

Saint Louis Christian College
RELATIONAL PSYCHOLOGY, PCO302/GPY 302
Gary M. Reed, MS, LPC
3 Credit Hours

Spring, 2012

Course Prerequisites: None

Wednesdays and Fridays

12:00-1:15pm

MISSION STATEMENT

Saint Louis Christian College equips men and women as leaders who impact the world for Christ.

COURSE DESCRIPTION

This course provides a broad understanding of psychological principles behind relationships, relational principles and practical application in regard to relationships. Emphasis is placed upon the psychological and spiritual characteristics, traits and behaviors involved within relationships to promote healthy interactions. Students will assess their own relational characteristics and others within various settings, especially within ministry. Students will find Biblical and practical applications of general communication, handling resistance, conflict management skills and reconciliation of broken relationships.

COURSE RATIONALE

Relational Psychology teaches students to understand how relationships work and how to relate to others in difficult situations. This course prepares students in ministry to fulfill the great commission, be healthy leaders in ministry and be wise servants of the Lord Jesus Christ. When students learn to apply relational concepts in their ministry, their interactions and conflict management skills will lead to healthy relationships.

COURSE OBJECTIVES

Upon conclusion of this course, the learner will be able to:

1. Understand the key concepts and traits in relationships, identify personality types and characteristics of their own personality in order to determine how to improve their understanding and communication with others.
2. Discover non-verbal communication (one on one and small groups) in order to develop healthy communication skills and understand others' communication.
3. Explain both psychological and spiritual principles in relationships that enhance and deter communication, group interactions and personal relationships.
4. Analyze personal strengths and weaknesses in relationships, including understanding personal communication styles in order to enhance relationships in ministry, build relational bridges and reduce conflict around them.
5. Develop a further understanding of resistance in others, goals for conflict and personal woundedness in order to work through and reconcile differences with others in ministry.

6. Apply healthy communication skills, spiritual discernment and conflict management skills to the student's setting at home, classroom and ministry.

COURSE REQUIREMENTS

1. Read the following class textbooks:
 - Personality Theories 8th ed, by Barbara Engler. Wadsworth Pub., 2009 as listed on class schedule for assigned chapters.
 - Leveraging Your Communication Style by John Jackson and Lorraine Bosse-Smith as listed on class schedule for assigned pages.
 - How to Have that Difficult Conversation You Have Been Avoiding by Henry Cloud and John Townsend as listed on class schedule for assigned chapters.
2. Read the following articles and Handouts:
 - Object Relations - <http://www.objectrelations.org/orkey.htm> Due January 13th.
 - Attachment Styles from God Attachment, Clinton and Straub (Handout by 1/13/12).
 - Surrendering My Emotions to God handout see schedule (several dates).
 - Facts, Feelings and Needs handout, see schedule (several dates).
 - Biblical Confrontation handout, see schedule (several dates).
3. Complete on-line Questionnaires by January 25th before class:
 - *** **Print out results** and bring to class on Jan. 25th for credit.
 - Personality Test: www.41q.com
 - Relational Psychology Test - <http://mistupid.com/psych/index.htm>
4. Attend and participate in class discussions, classroom activities and small groups as listed on the class schedule.
5. Complete the following assignment before class on assigned dates:
 - "CAT" - Communication Assessment Tool on pp. 17-21 in Leveraging Your Communication Style. Then score your test on pp. 22-24 and bring to class. Be ready to discuss your style, see pp. 25-85 on February 1st.
 - "Agape Love Questionnaire" (handout) due on April 4th at the beginning of class.
6. Project participation and follow up analysis paper on personal conflict (March 2nd) and group conflict (March 16th). Analysis papers for both projects will be 4-5 pages (MLA format) including identification of participants, setting, personality description, issue(s) and details how the problem(s) was resolved including three things you learned from each conflict. See blog for more details: slccbm.org under Classes/Relational Psychology for further details and updates by February 22nd. The personal conflict analysis paper will be due March 2nd beginning of class and the group conflict analysis paper will be due March 16th beginning of class.
7. Students to complete Exam One on February 10th and Exam Two given to students on April 18th; both to be completed in class. Expect multiple choice and listing questions from reading assignments (links, handouts and textbooks), class discussions and small group assignments. Prof Reed will provide students questions and listings to be completed for exam study guides.

