

INTRODUCTION

Modern counseling has its roots in the spiritual formation practices of the church over the centuries. Christian counselors can draw from the best of modern counseling research, but also have the resources of the word, the Holy Spirit, and the church to guide their cooperation with God in bringing care and healing to hurting people. The ultimate goal of counseling is to help people become conformed to the image of Christ and to display the fruit of the spirit as expressed in Galatians 5:22-23, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."

COURSE CONTENT

This course provides students with

An introduction to a theological and psychological model of humans that can guide our understanding of how people develop in either healthy or unhealthy ways

A model of the counseling process that that will guide them in helping people grow and change

Practice in basic therapeutic skills

COURSE OBJECTIVES

At the completion of the course, students will be able to

Articulate a Biblical and clinical foundation for counseling.

Articulate the basic roles and goals of the counselor and client relationship with an understanding of the possibilities, limitations, and demands of counseling.

Use basic counseling interview skills in a clinically professional and ethically sensitive manner following a generic model of the counseling process.

Develop an initial awareness of their own strengths and limitations as counselors.

Have a framework for evaluating the counseling resources, strategies, and services available in their communities.