

LESSON ONE: What is counseling?

- A. Basic assumptions about counseling that guide this course
- B. The necessary ingredients of counseling
- C. The nature of a counseling conversation
- D. The personal characteristics of counselors
- E. What counselors must know in order to counsel
- F. Review questions

LESSON TWO: What does it mean to be a human person?

- A. We are created beings
- B. Made in the image of God for relationship with God
- C. But we are fallen and separated from God
- D. But God loved us while we were yet sinners by sending His son to restore a relationship with Him and to make us like Christ
- E. Review questions

LESSON THREE: The how and what of listening

- A. Our listening tools
- B. The importance of basic active listening
- C. Review questions

LESSON FOUR: A generic model of the counseling process.

- A. Why we need a model of the counseling process
- B. Why the model of counseling is generic
- C. The three phases of the counseling process
- D. Limitations of the counseling model
- E. Review questions

LESSON FIVE: Welcoming and bonding

- A. Obstacles in the initial session
- B. Welcoming
- C. Bonding
- D. Collaborating
- E. Review questions

LESSON SIX: Exploring and understanding

- A. Exploring
- B. Understanding
- C. Review questions

LESSON SEVEN: Growing and changing

- A. How relationships help bring growth and change
- B. How talk that elicits emotions brings growth and change
- C. How to bring change with the big picture problems
- D. Spiritual resources for change
- E. Review questions

LESSON EIGHT: Ethics and other issues

- A. Professional ethics
- B. Personality disorders
- C. Special counseling situations
- D. Review questions

APPENDIX A: Final Exam for Introduction to Christian Counseling