COURSE ASSESSMENT

1. Completion of On-line assignments by due dates for 5 points (5% of total class grade).

2. Attend and participate in classroom discussions, activities and small groups for 25 points (25% of total class grade). Each student can earn up to 1 point for each class by attending, answering questions, participating in group activities and completing class assignments.
3. Completion of Communication Assessment Tool (CAT), scoring and discussing your own communication style (small group) on January 27th for 2 points and the Agape Love Questionnaire and Analysis on April 4th for 3 points (5% of total class grade).
4. Answer **three**, 5 question quizzes (multiple choice) for up to 5 points each, totaling 15 points (15% of grade). See class schedule for quiz dates.
5. Complete two assigned projects on due dates for 15 points each (total of 30% of total class grade). Papers will be graded based upon content of project assigned, including MLA format, grammar, spelling and punctuation.
6. Two exams to be taken in class (see schedule) by students, worth 10 points each and a 20% of total class grade.
7. All assignments will be tallied equaling a total of 100 points. Refer to the SLCC course catalog for course grading (A, B, C, D or Fail) of total score.

COURSE SCHEDULE

January 11th, 2011 , 12:00pm - No class - Prof Reed in Nicaragua

Homework Due on 1/13/12:

- 1) Read class syllabus;
- 2) Read: Object Relations Theory <http://objectrelations.org/orkey.htm>
- 3) Read Chapters 4 & 5 in God Attachment (handout- see Julie W in Academic Office).

January 13th - What is Relational Psychology?

Topics: Holy Relationships and Relational Principles

Homework due on 1/18/12:

- 1) Read Personality Theory by Engler Chapters 1, 2 & 8.

January 18th - Personality Theory

Topics: Personality Theory and Present Research

Homework due on 1/20/12:

- 1) Read Personality Theory by Engler Chapters 10, 11 & 12

January 20th - Personality Traits, Needs and Behaviors

Topics: What is personality and temperament;
Assessing Personality

Homework due on 1/25/12:

- 1) Take on-line questionnaire, then print it out for class. www.41q.com
- 2) Relational Psychology Test - <http://mistupid.com/psych/index.htm>
- 3) Complete Litteaur's Personality form (handout)

January 25th - Your Personality Style

Topics: Personal assessment and personality type discussions

Homework due on 1/27/12:

- 1) Read Leveraging Your Communication Style by Jackson and Bosse-Smith pp. 1-16.
- 2) Complete Communication Assessment Tool on pp. 17-21 in Leveraging Your Communication Style.

January 27th – Communication's Role in Relationships

Topics: Relational Communication and Communication Style
Review CAT Completed Questionnaire and Application

February 1st and 3rd – Boatman Leadership Intensive

Homework due on 2/8/12:

- 1) Watch TV Series: Lie to Me – Session 1: 1 and 2
- 2) Complete Exam One study guide

February 8th – Non-verbal Communication

Topics: Body Language

Homework due for 2/10/12:

- 1) Review study guide in preparation for Exam One.

February 10th – Exam One

Homework due on 2/15/12:

- 1) Read and practice: Surrendering My Emotions to God handout.
- 2) Review Facts, Feelings and Needs handout.
- 3) Read Chapters 1 & 2 in How to Have that difficult Conversation You Have Been Avoiding by Henry Clod and John Townsend

February 15th – Personal Conflicts

Topics: Types of Conflicts, Emotions, Triggers and Consequences

Homework due for 2/17/12:

- 1) Apply Biblical Confrontation: The Process of Patience handout
- 2) Apply Surrendering My Emotions to God handout
- 3) Complete Fact, Feelings and Needs handout

February 17th – Restoration and Reconciliation

Topics: Healing Damaged Emotions , Forgiveness and Confrontation

Homework due for 2/22/12:

- 1) Read Defense Mechanism

February 22nd – Personal Conflict Application

Topics: Defense Mechanisms and Conflict in class
What is Personal and Group Conflict Analysis?

