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CO 515 Forgiveness in the Counseling Process

Virginia Todd Holeman

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CO515: Forgiveness in the Counseling Process
Monday Evenings 6:15pm – 9:00pm
Fall 2002
Final Version as of 5-Mar-09

Instructor: Virginia Todd Holeman, Ph.D.	Credit: 3 hours
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Course Description:

This course explores the theological, psychological, and clinical components of forgiveness and reconciliation. Interpersonal and intrapersonal elements of forgiveness receive particular emphasis. Procedures for implementing forgiveness in pastoral and clinical counseling settings are reviewed.

Course Goals

At the completion of this course you will:

1. Articulate your integration of forgiveness, repentance, and reconciliation from personal experience.
2. Explicate forgiving, repenting, and reconciling processes from biblical contexts and theological perspectives.
3. Describe the psychological foundations of forgiving, repenting, and reconciling.
4. Apply counseling strategies to your own situations and to case studies.
5. Participate in class through discussions, activities, and devotionals.

Attendance Policy

If you miss more than 2 classes, you will not receive a passing grade.

Required Course Texts:

Augsburger, D. (1995). Helping People Forgive. Louisville, KY: Westminster John Knox Press.

Jones, G. (1995). Embodying Forgiveness. Grand Rapids, MI: Wm. B. Eerdmans.

McCullough, M.E., Sandage, S.J., & Worthington, E.L., Jr. (1997). To Forgive Is Human: How to Put Your Past in the Past. Downers Grove, IL: InterVarsity Press.

Nowuen, H. J.M. (1992). The Return of the Prodigal Son. New York: Image Books.

Worthington, E.L. (2001). Five Steps to Forgiveness. New York: Crown Publishers.

Course Readings Packet and class handout packet- purchase at Cokesbury Bookstore before class starts.

Course Requirements:

1. Course Participation [15%]

Snack. Each week a different group will be responsible for bringing a snack that we will share during the class break.

Devotionals. Each day one of our small groups will lead us in a brief worship experience to open class. The worship experience should tie together that day's content, the designated chapter from Nouwen, and class member's lives. Devotionals will run no shorter than 10 minutes and no longer than 12 minutes. I invite you to use all of the technological support that ATS has to offer to lead us into the Lord's presence

Class Discussion and Participation. I use many different active learning strategies in this course - in other words this is not a lecture-based class. Several classes require your preparation for a serious class discussion about the readings. I have prepared Guiding questions to help you come to class to engage fully in our discussions.

There is nothing neutral about forgiveness conversation. They tend to generate some intensity because we are talking about painful things. Several ground rules will help us become a conversational community of care:

- No one needs to "fix" any one else in class. Everyone needs to be "heard" and feel that they have been "understood."
- We will protect one another's stories by agreeing to keep class conversations confidential.

- We will respect one another's wisdom to refrain from disclosing some personal information that is too sensitive or too painful for class-level discussion.
- We will recognize that stuff about "forgiveness" isn't necessarily set in stone. We will listen respectfully when others have a differing experience or understanding from our own.

2. Pre-Class Assignments. [30%]

You will complete a variety of pre-class assignments during the course that will prepare you for class discussions. You will use these TYPED assignments in class and then submit them for grading. No late papers will be accepted.

- a. Forgiveness Event - Due Sept. 16, 2002. Submit a 700-900 word essay [typed, double spaced] that narrates an event from your life in which you needed to forgive someone or in which you needed to be forgiven by someone. The event can be past or present; resolved or on-going. No one by Dr. Holeman will read your essay, however, you will be asked to share the event within your small group.
- b. Biblical Analysis - Due Sept. 23, 2002. See directions in your class handout packet.
- c. Theological Analysis - Due October 7, 2002. See direction in your class handout packet.
- d. Is therapeutic forgiveness biblical? - Due October 28, 2002. See directions in your class handout packet.

3. Case Study Analysis. [25%] Due Dec. 9, 2002.

Think of this case study analysis like an open-book, comprehensive, applied exam. You are free to consult with one another but I ask you to write your own case study analysis. You will analyze a forgiveness case study from several perspectives: moral perspective, biblical/theological, psychological, and clinical. Remember - this is your final exam. I will evaluate your exam on the degree to which you demonstrate your understanding of the text and lecture material as they apply to the case.

Submit your TYPED, DOUBLE-SPACED case analysis to the Counseling and Pastoral Care Area Office by the beginning of class on Dec. 9, 2002. The grade on late papers will be reduced by 1/3 letter grade for every day late. The late clock begins after class starts.

