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IFCA BIBLE College

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Cognitive Behavioral Counseling for Depression C102

SELF-PACED COURSE GUIDE



“Study to shew thyself approved unto God, a workman that needeth not to be ashamed rightly dividing the word of truth.”

2 Timothy 2:15

Welcome to this course! The completion of this course will prove to be a significant blessing to you both academically and spiritually. We recommend that you thoroughly read the entire study guide before you actually begin working on the Course Projects. If you are uncertain or unclear on any matter, contact IFCA Bible College for clarification (1-216-261-7709) or ifcabccleveland@gmail.com). Above all other things, we encourage you to pray for God's guidance before you begin this course, and each time you work on it.

The instructions in this study guide are related to course formatting and submission. You may also refer to your original Student Orientation Page. IMPORTANT: The instructions on the study guide always supersede any other instructions. If there seems to be a conflict between this study guide and other instructions, always follow the instruction of the study guide.

We strongly recommend that you use reliable word processing software and make frequent use of the spell checker and grammar suggestion aspects. Be sure to save your work frequently, and backup copies of course work you have submitted.

If you need to contact the professor for this course (or the academic office), we recommend that you do so first by email. If the professor's email address is not listed on this study guide you may request it by email: ifcabccleveland@gmail.com

The total length of time required to complete this course is different for each person. This is because already acquired knowledge of the subject, previous education, and personal situations all influence study habits and ability. However, on average, one course credit usually requires between 35-40 clock hours of study. Therefore, a two credit course will require about 70-80 hours of work, likewise a three credit course between 105-120 hours, and-so-forth. Since you are not restricted by classroom hours, on average you might expect to complete a three credit course in about eight to nine weeks by devoting four study hours per day four days per week (i.e. two hours morning and evening). Obviously, these are only general estimates, bearing in mind personal study habits and differing course requirements.

The time between the submission of your coursework, until it is returned to you (graded) will vary, but generally courses sent by postal mail may require as much as two weeks in transit (to and from), and another two weeks to get through the recording and grading process. Email submissions (preferred) generally require about two weeks. These are only averages. Be absolutely certain that you keep IFCA Bible College immediately informed if you change your email, postal mailing address or telephone numbers.

Table of Contents

IFCA-BC Writing Guidelines	4
Formatting	4
Citing Sources.....	4
The following are examples of proper citation formatting:	6
Cognitive Behavioral Counseling for Depression.....	7
(C102) Course Syllabus.....	7
Course Calendar	9
Scheduling.....	10
Week One: Orientation of the course. What is counseling?.....	10
Week Two: Anchors of Psychology and their view	10
Week Three: The goals of counseling	10
Week Four: Understanding the deepest needs of humans	10
Week Five: How problems develop	10
Week Six: A simple concept for counseling	10
Week Seven: Personality Structure.....	10
Week Eight: Taking care of yourself as a counselor.....	11

IFCA-BC Writing Guidelines

The standard for academic papers (to be used in all your courses at IFCA-BC) should reflect the following:

Formatting

1. Use the following guidelines to format all research papers and writing assignments
 - a. Use Times New Roman, 12-point font, double-spaced throughout (see “Hot Tips” below for permissible exception for footnotes)
 - b. Set margins 1” top and bottom, and 1.25” right and left
 - c. The use of subtitles or subheadings is encouraged: (set subheadings in bold on the left margin)
 - d. Do not use a cover page. Rather, enter the following in the upper left corner of the first page of the paper:
 - Your name
 - Course Number, assignment number
 - Date submitted
 - Word count
 - e. Insert page numbers at the bottom center of all pages, including the first page.
 - f. Foreign terms (terms not listed in a common English dictionary) should be italicized the first time they are used, and thereafter should not be italicized.
2. Use of ellipsis dots:
 - a. Leave a space before and after three ellipsis dots.
EXAMPLE: “For God so loved ... that he gave his only begotten son” (John 3:16a).
 - b. Do not use ellipsis dots at the beginning or ending of a quote.
INCORRECT EXAMPLE: The scriptural phrase “... God so loved ...” has become an extremely influential formative dynamic for the church.
CORRECT EXAMPLE: The scriptural phrase “God so loved” has become an extremely influential formative dynamic for the church.

