

Saint Louis Christian College
PMN422 – MARRIAGE & FAMILY COUNSELING
Dennis Hounshell, LPC, MAMFT, - Instructor
3 Credit Hours

Spring 2012
Course Requirements: PMN101; GPY201

Wednesdays & Fridays
7:30-8:45 AM

MISSION STATEMENT

Saint Louis Christian College pursues excellence in the Word and develops servant-leaders for urban, suburban, rural, and global ministry.

COURSE DESCRIPTION

“This class provides an understanding of various models and techniques for working with couples, including pre-marital counseling. Topics explored include systems theory, family life development, communication process, and conflict resolution from a Scriptural perspective. Students will learn and apply a family assessment tool.”

COURSE RATIONALE

Pastors, youth ministers and Christian leaders are often the first persons a church member contacts when facing a family problem or crisis. These spiritual leaders need to know how to communicate in a caring and authentic manner to hurting people. Being able to clearly articulate a biblical perspective on marriage and parent/child relationships is essential for those who shepherd Christ’s flock. This course is designed to both aid the students in evaluating their own relationship skills and learn new skills and tools for dealing with people. The course focuses on developing skills for caring, encouraging and teaching others in the body of Christ.

COURSE OBJECTIVES

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

- 1) Explain what makes Christian counseling unique from secular counseling.
Name the basic differences among various models of Christian counseling.
- 2) Identify and use the listening skills of paraphrase, productive questions, perception check, expression of feelings, fogging, negative inquiry, and behavior description.
- 3) Recognize levels and types of life stories and life commandments in the stories of himself and others.
- 4) Conduct an assessment interview and delineate appropriate action steps in a counseling setting.
- 5) Describe the premises of system theory and how to apply them in a counseling setting.
- 6) Create a personal genogram and explain how his/her family history has influenced the student. Be able to also create a genogram for persons the student may counsel.

- 7) Articulate a biblical view of marriage, gender roles, sexuality, and family relations.
- 8) Articulate and use the basic principles of “*The Peacemaker*” model for biblical conflict resolution.
- 9) Respond compassionately, ethically, and legally to allegation of domestic abuse, child abuse, and suicide.
- 10) Be familiar with the Prepare/Enrich material of pre-marital counseling.

COURSE REQUIREMENTS

Attendance, Participation & Classroom Matters

- 1) Regular class attendance and participation is expected. No excused absences will be allowed except in the case of family emergencies or other extenuating circumstances. Absences due to school-sponsored activities must clear through the Academic Dean.
- 2) Students missing more than 20 minutes of class will be counted as absent for that class session.
- 3) Each absence beyond two in the semester will result in losing 10 points off your final point total (Possible 1000 points). For example, 3 absences= -10 points, 4 absences = -20 points, etc.
- 4) All assigned class reading is to be completed as outlined on the course schedule.
- 5) Classroom participation is very important as we will be practicing counseling skills. Students are to be prepared to role play skills covered in the readings. Final grade will include points for participation.

Written Assignments

- 6) **Two homework assignments** from *Listening and Caring Skills*, one on listening skills and one on hearing the story.
- 7) **Two interviews** conducted using skills from *Listening and Caring Skills*.
 - a. **Interview One** will be with a person, not a family member, who has been married at least 15 years. Student will prepare five open-ended questions inquiring about his/her marriage and also ask him/her to tell a story of an experience in the marriage. In the interview the student is to practice the following skills: paraphrase, productive questions, perception check, expression of feelings, and behavior description.
 - b. **Interview Two** will be with a person, not a family member, who has a child at least ten years old. Student will prepare five open-ended questions to ask about the person’s experiences as a parent and also ask him/her to relate one personal parent/child story.
- 8) **Group Project** – Groups containing three students will be given a counseling situation or scenario. The group is to:
 - a. Assess the situation (Determine the problem which will be addressed)
 - b. Develop appropriate action steps.

- c. State at least one relevant Bible verse or biblical insight (give a Bible reference).
 - d. Prepare a homework assignment for the clients that affectively address the problem area.
 - e. Present a role play of the counseling session lasting about 12 minutes.
- 9) **Three Tests** will be given. All will be sectional tests (not cumulative) covering lectures and assigned readings. The tests will consist of short answers, multiple choices, true/false, and short essay questions. Tests are February 11, March 9, and finals week.
- 10) **Genogram** – Student will create a genogram of his/her own family that includes at least 3 generations (not including your children). The genogram will be used to analyze the relationships and functioning of the student's family. A paper of 4-6 will examine how his/her family has influenced the student and might impact future ministry. Student should also address how someone might counsel his/her family.
- 11) **Critiques** – A 3-page critique of *How to Really Love Your Child* and *How to Counsel a Couple in 6 Sessions or Less*
- a. What are the primary themes and assumptions of the book? Do you agree with the author's conclusions?
 - b. Are the principles taught in the book in agreement with biblical teaching?
 - c. What aspects of counseling couples were most helpful to you?

