12629 Ridgely Rd., Greensboro, MD. 21639 / President: Dr. Phillip E. Connatser, B.C.M., M.C.M., D.R.E.
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CC-321 / CC-521 / CC-721
Nouthetic Counseling
Course Description & Syllabus

This course offers to all an understanding of the differences between Christian counseling and secular counseling and provides a specific path to achieving successful outcomes as a nouthetic counselor. Students will gain a working knowledge of the nouthetic counseling process as they develop the ability to identify and work with counselees through the three levels of problems toward optimal solutions. Here, an understanding is formed in that problems of the mind can have direct effects upon causing problems of the body.

The overall objective of Biblical Counseling Training is to prepare members of the Church body to face the challenge of living in today's world. The pressures imposed by many unwholesome influences upon personal and interpersonal relationships require the Christian application of biblical principles, perhaps as never before in world history. Specifically, the two main purposes for this course include assisting individuals toward meeting his own problems; and to equip the Church with counseling skills. We sincerely believe there is no better guide for modern man than the eternal Word of God, and no better opportunities for Christian witness than when we meet people at a point of need.

FOREWORD

There are several objectives to this course, and they are as follows:

1. To make the student aware of the need for Christian counseling in general, and nouthetic counseling in particular, in dealing with the problems people encounter in daily life.

2. To explain the difference between the type of counseling practiced in the world and the type of counseling that can be provided by the Church.

3. To give guidance in how to conduct proper nouthetic counseling in one-on-one counseling situations.

4. To teach the student to recognize the various life problems that people encounter and the steps to take to help them solve those problems.

5. To help the student become more proficient in helping people deal with the problems of life.

6. To prepare members of the Body of Christ to face the challenge of living in today's world.

The content of this course will include instruction on the essentials of biblical counseling, as well as on the various methodologies used by psychologists and psychiatrists today.

Course Expectations

Students are expected to complete the following steps promptly. Failure to complete any step may result in delays and failure to graduate on time.

1. Read the book, "Competent to Counsel" by Jay Adams and use it in conjunction with your online course materials for mastery.

2. Complete all homework assignments, found in each Session Schedule.

3. Successfully pass the Mid-term and Final Examinations and submit your degree program's assignment to your advisor.

4. Complete all associated assignments as outlined in the syllabus by degree program.

Nouthetic Counseling is designed so that upon the conclusion of this course, the student will be expected to do the following.

1. Understand the difference between Christian counseling and secular counseling.
2. Understand the process of nouthetic counseling.
3. Develop a working knowledge of the nouthetic counseling process.
4. Develop the ability to identify the three levels of problems and their solutions.
5. Develop an understanding of the fact that problems of the mind have a direct effect on causing problems of the body.

The overall objective of Biblical counseling training is to prepare members of the Church body to face the challenge of living in today's world. The pressures imposed by many unwholesome influences upon personal and interpersonal relationships require the Christian application of biblical principles, perhaps as never before in world history.

This course can be taken on an undergraduate level of study (TYC-315 - towards a Bachelors degree), or it can be taken on a graduate level of study (TYC-515 / TYC-715 - towards a Masters or Doctors degree), providing the course requirements are met as explained in this course syllabus.

COURSE OBJECTIVES:

ACADEMIC - To inform the student to principles, methods, standards and processes of nouthetic biblical counseling, based on methodologies used.

ATTITUDINAL - To help the student cultivate a desire to lovingly confront and guide others toward biblical truth, recognizing their responsibility as members of the Body of Christ to help restore, encourage, and support those facing the challenges of life.

BEHAVIORAL - To aid counselors, students, and the Body of Christ in improving their ability to recognize and deal with problems, whether in his own life or in the life of those whom he may counsel.

COURSE GRADING:

Chesapeake Bible College and Seminary uses a four-point grading system to calculate both semester and cumulative grade point averages. Point grades for all quizzes, exams, projects, and/or papers in any given course will be averaged to determine the final letter grade for the course, as applicable.

GRADING: - Description of Letter / Points

Work of an exceptional quality – A / 93 - 100%

Work of a commendable quality – B / 85 - 92%

Work of an acceptable quality – C / 78 - 84%

Work of minimal but passing quality – D / 70 - 77%

Failing work, no credit given – F / 0 - 69%

NOTE: Students are strongly advised to make copies of all course work submitted to Chesapeake Bible College & Seminary for grading.