Citing Sources

1. Direct quotes must be footnoted, as should sources used in paraphrased form and major ideas drawn from other authors.
2. Avoid overusing direct quotes. Reword the idea to express your understanding (paraphrase).
3. Use block quotes sparingly.
 - a. Block quotes should be single-spaced, having no quotation marks
4. When adding citations, use the following guidelines:
 - a. A superscript number is used in the text, following the footnote or citation. The footnote is numbered at the beginning, either as a number followed by a period or as a superscript number. Either footnotes or endnotes may be used; ask your professor which they prefer.
 - b. The first line of the endnote or footnote is indented 5 spaces.

5. Biblical references may be placed in the text (rather than in the footnotes), following the quote and in parentheses; unless more than three Scripture texts are cited. Use the standard abbreviations (found below) when referencing biblical texts by chapter and verse (e.g., Dan 3:20-21)
- In narrative, spell out the name of the Bible book: e.g., “in Daniel 3:20-22, we read...”
 - However, never write out the chapter and verse references: e.g., “in the third chapter of Daniel, verses twenty to twenty-two, we read...”

Old Testament

Genesis	Gen.	Proverbs	Prov.
Exodus	Exod.	Ecclesiastes	Eccles.
Leviticus	Lev.	Song of Solomon	Song of Sol.
Numbers	Num.	Isaiah	Isa.
Deuteronomy	Deut.	Jeremiah	Jer.
Joshua	Josh.	Lamentations	Lam.
Judges	Judg.	Ezekiel	Ezek.
Ruth	Ruth	Daniel	Dan.
1 Samuel	1 Sam.	Hosea	Hos.
2 Samuel	2 Sam.	Joel	Joel
1 Kings	1 Kings	Amos	Amos
2 Kings	2 Kings	Obadiah	Obad.
1 Chronicles	1 Chron.	Jonah	Jon.
2 Chronicles	2 Chron.	Micah	Micah
Ezra	Ezra	Nahum	Nah.
Nehemiah	Neh.	Habakkuk	Hab.
Esther	Esther	Zephaniah	Zeph.
Job	Job	Haggai	Hag.
Psalms	Ps. (<i>pl .Pss.</i>)	Zechariah	Zech.
Malachi	Mal		

New Testament

Matthew	Matt.	1 Timothy	1 Tim.
Mark	Mark	2 Timothy	2 Tim.
Luke	Luke	Titus	Titus
John	John	Philemon	Philem.
Acts	Acts	Hebrews	Heb.
Romans	Rom.	James	James
1 Corinthians	1 Cor.	1 Peter	1 Pet.
2 Corinthians	2 Cor.	2 Peter	2 Pet.
Galatians	Gal.	1 John	1 John
Ephesians	Eph.	2 John	2 John
Philippians	Phil.	3 John	3 John
Colossians	Col.	Jude	Jude
1 Thessalonians	1 Thess.	Revelation	Rev.
2 Thessalonians	2 Thess.	<i>or</i>	Apoc.
		Apocalypse	

The following are examples of proper citation formatting:

Book/One Author

¹Michael Green, *Evangelism in the Early Church* (Grand Rapids, MI: Eerdmans, 1970), 27.

²Justo L. Gonzalez, *The Early Church to the Dawn of the Reformation*, vol. 1 of *The Story of Christianity* (Peabody, MA: Prince Press, 1984), 91.

Book/Two Authors

¹Paul R. House and Eric Mitchell, *Old Testament Survey* (Nashville: Broadman Press, 1982), 27.

Anthology: Emphasizing the editor's comments

¹Alister E. McGrath, ed., *The Christian Theology Reader*, 2nd ed. (Malden, MA: Blackwell Publishing, 2001), 27.

Anthology: Emphasizing the author of a work included in the anthology

¹Cyril of Jerusalem, "Cyril of Jerusalem on the Role of Creeds," in *The Christian Theology Reader*, 2nd ed. Ed. Alister E. McGrath (Malden, MA: Blackwell Publishing, 2001), 27.

Article in reference dictionary, encyclopedia, or the like

²*Oxford Dictionary of the Christian Church*, 3rd ed. (New York: Oxford University Press, 1997), s.v. "Septuagint."

Commentaries

²Raymond Brown and Sandra Schneiders, "Hermeneutics: The Literal Sense of Scripture," in *The New Jerome Biblical Commentary*, ed. Raymond E. Brown, Joseph A. Fitzmyer, and Roland E. Murphy (Upper Saddle River: Prentice Hall, 1990), 1148-1149.

Electronic media, not including information found on a website (for example, CD media).

³Flavius Josephus, *The Wars of the Jews*, Book 2, Chapter 17 in the *Works of Josephus*, 1451; available from the *AGES Digital Library* (Albany, OR: AGES Software, 1999).

