

# ASSEMBLIES OF GOD THEOLOGICAL SEMINARY

American Indian College / Branch Campus

10020 N. 15<sup>th</sup> Ave.

Phoenix, AZ 85021-2199

June 13-17, 2005

## PCPB 550 Interpersonal Techniques in Helping Relationships (3 Credits)

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### COURSE SYLLABUS

#### COURSE DESCRIPTION

This course is a study of the techniques and relationships which serve to promote healthy adult growth and functioning. The course begins with an exploration of motivations for working in the helping fields. The course previews basic counseling skills such as warmth, empathy, concreteness, confrontation, interviewing, and treatment planning. The emphasis is on training helping professionals to help others. Personal cognitive-emotional awareness and theological-psychological balance is promoted through a study of individual functioning in interpersonal relationships.

#### OBJECTIVES

The Student will:

1. Identify key therapeutic factors and traits of naturally therapeutic people helpers.
2. Gain skills for meeting the types of counseling needs often confronted by the contemporary counselor and pastor.
3. Learn terminology and techniques used in some key schools of therapy (Including the use of the DSM-IV and Defense mechanisms.)
4. Gain an understanding of the helping process from exploration to awareness and then on to action.
5. Begin to explore the development of a personal therapy/counseling style.
6. Learn how to use principles similar to ones used by professionals in helping people and how to integrate new therapy skills and techniques into their skills repertoire.
7. Know when and where to refer people.
8. Be able to identify and utilize standard therapeutic responses and intervention techniques and critically evaluate one's own helping skills.
9. Gain insight regarding his/her own blind spots and biases that may negatively affect the counseling outcomes.
10. Understand the importance of the therapist's awareness of the self as an enhancement to the art of counseling.

#### REQUIRED TEXTBOOKS

Clinton, Timothy, and Ohlschlager, George, Eds. *Competent Christian Counseling, Volume One: Foundations and Practice of Compassionate Soul Care*. Colorado Springs: Waterbrook Press. 2002. [ISBN 1-57856-517-0]

Johnson, W. Brad and Johnson, William L. *The Pastor's Guide to Psychological Disorders and Treatments*. Haworth Press. 2000. [ISBN 0789011115]

Small, Jaquelyn. *Becoming Naturally Therapeutic: A Return to the True Essence Of Helping*. New York: Bantam Books. 1990. [ISBN 0553348000]

### **Recommended Readings:**

Benner, David G. *Strategic Pastoral Counseling: A Short-Term Structured Model, 2 Ed.*. Baker Academic. 2003 [ISBN 0801026318]

Crabb, Lawrence J. *Effective Biblical Counseling*. Grand Rapids: Zondervan, 1977. [ISBN 0310225701]

### **METHODOLOGY**

The class will be conducted in a combination of lecture, group learning seminar, writing assignments, and counseling laboratory utilizing a participant-learner method, role playing, and video.

### **COURSE REQUIREMENTS**

#### **A. Pre-session:**

1. Read Small's book, Johnson's book, and chapters 8-11 in Clinton's book.
2. Write a three to four page critique/review/interaction paper for each of the three assigned text books. The reviews are due the first day of class (June 13, 2005).
3. *If you have certain counseling books or authors you have found beneficial to your counseling ministry, please bring the name of the book and author to class to share with fellow students.*

#### **B. Session**

1. Attendance and active participation in all sessions. Students are encouraged to come to class and be active and enthusiastic note takers, team players and participants. Class will gradually transition toward active involvement in techniques learned via lecture, video and reading assignments.
2. Preparation for each day's activities.

#### **C. Post-Session**

1. Each student will be expected to produce an integrative therapy techniques paper. This is intended as a practical growth paper, utilizing therapy techniques worked on in class and personal reading in therapy techniques. Additional instructions will be given in class.
2. Each student is to compile a recommended book list. This list will be comprised of selected books which s/he can recommend to individuals who present for counseling. The students will be given 15 to 20 topics which frequently present in individual, couples and family counseling. This may be a collaborative project with fellow classmates. *If you have certain counseling books or authors you have found beneficial to your counseling ministry, please bring the name of the book and author to class to share with fellow students.*
3. Each student will be given a take home final exam.

**DUE: All post-session assignments must be postmarked no later than Saturday, September 17, 2005.**

**Submit all assignments to: Nancy J. Saggio  
8002 W. Mescal St.  
Peoria, AZ 85345  
njsaggio@juno.com**

**NOTE: A \$30 change of grade fee may be assessed on all work submitted past the postmark date, even when a professor has granted an extension. Late work may be penalized at the discretion of the professor.**

**GRADING PROCEDURE**

Pre-session Book reviews – 30% of your grade (Each critique is worth 10%)  
Session Attendance and Active Participation: - 10% of your grade  
Integrative Therapy Techniques paper – 25% of your grade  
Recommended Book List – 10 % of your grade  
Final Exam – 25% of your grade

**SPECIFIC DATA**

Syllabus prepared by Nancy J. Saggio, M.A., LPC, March 13, 2005.