



Christian Counseling 101

Biblical Principles and Practice

DAY & TIME Thursdays, 7:00 PM	INSTRUCTOR Prof. Alison Wattley, MA, LMHC
FORMAT Course offered virtually	LENGTH 13 weeks
REQUIRED TEXTS (reading assignments will be provided weekly) Gary R. Collins, <i>Christian Counseling: A Comprehensive Guide</i> Paul David Tripp, <i>Instruments in the Redeemer's Hands</i>	

COURSE DESCRIPTION

This course provides a foundational introduction to biblical counseling and Christian care ministry. Students explore emotional, spiritual, and relational well-being through a biblical lens while developing helping skills, biblical approaches to care, and an understanding of appropriate referrals when professional support is needed.

Please note: This course does not provide counseling licensure, certification, or clinical mental health training.

LEARNING OUTCOMES

Upon completion of this course, students will be able to:

1. Explain biblical foundations of Christian counseling.
2. Demonstrate basic helping skills, including listening, empathy, and encouragement.
3. Apply biblical principles to emotional and relational challenges.
4. Identify ethical considerations and ministry boundaries.
5. Recognize situations requiring referral to qualified professionals.

WEEKLY SCHEDULE

WEEK 1	Introduction and Orientation: Course overview, expectations, assignments, and introduction to Christian counseling and care ministry.
WEEK 2	Introduction to Christian Counseling: Definition, purpose, and role of the Christian counselor.
WEEK 3	God's Design for Wholeness & The Heart of the Christian Caregiver: Biblical understanding of spiritual, emotional, and relational health.
WEEK 4	Biblical Foundations of Change: Understanding transformation through Scripture and the work of the Holy Spirit.
WEEK 5	Listening as Ministry: Developing effective listening skills and compassionate presence.

WEEK 6	Asking Helpful Questions: Using questions to encourage reflection, growth, and understanding.
WEEK 7	Understanding Anxiety and Fear: Biblical perspectives and practical care strategies.
WEEK 8	Midterm Examination
WEEK 9	Understanding Discouragement and Depression: Identifying symptoms and providing biblical support.
WEEK 10	Conflict Resolution and Forgiveness: Principles for reconciliation, peacemaking, and restoration.
WEEK 11	Grief, Loss, and Comfort: Ministering to individuals experiencing loss and suffering.
WEEK 12	Boundaries, Ethics, and Recognizing the Need for Referral: Maintaining healthy limits and understanding when professional help is needed.
WEEK 13	Building a Care Ministry Culture, Final Presentations, and Course Wrap-Up: Creating a caring church environment, student presentations, and final reflections.

GRADING & MAJOR ASSIGNMENTS

Grading

Participation & Attendance	20%
Reflection Journals	10%
Group Project (1 per semester)	10%
Case Studies (2 per semester)	20%
Community Resource Project	10%
Midterm Exam (Multiple Choice)	10%
Final Christian Care Presentation	20%
Total	100%

Major Assignments

- Reflection Journals
- Case Studies
- Group Project
- Community Resource Project
- Midterm Exam
- Final Christian Care Portfolio

THEME VERSE

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

Galatians 6:2