COURSE REQUIREMENTS

REQUIRED STUDY TEXT: **The accompanying required textbook for this course is as follows.**
Adams, Jay E. *Competent to Counsel.* Grand Rapids: Zondervan Publishers. 1970. ISBN-10: 0801000475 (ISBN-13: 9780801000478).

REQUIRED TEXT: The Bible (NKJV or KJV) where Scripture passages, unless otherwise noted, are from the New King James or NIV versions of the Holy Bible.

REQUIRED SESSION MATERIALS: Appendix 1 - The Topical Biblical Worklist is offered and provided the student to further enhance Scripture participation by category as part of each session found in this course. Here, the student will find instructions in each session overview on which Scripture topics are referenced and highlighted as relevant to each session. They are encouraged to look up the accompanying Scripture by category and spend time in meditation upon the Word throughout that session.

REQUIRED ASSIGNED HOMEWORK for the STUDENT: As part of each session in this course, the student here may be asked to perform various "homework" tasks to best understand and prepare themselves for the session to come.

FOR THE COUNSELOR ASSIGNING HOMEWORK: It is the counselor's responsibility to evaluate the counselee's progress in the homework by discussing it with the counselee (Hebrews 6:1). Remember, too, that the Word says, "Anxiety in a man's heart weighs it down, but an encouraging word makes it glad." (Proverbs 12:25, Amplified).

Additional Thanks for Editorial Assistance from: Loretta M. Iannicelli, M.Div., D.R.E., Senior Pastor, President and CEO Equip Services, Inc. Wellesley Massachusetts & Equip Academy, Chesapeake Bible Institute-Boston who serves as Dean of Admissions and Academic Development-Chesapeake Bible College & Seminary, Greensboro, Maryland; and the Equip Academy academic team members including Dr. Todd Jennings, Rev. Robert Knox, and Rev. Ruth Strait, MTS along with additional materials revised and edited in June 2009 by Dr. Robert L. Rundall, Dean of Academic Services at Chesapeake Bible College and Seminary, Ridgely, MD.

CC-321 - (DIPLOMA – ASSOCIATE - BACHELOR) – 3 CREDIT - DEGREE REQUIREMENTS

For Students taking this course as an undergraduate, (4) credit course, an additional six (6)-page essay is required to be submitted on the subject of: How has my ministry been impacted through instances of Nouthetic Counseling? This six (6)-page essay includes a cover page & bibliography page. The essay is to be typed double spaced, in New Times Roman type font, 12 font size. The instructions for essay/assignment submission are as follows: Coursework may be electronically uploaded into the Online Student Portal (if taking the course as an Online Student); submitted to the overseeing Instructor (if taking the course as part of a Distance Learning (DLC) Center); or electronically emailed to Assignment@chesapeakebiblecollege.com.

1. Maintain a minimum of a "C" average for the course.
2. Read all materials assigned.
3. Study the review materials.
4. Before taking the final examination, *the student will submit a minimum four-page essay on "Which nouthetic counseling concepts do you believe will be most useful to you in your future ministry and why?"* This will constitute one-half (50%) of your grade for the course. Outlines submitted must have course title page and may be submitted as outlined in the CC-321 Degree Requirement description above.
5. Successful completion of the Mid-term (25%) and Final (25%) Examinations will constitute the remainder of your grades for the course.

CC-521 - (MASTERS) – 4 CREDIT - DEGREE REQUIREMENTS

For students taking this course on a Master's level, the student must:

1. Maintain a minimum of a "B" average for the course.
2. Read all materials assigned.
3. Study the review materials.
4. Before taking the final examination, *the student will submit a ten (10)- page essay on any topic pertaining to the subject studied in this course.* This ten (10)- page essay includes a cover page & bibliography page. The essay is to be typed double spaced, in New Times Roman type font, 12 font size. The instructions for essay/assignment submission are as follows: Coursework may be electronically uploaded into the Online Student Portal (if taking the course as an Online Student); submitted to the overseeing Instructor (if taking the course as part of a Distance Learning (DLC) Center); or electronically emailed to Assignment@chesapeakebiblecollege.com. The essay will constitute one-half (50%) of your grade for the course.
5. Successful completion of the Mid-term (25%) and Final (25%) Examinations will constitute the remainder of your grades for the course.

