

North Portland Bible College  
Portland, Oregon

**Caring for People God's Way II**  
**LC220**

**Part I of a III Part Course**

**Winter Term 2017-2018**

**January 8 through March 23, 2018**

**3 Course Credits**

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**COURSE DESCRIPTION**

Caring for People God's Way is designed to help students to become spiritual and emotional caregivers by developing skills for helping and supporting individuals who are struggling through a crisis in their spiritual and everyday lives. Caring for people God's Way is a three -part course.

Lay Counselors are challenged to develop skills in working with individuals who express needs for growth in interpersonal relationships with spouses, coworkers, and other relationships. The class will act as a laboratory for demonstrating active listening techniques and providing compassionate responses and support to others. This course includes a certificate program in Christian counseling produced by Light Learning Institute, an extension of the American Association of Christian Counselors.

**COURSE OBJECTIVES**

By completing this course, student will:

1. Gain an understanding of individual personality and emotional differences.
2. Gain an understanding of biblical scriptures that affirm or support the goals for the counselee as these goals align with the expectations of God's truth in His word.
3. Be able to articulate the issues in today's world that often leads to pain and brokenness in people's lives.
4. Explore the ways in which people seek to anesthetize their pain and the existential search for meaning and purpose.
5. Use the classroom as an opportunity to receive and give support to one another as we all go through personal growth throughout the school year.

## **METHODOLOGY:**

Students will participate in a study-learning environment as designated by the course schedule. In addition, students will explore the above-mentioned objectives through required readings, class discussions, and written assignments (Reflection Papers, Role Playing, Quizzes, and a Special Project).

## **COURSE REQUIREMENTS**

### **Reading**

#### **Textbook:**

*Caring for People God's Way 2013 Workbook Revised Edition*; 30- Hour Certificate Training Program; Light University, Forest, Virginia.

The Holy Bible, a version of your choice except paraphrase types.

The instructor will make following handouts available:

- Spiritual Gifts Survey, LeWay Christian Resource, 2003
- Taking the Initiative in Counseling Ministry, David Powlison, The Journal of Biblical Counseling published by Christian Counseling and Education Foundation, Glenside, PA, 2017
- "Introduction to Biblical Lay Counseling: Common Problems, Maybe You, Expectations for the next [Ten Weeks] and A Companion Reference Guide; Coffee Cup Counseling, Tim Clinton & Pat Springle, AACC, 2015, pages 9-18.

### **Major Assignments (with due dates)**

**Reflection Paper:** A Reflection Paper is your identification of the main themes of the readings or observations integrated with your experiences and how both affect your thinking and practice.

1. 1-2-page Reflection Paper on the article "*Introduction to Biblical Lay Counseling, Coffee Cup Counseling: Learning to Care for People God's Way*, Tim Clinton & Pat Springle Companion Reference Guide, due January 22, 2017
2. Spiritual Gifting Survey, handout provided by instructor to be completed and returned by January 22, 2017
3. 1- 2-page Reflection Paper on "Using My Spiritual Gifts in Ministry."
4. Weekly Quizzes

## **COURSE EXPECTATIONS AND POLICIES**

### **Attendance Policy**

Students are not required to attend and participate in classroom activities. It is the student's responsibility to make arrangements with instructor for completing class work as scheduled.

### **Late assignment policy**

Assignments are due on the date specified, although situations may arise requiring an extension. It is the student's responsibility to request an extension from the instructor when necessary. Any assignment

turned in later than 11:59 pm on the date due will incur a 5% grade reduction per day. Please let me know if you are having trouble and need additional help or an extension.

### Evaluation and Grading Policy

Letter Grades will follow the standards given on page 14 of the current catalog.

A	90-100	Excellent	4
B	80-89	Good	3
C	70-79	Average	2
D	60-69	Poor	1
F	0-59	Failure	0
W	-	Withdraw	0
Inc.	-	Temporary Extension	

Grades will be based on the following points earned:

1. Reflection Paper _ Introduction to Biblical Counseling	15 points
2. Spiritual Gift Survey Exercise	10 points
3. Class participation	25 points
4. Reading	15 points
5. Weekly Exams	20 points
6. Reflection Paper II	<u>15 points</u>
Total Points	100

### Guidelines for submitting written work

All papers should be typed double space in 12-point Times New Roman font, with 1-inch margins on all sides, and should have a cover page and bibliography. Papers should be in MLA format, with all sources cited in parenthetical notes, with the reference listed in the Bibliography. Papers should reflect research and thought on their topic, include proper source citation, and be written with proper English grammar. Assignments are to be submitted through Populi.

### NPBC Writing Standards:

All written work must be typed in the format designated by the college. Excessive errors such as grammar, punctuation, format, and spelling will affect your grade. A copy of NPBC Writing Guidelines is available through the office.

