

## **MB Biblical Seminary**

### **MF-536 HUMAN DEVELOPMENT (3 Units)**

Mondays 1:00-4:00 pm, Fall 2005,  
E-mail: [dfriesen@mbseminary.edu](mailto:dfriesen@mbseminary.edu)

Delores Friesen, Ph.D.  
Office: 452-1711

#### **COURSE DESCRIPTION**

This course provides a detailed outline of cognitive, affective, biological, psychosocial and spiritual development of persons through the life span. Since the course is offered within a graduate marriage and family and child therapy curriculum, the emphasis is on clinical theory and praxis within an integrative framework. The process of transition and change and developmental issues in counseling children, youth and older adults will be addressed. Since early detection and assessment of actual and potential problems frequently prevents serious later difficulties, the course's perspective includes prevention.

It is assumed that the students will already possess a basic working knowledge of life-span developmental psychological theory including Piaget. Thus, an undergraduate course in human development, child development, developmental psychology, or applied developmental science is strongly recommended prior to enrollment in MF-536.

#### **COURSE CONTENT OBJECTIVES**

1. To explore the interface of developmental theories with the practice of counseling and pastoral care.
2. To develop a working knowledge of attachment theory as a developmental umbrella in the treatment of psychopathology, trauma, and relational dysfunction.
3. To understand the developmental features of social cognition and selfhood through adolescence and young adulthood, framed in terms of identity.
4. To develop a theologically integrative foundation for understanding developmental phenomena and the assumptions behind their interpretation.

#### **INSTRUCTIONAL OBJECTIVES – SKILLS AND PERSONAL FORMATION**

1. To assist the student in understanding his/her own physical, social, cognitive, psychological, moral and spiritual development processes.
2. To develop a respect for each person's uniqueness and to learn from others' experiences of maturation and growth, including those who are developmentally disabled.
3. To explore the implications of spiritual formation and narrative through the life course.
4. To develop skills in recognizing the developmental agendas and needs of children, youth, and adults, and how to counsel appropriately at various transition points, including early recognition, treatment, and prevention of actual and potential developmental crises.

## **COURSE FORMAT**

MF-536 meets Mondays from 1:00-4:00 PM. Students will be expected to participate in class exercises, read assigned texts, and generate oral/written material. This course is designed around an interactive learning environment that includes case study/discussion, and attendance is mandatory. Since topics are not repeated, absences, tardiness and leaving class early seriously compromise the learning process life experiences to share. Any student missing more than 20% of class meeting time will receive a failing grade. Exceptions to this policy may be considered because of medical or family emergencies, but all exceptions must be approved by the instructor and the academic dean. Auditors are welcome in this course if they attend regularly. They may participate in discussions if they have read course materials or have relevant life experiences to share. For the sake of other students and the integrity of the learning environment, *cellular phones must be turned off during class.*

*Evaluation.* Evaluation will be based on examination, written assignments, and class participation. The grading schedule is at the end of this syllabus. All written work is expected in the format of the American Psychological Association publication manual, 5<sup>th</sup> edition. The APA publication manual is on reserve at the Hiebert Library. Another option is to purchase an APA template for MS Word entitled *APA Style-Helper 3.0.* at [www.apa.org/books](http://www.apa.org/books).

*Assignments.* All assignments must be completed to receive a passing grade. Late assignments will result in loss of one letter grade for each week late. It is my policy not to accept any course assignments beyond the last day of the semester without a formal extension. If you wish to maximize confidentiality on your graded assignments, please submit the assignment in an envelope. Your graded assignments will be returned in the same envelope. Any assignments submitted electronically must be in Microsoft Word format. Hard copies are preferred.

### **TEXTBOOKS:** (\*On Reserve at Hiebert Library)

- \*Albom, Mitch. (1997) Tuesdays With Morrie. New York: Doubleday.
- Balswick, J.O., P. E. King, K. S. Reimer. (2005) The Reciprocating Self: Human Development In Theological Perspective. Downers Grove: Intervarsity Press.
- \*Guavain, M. (2001). The Social Context of Cognitive Development. New York,: Guilford.
- \*McAdams, D. (1993) The Stories We Live By: Personal Narratives and the Making of the Self. New York: Guilford.
- \*Vanier, J. (1999). Becoming Human. New York: Paulist.