COURSE ASSESSMENT (EVALUATION)

Written Assignments

- 1) For all assignments, neatness, spelling, and grammar will be 25% of grade.
- 2) **Two homework assignments** from *Listening and Care Skills*, one on listening skill and one on hearing the story. Students will answer the questions prepared by the professor. **The first homework assignment is due January and the second one is due February .**
- 3) **Two interviews** using skills from *Listening and Caring Skills*. Student will write a paper of 3 to 4 pages discussing the interview process. The focus of the paper is student's experience in using the skills discussed in the book, not the responses of the interviewee. Papers will be evaluated based on:
 1. Effectiveness of prepared questions (productive questions) in eliciting information.
 2. Description of interviewee's behavior.
 3. Listening for expressions of emotions
 4. Student's reflection of his/her effectiveness of using paraphrase and perception check.

Interview One is due February 25. Interview Two is due March 11.

- 4) **Group Project** – Groups containing three students will be given a counseling situation or scenario. The group is to:
1. Assess the situation (Determine the problem which will be addressed)
 2. Develop appropriate action steps
 3. State at least one relevant Bible verse or biblical insight
 4. Give imaginary clients a homework assignment that affectively addresses the problem area.
 5. Items #1-#4 will be outlined in a 2-3 page paper.
 6. Present a role play of the counseling session lasting about 12 minutes.

Refer to *The Quick Reference Guide to Marriage & Family Counseling* for guidance in doing this assignment.

Group project and presentations are due April 25.

- 5) Student's **genogram paper** will be graded based on
1. Depth of analysis (50%)
 2. Correct form of genogram (25%)
 3. Neatness/spelling/grammar (25%)

The paper will be 4-6 pages not counting page for the genogram (no cover page). **The genogram only is due March 28. The paper is due April 11.**

- 6) **Critiques** of *How to Really Love Your Child* and *How to Counsel a Couple in 6 Sessions or Less* due **April 15**. Papers will be graded based on demonstration of

1. Understanding of what author was saying,
2. Identification of biblical principles,
3. Thought given to application of teaching,
4. Degree of personal reflection on the topic.

- 7) Grades will be tallied as follows:

Classroom participation (4 points per day)	100 points
Home work assignments for <i>Listening and Caring Skills</i>	100 points
2 Section Tests (75 points each)	150 points
Interview papers (100 points each)	200 points
Book Critiques (50 pts. each)	100 points
Genogram	50 points
Genogram paper	100 points
Group project	100 points
Final Exam	100 points
Total	1000 points

COURSE POLICIES

- 1) This class will follow policies and grading scale found in the SLCC catalogue. **For each week an assignment is late, the assignment grade will be reduced 5%.** Students should discuss with the instructor procedures for missed tests. All papers must be written in 12 point Times New Roman or Arial font, be doubled spaced, and have 1” margins.
- 2) Students who bring laptop computers to class are expected to use them solely for taking notes in this class. Students will receive one warning regarding improper use. The second time a student is found using a computer for any other reasons, such as “surfing”, checking emails, or doing work for other classes that student will loose the privilege of have their laptop in class for the remainder of the semester.
- 3) All cell phones are to be turned off or put on vibrate during class time. Taking calls or texting during class will result in the reduction of the participation grade.
- 4) If you have a diagnosed learning disability, please see the instructor privately to discuss assessment measure that would enhance your ability to learn.
- 5) Please understand that the instructor 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 student’s work load.

COURSE STUDENT LEARNING RESOURCES (BIBLIOGRAPHY)

Required Reading:

Campbell, Ross (1992) *How to Really Love Your Child*, Colorado Springs, CO, Chariot Victor Publishing

Clinton, Tim & Trent, John (2009) *The Quick Reference Guide to Marriage & Family Counseling*, Grand Rapids, MI, Baker Books.

Savage, John (1996) *Listening & Caring Skills*, Nashville, TN, Abingdon Press

Stanley, Scott, Trathen, Daniel, McCain, Savanna & Bryan, Milt. (1998) *A Lasting Promise, A Christian Guide to Fighting for Your Marriage*, San Francisco, CA, Jossey-Bass Publishers.

Dr. H. Norman Wright (2002) *How to Counsel a Couple in 6 Sessions or Less*, Ventura, CA, Gospel Light, Regal Books.

