Work

Assignments are due as listed in the Course Schedule. Assignments not submitted at this time are considered late and are penalized one grade letter per week.

Extensions Policy for Assignments:

In extenuating circumstances, a deadline extension of **up to one week** may be granted at the discretion of the professor. Requests for extensions of **more than one week** must be submitted to the Registrar for consideration by the Academic Dean in consultation with the professor. Extensions are granted only for significant emergencies or unforeseen circumstances, and a grade penalty may be applied. *All extension requests must be made prior to the assignment deadline.* No retrospective extensions will be granted.

Classroom Policies

1. All classroom policies at RTS Charlotte are expected to be followed.
2. Guidelines for papers submitted in this course can be found as a separate document on Canvas. **Reading this document and following its instructions is essential for you to pass this course.**
3. Students are required to cite all sources consulted for a written assignment. Students who plagiarize or cheat in any other manner are guilty of academic misconduct and will be reported to the Dean of Students. This will result in disciplinary action up to and including failure of the course and academic dismissal.

4. Laptops are welcome in class for note taking only. Only word processing programs may be open during class; no browsers, email programs, social media feeds, or any other program is to be used. Please silence cell phones and do not text, Facebook, Snapchat, Instagram, or whatever else desperately beckons for your attention during class.

Assignment Schedule

Students are highly encouraged to have completed the reading and reading reflections before the course begins. You may turn in your assignments earlier than indicated on the below schedule; however, the research paper must be completed after the course has met. The information in the class lectures will be vital as you seek to complete those two projects.

Due Date	Assignment
January 26 th	Research Paper topic on Canvas Note: No abstract is needed, simply submit your paper topic.
February 20 th	Reading Report
	Reading Reflection
March 6 th	Research Paper

RTS Charlotte Classroom Technology Usage

RTS Charlotte recognizes how essential it is for students to have reliable, campus-wide access to the internet. For that reason, we have made Wi-Fi available for our student body, not only in the library and student lounges, but also in the classrooms. We know that students need to use the internet to download class materials, access files on the Cloud, and locate other important information. However, we also recognize that internet access in the classroom provides opportunity for abuse and misuse. Some students have unfortunately used their internet access to engage in many activities that distract them from the classroom lectures (e.g., surfing the web, checking sports scores, playing games). Not only does such activity hamper a student's own seminary education, but it distracts other students who can easily view the screens of nearby students. In addition, donors and classroom guests (who often sit in the back) can see this inappropriate internet usage, which reflects poorly on RTS. Classroom etiquette includes leaving cell phones turned off, refraining from surfing the Internet or playing computer games or other distracting activities. In addition, students must respect standards set by individual professors regarding the use of technology during their class.

In order to address this issue, we must appeal to the integrity of the students as ones who are preparing for a lifetime of ministry to Christ and his church. We expect each student to take personal responsibility for proper classroom technology usage and to encourage others around them to do the same. All RTS-Charlotte students are accountable to the policies stated in the Student Handbook and Academic Catalog and are therefore expected to use technology in the classroom only for appropriate class-related activities. Student conduct is under the supervision of the Dean of Students.

Course Objectives Related to MACC Student Learning Outcomes

Course: Counseling & Physiology
 Professor: Charles Hodges, M.D.
 Campus: Charlotte
 Date: Jan 19-23, 2026

<u>MACC Student Learning Outcomes</u> <i>In order to measure the success of the MACC 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 MACC outcomes.</i>	<u>Rubric</u> ► Strong ► Moderate ► Minimal ► None	<u>Mini-Justification</u>
<u>COUNSELING KNOWLEDGE</u> Demonstrate knowledge of counseling theories and modern anthropology.	Strong	Course heavily interacts with the medical and biological component of effective counseling. Theories and anthropology are thoroughly discussed.
<u>COUNSELING SKILL</u> Ability to apply biblical truths and common-grace insights in a variety of counseling settings.	Strong	Students are prepared to address counseling situations that feature medical claims (whether real or imagined) with wisdom, compassion, and discernment.
<u>SCRIPTURE</u> Significant knowledge of the original meaning of Scripture and ability to apply to modern counseling circumstances.	Moderate	Scripture is presented as the unchanging truth under which physiological investigation must be conducted. All medical and pseudomedical claims must be evaluated under a biblical anthropology.
<u>REFORMED THEOLOGY</u> Significant knowledge of Reformed theology and practice and ability to apply to modern counseling circumstances.	Moderate	Material is not applicable from an exclusively reformed position; however, the sovereignty and care of God for his creatures in covenant with him is extensively discussed.
<u>SANCTIFICATION</u> Demonstrates a love for the Triune God that aids the student's sanctification.	Strong	This course consistently relates medical factors and the process of growth in sanctification.
<u>WINSOMELY REFORMED</u> Embraces a winsomely Reformed ethos.	Moderate	Course addresses reformed concepts of covenant and relationship in a winsome manner.