### **Recommended Texts for Reference:** (\*On Reserve at Hiebert Library)

- \*Clinton, T. & G. Sibcy. (2002) Attachments: Why You Love, Feel and Act the Way You Do. Brentwood: Integrity Publishers
- \*Crain, W (2000) Theories of Development. Concepts & Applications. 4<sup>th</sup> ed., Prentice-Hall.
- \*Erdman, Phyllis & Tom Caffery. (2003). Attachment and Family Systems. Brunner-Routledge.
- \*Golan, Naomi (1981) Passing Through Transitions. Free Press.
- \*Kaufman, G.W.,L.M Kaufman, A.Weaver, N. Harnish. (1999) Freedom Fences. Herald Press.
- Monographs of the Society for Research in Child Development. Blackwell Publishers, Inc.
- \*Shelton, Charles M. (1983, 1985) Adolescent Spirituality. Crossroads, (out of print).
- \*Sanborn, Celebrating Passages in the Church. Chalice Press, 1999.

## **ASSIGNMENTS AND EXPECTATIONS**

### **I. READING (10%)**

(A) Course textbooks. Read before the class focus. Assigned texts do not need annotations. (B) Research Articles - Read at least one each week. Some recommendations will be given in class. Child Development is an example of an excellent Journal at Hiebert Library. (C) In addition to the texts, please read at least 30 pages per week in professional ministry and therapeutic sources. Supplemental materials on reserve will be recommended, but students are also encouraged to choose and select articles that fit your interest. Please document what you have read with brief annotations and turn it in with the observational assignments. (5% ON EACH)

### **II. OBSERVATION ASSIGNMENTS (30%)**

(A) Volunteer for at least one hour in a care giving context for young children, (0-3). Church nurseries are an ideal venue. Write a detailed report giving the reader an overview of (1) setting, (2) inter subjective awareness of a single child, (3) observed behavior indicative of attachment in this child, and (4) reflection on how the child does/does not interact with social context. Your report (7 pages double-spaced) should conclude with a brief reflection of how observed attachment patterns indicate positive and/or negative developmental trajectories, and a brief summary of relevant research and professional resources you have read.

**DUE DATE: October 17 in class (15% for report, plus 5% for reading annotations).**

(B) Volunteer for at least one hour in a care giving context for the elderly. A convalescent hospital is an ideal venue. Write a detailed report giving the reader an overview of (1) setting, (2) assessment of cognitive functioning for a single chosen individual, (3) narrative themes indicative of his/her identity resolution (you are encouraged to engage an individual in conversation), (4) reflection on how the individual does/does not interact with social context. Your report (7 pages double spaced) should conclude with a brief reflection of how existential themes and life review narratives are being integrated, if at all, in your chosen individual.

**DUE DATE: December 5 in class (15% for report, plus 5% for reading annotations).**

Use assigned names to protect the persons you observe or interview. Summarize each experience in a brief, succinct essay focusing on what you learned. Include a brief, annotated bibliography, noting what you have read, including current research and any questions or ideas you would like to study or pursue further. You may include illustrations from or applications to your personal experience and chosen vocation, if these are pertinent to your conclusions. Experience stories like those found in Albom, Lind, and Pipher will be helpful.

### **III EXAMS (50%)**

The midterm will cover all course material through September 26. The midterm will consist of short answer, essay and multiple choice questions. A case study will be included in the midterm.

**DATE: OCTOBER 3 (20%)**

The final will cover all course material inclusive of December 5 class, with an emphasis on material after September 30. The final will consist of short answer, essay and multiple choice questions with several case studies included for analysis.

**DATE: DECEMBER 12 (30%).**

#### IV. DEVELOPMENTAL COUNSELING OR MINISTRY PROJECT (10%)

Bring a 2-3 page summary of your project and how it affected your own growth and development to the Final Exam on **December 12**. You may choose one or more of the following:

Participate in the California MCC DD Retreat. Call 251-9374 for details.

Work with a congregation or agency such as Hampton Gate (221-8944) or College Community Church (291-3344) in designing and presenting some Adult or S. S. Education Classes or interacting with adults who are developmentally delayed.

