

## PCM 504 COUNSELING METHODS & TECHNIQUES

### 4 Credits

**Lecturer: Pastor Annie Tan**

#### About Lecturer

Annie Tan has been involved in church and community works for many years. In 1990, she moved to the U.S. to study at Oklahoma Baptist University from which she graduated with a degree in Psychology. She then proceeded to earn a Master's Degree in Marriage and Family Therapy. After seven fruitful years, she returned to Singapore to continue to serve the community as a Family Counselor. Her clientele is made up of people facing anxiety, manic depression, suicidal tendencies/thoughts, marital conflicts, divorce, youth delinquency, and parent-child conflicts. She also conducts seminars and workshops involving couples' communication, pre-marital counseling, support group therapy, marriage enrichment programs, parenting training, youth counseling, gambling, and sex addiction. She also conducts marriage and family workshops in Malaysia, Taiwan and the US. She is currently a counselor cum lecturer at the Baptist Theological Seminary.

Academic Year : 2009/10, 3<sup>rd</sup> Quarter (Jan 25 – Apr 30, 2010)  
Day & Time : Tuesdays & Fridays, 9.00 – 10.50 am  
Dates : Jan 26, 28  
(dates could be subject to change) Feb 2, 4, 9, 11, 22, 25  
Mar 2, 4, 9, 11, 23, 25, 30  
Apr 1, 6, 8, 13, 15, 20, 22, 27, 29  
Venue : EAST ASIA SCHOOL OF THEOLOGY  
1, Dorset Road, Singapore 219486. Tel: 6291-9744

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## CLASS SYLLABUS

#### Class Description

This course offers students an overview of the field of pastoral counseling with a focus on the Christian perspectives in counseling and also some insights from psychotherapy as well as biblical insights and understanding that set the foundation of pastoral care and counseling. Approaches include: case studies, directive and non-directive counseling, and role play. Finally, students will learn the People-Helper Model skill and will apply the skill to work on problems currently prevalent in society.

#### Class Pre-requisites:

None

#### Objectives

Upon completion of this course students will be able to:

- Identify some common problems faced by the individuals posed by the contemporary challenges in today society
- Students will develop healthy mental and emotional guidelines so as to safeguard themselves against negligence and malpractice

- Identify treatment model when counseling different kinds of issues
- Minister to people in crisis through Biblical counseling
- Students will become competent in applying therapy skill and biblical insights to help counselees to work on their issues
- Demonstrates competency by administering a step-by-step guide to treatment plans

### **Textbook**

Collins, Gary. **How to be a People Helper**. Illinois: Tyndale House Pub., Inc. 11995.

Crabb, Larry. **Effective Biblical Counseling**. Grand Rapids, Michigan: Zondervan Pub. House. 1977.

Koller, Charles Allen. **Solution-Focused Pastoral Counseling**. Grand Rapids, Michigan: Zondervan. 1997.

### **Class Schedule (January 25-April 30, 2010)**

Date	Topics	Assignments
Jan 26	Introduction to the course What is Christian Counseling? Christian worldview of human nature and needs Different Theories of Psychotherapies Blind Walk Exercise	
28	Profile of Jesus as the Counselor Biblical Perspective of Counseling Profile of an Effective Caregiver	
Feb 2	The emotional and mental health of the Pastoral Counselor Guidelines for Counselor	
4	Code of Ethics in Pastoral Counseling Keeping Confidentiality Making Referrals	Homework: Case Study on Kenneth Nally
9	Review case study Setting Boundaries	
11	Understanding your counselees' defense mechanism Types of Counseling	Homework: Spiritual Development
	<b>Chinese New Year Break</b>	
22	Review Spiritual Development Spiritual Resources	

25	Spiritual Resources	
Mar 2	Spiritual Resources	Homework: "Tear-Catcher"
4	Attending Behavior Skill Active Listening Skill: encouraging and summarizing skills Review "Tear-Catcher" Practice skill/Exercise	Assignment Due: Autobiography
9	Use of Questions Skill Self-Disclosure Skill Feedback Skill Practice skill/Exercise	
11	Interpretation/Reframe Skill Logical Consequences Skill Practice skill/Exercise	
	Mid-Term Break	
23	Confrontation Skill Practice skill/Exercise	Assignment Due: Movie Report
25	People-Helper Model Stage I	Assignment: Outline of Treatment Plan
30	People-Helper Model Stage I	
April 1	People-Helper Model Stage I	
6	People-Helper Model Stage I	
8	People-Helper Model Stage II	
13	People-Helper Model Stage II	
15	People-Helper Model Stage III	
20	People-Helper Model Stage III	
22	Presentation	
27	Presentation	Assignment: Treatment Plan
29	Make Up and Wrap Up Session	

**Course Requirements****Grades will be weighted according to the following levels:**

1. Reading and Class Participation 10%
  
2. Watch a video/movie/TV episode on contemporary issues.  
Write a report on the following:
  - a. Describe the presenting problems
  - b. Describe the family dynamics that cause dysfunctional behaviors in the individuals or family.
  - c. Suggested interventions if you were the counselor. 25%
  
3. Develop three sessions of step-by- step treatment plan on anyone of the current problems faced in our today society. You are encouraged to work on the treatment plan that may serve helpful and purposeful in your ministry that you face in the Church setting. 40%
  
- 4 Write autobiography of yourself as a counselor. How do view your own strengths and limitations as a counselor? What is your worldview in regards to human nature, and how does your worldview relate affect your counseling? 25%