CC-721 - (DOCTORS) – 4 CREDIT - DEGREE REQUIREMENTS

For students taking this course on a Doctor's level, *the essay requirements are the same as the Master's degree (see above) except the student must write a twenty (20)-page essay,* instead of a ten (10)- page essay. This twenty (20)-page essay includes a cover page & bibliography page. The essay may be submitted as outlined in the CC-521 Degree Requirement and the Master's Degree descriptions above.

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Course Introduction

This course will provide Nouthetic Counseling training to prepare members of the Church body to face the challenge of living in today's world. The pressures imposed by many unwholesome influences upon personal and interpersonal relationships require the Christian application of biblical principles, perhaps as never before in world history. Specifically, the two main purposes for this course include assisting individuals toward meeting his/her own problems; and to equip the Church with Nouthetic Counseling skills. We sincerely believe there is no better guide for modern man than the eternal Word of God, and no better opportunities for Christian witness than when we meet people at a point of need.

Read the Foreword & Introduction

For each session students should:

- Read the accompanying sessions and topics outlined within the course work
- Read and reflect on accompanying scriptures as relevant to the course work
- Review memory verses and other study materials as applicable to each session
- Utilize Appendix 1 study materials as a topical biblical worklist by category
- Prepare and complete all course forms and materials as presented within each session
- Complete any supervision or supplemental assignments applicable to course of study

Introductory Preparatory Sessions

1. The Problems and Purpose of the Training
2. Self-Confrontation Project
3. Personal Data Inventory
4. Problem Form

5. Self-Confrontation Form

Session One: Man's Need and God's Provision

1. Principles and Precepts of Biblical Self-Confrontation
2. The Reasons for Self-Confrontation
3. Man's Way of Solving Problems
4. Authority of the Scriptures
5. The Biblical Model
6. The Meaning of Nouthetic Counseling
7. The Work of the Holy Spirit as Counselor in Problem-Solving
8. Self-Confrontation: The Beginning of Discipleship
9. The Place of Prayer and Praise

Session Two: Biblical Principles for Change

1. Principles and Precepts
2. Knowing Christ as Savior and Lord
3. Why There is Hope
4. New Patterns of Living
5. Training in Righteousness
6. Aiding Christian Growth via Self-Confrontation
7. Low Self-Esteem and Self-Pity: Man's Way vs. God's Way
8. Self-Confrontation: Personal Evaluation

Session Three: Problem Development, Identification, and Solution

1. Principles and Precepts
2. Three Levels of Problems and Their Solutions
3. Refusing To Do Things God's Way: The Downward Path

