

COUNSELING SURVIVORS OF ABUSE

SYLLABUS

Course Description

- This 12-week module will develop the students' understanding of various forms of abuse and neglect prevalent in our world, their effects, and how to utilize various curricula to help bring healing to those affected, including the dynamic (though integrationist) *Mending the Soul* curriculum.
- Application is made to most areas encountered by pastors and disciplers/Biblical counselors.
- Those who successfully complete this program will be equipped to support the pastoral counseling ministry in most churches and be equipped to facilitate both individual counseling as well as support groups for survivors of abuse, neglect, domestic oppression, domestic abuse, and sexual assault.

Course Objectives

- To equip the student to do the work of counseling survivors of abuse and neglect from a scriptural standpoint.
- To equip the students to train others to do the work of counseling those impacted by abuse.
- To equip the student to understand the nature and character of abuse from a Biblical perspective.
- To equip the student to provide a safe and effective healing environment.
- To equip the student to affect Christ-centered healing in the counseling relationship.
- To provide the student with the opportunity to develop proficiency with various materials for abuse counseling.
- To model effective utilization of such materials both with individuals and with small groups.
- To demonstrate the need for the Church (collective) to understand abuse from a Biblical perspective, to begin to speak about these matters well,

and to become a safe place for people to come forward for help and for finding healing and wholeness.

Course Textbooks (Textbooks are Required Reading.)¹

- ***Hines, William.** *Leaving Yesterday Behind*. Fearn, Ross-shire, Great Britain: Christian Focus Publications, 1997.
- ***Lamb, Warren G.** *Behind the Veil: Exposing the Evil of Domestic Oppression and Providing Hope*. Vancouver, WA: Truth in Love Communications, 2019.
- **Tracy, Celestia, G.** *Mending the Soul Workbook for Men and Women*. Phoenix, AZ: Mending the Soul Ministries, 2012.
- **Tracy, Steven R.** *Mending the Soul; Understanding and Healing Abuse*. Grand Rapids: Zondervan, 2005.

Other Reading, Biblical Counseling, Integrationist, and Secular Viewpoints (All books listed are Honors reading)

Allender, Dan B. *The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse (Revised Edition)*. Colorado Springs, CO: NavPress, 2008.

Bancroft, Lundy. *Why Does He Do That? Inside the Minds of Angry and Controlling Men*. New York: G. P. Putnam's Sons, 2002

Bell, Roy and Stanley Grenz. *A Betrayal of Trust: Sexual Misconduct in the Pastorate*. InterVarsity Press, 1995

Carnes, Patrick. *The Betrayal Bond: Breaking Free of Exploitive Relationships*. Deerfield Beach, FL: Health Communications: 1997.

Clark Kroeger, Catherine and James Beck, eds. *Healing the Hurting: Giving Hope and Help to Abused Women*. Grand Rapids: Baker, 1998.

***Crippen, Jeff and Davis, Rebecca.** *Unholy Charade: Unmasking the Domestic Abuser in the Church*. Justice Keepers Publishing, 2015.

***_____ and Wood, Anna.** *A Cry for Justice: How the Evil of Domestic Abuse Hides in Your Church*. Calvary Press, 2012.

¹ All books marked with an * in both lists are from the biblical counseling paradigm. All others are either integrationist or secular.

***Dryburgh, Dr. Anne.** *Debilitated and Diminished: Help for Christian Women in Emotionally Abusive Marriages.* CreateSpace Independent Publishing Platform, 2014.

***Holcomb, Justin S. and Holcomb, Lindsey A.** *Is It My Fault?: Hope and Healing for Those Suffering Domestic Violence.* Chicago, IL: Moody Publishers, 2014.

Langberg, Diane. *Counseling Survivors of Sexual Abuse.* Xulon Press, 2003.

Leberg, Eric. *Understanding Child Molesters.* Thousand Oaks, CA: Sage, 1997.

***Moles, Chris.** *The Heart of Domestic Abuse: Gospel Solutions for Men Who Use Control and Violence in the Home.* Bemidji, MN: Focus Publishing, 2015.

***Roberts, Barbara.** *Not Under Bondage: Biblical Divorce for Abuse, Adultery and Desertion.* Maschil Press, 2008.

***Strickland, Darby.** *Is It Abuse: A Biblical Guide to Identifying Domestic Abuse and Helping Victims.* Phillipsburg, NJ: P & R Publishing, 2020

Vredevelt, Pamela and Rodriguez, Kathryn. *Surviving the Secret.* Grand Rapids MI: Fleming H. Revell Co, 1992.

Ziegler, Dave. *Traumatic Experience and the Brain: A Handbook for Understanding and Treating Those Traumatized as Children.* Phoenix, Acacia, 2002.

COURSE REQUIREMENTS

Summary of Requirements

- Attend weekly lectures. (20% of grade)
- Complete weekly reading and analysis assignments.
- Participate in weekly Discussion and Interactive Activities
- Reading synopses
- Course evaluation paper

Course Evaluation Paper (10%)

One, two-page evaluation of the course

Weekly Discussion Activities (50%)

Each week, approximately half of the class time is devoted to discussion of the students' analysis of the *Mending the Soul* materials. Interactive Activities will also occasionally be presented to the class. The goal is to elicit individual and group interaction with the material.

