



**Lay Counseling for Women  
CEWM 5180  
New Orleans Baptist Theological Seminary  
Discipleship and Ministry Leadership Division  
July 29-31, 2020**

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### **Mission Statement**

New Orleans Baptist Theological Seminary and Leavell College prepare servants to walk with Christ, proclaim His truth, and fulfill His mission.

### **Core Value Focus**

The seminary has five core values: Doctrinal Integrity, Spiritual Vitality, Mission Focus, Characteristic Excellence, and Servant Leadership. The core value focus for this academic year is **Spiritual Vitality**: We are a worshiping community, with both personal spirituality and gathering together as a Seminary for the praise and adoration of God and instruction in His Word. The doctrinal statements used in our evaluations are our Articles of Religious Belief and the Baptist Faith and Message Statement.

### **Curriculum Competencies**

All graduates of NOBTS are expected to have at least a minimum level of competency in each of the following areas: Biblical Exposition, Christian Theological Heritage, Disciple Making, Interpersonal Skills, Servant Leadership, Spiritual and Character Formation, and Worship Leadership. The curriculum competencies addressed in this course are: Disciple Making, Interpersonal Skills, and Spiritual and Character Formation.

### **Course Description**

This course is to explore the nature of Christian counseling and examine types of counseling techniques. Special emphasis will be placed on how the lay person can counsel women who have a variety of problems.

### **Student Learning Outcomes**

At the conclusion of the semester, the student will:

1. Students will understand the biblical basis for lay counseling.
2. Students will identify common personal problems among women.
3. Students will be able to develop and demonstrate lay counseling techniques and skills.
4. Students will demonstrate an awareness of resources available for lay counseling.

## Textbooks

The following texts and resources are required reading for class discussions and are to be read in their entirety unless otherwise specified.

1. Clinton, Tim and Diane Langerberg. *The Quick Reference Guide to Counseling Women*. Grand Rapids, MI: Baker Books, 2011. ISBN: 0801072344
2. Vernick, Leslie. *How to Live Right When Your Life Goes Wrong*. Colorado Springs, CO: Waterbrook Press, 2009.

## Course Requirements

1. **Attend class.** Seminary policy states that a student may not miss any class due to the short length of the workshop.
2. **Participate in class discussion.** Please silence cell phones during class. No texting or internet use during class.
3. **Read the assigned textbook and other reading assignments.** Reading assignments will include readings from the textbook, Scripture, and other sources. **The student will provide a written statement of completion of all reading assignments, due August 28, 2020.**
4. **Write a book review on the primary textbook due four weeks after class.**  
Students will write a book review of *The Quick Reference Guide to Counseling Women*, 2-3 pages (typed, double-spaced), following *A Manual for Writers of Term Papers, Theses, and Dissertations* by Kate Turabian. The book review should include the following section headings: Bibliographical Information, Purpose of the Book, Organization and Content, Evaluation, **due August 28, 2020.**
5. **Write a counseling application paper, due August 28, 2020.** The paper should apply the information learned in class to two hypothetical counseling situations. The sections can be in bullet form if desired. The application paper should 7-10 pages, typed double spaced and should include the following section headings:
  - \* Brief Synopsis of the Situation - (Short bio - gender, age, marital status, other important background info to situation, spiritual status; Brief synopsis of the problem with enough info to understand situation; Reason for seeking help)
  - \* Assessment - (What does an assessment of the client's spiritual/religious affinities reveal? What has been the client's experience with Christianity in general and the local church or individual Christians in particular? What other questions would you ask? Give hypothetical answers.)

\* Case Conceptualization - (Using this model how do you see this problem? What goals would you set? Where might God be already at work in this client's life, especially within the context of the presenting problem? What theological themes relate to the client's counseling concerns? What view of God does the client endorse? What does the client think about God's presence in the midst of his or her life as it relates to the presenting problem? What Christian practices will help this client achieve his or her counseling goals and grow in Christian maturity?)\*

\* Biblical Counsel - (What scriptures would you give this person? With each scripture give one or two reasons why you chose the verse(s). Give one way you might help this person use these verses in her life.)

