

## Summit Bible College Course Syllabus

Class: 501 Crisis Counseling

Text/Author: Crisis & Trauma Counseling, H.N. Wright

Professor: Ed Hammon edhammon@wuesd.org Date:

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### Grading System:

- 35% Attendance, Lecture notes and Participation-All students must turn in a copy of readable notes typed or printed.
- 15% Reading of the Book -Your grade for this requirement will be based on a question which must be answered at the top of your final paper. The question is, "How much of *Crisis and Trauma Counseling* did you read?" Although this question is based on your honor, we are asking God to bless your ministry in proportion to your integrity regarding this question.
- 25% Take online Multiple Choice tests. Set up an account for yourself at [www.summitbiblecollege.com/tests](http://www.summitbiblecollege.com/tests).
- 25% For the Final. (See final attached on the next page)

### Course Objectives

To equip Christian counselors, pastors, and ministry leaders and workers to:

- Understand the different types of crisis and trauma
- To name and describe the stages of crisis from verbalization to 'acting out'
- Know how to identify those in crisis situations
- Know how to counsel adults and children through crisis, abuse, and loss by apply biblical principles
- Be able to refer those needing other or more types of services, appropriately

**Week One** – Chapters Introduction, 7, 1, and 2

**Lecture:** Definition of Crises (7), Biblical Perspectives (1), Counseling Techniques (2) **Class Discussion:** Situation 1, pg 10

**Homework:** Complete 501 Week 1 online exam over Chapters 7,1 & 2. Read Chapters 3-5.

**Week Two** – Chapters 3, 4, 5

**Lecture:** Ch 3-Empathy, Confrontation, Trust and Destructive Elements in Counseling, Ch 4-How to Discuss Loss, Types of Loss, Ch 5-Grief and the Grieving Process **Class Discussion:** Situation 2, page 11

**Homework:** Complete 501 Week 2 online exam over Chapters 3-5. Read Chapters 6,8, & 9.

**Week Three** - Chapters 6, 8 and 9

**Lecture:** Saying Good-bye, The Phases of a Crisis, Direction and Leadership Roles in a Crisis

**Class Discussion:** Situation 3, page 11, What should you do as a leader in a Crisis?

**Homework:** Complete 501 Week 3 online exam over Chapters 6,8, & 9. Read Chapters 10 & 11.

**Week Four** – Chapters 10, 11

**Lecture:** (Ch 10) Defining Trauma, (Ch 11) Helping People Overcome Trauma **Class Discussion:** Situation 4, page 12

**Homework:** Complete 501 Week 4 online exam over Chapters 10 & 11. Read Chapters 12 & 13.

**Week Five** – Chapters 12 and 13

**Lecture:** (12) Types and Responses to Death, (13) Death of Relatives, Children and Close Friends

**Class Discussion:** Situation 5, page 12-3

**Homework:** Complete 501 Week 5 online exam over Chapters 12 & 13. Read Chapters 14 & 15.

**Week Six** - Chapters 14 and 15

**Lecture:** The Facts and History of Suicide, Helping Suicidal People and their Families **Class Discussion:** Situation 6, page 13-4

**Homework:** Complete 501 Week 6 online exam over Chapters 14 & 15. Read Chapters 16-18.

**Week Seven** – Chapters 16, 17 and 18

**Lecture:** (16) Ministering to Children at Times of Loss, Crisis or Trauma, (17) Child Crisis, (18) Helping Children Grieve

**Class Discussion:** Situation 7, page 14

**Homework:** Complete 501 Week 7 online exam over chapters 16-18. Read Chapters 19-20.

**Week Eight** – Chapters 19 and 20

**Lecture:** (19) Crisis for Adolescents, (20) Helping Adolescents in Crisis

**Class Discussion:** Situation 8, page 14

**Homework:** Complete 501 Week 8 online exam over Chapters 19 & 20.

(see final attached on the next page)

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**Final (do both of the following)**

**Case One**

Imagine that there was a crisis at work where several people were involved in an industrial accident. After the accident a fight breaks out between several workers, each blaming the other for the calamity. You and several others control the conflict, separate the individuals and restore a tenuous peace. Write a report on the events, describe the people involved and their actions, whether good or bad, and what you did to achieve success. Name those who assisted you and analyze what may be done in the future to provide safeguards against disaster situations. Name education techniques that need to be discussed, follow up seminars on rage control, team development and any other support methods that you would recommend. Your report should be 3 pages long.

**Case Two**

Make a dialog between you and a counselee in one or more of the following situations: abused, sexually assaulted, lost their job, lost their spouse to divorce or death, overwhelmed totally by life in general, returned from war traumatized. This dialogue must be written out in words that are exactly what they are saying and exactly of what you would say. It must be over at least 2 separate meetings and include a brief analysis of each session's information, highs and lows. Specific solutions do not have to be resolved but there should be progress over the course of the meetings, and you should make suggestions to your counselee with scripture, spiritual, emotional, physical or mental things they need to do, and homework assignments they need to do before they meet with you again. Naturally, prayer should be in the session at the beginning and at the end, but it can also be done in the middle of the session. When you do a prayer you must also record it word for word in your dialogue. Keep it short. If you have any questions email your instructor. Here is the beginning of a sample dialog:

Finish the interview in conversation form, below, with an imaginary counselee who divulges information that indicates a crisis or traumatic situation.

Use your skill in asking appropriate questions to get to the root issues. At the end of the interview, close it off with appropriate comments, homework for them (scriptures or advice, if needed) and an invitation to return for counseling.

**Counselor:** Ok, John, you filled out the form and read the review of Christian Counseling and you understand that I use the Bible to counsel people as a licensed minister of the gospel of Jesus Christ.

**Counselee:** Yes.

**Counselor:** So, John, tell me about your concerns and why you are seeking my counsel?

**Counselee:** I have been having trouble with my wife and we do attend a local church so I figured you would understand me and what I am going through.

**Counselor:** Well, I see that you are having trouble with your relationship with your wife, especially in the sexual areas.

**Counselee:** Well, I don't have a problem; she's the one that mentions it.

**Counselor:** Tell me more. What is her chief concern?

**Counselee:** \_\_\_\_\_

**Counselor:** \_\_\_\_\_

**Counselee:** \_\_\_\_\_

**Counselor:** \_\_\_\_\_

**Counselee:** \_\_\_\_\_

**Counselor:** \_\_\_\_\_

**Counselee:** \_\_\_\_\_