

COURSE SYLLABUS
Introduction to Counseling, OPT501, 3 hours
Gary L. Rupp, Ph.D.
Reformed Theological Seminary, Virtual

Professor

Dr. Gary Rupp is Associate Professor of Counseling at Reformed Theological Seminary/Orlando. He received his Ph.D. in Clinical Psychology from Georgia State University and served at the George Washington University Medical Centre. Dr. Rupp has maintained a private practice for over ten years.

Course Description

The counseling skills taught in this course include listening, diagnosis, developing strategy, applying scriptural principles, and making referrals. Application is made to premarital, family, career, crisis, death, and chemical dependency counseling.

Required Textbooks

Adams, Jay. *Shepherding God's Flock: A Preacher's Handbook on Pastoral Ministry*. Phillipsburg, NJ: Presbyterian and Reformed Publishing Company, 1980.
Backus, William and Marie Chapien. *Telling The Truth to Troubled People*. Minneapolis: Bethany Fellowship, 1980.
Crabb, Larry. *Inside Out*. Colorado Springs: Navpress, 1988.
Crabb, Larry. *The Marriage Builder*. Grand Rapids: Zondervan, 1982.
Egan, Gerard. *The Skilled Helper*. Monterey: Brooks/Cole publishing Company, 4th Edition, 1990.

All required books are available through the RTS Online Bookstore at <www.rts.edu/bookstore>.

Suggested Reading

At the end of each lesson, a list of suggested reading is provided. These books are not part of the required material for the course. They have been included solely to point interested students to more comprehensive and in-depth treatments of the subjects covered in this course.

Course Requirements

Online Student Handbook

The Online Student Handbook is a guide that contains information for participation in this course. Needed forms may be downloaded and printed from this site. You will find it located on the RTS/Virtual website under Resources. Check here for all the latest updates.

Requirements in Brief

All work is to be completed within four months from the time that you enroll in this course.

Follow the Study Guide provided.

Listen to all recorded lectures.

Complete all readings.

Mid-term exam

Final exam

Examinations (Midterm: 45%, Final: 50%)

There are two examinations for this course. The mid-term examination will cover the lectures and readings from Lesson one through Lesson seven (1-7). The final examination will cover the lectures and readings from Lesson eight through Lesson fourteen (8-14).

All exams are to be requested online (<http://virtual.rts.edu/>). All exams are proctored. Upon completion, please follow all instructions on the Exam Request page concerning how to submit your exam to RTS/Virtual.

Mentor Report/Course Application Paper (5%)

Each MA Distance student is required to have his mentor submit a report at the end of the course. This report will contribute to 5% of the student's grade. For students who are not registered in the MA program, you are asked to write a 200 word summary of how you perceive what you have learned in this course will fit into the objectives you have for your ministry, your educational goals, or other objectives you wish to achieve in life.

Assignments

All Assignments are due the last day of the course (See start letter), unless stipulated otherwise in this syllabus. Any student who needs an extension must get approval from the Virtual Campus before the deadline. Assignments are to be submitted as e-mail attachments. Please place course title in the subject heading (E-mail: vcstudentservices@rts.edu).

Time Limit

All course work, including exams, papers, reading requirements, is to be completed within four months from your course start date.

Contact Information

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COURSE OUTLINE
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Lesson One

- Introduction to counseling
- Impact on sanctification
- Role of counseling in the pastorate

Lesson Two

- State of affairs in the mental health profession
- The impact of naturalism
- Distinctions between clinical pragmatism and Christianity

Lesson Three

- The importance of counseling theories
- The impact of integration on Christian counseling
- An evaluation of counseling theories

Lesson Four

- The fulfillment of theorists
- No core theorists
- Man as the result of behavioral contingencies

Lesson Five

- Approaches to Christian counseling
- Cognitive approach
- Affective approach

Lesson Six

- Depression
- Major psychopathologies
- Types of psychotic behavior

Lesson Seven

- Signs of schizophrenia
- Mood disorders
- Effect of depression

Lesson Eight

- Personality disorders
- Sociopath and psychopath
- Survey of personality disorders

Lesson Nine

Common emotional problems
Forgiveness as a solution to anger
Guilt and shame

Lesson Ten

Theory of anxiety
Varieties of anxiety
Distinctions between anxiety and depression

Lesson Eleven

Alcoholism
Characteristics of alcoholics
Process of intervention

Lesson Twelve

Neglect and abuse
Sexual abuse
Sexual dysfunction versus sexual disorder

Lesson Thirteen

Counseling process
Eating disorders
Co-dependency movement

Lesson Fourteen

Systems theory
Distinction between possession and psychosis
Characteristics of demonic possession