

**American Baptist Churches of New York State  
Lay Study Program**

**INTRODUCTION TO CHRISTIAN COUNSELING**

**A Brief Course Description**

The course is designed to equip students to understand life and relational challenges that will be faced by the people with who they minister to, identify resources that are available and explore ways they can help.

**Expected Outcomes**

Students will have an overview of life and relational challenges they will encounter in ministry. They will be aware of resources that are available and how to connect with them. They will be able to provide basic support and guidance, and to recognize when and how to make appropriate referrals when more help is needed. Students will not be equipped to be counselors.

**Class Expectations**

1. Attendance & participation in class
2. Complete reading assignments *prior to* class and be prepared to discuss material
3. Explore & report in writing and in class on a specific counseling concern (Addictions, Depression, Grieving, Marriage, Family, Anger, Abuse, Guilt,...)
  - Research issues, needs and counseling approaches related to concern
  - Identify ways church can provide support and/or creates barriers
  - Identify resources available (services, books, training)
  - Share findings and questions with class
4. Create list of resources available in (and/or to) your community

The expectation is there will be 20 hours of class time. The course is usually set up as ten classes which are two hours long. A short break may be included in the middle of the class time. Classes may be designed to include a variety of learning experiences, including but not limited to: interactive lectures, presentations, and group discussions. Modifications to this structure may be done at the discretion of the instructor.

**Suggested Resources**

Christian Counseling, Revised and Updated Third Edition by Gary R. Collins

Crisis Counseling by H. Norman Wright

The Youth Worker's Guide to Helping Teenagers in Crisis by Rich Van Pelt & Jim Hancock

**Mental Health First Aid** course: [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org)

**Fresh Hope for Mental Health:** [www.FreshHope.us](http://www.FreshHope.us)

**Hope for Mental Health** (Saddleback Church): [www.Hope4MentalHealth.com](http://www.Hope4MentalHealth.com)

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