\* Application to Person Seeking Help - (Give one assignment that you might give to this person to help her apply what you discussed in session to her life in the next week.)

\*Questions taken from Virginia Holeman's book: Theology for Better Counseling

All assignments should be emailed to Dr. Brooke Osborn at [bosborn@nobts.edu](mailto:bosborn@nobts.edu) according to their specific due dates listed above.

### **Evaluation of Grade**

This course will follow the grading system for the Graduate School.

A = 93-100	25% = Attendance/Participation
B = 85-92	25% = Reading Assignments
C = 77-84	25% = Book Review
D = 70-76	25% = Counseling Application Paper
F = 69 and below	

### **Technical Assistance**

For assistance regarding technology, consult ITC (504.816.8180) or the following websites:

1. [Selfserve@nobts.edu](mailto:Selfserve@nobts.edu) - Email for technical questions/support request with the Selfserve.nobts.edu site (Access to online registration, financial account, online transcript, etc.)
2. [BlackboardHelpDesk@nobts.edu](mailto:BlackboardHelpDesk@nobts.edu) - Email for technical questions/support requests with the NOBTS Blackboard Learning Management System NOBTS.Blackboard.com.
3. [ITCSupport@nobts.edu](mailto:ITCSupport@nobts.edu) – email for general technical questions/support requests.
4. [www.NOBTS.edu/itc/](http://www.NOBTS.edu/itc/) - General NOBTS technical help information is provided on this website.

### **Reading Assignments**

Students are responsible for completing all reading assignments.

## **Academic Policies**

Academic policies related to absences, grading scale, final examination schedules, and other topics can be found in the current online catalog: [New Orleans Baptist Theological Seminary Graduate Catalog](#).

## **Policy for Graduating Students**

Graduating students are responsible for alerting the professor of your intention to graduate. All of your assignments must be completed by noon (12:00 PM) on the Wednesday prior to commencement exercises.

## **Netiquette**

Netiquette refers to appropriate online behavior in Blackboard or other online discussions. Each student is expected to demonstrate appropriate Christian behavior when working online on Discussion Boards or whenever interaction occurs through web, digital, or other electronic medium. The student is expected to interact with other students in a fashion that will promote learning and respect for the opinions of others in the course. A spirit of Christian charity is expected at all times in the online environment.

## **Academic Honesty Policy**

All graduate and undergraduate NOBTS students, whether on-campus, internet, or extension center students, are expected to adhere to the highest Christian standard of honesty and integrity when completing academic assignments for all courses in every delivery system format. The Bible provides our standard for academic integrity and honesty. This standard applies whether a student is taking tests, quizzes, exams, writing papers, completing Discussion Boards, or any other course requirement.

## **Help for Writing Papers at "The Write Stuff"**

NOBTS maintains a Writing Center designed to improve English writing at the graduate level. This is the official NOBTS Writing Center online help site for writing academic papers and essays. <http://www.nobts.edu/writing/default.html>. Students can receive writing tips, and valuable information to help in become a better writer.

## **Plagiarism on Written Assignments**

NOBTS has a no tolerance policy for plagiarism. Plagiarism in certain cases may result in expulsion from the seminary. See the NOBTS Student Handbook for definition, penalties and policies associated with plagiarism are clearly defined.

## **Course Schedule**

### **First Day**

Wednesday, 1:00-4:00 p.m.

Welcome/Orientation/Registration

Introduction and Definitions

The Character of the Counselor

Wednesday, 6:00-9:00 p.m.

Christian Counseling

Types of Counseling

## **Second Day**

Thursday, 8:30 - 11:30 a.m.

Prayer Time  
Counseling Skills  
Models of Problem Solving

Thursday, 1:00-4:00 p.m.

Common Issues in Counseling  
Lay Counseling Panel

## **Third Day**

Friday, 8:30 a.m.-11:30 p.m.