Homework due on 2/24/12:

- 1) Read Chapters 3 -14 in How to Have that difficult Conversation You Have Been Avoiding by Henry Clod and John Townsend

February 24th – Group Conflict Preparation

Topics: **Quiz 1** on Chapters 1-14 in How to Have that difficult Conversation You Have Been Avoiding by Henry Clod and John Townsend

Plus Review Personal Conflict Analysis Papers due March 2nd.

Homework due on 2/29/12:

- 1) Read Personality Theory, Engler Chapter 9 (handout);
- 2) Personal Conflict Analysis Paper (rough draft).

February 29th – Personal Conflict Analysis – review rough drafts.
Topics: Alternatives and Options for Resolution
Plus: **Group meeting** to decide outline of group conflict.

Homework due on 3/2/12:

- 1) Personal Conflict Analysis Paper due March 3rd.

March 2nd – Group Relationships

Topics: Turn in: Personal Conflict Analysis Paper
Dynamics, roles and building healthy relationships

Homework due on 3/7/12:

- 1) Read Chapters 15-18 in How to Have that difficult Conversation You Have Been Avoiding by Henry Clod and John Townsend

March 7th – Group Management

Topics: **Quiz 2** on Chapters 15-18 in How to Have that difficult Conversation You Have Been Avoiding by Henry Clod and John Townsend
Plus Group Leadership and Crisis Management

March 9th – Group Conflict

Topics: What is Group Conflict?
Types of conflict at home, college life, church and work.
Dynamics of group roles and conflict.

Homework due for 3/14/12:

- 1) Group Conflict Analysis Paper (rough draft)

March 14th – Handling Group Conflict

Topics: Discuss Group Conflict Analysis Paper (rough draft **due**)
Roles, expectations and steps in conflict management.
Keys to diffusing group conflict.

Homework due for 3/16/12:

- 1) Group Conflict Analysis (final paper)

March 16th – Group Conflict Analysis

Topics: Turn in: Group Conflict Analysis Paper (final paper)
Personal and Group Conflict Analysis Discussions
Types of Conflict Resolution application

March 21st and 23rd – Lab Week

March 28th – Helping Others Heal their Past and Forgive

Topics: Hurt, Pain and Avoidance
Research on Forgiveness

Homework due for 3/30/12:

- 1) Read Chapters 19-27 in How to Have that difficult Conversation You Have Been Avoiding by Henry Clod and John Townsend

March 30th - Diffusing Anger and Stress

Topics: **Quiz 3** Chapters 19-27 in How to Have that difficult Conversation You Have Been Avoiding by Henry Cloud and John Townsend
Personal Surrender, Working with Difficult Personalities and Group Management.

Homework due for 4/4/12:

- 1) Complete Agape Love Questionnaire (handout)

April 4th - Applying Agape Love

Topics: Social Relations and Extended Family Relationships
What is Love? Qualities of Love?
Unconditional Love vs. Conditional Love
Score Agape Love Questionnaire

Homework due for 4/12/12:

- 1) Read Agape Love handouts and complete handouts

April 6th - Good Friday - No Class

April 11th - Work and Staff Relationships (Supervisors, Elders & Committees)

Topics: Managing Staff and Leading Lay Ministers
Biblical Confrontation: Matthew 18 and the Spirit of Reconciliation
Apply Agape Love to Ministry Relationships

Homework due for 4/13/12:

- 1) Exam Two Worksheet

April 13th - Applying Agape Love to Marriage and Family Relationships

Topics: Exam Two Worksheet
Marriage Relations
Family Relations

Homework due for 4/18/12:

- 1) Study for Exam Two

April 18th - Exam Two

April 20th - Spring Break

April 25th - Growing Relationships

Topic: Individual and Group Motivational Skills

April 27th - Building Community

Topic: Team Building Activities

May 2nd - Relational Psychology Class Application

Students who have accumulated a 94% or higher class grade do not need to attend.

Topic: Learning from Relationships to Grow

COURSE STUDENT LEARNING RESOURCES

1. *The Other Side of Love: Handling Anger in a Godly Way* by Gary Chapman. Moody Press: Chicago, 1999.
2. *Resolving Conflict and Building Community: Foundations for Christian Living Series*. Navpress, 1997.
3. *Everybody Wins: The Chapman Guide to Solving Conflicts Without Arguing* by Gary Chapman. Tyndale House Publishers, 2006.
4. *The Control Freak: Coping with Those Around You, Taming the One Within* by Dr. Les Parrott III. Tyndale House Publishers, 2000.