### NPBC Writing Standards

All written material submitted must be the original work of the student. *Plagiarism* is a violation of academic integrity and constitutes a serious breach of scholarship standards at North Portland Bible College. When quoting the work of an author or an author's ideas are used in your paper, document, document, and document.

**COURSE SCHEDULE AND CONTENT TOPICS**  
**Winter Term 2017\_2018 WEEKLY CLASS OUTLINE**

<b>Class Date</b>	<b>Course Topic</b>	<b>Reading Assignments</b>	<b>Assignments</b>
Jan 8	<b>Unit 1:</b> Intro. To course Housekeeping items	<ul style="list-style-type: none"> <li>• <b>In-class _ 30 minutes</b> <ul style="list-style-type: none"> <li>• Introduction to Biblical Lay Counseling (<b>handout</b>); pages 9-18; 10 pages.</li> <li>• Copy of study questions: BCOU 101 &amp; 102</li> </ul> </li> </ul>	<b>Introduction to Syllabus Watch &amp; Discuss DVD</b> <ul style="list-style-type: none"> <li>• Introduction to Biblical Counseling, BCOU 101</li> <li>• Discuss handout</li> </ul>
Jan 15	<b>No Class Holiday</b> <b>3 hours of make-up work</b>	<b>Reading - Total of 39 pages</b> <b>BCOU 101:</b> <i>Becoming a Christian Counselor</i> (Textbook pgs. 19-28; 10 pages. <b>BCOU 102:</b> <i>Using Your Spiritual Gifts in Counseling</i> Textbook pages. 29-37; 9 pages. <b>Copies of Study Questions:</b> 101 & 102	<b>1-2-page Reflection Paper on</b> Introduction to Biblical Lay Counseling ( <b>handout</b> ). <b>Complete</b> Spiritual Gifts Survey Exercise; handout provided by instructor.
Jan 22	Review of home work – Unit 1 Introduction to Biblical Counseling	<b>See reading assignments for January 15, 2018</b>  <b>Copies of study questions</b> <b>BCOU 103:</b> <i>Helping Others Find Significance in Life.</i>	<b>Discussion Assignments:</b> <b>Review</b> Biblical Lay Counseling BCOU 101 <b>Quiz:</b> BCOU 101 (closed book) <b>Watch &amp; Discuss DVD:</b> Using Your Spiritual Gifts in Counseling BCOU 102 <b>Quiz:</b> BCOU 102 Discussion: Spiritual Gifts Survey
Jan 29	Unit 1: Introduction to Biblical Counseling	<b>Read: BCOU 103:</b> <i>Helping Others Find Significance in Life</i> <b>Copy of study questions:</b> BCOU 104	<b>Review</b> <b>Watch &amp; Discuss DVD:</b> <i>Helping Others Find Significance in Life</i> <b>Quiz:</b> BCOU 103
Feb 5	Unit I: Introduction to Biblical Counseling	<b>Read: BCOU 104:</b> <i>The Power of the Truth</i> (Textbook pgs. 54-63) <b>Copy of study questions:</b> BCOU 105	<b>Review</b> <b>Watch &amp; Discuss DVD:</b> <i>The Power of Truth</i> <b>Quiz:</b> BCOU 104
Feb 12	Unit I: Introduction to Biblical Counseling	<b>Read BCOU 105:</b> <i>Overcoming Depression</i> ; pgs. 64-78 <b>Copy of study questions:</b> BCOU 106	<b>Watch &amp; Discuss DVD:</b> <i>Overcoming Depression</i> <b>Quiz:</b> BCOU 105

Feb 19	Unit 1: Introduction to Biblical Lay Counseling	<b>Read BCOU 106:</b> <i>Surviving Sexual Abuse</i> . (Textbook pgs. 79-94) <b>Copy of study questions:</b> BCOU 201& 202	<b>Review</b> <b>Watch &amp; Discuss DVD:</b> <i>Surviving Sexual Abuse</i> <b>Quiz:</b> BCOU 106
Feb 26	Unit II: Faith & Life	<b>Read BCOU 201:</b> <i>The Effective Helper</i> <b>Read BCOU 202:</b> Bringing People into God's Presence <b>Copy of study questions:</b> BCOU 203	<b>Review</b> <b>Watch &amp; Discuss DVD:</b> <i>The Effective Helper</i> <b>Quiz:</b> BCOU 201 <b>Watch &amp; Discuss DVD:</b> <i>Bringing People into God's Presence</i> <b>Quiz:</b> BCOU 202
Mar 5	Unit II: Faith & Life	<b>Read BCOU 203:</b> <i>How to Help People Change</i> <b>Copy of study questions:</b> BCOU 204 & 205	<b>Review</b> <b>Watch &amp; Discuss DVD:</b> <i>How to Help People Change</i> <b>Quiz:</b> BCOU 203
Mar 12	Unit II: Faith & Life	<b>Read BCOU 204:</b> <i>Heart Matters: Repentance and Godly Sorrow</i> <b>Read BCOU 205.</b> <i>Forgiveness and Godly Sorrow</i> <b>Copy of study questions:</b> BCOU 206	<b>Review</b> <b>Watch &amp; Discuss DVDS:</b> <ul style="list-style-type: none"> <li>• <i>Heart Matters;</i> <i>Repentance &amp; Godly Sorrow</i></li> <li>• <b>Quiz:</b> BCOU 204</li> <li>• <i>Forgiveness and Godly Sorrow</i></li> <li>• <b>Quiz:</b> BCOU 205</li> </ul>
Mar 19	Unit II: Faith & Life	<b>Read BCOU 206:</b> <i>The Spiritual Discipline in Counseling</i> <b>Review Spiritual Gifts Survey:</b> Completed by student	<b>Review</b> <b>Watch &amp; Discuss DVD:</b> <i>The Spiritual Discipline in Counseling</i> <b>Quiz:</b> BCOU 206 <b>Discussion</b> <b>1-2-page Reflection Paper:</b> <i>Using Your Spiritual Gifts in Ministering to Others</i>