4. The Life-Dominating Problem: Probing The Full Circle

5. Developing Biblical Models

6. Renewing The Mind

7. Problems in the Body

8. Change is a Dual-Faceted Process

Session Four: Concrete Biblical Change

1. Principles and Precepts

2. Prerequisites and Steps in Biblical Change

3. Developing A Contingency Plan

4. Impediments and Facilitators

5. Chistian Decision-Making: Two Ways To Go

Session Five: Marriage

1. Principles and Precepts

2. The Biblical Model for Marriage

3. The Principles of Love

4. The Irritating Spouse

5. Discovering Problem Patterns

MID TERM EXAM

Session Six: The Christian Home

1. Principles and Precepts

2. Parent-Child Relationships

3. Basic Rules of Communication in the Home

4. Dealing with an Unbelieving or Rebellious Family Member

5. Forgiveness

6. Handling Guilt

7. Some “Don’ts” in the Family

8. Setting Up a Conference Table

9. Code of Conduct

Session Seven: Anger, Resentment, and Bitterness

1. Principles and Precepts

2. Handling Anger, Resentment, and Bitterness

3. Responding To Anger

4. The Root of Bitterness

5. Dealing with Anger, Resentment, and Bitterness in Others

6. A Self-Portrait of Anger, Resentment, and Bitterness

Session Eight: Depression & Alcoholism

1. Principles and Precepts

2. Dealing with Depression: The Biblical Model

3. Some Causes of the Downward Spiral: Feeding Factors

4. The Downward/Upward Spiral

5. The Biblical Solution

6. Homework to Counteract Depression

7. Alcoholism: Its Background as Revealed in Scripture

8. Help for Members of the Alcoholic’s Family

9. Scriptures Have Been Added to These Twelve Steps of Alcoholics Anonymous

10. Worksheet for Scheduling

11. Financial Profile

12. Recommended Reading

Session Nine: Fear, Worry, and Anxiety

1. Principles and Precepts

2. Handling Fear

3. Handling Worry and Anxiety

4. Synopsis of Biblical Change: From Sessions Seven, Eight, and Nine

5. Twenty Steps for Biblical Change

Session Ten: Continuing Christian Growth

1. Developing Spiritual Gifts

2. "Self" Problems and Biblical Solutions

3. The Meaning of "Nouthetic" Counseling

4. The Relationship of Self-Confrontation to Nouthetic Counseling

5. Where Do We Go From Here? Christian Growth Through Nouthetic Counseling

6. Spiritual Gifts

Session Eleven: A Review of all the Principles & Precepts

Session Twelve: A Self-Confrontation Testimony

Session Thirteen: A Self-Confrontation Evaluation

Session Fourteen: A Case Study

SUMMARY ESSAY PAGES / ESSAY ASSIGNMENT DUE: The instructions for essay/assignment submission are as follows: Coursework may be electronically uploaded into the Online Student Portal (if taking the course as an Online Student); submitted to the overseeing Instructor (if taking the course as part of a Distance Learning (DLC) Center); or electronically emailed to Assignment@chesapeakebiblecollege.com.

FINAL EXAM DUE

REQUIRED STUDY TEXTS: The accompanying required textbook for this course is as follows.

Adams, Jay E. *Competent to Counsel.* Grand Rapids: Zondervan Publishers. 1970. ISBN-10: 0801000475 (ISBN-13: 9780801000478) and The Bible (NKJV or KJV) where Scripture passages, unless otherwise noted, are from the New King James or NIV versions of the Holy Bible.

REQUIRED STUDY MATERIALS EXIST throughout each session: Appendix 1-21 are additional course materials that apply throughout this course.

REQUIRED COURSE FORMS: are provided for student completion and can be found as part of the appendices and throughout the online course content.

For Independent Correspondent Students (ICS) or Distance Learning Center (DLC) students who are not utilizing the Online Student Portal for coursework materials and/or study resources. The student may work from this courses downloadable PDF packet which is available to both teachers and students with permission for CBCS student and/or Distance Learning Center use which include the below appendices.

Appendix 1 - Study Materials: Topical Biblical Worklist
Appendix 2 - The Relationship between Self-Confrontation & Nouthetic Counseling
Appendix 3 - You Can Change
Appendix 4 - Outline on Commitment
Appendix 5 - The Self-confrontation: Personal Evaluation Form
Appendix 6 - A Dual-faceted Process
Appendix 6A – Impediments and Facilitators
Appendix 6B – Decision Making God's Way versus Satan's Way
Appendix 7 - Discovering Problem Patterns
Appendix 8 - Setting up a Conference Table
Appendix 8A – Resource: The Crime, punishment, by Whom and When
Appendix 9 – Avoiding Anger that Leads to the Root of Bitterness
Appendix 9A – Resource: Self-Centeredness, Repentance, No Repentance, Outcomes
Appendix 10 - A Self-portrait of Anger, Resentment and Bitterness
Appendix 11 - Depression
Appendix 12 - Alcoholism
Appendix 12A- The 12 steps of Alcoholics Anonymous with Biblical Scripture
Appendix 13 - The Financial Profile
Appendix 14 - Fear
Appendix 15 - Worry and Anxiety
Appendix 15A – Synopsis of Biblical Change chart from sessions 7, 8 and 9.
Appendix 16 - Dealing with Spiritual Gifts
Appendix 17 - Preparing Testimonies
Appendix 18 - A Case Study
Appendix 19 - The Self-Confrontation Testimony Form
Appendix 20 - The Self-Confrontation Evaluation Form
Appendix 21 - The Case Study Report Form
Appendix 22 - Impediments and Facilitators

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