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CO 660 Crisis Counseling

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CO660: Crisis Counseling
Asbury Theological Seminary
Fall 2008

DRAFT Syllabus June 14, 2008

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Class Time:

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:

Dass-Brailsford, P. (2007). *A practical guide to trauma: Empowering interventions*.

Thousand Oaks, CA: Sage Publishing

Herman, J. (1992). *Trauma and recovery*. New York: BasicBooks.

Janoff-Bulman, R. (1992). *Shattered assumptions: Towards a new psychology of trauma*.

New York, NY: The Free Press.

Myer, R. A. (2001). *Assessment for crisis intervention*. Belmont, CA: Wadsworth.

Volf, M. (2006). *The end of memory: Remembering rightly in a violent world*. Grand Rapids, MI: Eerdmans.

Recommended Text:

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

Publication Manual for the American Psychological Association, 5th Edition. Be sure that you are using the **fifth** edition. I require APA style for all papers. Copy of the 5th Edition is found in the ATS library. The elements that you must include are the formatting for in-text citations, reference list [for all papers, great and small], pagination. You do not need an abstract. Your cover page will become your last page as your name should not appear on the first page of your paper or in a header.

Grading Policies

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

A	96	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 reflection paper [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%

Due dates:

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 30-40 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 provide 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 1-page, double-spaced reflection paper per round that describes what you learned about yourself as a crisis or trauma counselor. This is NOT a rehearsal of the counseling sessions. Papers that describe the counseling session but do not include reflection about what you learned about yourself as a crisis or trauma counselor, or what you learned about crisis or trauma through your role play experiences will receive half-credit.

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%

Due:

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

Address these issues:

- From lectures: Briefly 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 5-7 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, 5th 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%]

Due:

You will have an opportunity to sign up for a research topic that is associated with the categories of crises and trauma. The focus of this paper is on treatment issues. At least 50% of your paper should be dedicated to the treatment of your topic of choice.

Approved Topics: PTSD, Suicide, Family of suicide victims, Sexual Assault, Partner Violence, AIDS, Bereavement and Grief, Violence in Schools, Divorce

If you would like to research another topic, I will need to approve your alternative.

Class presentation: On Dec. 4 & 6 our class will divide in half for two rounds of "poster sessions". Each student will prepare a summary of key points of your paper on poster board and a **one page handout** for each class member on your topic. Half the class will present on Dec. 4 and the other half on Dec. 6. The presenters will stand by their posters and engage the observers in conversation about their topic as observers move among the poster presentations. Then we will come together for a class discussion.

5. Exams 1 & 2 [40%]

Dates:

Exams will be a combination of objective questions and essays based on text and lecture material.