4. Book Report and Discussion [20%] Due November 11, 2002.

Your book report should follow the format for a book report by Green and Strawn. The length of this report will be between 7-10 pages. Your report should also demonstrate that you have interacted with all of the material that we have been discussing in this class. In other words, while your primary focus is on the book, you should make critically engage relevant material from the entire course. Specifically, this means that "The Middle" [per Green and Strawn] would expand to 4-5 pages to allow you to interact with other course reading.

Battle, M. (1997). Reconciliation: The Ubuntu Theology of Desmond Tutu. Cleveland, OH: The Pilgrim Press
Battle describes Desmond Tutu's theology of reconciliation as set within the South African context.

Crysdale, C. S. W. (1999). Embracing Travail: Retrieving the Cross Today. New York: Continuum Press.
Crysdale discusses forgiveness within the context of an evangelical and feminist perspective.

Volf, M. Exclusion and Embrace

Volf applies the metaphor of exclusion and embrace to unpack forgiveness and reconciliation in the midst of the Serbian/Croatian conflict.

5. Creative Integration Project. [10%] Due Dec. 2 or 9, 2002.

This option can take a number of different forms. The overarching goal of this item is for you to demonstrate your ability to integrate aspects of what you have learned about forgiveness in some creative format. You can create a work of art, music, drama, video, prose, etc. You may work alone or with one or two colleagues.

Your creative project should include:

- Clear and succinct statement of purpose
- Learning objectives for participants
- For text based projects (i.e., sermons, retreats, workshops, small group Bible Studies, etc.). Prepare a leaders guide. This includes **all** materials needed so that I could implement your program without ANY extra work (include overheads, text for lectures, Bible study procedures and discussion points, etc.). Include reference list.
- For art based projects. Include a detailed discussion of the message you are sending about forgiveness and reconciliation along with the project.

Co515 Forgiveness in the Counseling Process
Fall 2002 Weekly Schedule

Date	Theme	Reading	Assignment Due	Devotional	Skills	Misc.
9/9	Introduction		Come to class!			Fury to Forgiveness,1
9/16	Moral & Ethical Foundations	Marty essay; McCullough, Ch. 1, 2, 3, 4; Augsburg, Preface, Ch. 5; Jones, Intro., Ch. 1 and 3	Prepare for discussion on Marty essay & Jones chapters. Bring your Forgiveness Event	Intro		Les Mis
9/23	Biblical Foundations	Augsburger Ch. 1, 6, p. 52-53, 119-121; Jones p. 15, 121, 162,192-197	Biblical analysis today	1	Mercy & Justice	Gen. 32, 33, Gen. 43-45 & 50; Mt. 18; Lk. 15
9/30	Misconceptions & Unforgiveness	Worthington Ch. 1; Worthington article; Veenstra article Augsburg Ch. 4; McCullough 5, 6	Your Letter of Lament is due today. Veenstra worksheet.	2	Process Letter of Lament	Dead Man Walking & Revenge & Forgiveness [48 Hrs]
10/7	Theological Foundations	Augsburger, Ch. 5,6,7; Jones, Part II	Theological Analysis Due Today	3	Forgiveness Road Map	Much Ado About Nothing
10/14	Models of Forgiveness - Worthington & DiBlasio & Sandage/Holeman	Worthington 2, 3, 4, 5, 6; DiBlasio article; Sandage article; Holeman [mutual]; McCullough, Ch. 7-10		4	Narrative Pastoral Counseling	Touched by an Angel
10/21	Models of Forgiveness - Enright & Coyle; Jones	Jones Ch 7; Enright & Coyle	Prepare for discussion: Comparison of models	5	Forgiveness Log	Fury to Forgiveness 2
10/28	Forgiveness Issues: Is therapeutic forgiveness biblical? Loving our enemies?	Jones 2, & 8, 9; Friberg article; Case study sample	Paper due today: Is therapeutic forgiveness biblical?	6		Fury to Forgiveness 3;
11/4	Reconciliation	McCullough, Ch. 14; Worthington Ch. 7, 8, 9, 10; Worthington & Drinkard article; Holeman article in handout packet; Holeman article [Couples]		7	Couples Forgiveness Exercise	Couples Forgiveness tape
11/11	Community	Volf; Hylen; Battle	Book Report and Discussion	8		Sister I'm Sorry
11/18	Self-Forgiveness and Forgiving God and worship	McCullough, Ch 11 & 12; Moon		9		
12/2 & 9	Reading Week is Nov.25 Dec. 2 & 9 - Creative Project Presentations and class wrap-up					

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