Recommended Supplemental Book List

Allender, Dan. (1995) *Intimate Allies*, Wheaton, IL, Tyndale House Publishing, (248.844 A432)

Arp, David & Claudia. (1996) *The Second Half of Marriage*, Grand Rapids, MI, Zondervan Publishing House.

Chapman, Gary. (q1995) *The Five Love Languages*, Chicago: Norhfield Publishign, (646.78 C466)

Cloud, Henry & Townsend, John. (1999) *Boundaries in Marriage*, Grand Rapids, MI: Zondervan Publishign House

Cloud, Henry & Townsend, John (1998) *Boundaries with Kids*, Grand Rapids, MI: Zondervan Publishing House

Kimmel, Tim. (2004) *Grace Based Parenting*, Dallas, TX: Thomas Nelson

Parrott, Les & Leslie. (1995) *Saving Your Marriage Before It Starts*, Grand Rapids, MI: Zondervan Publishing House

Sande, Ken & Raabe, Tom. (2002) *Peacemaking for Families*, Wheaton, IL: Tyndale House, (284.4 S214)

Tripp, Todd. (1995) *Shepherding a Child's Heart*, Shepherd Press.

Additional Resources

Clinton, Timothy & Ohlschlager, George. (200), *Competent Christian Counseling*, Colorado Springs: Waterbrook Press.

Gottman, John & Silver, Nan (1999). *Seven Principles for Making Marriage Work*. Crown Publishing Group.

Life Innovations, Inc. <http://www.prepare-enrich.com/indexm.cfm>.

Penner, Clifford & Joyce. (1993) *Restoring the Pleasure: Complete Step by Step Programs to Help Couples Overcome the Most Common Sexual Barriers*. Word

Penner, Clifford & Joyce. (2003) *The Gift of Sex: A Guide to Sexual Fulfillment*. Waco, TX: Word Publishing.

Penner, Clifford & Joyce (1994) *Getting Your Sex Life Off to a Great Start – A Guide for Engaged and Newlywed Couples*, Nashville, TN: Thomas Nelson

Wheat, Ed & Gaye. (1997) *Intended for Pleasure: Sex Technique and Sexual Fulfillment in Christian Marriage*, Grand Rapids, MI: Revell.

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Tentative Course Schedule

Date	Reading, Discussion Topic	Assignment Due
Jan. 11	Intro. to Counseling	
Jan. 13	Christian Counseling	
Jan. 18	Counseling Process	Read <i>M & F Counseling</i> : p. 7-21
Jan. 20	Counseling Skills	Read <i>L & C Skills – Part 1</i>
Jan. 25	Counseling Skills	Assignment 1 due- L & C Skills
Jan. 27	Counseling Skills	Read <i>L & C Skills – Part 2</i>
Feb. 1	NO CLASS	
Feb. 3	Counseling Skills	Assignment 2 due- L& C Skills
Feb. 8	Biblical View of Marriage and Family	Read <i>A Lasting Promise</i> (Ch 1-2) Read <i>M & F Counseling</i> (p. 88-92)
Feb. 10		TEST #1
Feb. 15	Communication	Read <i>A Lasting Promise</i> (Ch 4-5)
Feb. 17	Communication & Conflict Resolution	Read <i>M & F Counseling</i> : p. 93-105 163-172
Feb. 22	Conflict Resolution – Peacemakers	Read <i>A Lasting Promise – Part 2</i>
Feb. 24	Conflict Resolution – Peacemakers	Interview One Due

Feb. 29	Family Systems Theory	Read <i>M & F Counseling</i> : p. 193-198
Mar. 2	Genogram	Read <i>A Lasting Promise</i> – Part 3
Mar. 7		TEST #2
Mar. 9	Marital Counseling	Interview Two Due
Mar. 14	Marital Counseling	Read <i>M & F Counseling</i> : p. 35-42,68-74, 122-126, 182-187
Mar. 21 & 23	Lab Week – NO CLASS	
Mar. 28	Marital/Pre-marital	Genogram Due – Read <i>M & F Counseling</i>
Mar. 30	Counseling	p. 236-240
Apr. 4	Guest Speaker Domestic Abuse	Read <i>M & F Counseling</i> : p. 128-134
Apr. 6	SPRING BREAK – GOOD FRIDAY –NO CLASS	
Apr. 11	Parenting & Family Life	Genogram Paper Due
Apr. 13	Parenting & Family Life	Read <i>M & F Counseling</i> : p. 75-82, 213-220 146-156, 275-281
Apr. 18	Parenting & Family Life	Read <i>How To Really Love Your Child</i>
Apr. 20	Parenting & Family Life	Book Critiques Due
Apr. 25	Group Presentation	Group Projects Due
Apr. 27	Crisis Intervention / Suicide Prevention / Mental Health Referrals	
May 2	Final Exams	