

North Portland Bible College  
Portland, Oregon

**LC229 Lay Caring and Counseling**  
**Spring Term 2017-2018**  
**Number of Course Credits: 3**

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**COURSE DESCRIPTION**

Lay Caring and Counseling 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. It will not equip you to be a professional therapist but will give you "insights and direction" to help care for People God's way.

**COURSE OBJECTIVES**

By completing this course, student will:

1. "[Know] the privilege and responsibility of stepping into people's lives when they are most vulnerable.
2. [Identify] the biblical basis for caring friendships.
3. [Understand] three-step model of helping.
4. [Discern] how to care for People in time of crisis.
5. [Demonstrate] how to become an effective listener.
6. [Understand] how to address the difficult issues of abuse and boundaries.
7. [Develop] a network of competent professionals for referrals".<sup>1</sup>

**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, and Integrated Paper).

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<sup>1</sup>Clinton, Tim and Pat Springle. *Coffee Cup Counseling: Learning to Care for People God's Way*. AACC Press, 2015. Print.

**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.

**Integrated Paper:** The primary purpose of the integrated paper is to intergrate or draw connection among your different experiences and authors' perspectives on Lay Caring and Counseling that were brought together through this course. It is the process of analyzing, assessing, synthesizing, evaluating and reflecting on information gathered from observation, experience, and reading material.

**Role Playing:** The process will include groups of three with the third person as the observer. This process will be rotated until each person participate in each role. The material for the role playing will come from case studies in Getting Started, Week 6, pages 110 through 112. The other option is for each student to develop their own case study for the group participation.

## **COURSE REQUIREMENTS**

### **Reading**

#### **Textbook: Required**

*Coffee Cup Counseling: Learning to Care for People God's Way.* Tim Clinton and Pat Springle. American Association of Christian Counselors (AACC). Available at <https://www.aacc.net/product/coffee-cup-counselor/>. Cost \$49.

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

**Instuctor will** make the following handouts available and others not listed:

- Articles from Ready to Restore: The Layman's Guide to Christian Counseling by Jay E. Adam:
  - What is Counseling? Pages 9-11
  - Who Should Counsel? Pages 1-5
  - Goals, Attitudes, and Dangers. Pages 5-8
- Articles from Healing Relationships: A Christian Manuel for Lay Counseling by Stephen Grunlan and Daniel Lambrides
  - Counseling as a Lay Ministry, pages 11-19.
  - Theology for Counseling, pages 20-38
  - Theory for Lay Counseling Relationship, pages 39-55.

**Major Assignments** (with due dates) See the Course Schedule Chart

1. 2-page Reflection Paper on handouts from 1<sup>st</sup> session; due April 9.
  - a. What is Counseling? By Jay Adams, pages 9-11
  - b. Who Should Counsel? by Jay Adams, pages 1-5
  - c. Goals, Attitudes, and Dangers by Jay Adams, pages 5-8
2. Model of Care, Answers 3 questions at end of chapter, pages 37-38, due April 16.

3. 2-page Reflection Paper using the following material;
  - a. Textbook, Week 4, Relying on the Scriptures and Prayer, pages 75-93.
  - b. Handout by Grunlan & Lambrides; Healing Relationships: Theory for Lay Counseling, pages 39-55, due April 30.
4. 6-8-page Integrated Paper using the reading assignments and experiences. See definition of an integrated paper, due June 11.
5. Role Playing with a group of 3 including the observer on May 14 & May 21. Case studies from Textbook, Week 6 Getting Started. Student can write their own case study.

## **COURSE EXPECTATIONS AND POLICIES**

### **Attendance Policy**

Students are required to attend and participate in classroom activities. It is the student's responsibility to plan 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. Answers to the 3-questions at end of week 1, pages 37-38	100 points
2. Reflection Paper #1 on handouts for Session1	100 points
3. Reflection Paper #2, Session 5	100 points
4. Class participation	150 points
5. Reading	150 points
6. Role Playing Exercises with observers	200 points
7. Integrated Paper	200 <u>points</u>
Total Points	1000

### 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

### COURSE SCHEDULE

#### WEEKLY CLASS OUTLINE

<b>Class Date</b>	<b>Course Topic</b>	<b>Reading Assignments</b>	<b>Assignments</b>
04.02.2018 1	Orientation to Course	Ready to Restore Handouts: Who Should Counsel; What is Counseling; Goals, Attitudes, & Dangers Healthy Relationship: Counseling as a Lay Ministry	Class Discussion on handouts
04.9.2018 2	Caring for People in Need- Week I	Caring for People in Need, pages 19-38	Review DVD & Discussion and Reflection Paper on handouts b Jay Adam from session 1
04.16.2018 3	Models of Care, Week 2	Models of Care, pages 39-53	Review DVD & Discussion; Answers to three questions at end of week 1, pages 37-38.
04.23.2018 4	Becoming A Great Listener, Week 3	Becoming A Great Listener, pages 55-74	Review DVD & discussion
04.30.2018 5	Relying on the Scriptures and Prayer, Week 4	Relying on the Scriptures & Prayer, pages 75-93 Theory for Lay Counseling: Relationship, handout pages 39-55	Review DVD & discussion Reflection Paper 1-2 pages
05.07.2018 6	Resources & Referrals, Week 5	Resources & Referrals, Week 5, pages 95-105	Review DVD & discussion
05.14.2018 7	Getting Started, Week 6	Getting Started, pages 107-116	Review DVR Role playing on Case Studies with observers
05.21.2018 8	Information in the Appendices	Information in the Appendices, pages 117-139	Discussion and role playing, student with observer
05.28.2018	Memorial Holiday	None	None
06.04.2018 9	Information in Appendices	Information in Appendices, pages 117-139	Discussion & Guest Speaker
06.11.2018 10	None	None	Integrated Paper Guest Speaker

**Bibliography**  
**LC229 Lay Caring and Counseling**  
**(Place on page by itself; a copy will be given to the library)**

**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.

*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>.

Scaslise, 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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