Lecture

⁴David Belles, "Historical Overview: Part One" (lecture, T101, Session 1 Lecture 2, IFCA Bible College, 30 March 2016).

Website

⁵Gerald Wilson, "The Poetry of the Psalms," available from <http://home.apu.edu/~geraldwilson/HebrewPoetry.html> (Note: omitting the period at the end helps avoid confusion)

Cognitive Behavioral Counseling for Depression

(C102) Course Syllabus

Instructor: Yvonne Edge

Phone: 216-206-9161

Email: yvonne@ifcabbiblecollege.com

I. Course Description

This course gives an overview of how to integrate Christianity into psychotherapy and that this is an accessible, informative, and practical resource for mental health practitioners and pastoral counselors. The ultimate goal of this book is to provide Christian clients struggling with depression the means to an effective psychological treatment that supports their faith in a divine source of peace and healing.

II. Course Goals

The purpose of this course is to enable the student to do the following:

- Provide Christian Clients an effective treatment that supports their faith
- Comprehend the basic principles of Cognitive Behavioral Counseling
- Develop a treatment that the counselor is comfortable using
- Understand the needs of integrating Christianity and psychological treatment

III. Learning Outcomes

After completion of this course, the student should be able to do the following:

Know the concept of integrating Christian Counseling with psychological treatment

Understand how helpful it is to use the client's faith

Discuss the need to integrate Christianity into psychotherapy

Understand where the clients are in their faith walk

I. Textbooks and Other Learning Resources

Required Materials

Pearce, Michelle PhD Cognitive Behavioral Therapy for Christians with Depression.

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ISBN 9781599474915

ISBN 9781599474922 (ebook)

V. Policies and Procedures

a) Course Policies and Procedures

i) Evaluation Procedures

(1) Pre-Course Work

1. Reading of required textbooks

2. In-Course Work:

(2) Grading:

1. View all lectures..... 30%

2. Reflection Paper..... 10%

3. List of Scriptures 10%

4. Paper "Simple Concept of Counseling" ... 20%

5. Correct APA Writing Style1 0%

6. Final Exam..... 20%

(3) Grading Scale:

1. A=90+

2. B=80+

3. C=70+

4. D=60+

5. F=59 and below

ii) Pre-Course Requirement:

(1) Read textbook assigned

Assignments

In-Course Requirements: (Note: for on-line learning refer to sessions. There are 8 sessions for this course.)

- Write a reflection paper on Cognitive Behavioral Therapy from the book and audio. Think of how it has influenced your thinking on how to integrate Christianity with psychological treatment to effectively reach the Christian population. **This must be a minimum of 3 pages APA Style due the 2nd week.**
- List of Scriptures pertaining to counseling that you will integrate in your counseling style. **This is due the 3rd week.** This list must be APA Style.
- Write a paper explaining a **Simple Concept for Counseling**. Identify the stages of counseling and the desired outcome. This must be backed with the word of God. **This must be a minimum of 7 pages due at the conclusion of the course.**
- Final Exam **All papers must be written APA style of writing.** You should have a sample of APA Writing Style from your package of C101.

All communication must be done through email.

Discussion questions are to be discussed in class or answer if working alone.

Assignment question should be completed and mailed.

Course Calendar

Session and topic

1. Orientation of the course. What is counseling?
2. Overview: Anchors of Psychology and their view
3. The goals of counseling
4. Understanding the deepest needs of humans
5. How problems develop
6. A simple concept for counseling
7. Personality Structure
8. Taking Care of Yourself as a Counselor

Scheduling

Week One: Orientation of the course. What is counseling?

- A definition of Counseling
- Reading Assignment: Read the book “Basic Principles of Biblical Counseling” before starting of the DVD lessons
- Write a reflection of the assigned material.
- Answer the question sheet

Week Two: Anchors of Psychology and their view

- An historical overview
- Answer the question sheet

Week Three: The goals of counseling

- Understanding how to set goals with clients
- Answer the question sheet

Week Four: Understanding the deepest needs of humans

- Reason of why people fail to see their own needs
- Answer question sheet

Week Five: How problems develop

- Understanding the problems of the human thought
- Answer the question sheet

Week Six: A simple concept for counseling

- Gaining a broad strategy for the entire counseling process.
- Answer the question sheet

Week Seven: Personality Structure

- Understanding the psycho-anatomy of the person
- Answer the question sheet

Week Eight: Taking care of yourself as a counselor

- How not to burnout
- Answer the question sheet