



**COVENANT BAPTIST
THEOLOGICAL SEMINARY**

— + —
INFORMED SCHOLARSHIP • PASTORAL HEART

PT16 • Introduction to Pastoral Counseling

J. Ryan Davidson

2 Credit Hours

Subject	Pastoral Counseling
Professor	J. Ryan Davidson, (Ph.D. Candidate)
Schedule	Friday, May 28 Saturday, May 29 Monday, May 31
Content	<i>A survey and introduction to the role of the pastor as a counselor of God's people using the Word of God. The course will survey theological, historical, and practical areas related to pastoral counseling and will focus on the use of the Scriptures in the counseling ministry of the church. Various topics will be addressed from a biblical perspective such as fear, depression, guilt, family, and habitual sin and will be surveyed alongside biblical anthropology, counseling methodology, and biblical solutions for addressing such issues.</i>
Objectives	<p>A. Identify & evaluate personal, spiritual, and moral problems among congregational members, and provides correction and nurture, through proper pastoral counseling and care methods. This will involve:</p> <ol style="list-style-type: none">1). An opportunity to increase the student's reflection upon practical theology and the shepherding aspects of local church ministry particularly those of pastoral care and counseling.2). An introduction to basic pastoral counseling methods, theories and techniques, and to aid the student in developing a basic pastoral counseling approach. Particular models of counseling will be examined and evaluated.3). An opportunity to increase the student's theological/Scriptural reflection upon the specific problems, situations, sins and challenges faced in the human experience and how the Scriptures speak to those issues. Multiple Scriptural passages will be examined. <p>B. Demonstrate the ability to engage in the teaching, leading and shepherding ministry in the church through the particular integration of the application of counseling.</p> <p>C. Effectively teach and apply the Scriptures through the personal ministry of pastoral counseling throughout the congregation. This will be accomplished through:</p> <ol style="list-style-type: none">1). Providing some introductory, hands on counseling experience to the student through case studies and class exercises.2). Providing the student with a brief period of self-reflection and introspection regarding the ministry of the Word and pastoral counseling.

Evaluation Methodology	<p><u>Course Requirements & Evaluation:</u></p> <p>Class Participation-20% Reflection Paper- 40% Case Study/Exam-40%</p> <p><i>Regarding time allotment/workload for the course, class sessions/lecture will be 20-24 hours, reading work will be close to 29 hours, writing work will be close to 21 hours and the brief case study will be around 9 hours. Although this allotment may vary based on the student, these are general estimates based on average work to hours ratios</i></p>
Educational Strategies	<p>Objective A: Reflection Paper & Case Study Objective B: Reflection Paper Objective C: Case Study following Class Work/Presentations <i>*All of these educational strategies assume proper reading and Lecture Attendance.</i></p>
Required Literature and/or Textbooks	<p>1). Jeremy Pierre & Deepak Reju. <i>The Pastor and Counseling: The Basics of Shepherding Members in Need</i>, Wheaton, IL: Crossway, 2015.</p> <p>2). Emlet, Michael. <i>Descriptions and Prescriptions: A Biblical Perspective on Psychiatric Diagnoses & Medications</i>. Greensboro, NC: New Growth Press, 2017.</p> <p>3). Powlison, David. <i>Seeing with New Eyes: Counseling and the Human Condition Through the Lens of Scripture</i>. P & R Publishing, 2003.</p> <p>4). <u>Articles</u>: Beeke, Joel. "The Puritans on Conscience" in <i>A Puritan Theology: Doctrine for Life</i>, eds. Joel Beeke & Mark Jones. Grand Rapids, MI: Reformation Heritage Books, 2012.</p> <p>Beeke, Joel. "Puritan Casuistry" in <i>A Puritan Theology: Doctrine for Life</i>, eds. Joel Beeke & Mark Jones. Grand Rapids, MI: Reformation Heritage Books, 2012.</p>

Assignments:

Course Requirements & Evaluation:

Class Participation-20%
Reflection Paper- 40%
Case Study Exam-40%

Class Participation

Class participation, both attendance and discussion, is a vital part of the course. Given that the nature of the course involves case studies, reading discussion as well as counseling exercises, classroom participation is vital to the learning of the material. Full participation and contribution is encouraged and required.

Reflection Paper

Students are to write a reflection paper on the course, including the following information:

- * A Brief Summary & Critique of the Works Read for the Course
- * A Detailed Analysis of one topic covered in the course. Choose one topic that was important or helpful for you and analyze it in relation to your own view of it.
- * A Personal Reflection on your vision of Pastoral Care and Counseling within the Context of Church Ministry to include both individual counseling, and larger, means of grace, teaching and discipleship components within the church.
- * A brief statement of the place of the Scriptures in the work of Pastoral Counseling.
- * Discuss what you believe to be your particular strengths and weaknesses as a current or future Pastoral Counselor.

