COURSE TITLE: Spiritual Counseling

COURSE NUMBER: PSY 465

As Psychology professionals, we recognize that reactions to trauma come in many forms. The content of this course, and discussions about trauma from different perspectives, may bring about unexpected and unsettling reactions. Responses to trauma are often strategies that survivors have developed to keep themselves safe, and therefore really reflect strength and resiliency. Recognizing how trauma impacts anyone is an important part of skill building for creating trauma-informed services and systems. Please do not hesitate to contact the instructor at any time during the course if you would like to discuss, privately, your reactions to the content we are reviewing and/or the discussions we are having.

MAJOR INSTRUCTIONAL GOALS:

GOAL A:
The student will understand the basic foundation principles of biblically-based counseling.

Learning Outcomes: The student will:

A-1 Identify key concepts and terminology of this counseling approach.
A-2 Identify some key individuals.
A-3 Explain the rationale for including a spiritual perspective to the counseling process.

GOAL B:
The student will demonstrate understanding of basic human nature according to this counseling perspective.

Learning Outcomes: The student will:

B-1 Identify personality structure and influencing factors.
B-2 Identify dynamics of the behavioral change process.
B-3 Demonstrate understanding of causes of maladaptive behavior according to this counseling perspective.
B-4 Identify factors contributing to healthiness and well being.

GOAL C:
The student will evaluate counseling strategies to working with certain issues.

Learning Outcomes: The student will:

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C-1 Understand how emotions such as anger, rejection, and guilt can be root causes of other disorders.
C-2 Identify precipitating factors associated with these emotions.
C-3 Explain intervention approaches for alleviating these root emotions and resulting disorders.

GOAL D:
The student will become acquainted with various spiritual counseling journals.

Learning Outcomes: The student will:

D-1 Evaluate various journal articles on various counseling issues.
D-2 Differentiate the various perspectives on spiritual counseling according to the various journals.

GOAL E:
The student will further develop his/her own perspective of human nature.

Learning Outcomes: The student will:

E-1 Identify one’s general perspective regarding contributors to healthiness and problem behaviors.
E-2 Evaluate self development, growth, vulnerabilities.

GOAL F:
The student will use appropriate written and oral communication skills.

Learning Outcomes: The student will:

F-1 Communicate informational orally in logical and grammatical manner.
F-2 Present written information in logical and grammatically appropriate style.