



# NEW ORLEANS

BAPTIST THEOLOGICAL SEMINARY

## PSYC6357 Contemporary Approaches to Marital/Premarital Therapy Division of Church and Community Ministries

**Professor: Dr. Kathy Steele** Office LMCCC 104-E  
**Email:** [ksteele@nobts.edu](mailto:ksteele@nobts.edu) Phone: 504-815-8306/ 329-8960 (c)  
**Linda Littlefield, Teaching Assistant**  
**Email:** [linda.littlefield@cox.net](mailto:linda.littlefield@cox.net)

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*The mission of New Orleans Baptist Theological Seminary is to equip leaders to fulfill  
the Great Commission and the Great Commandments through the local church.*

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### **Course Purpose**

The purpose of this course is to enable students to learn biblical, effective models and techniques to utilize when working with couples in counseling.

### **Core Value Focus**

New Orleans Baptist Theological Seminary highlights five core values: Doctrinal Integrity, Spiritual Vitality, Mission Focus, Characteristic Excellence, and Servant Leadership. While all five core values are emphasized, the primary focus for the 2015-2016 academic year is Missions Focus. Missions Focus is a component of serving others through the ministry of counseling utilizing God's truth. Throughout this course students will be encouraged to consider how the core value of Missions Focus impacts Christian counseling.

### **Curriculum Competencies Addressed**

This course will address the following curriculum competencies:

1. **Biblical exposition:** This course challenges students to identify biblical principles that are foundational for evaluating the biblical perspective of marriage and family, and marital models of therapy.
2. **Effective servant leadership:** This course empowers students to adapt a servant position in their work with clients.
3. **Interpersonal relationships:** This course enhances awareness of the student of the need to be able to use different methodologies with people who have distinctive needs.
4. **Disciple making:** This course introduces the student to the element of "walking along with" their clients in discovering solutions for their problems.
5. **Spiritual and character formation:** This course challenges students to stretch their own discipline in learning and evaluating various methodologies to utilize in helping others.

### **Course Description**

Students study a variety of leading contemporary theories of marriage and premarital therapy from a systemic approach. Concurrent emphasis is placed on mastery of the techniques used within each of those theories. Students will develop a personal model of marriage and premarital Therapy including assessment, treatment planning, interventions, and follow-up.

(Prerequisites: PSYC6250, PSYC6251 and PSYC6302)

### **Student Learning Outcomes**

By the end of the study, the student will

- A. be able to demonstrate knowledge and understanding of
  - 1. the biblical foundation for marriage
  - 2. the major contemporary theories in marital and pre-marital therapy
  - 3. the ethical principles related to marital and premarital counseling
- B. increase skills related to premarital and marital counseling by
  - 1. practicing assessment of the dynamics and style of a couple.
  - 2. practicing various techniques of marriage and premarital therapy in class
  - 3. developing policies for the local church regarding marriage and guidelines for premarital therapy.
  - 4. having knowledge and a plan to work with couples who have experienced infidelity.
- C. increase in their personal ability to
  - 1. appreciate the divine source and resource for the institution of marriage.
  - 2. experience appropriate empathy with persons in dysfunctional systems.
  - 3. manifest confidence in one's own personal experiences as a resource for couple counseling.

### **Course Methodologies**

Course goals and objectives will be met through a variety of instructional activities. Reading assignments, dialogues, lectures, interviews, research, reflection papers, examinations, role plays, and other assignments will be included.

### **Textbooks**

- (Required): Gottman, John M. (1999). *The Marriage Clinic—A Scientifically Based Marital Therapy*. W. W. Norton & Company. ISBN: 978-0393702828
- (Required): Markman, H.J., Stanley, S.M., & Blumberg, S.L. *A Lasting Promise: A Christian Guide to Fighting for Your Marriage*. ISBN: 9781118672921
- (Required) Johnson, S.M. (2008). *Hold Me Tight: Seven Conversations for a Lifetime of Love*. NY: Little, Brown and Company. ISBN 978-0316113007
- (Required): Weeks, Odel, & Methven. *If Only I Had Known: Avoiding Common Mistakes in Couples Therapy*. Norton.
- (Required): Vernick. *Emotionally Destructive Relationship: Seeing It, Stopping It, Surviving It*. Harvest House Publishers. ISBN: 978-0736918978
- (Required): Carder, D. *Torn Asunder: Recovering from an Extra-Marital Affair* ISBN 0- 8024-7748-8
- (Required): Carder, D. *Torn Asunder Workbook: Recovering from an Extra-Marital Affair*. ISBN: 978-0-8024-7136-9

(Optional): David Olson (1998). PREPARE/ENRICH Counselor's Manual. Minneapolis, MN: Life Innovations. (Obtain from professor)

### **Evaluation of Course:**

Research Paper or Prepare/Enrich Training	25%
Pre-Marital/Marital Therapy Policy	20%
Exam I	15%

Final Exam	10%
Reading of all Texts/Assigned Readings	30%

## Course Requirements

### 1. Research Paper OR Prepare/Enrich Training (25%)

Each student will write a fifteen (15) page research paper on a given marital/premarital issue. The paper should comply with the latest APA style manual and address one contemporary issue facing marital or premarital counselors. Clear topic with Dr. Steele no later than **Sept 2**. Examples would be a study of a specific therapy model (not one we are studying in class), a comprehensive look at the latest research concerning couples therapy, premarital therapy, etc.