(Approx. 5-7,000 Words).

Case Study

The Student will be given a case study to complete as a final project or exam. The student will read a case study provided by the Professor and answer particular questions while viewing oneself in the role of a Pastoral Counselor. This will include: what further information would need to be gathered, theological connections, diagnosis of the problem/situation, and plan moving forward. This will not be a lengthy assignment, and will focus on bringing the course together.

COURSE CONTENT & SCHEDULE (*Subject to change or rearranging based on time*)

	THEME	CONTENT	ASSIGNMENT
May 28	Overview & Theological Background	Introduction Pastoral Theology Introduction History of Pastoral Care & Coun. Biblical Basis for Pastoral Coun. Law & Gospel in Counseling -Justification & Sanctification -True & False Conversion	Read: *Beeke Articles
	Pastoral Counseling Survey/Background	Theological Anthropology Psychology & Christianity Intro. Views of "Christian Counseling" Counseling Modalities Survey Counseling & The Local Church -Personal Counseling Min. -Larger Shepherding Components -Ordinary Means of Grace -Connections to Church Discipline	Read: *Emlet Text
May 29	Counseling Methods & Techniques	Developing a Pastoral Coun Model The Issue of the Heart & Idols Counseling Techniques & Practice -Good Questions Counseling Relationship & Ethics Dealing with Abuse	Read: * Chpts 1-3 Pierre/Reju Text *Powlison Text
	*Counseling Methods & Techniques Cont'd *Counseling Topics	Sin Suffering & Grief Depression Anxiety	Read: *Powlison Text
May 31	*Counseling Topics Cont'd *Final Review	Marriage & Divorce Anger Addiction Putting It All Together	Read: * Chpts 4-8 Pierre/Reju Text
	Assignment Completion Final Assignments Due By email		*Finish Reading & Reading Report *Reflection Paper *Case Study

Introductory Limited Resources List (Not Required)

Adams, Jay E., *Competent to Counsel*, Baker Books, Grand Rapids, Michigan., 1970

Allender, Dan B., *The Wounded Heart* (dealing with Sexual Abuse), NavPress, Colorado Springs, Colorado., 1992

Augustine. *Confessions*.

Bucer, Martin, *On The True Pastoral Care*.

Davidson, J. Ryan. *Thinking Through Anxiety: A Brief Christian Look*, Apollo, PA, Ichthus Publications, 2017.

Fesko, J.V. *Reforming Apologetics: Retrieving the Classic Reformed Approach to Defending the Faith*. Grand Rapids, MI: Baker, 2019.

Gregory the Great, *The Pastoral Rule*

Johnson, Eric L., ed. *Psychology and Christianity: Five Views*. Downers Grove, IL: InterVarsity Press, 2010.

Kelleman, Bob, *Gospel-Centered Counseling*. Zondervan, 2014.

Lane, Timothy S. and Paul D. Tripp. *How People Change*. Greensboro, NC: New Growth Press, 2006.

Lloyd-Jones, D. Martin, *Spiritual Depression: It's causes and it's Cure*, Wm. B. Eerdmans Publishing House, Grand Rapids, Michigan, 1965.

Marshall, Walter. *The Gospel Mystery of Sanctification*. Originally Written, 1600's.

Murray, David. *Christians Get Depressed Too*. Grand Rapids, MI: Reformation Heritage Books, 2010.

Noble, John-William. *Biblical Marriage: Two Sinners and a Gracious God*. Wipf and Stock, 2020.

Powlison, David. *Speaking Truth in Love: Counseling in Community*. Winston-Salem, NC: Punch Press, 2005.

Tripp, Paul D. *Instruments in the Redeemer's Hands: People in Need of Change Helping People in Need of Change*. Phillipsburg, NJ: P&R Publishing, 2002.

Welch, Edward T. *When People are Big and God is Small: Overcoming Peer Pressure, Codependency and the Fear of Man*, Presbyterian and Reformed Publishing House, Phillipsburg, New Jersey, 1997.

Welch, Edward T. *Blame it on the Brain? Distinguishing Chemical Imbalances, Brain Disorders, and Disobedience*, Presbyterian and Reformed Publishing House, Phillipsburg, New Jersey, 1998

Welch, Edward T. *Addictions: A Banquet in the Grave*, Presbyterian and Reformed Publishing House, Phillipsburg, New Jersey, 2001

Welch, Ed. *Running Scared: Fear, Worry and the God of Rest*. Greensboro, NC: New Growth Press, 2007.

The Journal of Biblical Counseling. <http://www.ccef.org/resources/jbc>