Prayer Time  
Resources for Lay Counseling  
Conclusion and Commitment

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## **Selected Bibliography**

Adams, Chris ed. *Women Reaching Women in Crisis: Ministry Handbook (Revised and Expanded)*. Nashville: LifeWay Press, 2014.

Clinton, Tim and Pat Springle. *A Trusted Friend When It Matters Most: Responding with Wise Counsel*. Nashville: LifeWay Press, 2007.

Collins, Gary. *Christian Counseling: A Comprehensive Guide*. Dallas, TX: Thomas Nelson Publishers, 2006.

Corey, Gerald, M.S. Corey, and Poleck Cullman. *Issues and Ethics in the Helping Professions* (6th ed.) Pacific Grove, CA: Brooks/Cole, 2014.

Egan, Gerard. *The Skilled Helper: A Problem Management & Opportunity Development Approach to Helping*. 10th ed., Belmont, CA: Brooks/Cole, 2014.

Flanigan, Beverly. *Forgiving the Unforgivable: Overcoming the Bitter Legacy of Intimate Wounds*. New York: Wiley, 1992.

Wilcoxon, S. Allen, Remley, Theodoore, & Gladding, Samuel. *Ethical, Legal and Professional Issues in the Practice of Marriage and Family Therapy*. 5th ed. Upper Saddle River, NJ: Pearson Education, 2013.

Hybels, Bill. *Simplify: Ten Practices to Unclutter Your Soul*. Carol Stream, IL: Tyndale, 2014.

Jones, Ian F. *The Counsel of Heaven on Earth*. Nashville: B & H Publishing Group, 2006.

Kellemen, Robert. *God's Healing for Life's Losses: How to Find Hope When You're Hurting*. Winona Lake, IN: BMH Books, 2010.

- McGee, Robert. *The Search for Significance*. Nashville, TN: Thomas Nelson, 2003.
- McMinn, Mark R. *Psychology, Theology, and Spirituality in Christian Counseling*. Carol Stream, IL: Tyndale House Publishers, Inc., 1996.
- McMinn, Mark. *Sin and Grace in Christian Counseling*. Downers Grove, IL: InterVarsity Press, 2008.
- Ortberg, John. *I'd Like You More If You Were More Like Me: Getting Real about Getting Close*. Carol Stream, IL: Tyndale, 2017.
- Simpson, Amy. *Anxious: Choosing Faith in a World of Worry*. Downers Grove, IL: InterVarsity Press, 2014.
- Simpson, A. & Shelley, M. *Troubled Minds: Mental Illness and the Church's Mission*. Downers Grove, IL: InterVarsity Press, 2013.
- Stanford, Matthew. *Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness*. Downers Grove, IL: InterVarsity Press, 2017.
- Tan, Siang-Yang. *Counseling and Psychotherapy: A Christian Perspective*. Grand Rapids, MI: Baker Academics, 2011.
- Tan, Siang-Yang. *Lay Counseling: Equipping Christians for a Helping Ministry*. Grand Rapids, MI: Zondervan, 2016.
- Terkeurst, Lysa. *Uninvited: Living Loved When You Feel Less Than, Left Out, and Lonely*. Nashville, TN: Thomas Nelson, 2016.
- Thomas, Gary. *Sacred Marriage: What if God Designed Marriage to Make Us Holy More Than to Make Us Happy?* Grand Rapids, MI: Zondervan, 2015.
- Thomas, John and Lisa Sosin. *Therapeutic Expedition: Equipping the Christian Counselor for the Journey*. Nashville, TN: Broadman & Holman Publishing Group, 2011.
- Vernick, Leslie. *How to Live Right When Your Life Goes Wrong*. Colorado Springs, CO: Waterbrook Press, 2009.
- Winter, Richard. *Perfecting Ourselves to Death: The Pursuit of Excellent and the Perils of Perfectionism*. Downers Grove, IL: InterVarsity Press, 2005.
- Wright, Norman. *The Complete Guide to Crisis and Trauma Counseling: What to Do and Say When It Matters Most*. Ventura, CA: Regal Books, 2011.

