
Pastoral Counseling

Lectures by
Andrew J. Peterson, Ph.D.

REFORMED THEOLOGICAL SEMINARY
Virtual Campus

RTS Distance Education

The Virtual Campus of Reformed Theological Seminary offers students the convenience of home study with the quality of on-campus instruction. This course is based on classroom lectures using the GUIDE approach to learning.

Each lesson contains the following:

- G**etting Started To prepare adequately for each lesson, a reading assignment and audio lecture are listed.
- U**nderstanding To maximize student learning, the purposes and objectives for the lesson are given.
- I**nvestigating To integrate readings, audio lectures, and outline, students are encouraged to notate information in a manner that will prove beneficial for study and examination. The study guide allows space for note-taking to expand the outline.
- D**eveloping To further develop the concepts presented, suggested readings and applications are offered.
- E**valuating To help students summarize and synthesize the material covered, study questions are provided.

Syllabus & Outline

Study Guide I Lessons 1-5

Study Guide II Lessons 6-10

Appendix

COURSE SYLLABUS
Pastoral Counseling, OPT516 3 hours
Dr. Andrew J. Peterson
Reformed Theological Seminary, Virtual

Professor

Dr. Andrew J. Peterson (“Andy”) has worked in counseling and education for over thirty years with all ages and types of problems in a variety of venues. He lives with his family and two Golden Retrievers in Charlotte, North Carolina where he serves as an elder at Christ Covenant Church (PCA). His recent professional focus has been building a “virtual campus” for Reformed Theological Seminary. RTSV is using web conferencing with live, on-campus courses for the Virtual students, including some special programs for people with disabilities and for prisoners.

The professional roadmap has been from licensed professional psychologist in Pennsylvania where Andy worked for six years at a community mental health center, to professor of psychology for counseling, assessment, teacher training, and history of psychology at Grove City College, a four-year liberal arts college north of Pittsburgh, to pastoral counselor with Christian Counseling and Education Foundation in San Diego and adjunct professor of pastoral counseling at Westminster Seminary in Escondido, California. While in southern California, he consulted with businesses and schools on the use of educational technology and continues that work with the “virtual campus” concept now.

The general themes are education, business and counseling with help from theology as well as technology. Tours in academia have been at Western Washington University (BA, Psychology), UC Berkeley (MA, Educational Psychology), University of Pittsburgh (PhD, Educational Communications and Technology) and membership in the American Psychological Association.

Course Description

An overview of current trends in counseling theory and practice and the role of counseling in public, private and church settings. Basic counseling skills taught in this course include interviewing, assessment, and therapeutic listening in a laboratory situation. Application is made to premarital, family crisis, grief and substance abuse counseling, with emphasis on developing strategies and applying scriptural principles.

Course Objectives

- To equip the student to do the work of counseling from a scriptural standpoint.
- To equip the students to train others to do the work of counseling.
- To introduce the student to the knowledge and categories necessary to engage and evaluate secular methods of helping.
- To model a method of evaluating secular theories of psychotherapy from an apologetical and evangelistic standpoint.
- To model a method of gleaning common grace insights from secular theories of psychology in light of God's word.
- To demonstrate that pastoral counseling needs to be Bible-based, God-honoring, Christ-centered, Spirit-powered, Church-located, Elder-led, Lay-involved, Family-focused, and Neighborhood-involved.

Required Reading

Breggin, P. *The Anti-depressant Fact Book*. NY: Perseus, 2001.

The drug revolution in psychiatry is actually of recent origin having begun in earnest only a few decades ago. There is now an unsettling pattern of discovering the unintended side effects of a compound only after many years of administration in the field, e.g. Valium. And what about turning to a medication for problems of the inner life in order to alter consciousness vs. a documented medical problem in order to restore bodily health? Are there any such problems for the consistent materialist? See also www.breggin.com.

Powlison, D. *Power Encounters: Reclaiming Spiritual Warfare*. Hourglass Books, 1995.

While Breggin takes on the medical model on one side of the spectrum of psychotherapies, Powlison helps on the “spooky” side. As many reject the rationalistic psychotherapies there is increasing interest in supernatural New Age approaches. The analog in the church includes deliverance ministries of many types. With studies from both Old and New Testament, Dr. Powlison helps us to think through the questions about demonic forces, exorcism, and other “exballistic” phenomena in the Bible, on TV, and anywhere people struggle with the flesh, the world and the Devil.

Robinson, D. *An Intellectual History of Psychology*. Third Edition. Madison, WI: The University of Wisconsin Press, 1995.

Robinson, with expertise in neuropsychology, history of psychology and philosophical psychology, puts modern psychotherapy in the larger context of intellectual history, professional philosophy and academic psychology, “in the grand manner”.

Sommers, Christina and Satel, Sally. *One Nation Under Therapy: How the Helping Culture is Eroding Self-reliance*. New York: St. Martin's Press, 2005.