Volunteer at Central Valley Children's Service Network, 456-1100, (Lou Hernandez).  
Personal Growth and Development Project: Choose a new task or experience that will involve some risk for you. Reflect on your reactions to this challenge.

Attend a Parkinson's or other Support Group, visit Oasis or other programs for older adults. See instructor for additional information.

Visit with families or persons facing terminal illness, trauma, or loss, or visit a Hospice Care Facility and talk with the caregivers.

Develop and/or evaluate parent training materials. Assist in community or congregational opportunities for Parenting classes. Summarize your learnings and the resources utilized.

Reflection Paper: What do you think will be your strengths and weaknesses as an infant/child/adolescent/older adult's therapist or pastor? What might be potential areas of trouble or counter transference for you in working with the varying age groups? Which of these groups is easiest for you to relate to and work with? Where do you get hooked by your past or your personality? What resources do you bring to each group?

Design a presentation or workshop on Gender Development: Men's or Women's issues.

Develop Pastoral Care and Congregational Programs for various ages across the life cycle.

Prepare an annotated bibliotherapy list of developmental resources you peruse, consult, read, or review that could be used with clients or parishioners.

Review and analyze several films, videos, tapes, TV dramas that relate to the content of this course, which you might recommend to clients. Critical thinking is expected and assumed. Analyze how, when, and why you might utilize them.

Critique significant classic or recent developmental books such as Gilligan's In a Different Voice, Pipher's Reviving Orphelia or Another Country, Albom's All the Way to Heaven.

Prepare counseling handouts, resources, and guidelines for various developmental issues and stages across the lifespan that could be used in your counseling & pastoral ministries.

## SCHEDULE

Date	Topic	Readings
Aug. 29	Introduction: Developmental Frameworks	Gauvain (1) Balswick, et. al., Part I
Sept. 12	Biological and Relational Foundations of Attachment, Selfhood, and Cognition	Gauvain (2), McAdams (1,2) Browse Crain (13, 1, 2, 3)
Sept. 19	Infancy: Building Blocks of Safety Trust, Curiosity, Attachment	Gauvain (3, 4) Clinton & Sibcy (1, 2, 3) Balswick, et. al. (6)
Sept. 26	Early Childhood: Importance of Friends, Play and Learning	Gauvain (5, 6) Balswick, (7), Crain (4)
Oct. 3	Middle Childhood: Developing Competence and Resilience	Gauvain (7) Balswick, et. al. (8)
Oct. 17	Adolescence: Identity and Individuation Essay/Observation I is Due	McAdams (5, 6) Browse Shelton
Oct. 24	Human Development at a Different Pace Mid Term Examination	Vanier (3), Crain (12) Bibliography Sources
Oct. 31	Early Adulthood: Identity, Vocation, Intimacy	McAdams, (5, 6), Crain (16) Balswick, et. al. (9)
Nov. 7	Adulthood: Generativity and Creativity	McAdams (7, 8, 9) Browse Clinton & Sibcy (4-7) Balswick, et. al. (10-11)
Nov. 14	Narrative, Identity, and Existentialism in Advanced Age: Integrity and Despair	McAdams (10 to End) Albom, entire book
Nov. 21	Spiritual and Moral Development	Vanier (1,2, 4), Crain (7) Balswick, et. al. Part III
Nov. 28	Becoming Human: Growth as the Meaning of Life, Essay II is Due	Vanier (5) Clinton & Sibcy (8, 12)
Dec. 5	Counseling in Times of Transition and Change	Browse Golan & Sanborn
Dec. 12	Final Examination. Bring Counseling Ministry Project Reports to Class	

## GRADING SCALE:

A = 90-100% Excellent, B = 80-89% Expected, C = 70-79 Below Expectations, F = <59% .

## ACADEMIC POLICIES

MBBS academic policies are described at [www.mbseminary.edu/fresno/policies](http://www.mbseminary.edu/fresno/policies). These policies provide guidance on academic integrity and plagiarism, incomplete course work, extensions, dates for changing registration, non-discriminatory and inclusive language, appeals, etc.

Students are expected to be familiar with these policies and will be held responsible for adhering to them. If you have questions about how these policies relate to you or to a situation that you face in your studies, please speak to the professor or consult the Registrar or Academic Dean.

