

## Syllabus

MF 604LB Counseling Couples Lab

Mennonite Brethren Biblical Seminary

Spring 2009 .5 Units

Independent Study: Meeting times to be arranged

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Office Hours: Mondays 2:30 - 4:00 PM, Wednesdays 2:00 - 4:00 pm,

Thursdays 10:30 - 12:30 am

### Course Description:

This course provides an opportunity for MFCC students to practice basic counseling skills in a supervised setting with pre-screened beneficiaries. The course consists of one or two hours per week meeting with beneficiaries at the Salvation Army Adult Rehabilitation center plus one hour per week of group supervision along with necessary administrative time.

*Students must have completed or be concurrently enrolled in MF604 Counseling Couples, have completed Professional Ethics I and show evidence of liability insurance. Class size is limited to no more than eight students.*

### Objectives:

1. Students will practice theory consistent supportive couples counseling, focusing on rapport building skills and utilizing the core conditions of genuineness, empathy, and unconditional positive regard.
2. Students will receive group supervision and gain a beginning understanding of the importance and uses of critical self-reflection, peer feedback, and clinical supervision.
3. Students will be introduced to appropriate file documentation and statistical recordkeeping.

**Related Degree Outcomes:**

1. Apply biblical theological perspectives in serving and leading in culturally and religiously diverse ministry contexts. (3.3)
2. Dialogue respectfully, witness effectively, and serve and lead faithfully among diverse cultural and religious communities. (3.4)
3. Articulate integrative views of humanity, theology, and counseling. (4.1)
4. Demonstrate appropriate use of one's personal self in response to human need. (4.3)
5. Demonstrate practice consistent with the laws and ethics that apply to marriage, family, and child counseling. (4.4)

6. Demonstrate understanding of a wide variety of counseling theories and techniques.  
(4.5)
  
7. Demonstrate proactive understanding, awareness, and relational skills across cultures, religions, and special populations.(4.6)

**Course Requirements:**

This is primarily an experiential course. However, students are expected to be current in their assignments in MF 604 Counseling Couples. Students must complete a minimum of 9 hours of pre-practicum mentoring and 9 hours of supervision (plus appropriate administrative time, charting, etc.). Students are expected to video record their mentoring sessions, review the sessions prior to supervision, and bring the video recording for review in supervision.

Student’s grade will reflect an evaluation of their functioning as a couple’s counselor including functioning within a professional context, functioning within the organizational context, effectively interacting with others, utilizing knowledge directed practice, showing an appropriate level of counseling skills, using supervision and peer feedback, integrating of theology and psychology, and demonstrating appropriate ethical behavior.

Summary of requirements:

Task	Total Hours Required	Evaluation Process
Mentoring	9	Formal Evaluation with Supervisor

Administration etc. as required by Salvation Army	7-9	Informal Evaluation Salvation Army Staff and Supervisor
Supervision	9	Formal Evaluation with Supervisor

**Seminary Academic Polices:**

Academic Policies. MBBS academic policies (as well as other school policies) are described at <http://www.mbseminary.edu/fresno/policies/>. These policies provide guidance on academic integrity and plagiarism, accommodation for disabilities, 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.

Course evaluations are to be completed online and are due one week after the completion of the course. Official grades will not be posted until the student's evaluation of the course is completed.

If a student wishes to have heightened confidentiality of assignment results, the student should submit the assignment in a self-addressed envelope. The assignment will be returned in the same envelope.

## Recommended Texts

Alcoholics Anonymous. (2001). *Alcoholics Anonymous 4th Ed.* New York: Alcoholics Anonymous World Services.

The “Big Book” as it is called by people in AA, is also available on line at <http://www.recovery.org/aa/bigbook/ww/> or [http://www.alcoholics-anonymous.org/bigbookonline/en\\_tableofcnt.cfm](http://www.alcoholics-anonymous.org/bigbookonline/en_tableofcnt.cfm)

Alcoholics Anonymous. (2001). *Twelve steps and twelve traditions.* New York: Alcoholics Anonymous World Services.

Beattie, M. (1987). *Codependent no more: How to stop controlling others and start caring for yourself.* New York: Harper/Hazelden.

Black, C. (1987). *It will never happen to me! Children of alcoholics, as youngsters, adolescents, and adults.* New York: Random House.

Brothers, B. J. (Ed.) (2001). *Couples, intimacy issues, and addiction.* Binghamton, New York: Haworth.

Galanter, M. (1993). *Network therapy for alcohol and drug abuse, Expanded ed.* New York: Guilford.

Mellody, P., Miller, A. W., & Miller K. (1989) *Facing codependence: What it is, where it*

*comes from, how it sabotages our lives.* New York: Harper One.

Milam, J. R., & Ketcham, K. (1981). *Under the influence: A guide to the myths and realities of alcoholism.* New York: Bantam.

Treadway, D. C. (1989). *Before it's too late: Working with substance abuse in the family.* New York: Norton.