

**PCM 507 GROUP COUNSELING – BE TRANSFORMED**  
**2 Credits**

**Lecturer: Mrs. Laurel Langston & Team**

About Lecturer

Mrs. Laurel Langston grew up in Wisconsin USA. She has her B.A. from Michigan State University and her Master of Arts in Religion from the International School of Theology, California. In 1984 Laurel started a ministry for business and professional women in Baguio City, Philippines called "Today's Christian Women." She has taught and counseled in Singapore, Malaysia, Indonesia, Taiwan, Philippines, Thailand, China and the USA. Laurel is involved in a ministry of teaching, counseling and discipleship.

Laurel has been with Campus Crusade for Christ for 42 years. She and her husband served for eight years in the Philippines. They are in their twenty-first year of ministry in Singapore. They have two adult children and three grandchildren.

Academic Year : 2009/10, 3<sup>rd</sup> Quarter (Jan 25 – Apr 30, 2010)  
Day & Time : Tuesdays, 2.00 – 3.50 am  
Dates : Jan 26  
(dates could be Feb 2, 9, 23  
subject to change) Mar 2, 9, 23, 30  
Apr 6, 13  
Venue : EAST ASIA SCHOOL OF THEOLOGY  
1, Dorset Road, Singapore 219486. Tel: 6291-9744

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## CLASS SYLLABUS

**Class Description**

This class provides an experience of discovering biblical solutions to life problems in a small group setting. It applies God's Word to emotional, spiritual, and relational needs. Small group interaction and discussion are included each week in examining and experiencing God's transforming work in our daily lives.

**Class Pre-requisites:**

None

**Class Objectives:**

By the completion of this class you should be able to:

1. Describe the purpose of small groups in the context of counseling and ministry.
2. Participate in a small group focusing on discovering biblical solutions to life's problems
3. Lead one session of your small group during the class and be able to lead a small group after this class is completed based on the practical experience from this class.
4. Formulate a basic plan of how you can utilize the class materials in a small group setting.

**Textbook:**

Author

Scope Ministries International

Title

*Be Transformed - Discovering Biblical Solutions To Life's Problems*, 2<sup>nd</sup> Edition, 2001.

**Assignments**

1. Complete in writing the nine lessons as contained in the textbook. Complete the assigned lesson **prior** to class each week and come prepared to actively participate in the weekly group discussion.
2. Turn in your progress report and lesson summary **at class each week**
3. Lead your group in at least one group session.
4. **Short Paper:** Explain the main lesson that you learned from this class. Formulate in writing a basic plan explaining how you can utilize the class materials in a small group setting. Approximately: Two typewritten pages double-spaced. Due at class on **April 13**.

**Grading**

Class participation & leading a group session	40%
Completion of weekly lessons, progress reports & lesson summary	40%
Short paper	20%

<u>Session</u>	<u>Date</u>	<u>Topic</u>
1	Jan 26	Introduction and Session # 1 - <b>Discovering the Root of Our Problems</b>
2	Feb 2	Small Group Session (discuss lesson #1) Session #2 <b>Understanding the Good News</b>
3	Feb 9	Small Group Session (discuss lesson #2) Session #3 <b>Seeing Ourselves As God Sees Us</b>
No class	Feb. 16	Chinese New Year Holiday
4	Feb 23	Small Group Session (discuss lesson #3) Session # 4 <b>Getting To Know Our Heavenly Father</b>
5	March 2	Small Group Session (discuss lesson #4) Session #5 <b>Living By the Spirit</b>
6	March 9	Small Group Session (discuss lesson #5) Session #6 <b>Controlling Emotions</b>
No class	March 16	School Break

7	March 23	Small Group Session (discuss lesson #6) Session #7 <b>Expectations, Anger and Bitterness</b>
8	March 30	Small Group Session (discuss lesson #7) Session #8 <b>The Performance Treadmill and Guilt</b>
9	April 6	Small Group Session (discuss lesson #8) Session #9 <b>A Life Transformed</b>
10	April 13	Small Group Session (discuss lesson #9) Short Paper due

#### Wrap Up session & Evaluation

**PLEASE - be on time for class.** We will start class promptly at 2 pm. Beginning with Session 2 on Feb 2 you will meet in your discussion groups to start the class. Please be on time or early to allow time for discussion. Please respect your fellow group members by coming prepared (having completed your homework for the week) and ready to share!!

The discussion groups must stop by 3 pm at the latest. Then you should move to the Chapel Classroom for the combined session that will start promptly at 3:10 pm and will end by 4 pm at the latest.