## ADDITIONAL RESOURCES:

There are a lot of videos in both the library and in the North Wing that will be helpful to you in your course of study. Excerpts of some of these will be shown in class, but you may also wish to schedule time for viewing them in their entirety.

Hiebert Library, City College, Alliant, and CSUF libraries all have significant journal holdings in the area of Life Span development. Students can also do a library search of numerous journal and research studies on line. Ask for assistance at Hiebert Library, if you wish to access study materials from these other schools.

Be alert to media reports on current and new research. Students are encouraged to bring newspaper clippings, cartoons, information about television or internet resources to share with the rest of the class.

These following pages are not part of the syllabus, but will be given out in class

**Ideas/topics for group presentations or projects.**

Play Therapy, The Role of Play in Childhood  
Why and How to include children in family therapy  
Depression Across The Life Cycle  
Anxiety Disorders of Childhood  
Abused Children: Resilience and Delinquency--what makes the difference?  
Conduct and Oppositional Behavior as a Developmental Phenomena  
Academic Underachievement  
Separation Anxiety: Causes and Cures  
Children and Adults who Adopt or are Adopted  
Helping Children Cope With Death  
Families with a Member who is Chronically Ill or Physically Handicapped  
Dealing with Terminal Illness Across the Life Cycle  
Counseling parents of Mentally Retarded and Learning Disabled Children  
ADHD Across the Life Span  
Suicidal, Runaway, Borderline Adolescents: Developmental Considerations  
Separation-Individuation Failure and Healing  
Delinquent Adolescents (Gangs)  
Children: To Have or Not To Have  
Parenthood in the New Millennium  
Teenage Mothers and Fathers  
The Effects of Divorce Across the Life Span  
Eating Disorders, Anorexia Nervosa, Bulimia Nervosa: Developmental Research  
Life Review: Listening to Older Adults, The Use of Narrative in Healing  
Survivors of Suicide  
Family Life Cycle

Caregiving for aging parents  
Growth Issues for Retirees  
Effects of Sudden Death on Survivors  
Terminal Illness, Its Effects on Ill Person and Family Members  
Developmental Theories - critique, comparison  
Developmental Issues and Theory  
Listening to Older Adults  
Developmental Issues in the Congregation  
Ministry in Times of Transition  
Why People Find Change and Growth Threatening

Many cases, useful for group presentations can be found in Gallein and Carter & McGoldrick.

Numerous web-sites related to this course are available. If you need www addresses, please contact the instructor.

### **PERIODICALS**

(In Purple Binders)

1. Benson, Schindler-Zimmerman, Martin. (1991). Assessing Children's Perceptions of Their Family: Circular Questioning Revisited. Journal of Marital and Family Therapy 17,4:363-378.
2. Combrinck-Graham. (1991). On Technique with Children in Family Therapy: How Calculated Should It Be. Journal of Marital and Family Therapy 17,4:373-378.
3. Dickerson, Victoria and Jeffrey Zimmerman. (1992). Families with Adolescents: Escaping Problem Lifestyles. Family Process 31,4:341-354
4. Fullinwider-Bush, and D. Jacobvitz. (1993). The Transition to Young Adulthood: Generational Boundary Dissolution and Female Identity Development. Family Process 32,1:87-103.
5. Gutstein, Steven, David Rudd and Christopher Graham. (1988). Systemic Crisis Intervention as a Response to Adolescent Crises: An Outcome Study. Family Process
6. Guttman, Herta. (1991). Parental Death as a Precipitant of Marital Conflict. Journal of Marital and Family Therapy 17,1:81-88.
7. Johnson, Brad and Mark Eastburg. (1992). God, Parent and Self Concepts in Abused and Nonabused Children. Journal of Psychology and Christianity 11,3:235-243.
8. Jordan, John, David Kraus and Eugenia Ware. (1993). Observations on Loss and Family Development. Family Process 32,4:425-440.