COURSE POLICIES

1. Homework assignments turned in late or incomplete will be graded one complete grade lower for every week (one to seven days) late. Missed quizzes will be recorded as a zero unless arrangements are made with professor to take the quiz in the library.
2. If you have a diagnosed learning disability, please see the professor privately to discuss assessment measures that would enhance your ability to learn.
3. Please understand that the Professor Reed reserves the right to modify this course plan by changing topics, due dates, or even an assignment as long as it does not add to the students' work load.

COURSE INSTRUCTOR CONTACT INFORMATION

1. When needed, Professor Reed can meet with students on Wednesday or Friday mornings by appointment by calling 314-629-7110.
2. Students can contact Professor Reed at: greed@slcconline.edu or by phone at 314-629-7110.

Surrendering My Emotions to God

1. Ask God for the ability (grace-gift) to surrender your emotions (hurt, fear, pain, betrayal) to HIM. Ask for His presence to be with you (by your side), taking His presence by faith in God's Word (promises). John 14.
2. By faith, tell God what facts are bothering you. Not judgments about the facts. Just the facts, like I would read in a newspaper.
3. Identify your emotions, asking God to help you identify them to then release them.
Hurt - Frustration - Anger - Resentment - Hatred - Worry - Anxiety -
Fear
Surprised - Confused - Sad - Empty Inadequate - Rejected - Abandoned
4. Take a deep breath, blow out the feeling to God. Say, "Lord I surrender my feeling of _____. Please take it and replace the feeling with your presence (peace, confidence, ability, understanding).
5. What do I need to receive emotionally?

Understanding	Comfort	Support
Encouragement	Appreciation	Affection
Affirmation	Acceptance	Respect
Approval	Security	Belonging
	Love	
6. What do I need to receive God.

Peace - John 14:27; Phil. 4:7; Col. 3:15.
Joy - Duet. 16:15; Lk. 10:17, 21; Phil. 4:4.
Confidence - Psalms 4:7,8; Heb. 10:19.
Strength - Ps. 28:7; Heb. 11:34
Guidance - Jn.14:26; Rom. 8:14,15; 1 Cor. 2:6-ff.

Spiritual truths and actions I need to focus upon.

Gary M. Reed MS, LPC Christian Family Services
(314) 629-7110

Facts

Feelings

Hurt	Safe	Surprised
Frustrated	Content	Excited
Angry	Enthusiastic	Shocked
Resentful	Pleased	Scared
Hatred	Peaceful	Afraid
Confused	Happy	Alone
Alone	Bubbly	Isolated
Tired	Powerful	Needy
Weak	Hopeful	Abused
Numb	Confident	Trapped
Pressured	Carefree	Helpless
Overwhelmed	Relieved	Worried
Defensive	Strong	Anxious
Blamed	Ready	Guilt
Misunderstood	Support	Inadequate
Mistreated	Appreciated	Embarrassed
Punished	Accepted	Unsure
Betrayed	Accepted	Insecure

Needs:

Understanding	Comfort	Support	Encouragement
Appreciation	Affection	Affirmation	Acceptance
Respect	Approval	Security	Belonging

Love

Gary Reed, LPC
Christian Family Services and Ministry Care

Ask God to give you what you need from Him!

“And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work.”

2 Corinthians 9:8

What are my spiritual needs?

Love - John 3:16; Psalms 25:6; Romans 5:8.

Hope - Ps. 42:5, 119:74, Rom. 5:4, 12:12.

Forgiveness - Jn. 3:16, 17; Ephesians 1:7

Peace - John 14:27; Phil. 4:7; Col. 3:15.

Joy - Duet. 16:15; Lk. 10:17, 21; Phil. 4:4.

Confidence - Psalms 4:7,8; Heb. 10:19.

Ability - 2 Corinthians 1:8,9.

Strength - Ps. 28:7; 2 Chronicles 16:9; Heb. 11:34

Guidance - Jn.14:26; Rom. 8:14,15; 1 Cor. 2:6-ff.

Spiritual truths and actions I need to focus upon.