



Nipawin Bible College
CM321 – Interpersonal Care and Counselling
Mrs. Jodie Smith
Winter 2019
3 credit hours
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COURSE DESCRIPTION

This course is designed to help students learn more about who God created them to be, as well as gain a basic understanding of other personality types. This course will begin to craft a theology of care and compassion; investigating why compassion is a quintessential element of our faith. Students will develop specific skills in empathic listening and asking high yielding questions. The majority of this course will be spent overviewing counselling; which consists of studying human brokenness and understanding the path towards healing and wholeness.

COURSE TEXTBOOKS

Greene-McCreight, K. (2006). *Darkness is my only companion. A Christian Response to Mental Illness*. Grand Rapids, MI: Brazos Press.

Nouwen, H., McNeill, D., & Morrison, D. (1982). *Compassion. A Reflection on the Christian life*. New York, NY: Doubleday.

Sittser, J. (1996). *A grace disguised: How the soul grows through loss*. Grand Rapids, MI: Zondervan Publishing.

LEARNING OUTCOMES

By the end of this course, each student should demonstrate the knowledge of:

1. Christian compassion and why it is an essential part of the Christian life.
2. Personality styles through the Enneagram which include basis desires, fears and motivations.
3. The importance of quality listening and question asking skills.
4. Human brokenness and steps towards restoration.

By the end of this course, each student should demonstrate an ability in:

5. The art of empathic listening.
6. The ability to ask high yielding questions.

COURSE ASSIGNMENTS

1. **Textbook Assignment (20% for each = 40%):** After reading the three text books, please choose two books and write a book review for each one. Both book reviews should be between 3-5 pages in length and can be handed in together. Please use the four questions below as underlined headings within your paper. Include a single page attached to the back of this assignment confirming that you have read the third book as well. The four topics to discuss within your book review are the answers to the following questions:

- a) What have you learned from this book?
- b) What ideas do you disagree with or are unsure about?
- c) If you were caring for a friend how would this book aid you in caring for them?
- d) If you were working in a church, how could you integrate some of the ideas from this book into the life of your church?

Due: 11 January 2019

2. **Listening Journal and Self Evaluation (20%):**

Be cognisant of what it means to truly listen. Over a period of three days (and without announcing your assignment), practice the art of listening with your friends, family and the people you interact with, paying special attention to what is happening inside your mind while someone is speaking. Write a 1-2 page reflection on each day that you are focusing on your own listening. The expectation is that you will discuss both specific successes and failures as well as what you learned about your natural tendencies. Please include your journal entries as well as a two page summary from your learning. The summary should include the identification of common themes. Examples include the following: are you trying to come up with an answer/response, trying to solve a problem, connecting the information to yourself etc. Total pages 5-8 pages in length.

Due: 18 January 2019

3. **Church Proposal (25%):**

Please outline a plan on how to become a more trauma-informed church, in order that your church better meets the needs of your congregation and community. Within your paper discuss the following areas:

- children's ministry
- small groups

- youth group
- senior's ministry
- out reach

This paper can be used as a way to brainstorm ideas on how churches can become more trauma informed as well as aware of the hurt that many people carry. Your ideas may be presented in point form under the five headings listed above. Cite at least three primary sources: books, journals or individuals working within the church. This paper should be approximately 5-8 pages in length.

Due: 11 January 2019

4. Daily Assignments (10%):

Students will receive small assignments at the end of the class to be complete by the following day.

5. Class Participation (5%):

Each day, this class will include a lecture and a time of practise or class interaction with the material. Please participate in order to gain the maximum value from this course.

All written assignments are to be typed in accordance with the NBC Study Guide for papers. Assignments will be graded on the basis of content, clarity, grammar, and spelling. Assignments will be due **no later than 5:00 pm** on the day that they are assigned.

ATTENDANCE POLICY:

- Refer to the NBC Handbook 2018/2019

LATE ASSIGNMENT POLICY:

- Refer to the NBC Handbook 2018/2019

Daily Course Outline:

Date	Topics	Daily Assignment
January 2	Introductions & Theology of Compassion	Enneagram on-line test
January 3	Self-Examination & Self Care	Self-Care worksheet
January 4	Enneagram – Guest speaker Leanne Schellenberg. Basic fears, desires and internal motivations. Spiritual practice exercise.	Emotional tracking (hand in each morning Jan 7-11).
January 7	Listening & Question asking skills	Emotional tracking
January 8	Grief & Loss – Guest speaker TBA	Emotional tracking
January 9	Marriage & family	Emotional tracking
January 10	Sickness/mental illness	Emotional tracking
January 11	Trauma	Emotional tracking

SELECT BIBLIOGRAPHY

Compassion and care

Nouwen, H. (1972). *The wounded healer. Ministry in Contemporary Society*. New York, NY: Doubleday.

Forgiveness

Wiesenthal, S. (1969). *The Sunflower. On the possibilities and Limits of Forgiveness*. New York, NY: Schocken Books, Inc.

Sickness/chronic Illness

Dawn, M. (2002). *Joy in our weakness. A gift of hope from the book of Revelation*. Grand Rapids, MI: Wm. B. Eerdmans Publishing Co.

Marriage & Family

Wangerin, W., Jr. (1987). *As for me and my house. Crafting your marriage to last*. Nashville, TN: Thomas Nelson, Inc.

Grief & Loss

Williams, S. (2005). *The shaming of the strong. The challenge of an unborn life*. Vancouver, BC: Regent College Publishing.

Nouwen, H. (1998). *The inner voice of love. A journey through anguish to Freedom*. New York, NY: Doubleday

Trauma

Van der kolk, B. (2014). *The body keeps the score. Brain, mind, and body in the healing of trauma*.