



Counselling Observation

BELFAST	LIVERPOOL	LONDON
27 th June – 2 nd July 2021	4 th – 9 th July 2021	25 th – 30 th July 2021
<p>Location: Union Theological College 108 Botanic Avenue, Belfast, BT7 1JT</p> <p>Parking: Available at the College. Students will need to supply their registration number in advance.</p>	<p>Location: Speke Baptist Church Noah’s Ark Centre, 50 Ganworth Road, Speke, Liverpool L24 2SA</p> <p>Parking: Available at the Centre.</p>	<p>Location: Academic Centre Oak Hill College, Chase Side, Southgate, London N14 4PS</p> <p>Parking: Spaces are available immediately outside the Academic Centre.</p>
<p>Contact Information:</p> <p>Andrew Collins: andrewtcollins@hotmail.com</p>	<p>Contact Information:</p> <p>Ste Casey: stecasey1@googlemail.com</p> <p>Jane Casey: janecasey@mail.com</p>	<p>Contact Information:</p> <p>Steve Midgley: steve@biblicalcounselling.org.uk</p>

Class Learning Goals

The Counselling Observation course provides students with a “real-life” demonstration of how the biblical counselling methodologies explored in other counselling classes are applied in the counselling room. Each observation class is unique, as the observation experience will vary based upon the approach taken by the counsellors observed and the particular problems and circumstances presented by the counsellee. You will quickly see that biblical counselling is highly relational, not wooden or formulaic – there is no “one size fits all” approach!

Through the observation of a variety of counselling sessions, class discussion and written assignments, the student will begin to understand and grow in the following areas of counselling knowledge and practice:

- Developing an effective counselling relationship by establishing trust, honesty and the use of effective listening skills.
- Continue to grow in the understanding of the complexity of human problems, the experience of sin and suffering, and how change happens.
- The effective use of Scripture, prayer, and other spiritual resources in counselling.
- How to conceptualise problems, develop an agenda for change, set goals, and implement particular strategies.

Class Structure

The class will review and discuss a series of videotaped counselling sessions – this will use the majority of our sessions. We may also view one or two other counsellors and counsees to provide contrasting models for discussion.

The Counsees and Confidentiality

All the counsees know their counselling sessions are being observed, and that students will be discussing their counselling afterwards, but we must be very careful with what we hear. You may think that the counsees you observe must be far removed from anyone you know, but you would be amazed how often a counsee knows “a friend of a friend”. The counsees you will observe have been gracious enough to invite you into their world, so please protect their privacy. You will be required to sign a confidentiality agreement, with the understanding that the details of the sessions you observe may not be discussed outside the classroom.

If you take notes during the session (“process notes”) you must not use any identifying information—date, time, names (first initial is fine), ages, church location, workplace etc. The same is true if you take notes during the discussion time. No personal information that would identify the counsee(s) may leave the classroom. We will discuss more about note-taking during our initial time together.

Grading and Assessment

This is a Pass/Fail course. Requirements to receive a passing grade include:

1. Mandatory attendance: any missed sessions must be made up before the next session.
2. Active participation in class discussions and support of the counselling process you observe
3. Completion of assigned readings
4. Satisfactory completion of all assignments
5. Thoughtful interaction on your final paper.

Complete details for each of these requirements are provided in the following sections.

1. Attendance:
You must sign the register for each session or it will count as a missed session.
 - a. You must attend every session.
 - b. If exceptional circumstances force you to miss a class, **you are required to make arrangements to watch any video before the next session.** You can make arrangements by liaising with your course tutor (contact details above).
 - c. It is not possible to miss more than one session. Missing more than one session will lead to an automatic Fail grade.
2. Expectations for class participation and discussion:
 - a. Please be praying for the counsees and counsellors, both during the counselling observation time and throughout the week. Your prayers will undergird the counselling process as the Holy Spirit works in your own life to help you learn from the counselling observation.

- b. To participate actively in class discussions, you need to be proactive while observing the counselling. What would you be saying? What direction would you go? Why do you think the counsellor made the choices they did? What else do you want to know about the counselee? What homework would you have given? Etc. Remember that the class will learn from you as well through the discussion.

3. Readings

The following readings must be completed by the last session. You must state in Canvas that you have completed all the readings.

- a. Whitman, Lauren. "What does a good first session look like?" *The Journal of Biblical Counseling*, Spring 2014), Vol 28:1 * †
- b. Smith, Winston T. "Dawning Insights and Changing Agendas" *The Journal of Biblical Counselling*, Fall 2002, Vol. 21.1 * †
- c. Nesbit Sbanotto, Elisabeth; Daveiuk Gingrich, Heather; Gingrich, Fred. "*Skills for Effective Counseling: A Faith-Based Integration*" Chapters 3, 4 and 8 (pp 61–98; 157–174) InterVarsity Press (2016) ISBN 978-0-8308-2860-9. * †
- d. British Association for Counselling & Psychotherapy. "[*Confidentiality and Record Keeping within the Counselling Professions*](#)" 2016.*

* These readings will be available for download from Canvas.

† Please note that the readings are reproduced under permissions from CCEF or the Copyright Clearance Centre. You may not distribute or reproduce them in any form.

4. Progress Notes and Response Papers:

- a. To develop your skills at counselling documentation you will write a "progress note" in class for selected sessions, which will be written and submitted during class. You will be given time to write the note in class.
- b. Additional short (1/2 to 1 page, single-spaced) response papers may be required throughout the course with the intent of sharpening you personally, conceptually, methodologically. These will be due at the beginning of the next observation session and should be uploaded to Canvas.
- c. We will not be giving individual feedback for these assignments, but marking them for completion. We will provide general feedback to the class for your progress notes. If you have any questions or want to discuss these assignments, please ask.

5. Final Response Paper

The final response paper is due two weeks after the end of Intensive and must be uploaded to Canvas by 23.55pm on the due date:

Belfast due date: Sunday 18th July 2021

Liverpool due date: Sunday 25th July 2021

London due date: Sunday 15th August 2021

To prepare for writing the paper, you will find it helpful to make a few notes after each class that you can refer to at the end of the course.

Thoughtfully address the following questions to sum up your experience of the course (between no more than 1000–1500 words, double-spaced, 12 point Times New Roman font):

- a. What did you learn? (750–1000 words) Specifically, use the following areas for reflection:
- What did you learn/observe about the counsellor-counselee relationship in terms of trust, honesty, listening skills, and the development of a working alliance?
 - What did you learn about the role of self-disclosure by the counsellor?
 - What did you learn about the complexity of human problems and the experience of sin and suffering?
 - What did you learn about the use of Scripture, prayer, and other spiritual resources in counselling?
 - What did you learn about the importance of attention to both “process” and “content” in a session?
 - What did you learn about how change happens?
 - What did you learn about biblical counselling methodology, including conceptualising problems, developing an agenda for change, goal-setting, and implementation of particular strategies, etc.
- b. What questions do you still have and why? (250–500 words). You may use some of the areas noted above but feel free to roam a bit. Don’t just list questions—pick a few of your most pressing questions and elaborate on each.

Updated: 28 May 2021