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## CO 660 Crisis Counseling

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**CO660: Crisis Counseling**  
**Asbury Theological Seminary**  
**Fall 2006**

August 25, 2006 version

**Instructor:** Virginia T. Holeman, Ph.D.                      **Office:** 412 Stanger Hall  
**Office Phone:** 858-2212                      **Class Time:** Tuesday, Thursday, 1:00-2:15 pm  
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***Course Description***

This advanced counseling course is based upon the premise that crises are an essential aspect of any structured understanding of human life and development. You will learn about episodes of crises in people's lives where the stakes are very high for disintegration or for growth. Theoretical orientation to crisis and clinical intervention techniques for various types of crises will be taught and practiced. Faith issues during crisis events will be examined.

***Course Goals:***

1. You will explain the process of crisis development.
2. You will understand theological assumptions and biblical foundation that support crisis intervention.
3. You will apply crisis theory to a variety of situations.
4. You will articulate appropriate intervention strategies to manage crises at a primary, secondary, and tertiary intervention level.
5. You will demonstrate crisis intervention counseling skills within role-plays.

**Required Course Texts:**

James, R. K. & Gilliland, B. E. (2004). Crisis Intervention Strategies (5th Ed.). New York: Brooks/Cole.

Janoff-Bulman, R. (1992). Shattered Assumptions: Towards a New Psychology of Trauma. New York, NY: The Free Press.

Course Packet (Purchase at ATS Bookstore)

**Required Readings in Course Packet:**

Dunn, R. (1993). Why bad things happen to good Christians. *Christian Counseling Today*. October, 16-19.

Thompson, D. L. (1995). Job at the biblical roundtable on suffering and divine justice. *The Asbury Herald*. Summer, 6-9.

Crandall, R. (1999). *Grace, Is Grace, Is Grace*. Unpublished Manuscript. Asbury Theological Seminary.

Seamands, S. A. (1995). The cross and human suffering. *The Asbury Herald*. Summer, 10-12.

Walls, J. L. (1995). Making sense of evil. *The Asbury Herald*. Summer, 3-5.

**Publication Manual for the American Psychological Association, 5<sup>th</sup> Edition.** Be sure that you are using the **fifth** edition. I require APA style for all research papers. Copy of the 5<sup>th</sup> Edition is found in the ATS library.

### **Grading Policies**

The grading guidelines found in the 2004-2005 catalog will be used for grade assignment.

A	95	C	73
A-	90	C-	70
B+	87	D+	67
B	83	D	63
B-	80	D-	60
C+	77	F	below 60

**Late assignments:** A late paper is one submitted after the specified due date without prior permission. A new due date must be requested at LEAST 48 hours in advanced. Late papers receive a grade, but no feedback. Late papers are penalized with 1/3 grade reduction for each late week.

**Attendance:** If you miss the equivalent of 3 weeks of class throughout the semester for any reason, you will not receive a passing grade.

### **Course Requirements**

You are expected to attend classes and participate in small group activities and discussions.

1. **Counseling practice [15%]**
2. **Theological Integration Paper [20%]**
3. **Research Paper on Crisis Topic [25%]**
4. **Exams 1 & 2 [40%]**

**When submitting all written material, put your name ONLY on the last page of your paper.**

#### **1. Counseling Practice - 15%**

**Trios:** You will work in trios to practice your skills. Your practice sessions will happen primarily outside of our class time. During each round, you will have an opportunity to be a client, a counselor, and an observer. By meeting weekly, you should be able to complete your practice sessions within 30 minutes, with one person taking on the counselor role per meeting. Each person should be the counselor one time during each round. Focus on skills that we have recently covered in class. Following the session, you, your client, and the observer complete a Feedback Scale as a way to provided feedback to the counselor.

On the specified date you will turn in:

- a. The Feedback Scales that were completed for you during that round (e.g. YOUR evaluation of yourself as a counselor, the rating scale from the observer, and the rating scale from your 'client'.)
- b. A 2-page, double-spaced reflection paper per round that describes **how your role play illuminates aspects of our crisis counseling text**. Note well: The focus is NOT on a play by play of your session, but how you see the theoretical content demonstrated in your practice session.

Grading criteria: See grading rubric at the end of the syllabus.

Note Well: You will **not** have an opportunity to submit documentation after you turn in your paper to me. One-third letter grade per reflection assignment will be deducted if feedback forms are missing.

## 2. Theological Integration Paper- 20%

See grading rubric.