9. Lewis, J. (1988). The Transition to Parenthood: Stability and Change in Marital Structure. Family Process 27,3:273-283.
10. Ransom, Donald and Lawrence Fisher. (1995). An Empirically Derived Typology of Families: Relationships with Adolescent Health. Family Process 34,2:183-198. (See also pp. 161-182).
11. Seelig, W., B. Goldman-Hall and J. Jerrell. (1992), In-Home Treatment of Families with Seriously Disturbed Adolescents in Crisis. Family Process 31,2:135-150.
12. Shields, Cleveland. (1992). Family Interaction and Caregivers of Alzheimer's Disease Patients: Correlates of Depression. Family Process 31,1:19-34.
13. Veenstra, Glenn. (1993). Forgiveness: A Critique of Adult Child Approaches. Journal of Psychology and Christianity 12,1:58-68.

**RECOMMENDED (\* ON TWO HOUR RESERVE AT HIEBERT LIBRARY)**

- \*Aden, Leroy, D.G. Brenner, and J.H. Ellens, eds. (1992). Christian Perspectives on Human Development, Baker, See Chapters 1-4, 9, 14, and 17.
- Atkinson, Leslie & Kenneth Zucker. (1997). Attachment & Psychopathology. Guilford,
- \*Barker, Philip. (1990). Clinical Interviews with Children and Adolescents, Norton,
- \*Burlingame, Virginia. (1995). Gerocounseling. Springer,
- \*Carter, and McGoldrick. (1988). The Changing Family Life Cycle, 2nd edition, Gardner Press,
- Coles, Robert. The Spiritual Life of Children.
- Daloz, Keen, Keen, Parks. (1996). Common Fire: Leading Lives of Commitment in a Complex World. Beacon Press,
- \*Duska, and Whelan. (1975). Moral Development: A Guide to Piaget and Kohlberg, Paulist Press,
- \*Fowler, James. (1995). Stages of Faith. Harper Collins,
- Fowler, James. (1981). Faith Development and Pastoral Care. Harper and Row,
- Garanzini, Michael. (1988). The Attachment Cycle. Ch. 3-5, Paulist.
- Gilligan, Carol. (1982). In a Different Voice, Harvard University Press, Mapping the Moral Domain. Harvard, (1988). Making Connections, Harvard.
- \*Golan, Naomi. (1981). Passing Through Transitions, Free Press,
- Holmes, Jeremy. (1996). Attachment, Intimacy and Autonomy. Jason Aronson.
- James, Beverly. (1994). Handbook for Treatment of Attachment-Trauma Problems in Children. Free Press.
- Kaufman, W., L. Kaufman, Weaver, and Harnish. (1999). Freedom Fences. Herald Press.
- \*Knight, B. (1996). Psychotherapy With Older Adults, Sage, 2<sup>nd</sup> edition, 1<sup>st</sup> edition, (1986).
- \*Lind, Miriam. (1972). No Crying He Makes. Herald Press.
- Lustbader, W. and Hooyman, N. (1994). Taking Care of Aging Family Members. Free Press.
- Mowry, K.L. and Ed Robinson. (1993). Between A Rock and A Hard Place. Beacon Hill.
- Neuger, C. C. and J. N. Poling. (1997). The Care of Men. Abingdon.

- Olson, G. Keith. (1984). Counseling Teenagers: The Complete Christian Guide to Understanding and Helping Adolescents, Loveland, Colorado: Group Books.
- Pipher, Mary. (1994). Reviving Orphelia: Saving the Lives of Adolescent Girls. Ballantine.
- \_\_\_\_\_. Another Country: Negotiating the Terrain of our Elders.
- \*Pittman, Frank. (1987). Turning Points: Treating Families in Transition and Crisis, Norton.
- \*Santostefano, Sebastiano. (1998). A Handbook of Integrative Psychotherapies for Children & Adolescents Jason Aranson.
- \*Shulman, I. Tohen, S.P. Kutcher. (1996). Mood Disorders Across the Lifespan. Wiley-Liss.
- Walant, Karen B. (1995). Creating the Capacity for Attachment. Jason Aranson.
- West, & A. E. Sheldon. Keller (1994). Patterns of Relating: An Adult Attachment Perspective. Guilford Press.
- \*Worden, William J. (1982). Grief Counseling and Grief Therapy. Springer.
- Wolfelt, Alan. (1997). My Journey Through Grief, Understanding Grief, Companion Press.