# BIBLIOGRAPHY

## List of paper-based and online texts and articles

### LC220 Caring for People God's Way

#### **Books:**

Alcorn, Randy and Nancy Alcorn. *Help for Women Under Stress: Preserving Your Sanity*. Revised AND Updated Edition; Eternal Perspective Ministries (EPM), 1987, 2013. Print.

Grunlan, Stephen and Daniel Lambrides. *Healing Relationships: A Christian's Manual for Lay Counseling*. Wipf & Stock Publishers, Eugene, Oregon, Copyright 1985; Publication date 2013. Print.

Stedman, Ray C. *Body Life*. (Revised and Expanded by James D. Denney). Discovery House Publishers, Grand Rapid, Michigan; Copyright 1972; Revised Copyright 1995 by Elaine Stedman. Print.

Adams, Jay E. *Ready to Restore: The Layman's Guide to Christian Counseling*. Presbyterian and Reformed Publishing Company, Phillipsburg, New Jersey, 1981. Print.

Clinton, Tim and Pat Springle. *Coffee Cup Counseling: Learning to Care for People God's Way. A Six-week Introductory Study of Biblical Counseling*. American Association of Christian Counselors, United States, 2015. Print.

Leder, Steve. *More Beautiful Than Before: How Suffering Transforms Us*. Hay House, INC., California and New York City, 2017. Print.

*Living Forward Workbook: A Proven Plan to Stop Drifting and Get the Life You Want*. Building Champions. [Info@buildingchampions.com](mailto:Info@buildingchampions.com), 503.670.1013. Print and Online., 2017.

#### **Magazines:**

*Christian Counseling: Personality Disorders*. Christian Counseling Today, Vol. 21 No. 3. The American Association of Christian Counselors, Inc. Print.

*Christian Counseling: Gerontology, Aging & Caregiving*. Christian Counseling Today, Vol. 19, No. 4. The American Association of Christian Counselors, Inc. Print.

*Christian Counseling: Couples in Crisis*. Christian Counseling Today, Vol. 22, No. 2 American Association of Christian Counselors, United States, 2015. Print.

*The Church Mental Health & Suicide*. Christian Counseling Today. Vol. 21 No. 2. The American Association of Christian Counselors, Inc. Print.

*Law and Ethics*. Christian Counseling Today. Vol. 21 No. 2. The American Association of Christian Counselors, Inc. Print.

*Childhood Development Disorders*. Christian Counseling Today. Vol. 17 No. 2. The American Association of Christian Counselors, Inc. Print.

*Violence, Intervention, & Prevention*. Christian Counseling Today. Vol. 20 No. 1. The American Association of Christian Counselors, Inc. Print.

*Substance Abuse & Chemical Dependency*. Christian Counseling Today. Vol. 22 No. 3. The American Association of Christian Counselors, Inc. Print.

**Articles:**

Powlison, David. *Taking the Initiative in Counseling Ministry*. Editorial; JBC 31:2 (2017): 2–7. <https://www.ccef.org/wp-content/uploads/2017/08/1-Editorial-taking-the-Initiative-in-Counseling-Ministry-Powlison.pdf>.

Scalise, Eric Dr. *Lay Counseling and the Local Church: Counseling, Marriage, and Family, High Conflict*. Dr. James Dobson's Family Talk. 2016. <http://www.drjamesdobson.org/blogs/dr-eric-scalise/dr.-eric-scalise/2016/12/01/lay-counseling-and-the-local-church>. Online and Print.

Hammar, Richard. *Legal Guidelines for Lay Counselors: Risks and Risk Management for Your Lay Counseling Program*. <http://www.smallgroups.com/articles/2011/legal-guidelines-for-lay-counselors.html?paging=offl>.

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