#### Paper Due Sept. 16

OR

Each student will complete the certification requirements for the PREPARE/ENRICH inventory system. The cost for this certification is \$100 and consists of attending the Prepare/Enrich Workshop to be held **Saturday, Oct 3**, in LMCCC. Course notebooks will be ordered by the professor. If you have not paid by the deadline you cannot get the materials and receive certification. **Deadline for Payment: Sept. 16**. You may pay cash or by check, made out to Kathy Steele. If necessary, please speak to Dr. Steele about dividing the payments.

**2. Pre-Marital/Marital Therapy Policy (20%):** Each student will formulate a formal Pre-Marital/Marital Therapy policy for his/her church. The policy should contain two major sections, or can be in the format of two separate brochures:

#### 1. Policies and Procedures for Premarital Ministry

This policy should include the following: the number of therapy sessions, content of each session, cost, special stipulations, types of marriages disallowed, role of the therapist/clients, etc.

#### 2. Policies and Procedures for Counseling Married Couples

Include any procedures concerning meeting with pastor first (if other counselor is going to do the counseling), any fee structures, other requirements. This Policy paper should be typed, but APA is not required. It should be in a format (brochure format preferred) that is ready to give to any couples inquiring about marriage at your church. **Due Wed NOV 4**.

**Exam I:** (15%) Exam I will be a mixture of objective and subjective questions covering the History of Couples Counseling, the Biblical Foundations for Marriage, Major approaches to Couples counseling, Legal and Ethical Issues in Couples Counseling, and Avoiding Common Mistakes in Couples Therapy. Exam I is online on Blackboard and due by 8am **Sept 9**.

**Final Exam** (10%): The final exam in this class will be a mixture of objective and subjective questions based upon reading, classroom lecture, handouts, and outside assignments. The final exam is comprehensive. Late exams are not permitted. Students who have an overall average of 90% or above, and who have not missed more than 1 class period are exempt from the final exam. **Dec 16, Wednesday, 9-11 am**

**Reading of all Texts and Assigned Readings** (30%): The reading in this class is heavy. You will need to make reading the texts a priority. No book review will be required, but your class participation and role playing will depend heavily on your understanding the concepts in each model. You will be asked to report the % read of each book at the due date. Some independent reading of articles may be assigned.

Grading Scale: A: 93-100% B: 85-92% C:77-84% D: 70-76% F: below 70%

NOTICE: All students are required to enroll in the Blackboard course PSYC6357KS: Contemporary Approaches to Marital/Pre-Marital Therapy. Powerpoint notes from lectures and other important material from the course will be found there.

IMPORTANT: In the case of a campus closure (due to hurricane evacuation or other problem) all students should go to the Blackboard class and watch for an announcement about resuming classwork via Blackboard. If the campus will be closed for an extended time, it will be important that you are able to access Blackboard to continue in this class. If you are not able to have internet access, please call Dr. Steele (504-329-8960). If calls are not able to go through due to damage from the cell phone towers, you might be able to text.

1. **Class Attendance:** In accordance with the NOBTS catalogue: By the act of enrollment: (1) the student is responsible for all course work; and (2) the student is expected to attend regularly and punctually all classes in accordance with NOBTS requirements. Students will be allowed no more than nine (9) classroom hours in three- hour courses. On the tenth hour of absence, a student will automatically receive a grade of “F” for the course. When emergencies exist, students may petition the Academic Advisor for permission to remain in the class with excessive absences. Class periods missed because of late enrollment are counted as absences. Tardiness exceeding 20 minutes is considered an absence.

Lecture and Assignment Schedule		Reading
Wed Aug 26	Intro/Course Overview; History of Premarital Therapy Biblical Foundations for Marriage Views of Divorce	
Wed Sept 2	Models for couples counseling Legal and ethical issues in couples counseling Weeks: Avoiding Common Mistakes <b>Paper Topic Due</b>	Weeks, Odel, & Methven--all
Wed Sept 9	Gottman: Myths and Mistakes of Marital Therapy Repair and the Core Triad of Balance The Sound Marital House: A theory of Marriage (Gottman Overview) The Assessment of Marriage <b>Exam I online—complete before class 8am (open 9/4 – 9/9)</b>	Gottman, Ch. 1-4
Wed Sept 16	Gottman: The Disasters and Masters of Marriage Assumptions and Intervention Enhancing the Marital Friendship (assigned inventories) Solving What is Solvable (assigned inventories)	Gottman, Ch. 5-8