“Ideas have consequences” ... such as the cultural effects from how we see the counseling enterprise. At both individual and social levels, modern psychology has affected our expectations for living in good times and bad. While the Christian counselor will not want to embrace the intermittent Stoicism of the authors in exchange for reliance on the Lord and his Word, here is critical thinking about the results of psychological theories that have been tried and rejected by even the academic world.

The Christian Counselor's New Testament. Hackettstown, NJ: Timeless Texts, 1984.

This fresh translation was completed true to the text and with counseling problems in mind. There are many marginal notes, recommended processes, and topical studies, which will be of help for analysis and remediation of personal problems.

Recommended Reading

Egan, Gerard. *The Skilled Helper: A Problem Management Approach to Helping*. Fifth Edition. Pacific Grove, CA: Brooks/Cole.

This is a very practical guidebook in ordinary language and without a lot of theoretical assumptions. Egan raising some good points about communication and basic problem-solving in this post-theoretical phase of the history of psychology.

Egoscue, P. *The Egoscue Method of Health Through Motion*. NY: Harper Perennial, 1992.

Pete takes a “nouthetic” approach to chronic pain and physical disability. Emphasizing alignment, motion and personal responsibility, he helps dozens of clients every month in his clinic in California and from a distance with a video therapy program (www.egoscue.com). Review of the parts of the body is a great metaphor when considering pastoral counseling in the church.

Goldman, Steven. *Science in the Twentieth Century: A Social-intellectual Survey*. Chantilly, VA: The Teaching Company.

Dr. Goldman shows the tremendous change in the approach of science from 1900 to 2000, from the study of things to the study of relationships, and its increasing “priestcraft” of mathematics.

Playfair, W. *The Useful Lie*. Wheaton, IL: Crossway Books, 1991.

A medical doctor and student of theology, Dr. Playfair reviews the empirical research and the biblical principles necessary for an evaluation of 12-step programs, a popular method for counseling with life-dominating problems.

COURSE REQUIREMENTS
Pastoral Counseling, OPT516 3 hours
Dr. Andrew J. Peterson
Reformed Theological Seminary, Virtual

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 handbook. You will find it located at the RTS/Virtual website at the Classroom link.

Summary of Requirements

- Complete the lessons and audio lectures.
- Midterm Exam
- Final Exam
- Course Paper
- Counseling Dialogues
- Meet with Mentor & Course Application Paper

Research Paper (20%)

Describe and critique of the theory and practice of a major theorist or school of secular psychology. The paper should be 8-10 pages, in addition to references.

Counseling Dialogues (15%)

One three-page imaginary dialogue between a Christian counselor and (1) a scientific or a (2) subjectivist professional counselor.

Midterm Exam (30%)

The Midterm consists of 25 objectively scored questions, plus an integrative essay on first half of course. The Midterm covers material from Lessons 1-5.

Final Exam (30%)

The Final consists of 25 objectively scored questions, plus an integrative essay on second half of course. The Final covers material from Lessons 6-10.

Mentor Report / Course Application Paper (5%)

Each MA Distance student is required to have his or her 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 required 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). Any student requiring an extension must get approval from the Virtual Campus before the deadline. Submit all assignments to RTS/Virtual Student Services (vcstudentservices@rts.edu).

Contact Information

Reformed Theological Seminary, Virtual
2101 Carmel Road
Charlotte, NC 28226
(704) 366-4853
1-800-227-2013
FAX: (704) 366-9295
E-mail: vcss@rts.edu
Web site: <http://www.rtsvirtual.org>

COURSE OUTLINE
Pastoral Counseling, OPT516 3 hours
Dr. Andrew J. Peterson
Reformed Theological Seminary, Virtual

Lesson One

Syllabus
Pastoral Counseling
Exodus International
Course Overview

Lesson Two

History of Psychology (Part 1)
Church History for Counseling
History of Psychology (Part 2)
Professional Credentials

Lesson Three

History of Psychology (Part 3)
Interviewing
Diagnosis and Treatment

Lesson Four

History of Psychology (Part 4)
Fear, Worry, Anger, and Depression

Lesson Five

Anti-Depressant Fact Book
Medical and Behavioralist Models
Cognitivist Model

Lesson Six

Psychometric Approach
Gestalt Therapy
Psychoanalytic Approach
Neo-Psychoanalytic Approach
Transactional Analysis
Client-Centered Therapy

Lesson Seven

Humanistic Psychology
Existential and Transpersonal Approach
Reality Therapy
12-Step Program (Part 1)

Lesson Eight

One Nation Under Therapy
12-Step Program (Part 2)

Lesson Nine

Christian Psychology
Common Grace

Lesson Ten

Galatians 5 and 6
Deliverance Ministry
The Fruit of the Spirit
Calling and Career Counseling