Reading Synopses (20%)

A one- to two-page synopsis of each book on the Required Reading list, with a final personal assessment of the work as the conclusion for the synopsis.

Assignments

All assignments except the weekly discussion activities are due the last day of the course. All assignments are to be submitted via Google Doc with an invitation to comment for the TA, if there is one, and for the professor. For those who find writing and typing to be over-burdensome, the professor may grant permission to submit assignments in video format instead of Google Docs. Extensions must be pre-approved prior to the relevant due date.

Honors

Honors Reading: Read any Recommended Reading list item marked **OR**. Submit a three- to five-page summary/analyses of the work.

Honors Project: Submit an original research paper on any approved topic. Topic must be taken from the lectures, the required reading, or the recommended reading.

Final Course-Grade Meanings

A with Honors = You far exceeded expectations and completed an Honors Project or Reading.

A = There were dimensions to your work that went above the requirements.

B = At TILBCC, a "B" means that you successfully fulfilled the requirements.

C = You missed some important facets of the material or the assignment.

Contact Information

Truth in Love Biblical Counseling & Training Center

CBC Program

PO Box 5281

Vancouver, WA 98668

OFFICE: (530) 436-5441

ADMIN E-MAIL: Admin@TILBCC.com

TA EMAIL: TA1.TILBCC@gmail.com

PROFESSOR EMAIL: Warren@TILBCC.com

WEB SITE: TruthInLoveBiblicalTrainingCenter.com

COURSE OUTLINE

Each session focuses on the corresponding chapter from the “Mending the Soul Workbook for Men and Women” and is supplemented with *Behind the Veil* and *Leaving Yesterday Behind*.

Session 1

- ✓ Introduction and Syllabus
- ✓ Helping Survivors
- ✓ The Extent and Impact of Abuse
- ✓ Steps to Healing

Session 2

- ✓ Preface through Chapter 1

Session 3

- ✓ Calling Things What They Are; Chapter 2, Part 1

Session Four

- ✓ Calling Things What They Are, Chapter 2, Part 2

Session Five

- ✓ Profiles of Abusers; Chapter 3 and Appendix 4, Mending the Soul (Green Book)

Session Six

- ✓ Portrait of an Abusive Family; Chapter 4

Session Seven

- ✓ Shame: The Good, The Bad, and The Ugly; Chapter 5

Session Eight

- ✓ Powerlessness and Deadness; Chapter 6

Session Nine

- ✓ Isolation as Survival; Chapter 7

Session Ten

- ✓ Facing the Brokenness; Chapter 8

Session Eleven

- ✓ Rebuilding Intimacy with God; Chapter 9

Session Twelve

- ✓ Biblical Forgiveness
- ✓ Self- and After-Care

READING AND ASSIGNMENT SCHEDULE

| SESSION | READING | ASSIGNMENTS DUE | DUE |
|-----------------------------------|--|---|------------------------------|
| * PRIOR TO CLASS SESSION 1 | MTS, to end of Chapter 1; Hines, through Chapter 1 and Chapter 4 Lamb, through Chapter 1 and Appendix B | This reading needs to be completed prior to the first session. | CLASS SESSION 1 |
| | Hines, Chapters 5-8 Lamb, Chapter 3 | | SESSION 2 |
| | MTS, Chapter 2 (to pg. 65, Workbook) Hines, Chapter 3 Lamb, Chapter 2 and Appendix A | | SESSION 3 |
| | Hines, Chapter 8 Lamb, Chapters 4 and 5 | | SESSION 4 |
| | MTS Chapter 3; Appendix 4 (“Green” book) Handout: “Predator, Prey, and Protector” Lamb, Chapter 6 | | SESSION 5 |
| | MTS, Chapter 4 Lamb, Chapter 7 | | SESSION 6 |
| | MTS, Chapter 5 Hines, Chapter 10 Lamb, Chapter 8 | | SESSION 7 |
| | MTS, Chapter 6 Lamb, Chapter 9 | | SESSION 8 |
| | MTS, Chapter 7 | | SESSION 9 |
| | MTS, Chapter 8 Lamb, Chapter 10 and Appendix B | | SESSION 10 |
| | MTS, Chapter 9 Hines, Chapter 10 | | SESSION 11 |
| | MTS, Chapter 10 Hines, Chapter 11 and Epilogue Lamb, Chapter 11 | ALL READING COMPLETED | SESSION 12 |
| SESSION 12 | | Reading Synopses and Course Evaluation | ALL READING COMPLETED |

MTS = *Mending the Soul*, Steven R. Tracy, **and** *Mending the Soul Workbook for Men and Women, 2nd Edition*, Celestia Tracy

Assigned reading can be done at your own pace but be prepared to work reading assignment information into the class discussion during the next week’s session following the week listed. Example: Following SESSION 1, reading assignments due for SESSION 2 are “MTS, Chapter 2 (at least to pg. 65, Workbook; Lamb, Chapter 2 and Appendix A”.