Reflect upon your Christian journey and identify times in your life when you experienced a periods of crisis. Synthesize the experience with your understanding from class lectures, Crisis Intervention Strategies, Shattered Assumptions, and the theological articles in your reading packet.

Address these issues:

- From lectures & Crisis Intervention Strategies: Describe the kinds of crisis you experienced throughout your life. Define and describe the elements of crisis that were especially present in your situation?
- From Shattered Assumptions: What assumptions were altered or challenged as a result of the crisis? How were they altered or challenged? What helped you to rebuild your assumptions? How did your new assumptions differ from the previous assumptions? If you did not experience any "shattered assumptions," discuss the things that helped to sustain the assumptions that you maintained. Pay particular attention to how your view of God and your spiritual life factored in at this point.
- From the theological articles: How did you experience God in the midst of this crisis? How did you deal with the question of theodicy? How did these crises impact your spiritual life?
- From all material: What helped you to move through this time of crisis?

Your 10 page paper is to be typed, double spaced. This is your opportunity to reflectively integrate the lectures and reading matter to date. Use the Publication Manual for the American Psychological Association, 5<sup>th</sup> Edition to format your use of headings, in-body citations, pagination, **and** reference list.

**DO NOT PUT YOUR NAME ON THE FRONT OF YOUR PAPER. ONLY PUT YOUR NAME AND SPO THE END OF YOUR PAPER.**

**Note: For students who entered ATS since Fall 2006, this assignment will be part of your portfolio for your Christian Formation Program. You will bring a copy of this paper to a conversation with your faculty guide.**

### **3. Research Paper [25%]**

You will have an opportunity to sign up for a research topic that is associated with the categories of crises that are presented in the Gilliland and James text. The due dates for these papers are staggered during the second half of the semester. Each student will be responsible for posting an abstract of their paper and their reference list in the Course Discussion Center. This is due at the same time that the research paper is due.

Your paper must address the following items:

- ◆ **Case Conceptualization**—What are the critical psychological and interpersonal dynamics that play a role in the person's recovery process? (8 pages)
- ◆ **A discussion of counseling strategies** that are most appropriate for this crisis. Specifically what techniques will you use? Wrong: "I will use a cognitive approach." Right: "Thought stopping is a technique that has helped.... [then describe how you will implement this technique]." You may have more than 1 technique. (3 pages)
- ◆ **Reference list** in correct APA Publication Manual format.

### **4. Exams 1 & 2 [40%] Sept 28 & Dec. 11 [8-11 am]**

### **5. Role Play [not graded]**

After a theoretical foundation is established, students will be selected to participate in spontaneous role plays. The counseling sessions will happen in the Counseling lounge [4<sup>th</sup> Floor Stanger Hall], and will be viewed live by the class. We will then debrief the video tape copy of the session in class.

## CO660 Fall 2006 Weekly Schedule

WK	Date	Topic	Reading	Out of class Practice Assignments	Due Dates
1 & 2	9/5 & 7 9/12 & 14	Orientation to Crisis Counseling	J & G: Ch 1, Ch 14 Wk 2: J & G Ch. 2	Get set up. Review Model, pg. 20 & TAF, pg. 25-27	
3	9/19 & 21	Basics of Crisis Counseling	J & G 3	Role play simple crisis situation to practice using TAF	
4	9/26 & 28	Theological Reflections	Assumptions Shattered, Part 1 & 2; Herald Articles in Course Packet		9/28: Exam 1 J & G 1, 2, 3, 14
5	10/3 & 5	Cognitive Influences	Shattered Assumpt. Part 3 & 4	Role play crisis situation using 6 step model & TAF	
6	10/10 & 12	Suicide	J & G, 5		Oct. 12: Round 1 Paper Due
7	10/17 & 19	Class will be held on Oct 17. No class on Oct. 19		Role play with suicidal client	10/17 Theology Paper
8	10/24 & 26	PTSD	J & G Ch 4	Role play with PTSD focus	
9	10/31 & 11/2	Sexual Assault	J & G, 6	Role play with sexual assault focus	
10	11/7 & 9	Partner Violence	J & G, 7	Role play with domestic violence focus	Nov. 9: Round 2
11	11/14 & 16	Addictions	J & G, 8	Role play with addictions focus	Nov. 16: Research Papers
12	11/21 & 23	Reading Week			
13	11/28 & 30	Bereavement & Loss	J & G, 9	Role play with grief focus	
14	12/5 & 7	Burnout & CISD	J & G, 13; pg. 573-578		Round 3: Thursday, Dec 7
15	Assigned Finals Period				Exam 2 J & G 4, 6-9, 13, CISD