## Student Services

*This is a partial list of NOBTS student services available to all students, no matter your delivery system or location. If you have questions or do not see what you need here, please refer to [www.nobts.edu/student-services](http://www.nobts.edu/student-services), email us at [studentservices@nobts.edu](mailto:studentservices@nobts.edu), or call the Dean of Students office at 800-662-8701, ext. 3283. We are glad to assist you!*

Need	Email	Phone	Web Page
Advising – Graduate Program	<a href="mailto:studentservices@nobts.edu">studentservices@nobts.edu</a>	504.282.4455 x3312	<a href="http://www.nobts.edu/registrar/default.html#advising">www.nobts.edu/registrar/default.html#advising</a>
Advising – Undergraduate Program	<a href="mailto:lcadminasst@nobts.edu">lcadminasst@nobts.edu</a>	504.816.8590	<a href="http://www.nobts.edu/LeavellCollege">www.nobts.edu/LeavellCollege</a>
Church Minister Relations (for ministry jobs)	<a href="mailto:cmr@nobts.edu">cmr@nobts.edu</a>	504.282.4455 x3291	<a href="http://www.nobts.edu/CMR">www.nobts.edu/CMR</a>
Financial Aid	<a href="mailto:financialaid@nobts.edu">financialaid@nobts.edu</a>	504.282.4455 x3348	<a href="http://www.nobts.edu/financialaid">www.nobts.edu/financialaid</a>
PREP (help to avoid student debt)	<a href="mailto:Prepassistant1@nobts.edu">Prepassistant1@nobts.edu</a>	504.816.8091	<a href="http://www.nobts.edu/prep">www.nobts.edu/prep</a>
Gatekeeper NOBTS news	<a href="mailto:pr@nobts.edu">pr@nobts.edu</a>	504.816.8003	<a href="http://nobtsgatekeeper.wordpress.com">nobtsgatekeeper.wordpress.com</a>
Information Technology Center	<a href="mailto:itcsupport@nobts.edu">itcsupport@nobts.edu</a>	504.816.8180	<a href="http://selfserve.nobts.edu">selfserve.nobts.edu</a>
Help with Blackboard	<a href="mailto:blackboardhelpdesk@nobts.edu">blackboardhelpdesk@nobts.edu</a>	504.816.8180	<a href="http://nobts.blackboard.com">nobts.blackboard.com</a>
Library	<a href="mailto:library@nobts.edu">library@nobts.edu</a>	504.816.8018	<a href="http://www.nobts.edu/Library">www.nobts.edu/Library</a>
Online library resources	<a href="mailto:library@nobts.edu">library@nobts.edu</a>	504.816.8018	<a href="http://www.nobts.edu/research-links/default.html">http://www.nobts.edu/research-links/default.html</a>
Writing and Turabian style help	<a href="mailto:library@nobts.edu">library@nobts.edu</a>	504.816.8018	<a href="http://www.nobts.edu/writing/default.html">http://www.nobts.edu/writing/default.html</a>
Guest Housing (Providence Guest House)	<a href="mailto:ph@nobts.edu">ph@nobts.edu</a>	504.282.4455 x4455	<a href="http://www.provhouse.com">www.provhouse.com</a>
Student Counseling	<a href="mailto:lmccc@nobts.edu">lmccc@nobts.edu</a>	504.816.8004	<a href="http://www.nobts.edu/student-services/counseling-services.html">www.nobts.edu/student-services/counseling-services.html</a>
Women’s Programs	<a href="mailto:womensacademic@nobts.edu">womensacademic@nobts.edu</a>	504.282.4455 x3334	<a href="http://www.nobts.edu/women">www.nobts.edu/women</a>

For additional library resources in your state, check <http://www.nobts.edu/library/interlibrary-loan.html>

- GALILEO for Georgia students
- LALINC for Louisiana students
- Florida Virtual Library (<http://www.flelibrary.org/>) for Florida students
- Interact with us online at –



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