



BLUE RIDGE INSTITUTE FOR THEOLOGICAL EDUCATION

Introduction to Pastoral Care and Counseling

Cave Spring Baptist Church
Monday, 6:00-8:00 p.m.
September 13-December 6
Brite-VA.org

Michael Gembola (MAR, MAC)
540-632-0272
michael@brccva.org

Course Description

This course provides an introduction, biblical foundation, and historical context for pastoral care and lay counseling. Key elements of congregational care, such as small groups, visitation, and crisis response, are surveyed with practical instruction on theory and process of relational ministry.

Course Objectives

This course will enable students to:

- Gain a basic understanding of sanctification (change theory) and relational ministry (counseling process).
- Understand the spectrum of interpersonal ministry that exists in the local church, recognizing both public and private ministries of the Word for the whole church as a ministering community.
- Avoid pitfalls (e.g., issues of child safety, suicide) and to leverage opportunities (e.g., small groups, visitation) in ministry.
- Navigate counseling ministry within the broader structures of church (e.g., small groups, Sunday School, one-another ministry).
- Study and strengthen the current congregational care provisions in their local church

Required Texts

Powlison, David. *How Does Sanctification Work?* Wheaton, IL: Crossway, 2015. (112 pp).

Powlison, David. *The Pastor as Counselor* Wheaton, IL: Crossway, 2021. (80 pp).

Welch, Edward T. *Side By Side*. Wheaton, IL: Crossway, 2015. (176 pp).

Required Articles

Copies of all articles will be provided to students and do not need to be purchased individually.

Mary DeMuth, "21 Sentences not to Say to a Sexual Abuse Survivor." MaryDemuth.com.

Michael R. Emler, "What's in a Name? Understanding Psychiatric Diagnoses," *Journal of Biblical Counseling* Vol. 30 no. 1 (2016), 66-93.

Michael Gembola, "An Interview with the Founders of Two Church-Based Counseling Ministries," *Journal of Biblical Counseling* Vol. 34 no. 2 (2020), 80-95 (16 pp).

Brad Hambrick, "How to Create Effective Care Teams at Your Church," *Journal of Biblical Counseling* Vol. 35, no. 1, 2021, 20-37 (18 pp)

Tim Keller. "Four Models of Counseling in Pastoral Ministry." Redeemer City to City.

Steve Midgley. "Something Worth Meeting For: A Biblical Vision for Small Groups," *Journal of Biblical Counseling* Vol. 28, no. 3, 2015, 62-73. (12 pp.)

David Powlison, "Familial Counseling: The Paradigm for Counselor- Counselee Relationships in 1 Thessalonians 5" *Journal of Biblical Counseling* Vol. 25 no. 1 (2007), 2-16 (15 pp).

David Powlison. "Revisiting Idols of the Heart and Vanity Fair" *Journal of Biblical Counseling* Vol. 27, no. 3 (2013), 37-68. (32 pp).

David Powlison and Heath Lambert. "Biblical Counseling in the Church and Parachurch" *Journal of Biblical Counseling* Vol. 33 no. 2 (2019), 7-37. (31 pp)

Sironi, Aaron and Michael R. Emler. "Evaluating a Person with Suicidal Desires" *Journal of Biblical Counseling*. Vol. 26 no. 2, 2012, 33-41. (8 pp).

Stone-Palmquist, Peri. "Suicide—A Preventable Tragedy?" *Christianity Today* Vol. 44, no. 7, 2000, 74.

Edward T. Welch, "What not to Say to Those Who Are Suffering," CCEF, February 22, 2010. <https://www.ccef.org/what-not-say-those-who-are-suffering/>

Edward T. Welch, "More Things not to Say to Those Who are Suffering," CCEF March 2010 <https://www.ccef.org/more-things-not-say-those-who-are-suffering/>

Ed Welch and Sam Williams, "The Missional Vision of Biblical Counseling." *Biblical Counseling in the Church: God's Care through God's People* (Zondervan, 2015).

Recommended Readings

Michael R. Emler, *Descriptions and Prescriptions: A Biblical Perspective on Psychiatric Diagnoses and Medications*. (New Growth, 2017).

Lane, Tim and Tripp, Paul David. *How People Change*. (New Growth, 2008).

Psychology and Christianity: Five Views. (InterVarsity, 2010).

Purves, Andrew, *Pastoral Theology in the Classical Tradition*. (Westminster John Knox, 2001).

Sande, Ken & Kevin Johnson, *Resolving Everyday Conflict*. Grand Rapids, MI: Baker, 2011 (111 pp).

Assignments

1. Students must complete all required reading by December 6. Students will be asked to submit the reading report to the Instructor on the last day of class.
2. Students will submit 3 papers; further instructions for each paper will be provided.
 - a. Paper 1: What is My Calling?
 - b. Paper 2: Apologetics in Counseling Process
 - c. Paper 3: Congregational Care in My Church

Class Calendar

September 13	1 Introduction to Counseling in the Church Reading due today: Welch and Williams, "Missional Vision" and Powlison, "Counseling <i>Is</i> the Church"
September 20	2 A Biblical Basis for Counseling Reading due today: Keller, "Four Models" and Powlison & Lambert, "Church and Parachurch"
September 27	3 Counseling in Church History (Paper 1 Due)
October 4	4 No meeting
October 11	5 Basics of Counseling Theory - How People Change Reading due today: Powlison, <i>How Does Sanctification Work?</i>
October 18	6 Counseling Conceptualization and Case Study Reading due: Powlison, "Revisiting Idols of the Heart"
October 25	7 Counseling Process - How People Help (Paper 2 Due) Reading due: <i>Side by Side</i>
November 1	8 No meeting in person Webinar 1: Michael R. Emlet, "Loving Others as Saints, Sufferers, and Sinners" https://vimeo.com/513945716 Webinar 2: Diane Langberg, "Suffering and the Heart of God," https://www.youtube.com/watch?v=uyWpFW2DDjo

Reading due: Powlison, “Familial Counseling”

November 8

9 Building Structures of Care in the Church

Reading due: Emlet, "What's in a Name?"

November 15

10 Lay Counseling in the Church and Small Groups

Reading due: Midgley, “Something Worth Meeting for”

November 22

11 No class - Thanksgiving

November 29

12 Counseling with the church: collaboration, confidentiality, and discipline

Reading due: Hambrick

December 6

13 Special challenges: Mandated reporting of abuse and suicide prevention in the Church

Reading due today: Sironi & Groves, Stone-Palmquist

December 13

14 Walking with Others in Suffering

Reading due today: Welch and Demuth “What not to Say” articles

PAPER 3 DUE

READING REPORT DUE