Wed Sept 23 <b>(AACC)</b>	Gottman: Living with the Inevitable Life Dreams and Shared Meanings Resistance to Change Avoiding Relapse <b>No Class</b>	Gottman, Ch. 9-12
Wed Sept 30	Gottman: Pulling it all Together: Working as a Team and Terminating Therapy Emotion and Meta Emotion Buffering Children from Marital Conflict	Gottman, Ch. 13-15
Sat Oct 3	<b>Prepare Enrich Workshop 8:30 am -4:30 pm</b>	
Wed Oct 7	Hold Me Tight Introduction Johnson,	Johnson, pgs. 3-140
Wed Oct 14	Johnson, Conversation 4, 5, 6	Johnson, pgs. 141-203
<b>Wed Oct 21</b>	<b>FALL BREAK</b>	
Wed Oct 28	Prep Program	<i>A Lasting Promise--all</i>
Wed Nov 4	John Van Epp: LINKS and PICK <b>PreMarital / Marital church policies due</b>	
Wed Nov 11	Dealing with Affairs: Torn Asunder	<i>Torn Asunder--all</i>
Wed Nov 18	Torn Asunder	
<b>Wed Nov 25</b>	<b>THANKSGIVING BREAK</b>	
Wed Dec 2	Vernick, Emotionally Destructive Relationships	<i>Vernick--all</i>
Wed Dec 9	Vernick, Emotionally Destructive Relationships	
Wed Dec 16	Final Exam 9 am - 11 am	

### **Selected Bibliography**

- Carder, D. (2008). *Close calls: What adulterers want you to know about protecting your marriage*. Chicago: IL: Northfield Publishing.
- Cloud, H., & Townsend, J. (2004). *Boundaries in marriage*. Grand Rapids, MI: Zondervan Publishing.
- Gottman, J. M. & Silver, N. (2000) *Seven principles for making marriage work*. New York, NY: Crown Publishing.
- J. M., Gottman, J.S., & Declaire, J. (2007). *Ten lessons to transform your marriage*. New York, NY: Three Rivers Publishing.
- Johnson, S. M. (2005). *Focused couple therapy with trauma survivors: Strengthening attachment bonds*. New York, NY: Guilford Press.

Johnson, S.M., Bradley, B., Furrow, J.L., Lee, A., Palmer, G., Tilley, D., & Woolley, S. (2005). The emotionally focused therapist training set: becoming an emotionally focused couple therapist: The workbook. New York, NY: Routledge Publishing Company.

Love, P., & Stosney, S (2008). How to improve your marriage without talking about it. New York, NY: Broadway Books.

Thomas, Gary. (2002). Sacred marriage: What if God designed marriage to make us more holy than to make us happy. Grand Rapids, MI: Zondervan Publishing.

**For Technical Assistance Contact the ITC**

- [Selfserve@nobts.edu](mailto:Selfserve@nobts.edu) - Email for technical questions/support requests with the [Selfserve.nobts.edu](http://Selfserve.nobts.edu) site (Access to online registration, financial account, online transcript, etc.)
- [BlackboardHelpDesk@nobts.edu](mailto:BlackboardHelpDesk@nobts.edu) - Email for technical questions/support requests with the NOBTS Blackboard Learning Management System [NOBTS.Blackboard.com](http://NOBTS.Blackboard.com).
- [ITCSupport@nobts.edu](mailto:ITCSupport@nobts.edu) - Email for general technical questions/support requests.
- [504.816.8180](tel:504.816.8180) - Call for any technical questions/support requests.
- [www.NOBTS.edu/itc/](http://www.NOBTS.edu/itc/) - General NOBTS technical help information is provided on this website.

**The Department of Psychology and Counseling** has adopted the following policies for use in all psychology and counseling classes.

### **Papers or Assignments**

All assignments are to be typed in either Times New Roman 12 or Courier 10. Any deviation in this will result in the deduction of points.

Assignments will be turned in at the beginning of the class on the date it is due. Papers or assignments turned in after this time will be considered late.

Late assignments will result in a deduction of eight points per class period

Assignments must be turned in to the professor, grader, or administrative assistant. The time and date of submission will be noted. No assignments may be submitted by fax or e-mail without prior approval.

All counseling students will write papers in accordance to standards set in the APA Publication Manual.

**Quizzes:** Quizzes will not be given to students late for class. A grade of zero will be given for any missed quiz. No makeup quizzes will be given.

**Exams** If there is a conflict with a scheduled test, you may request to take it early. Only under extreme circumstances will late exams be administered. If you find yourself in an extreme circumstance, please contact the professor, grader, or the departmental secretary as soon as possible. Taking a late final exam requires the approval of the registrar's office.

**Study Guide:** Students should not assume that the study guide, if one is given, is comprehensive to what will be on the exam.

**Academic Honesty Policy:** All graduate and undergraduate NOBTS students, whether on-campus, Internet, or extension center students, are expected to adhere to the highest Christian standard of honesty and integrity when completing academic assignments for all courses in every delivery system format. The Bible provides our standard for academic integrity and honesty. This standard applies whether a student is taking tests, quizzes, exams, writing papers, completing Discussion Boards, or any other course requirement.

**Class Participation:** Working on assignments for other classes or playing games on electronic devices during class time are examples of behavior that will not be tolerated. If you feel the need to study during class time, then please choose to be absent that day.

\* Any exceptions to any of the above policies require unanimous approval of all faculty members in the department.