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Leadership University  
Non-Profit CARE & COUNSEL 302  
Bible Based Mental Health Coaching

## **COURSE DESCRIPTION**

This course is an introduction to applicable wisdom for individuals desiring to help others live healthy and purposeful lives. Students will be taught pragmatic tools that will correspond with God's Word. This course will discuss the best practices for helping individuals navigate through transitions, confusion, and intimidations.

## **COURSE OBJECTIVES**

*Upon completion of this course:*

1. Students will understand what Bible based mental health coaching is.
2. Students will receive training on ethics and other professional responsibilities they must uphold as a mental health coach.
3. Students will gain confidence in their abilities to listen and provide helpful feedback during client sessions.
4. Students will learn to rely on the Holy Spirit leading of the Holy spirit. As well as develop applications from God's Word for their implementation by their client during and outside of the session.

## **REQUIRED TEXTS**

*Winning the War on Your Mind*, by Craig Groeschel. Zondervan Books. Copyright 2021.

(Textbooks, workbooks, lab fees, etc. are a normal part of the cost of your education.) Photocopies of the pages will not be accepted for credit. This constitutes a breach of copyright law and drives up the cost of textbooks. You will enter your book assignments into the portal each week for review.

## **REQUIREMENTS**

### **Attendance**

You are expected to attend each class. Class attendance ensures your learning the material in its entirety. Only one excused absence will be allowed, with a prior approval by the professor. Unexcused absences are not acceptable and may result in the loss of points and/or the inability to complete assigned work.

### **Late Work**

Late work will only be accepted under special circumstances and only with **prior approval** from the professor (see guidelines for absences). If late work is allowed, a late penalty of 10% will be applied.

Leadership University upholds the highest of standards when it comes to development of classwork and assignments. All work should be your own. Plagiarism is unacceptable and will result in an immediate failure of the course.

1. If you did not write the words, they do not belong in your paper. You cannot directly COPY AND PASTE anything from a book, the internet or any other source and put it in your paper (except a scripture) unless you will be quoting the information (see #2 for standard).
2. Do NOT include direct quotes unless the quote is cited properly and gives the author credit. Exact wording should be placed in your work within quotations. Otherwise, it is best to describe the material in your own words. Do not use words you do not understand, or facts you cannot explain.
3. You are free to consult with classmates about assignments, but please ensure that your work is your own. If your work looks too much like your classmates, plagiarism rules may be enforced.

### **Assignments**

Students are required to complete reading assignments on time and be prepared for class discussions and activities. Students are required to complete all assignments on time, complete assigned reading and be prepared for class discussions and activities. All written assignments must be entered into the portal using the Homework link at the bottom of each corresponding lesson. Grades cannot be given to assignments that are not turned in through the portal.

## **An Overview of the Course Assignments:**

1. Homework Assignments
2. Weekly Quizzes
3. Midterm
4. Final Exam

## **Points Possible**

Quizzes (6x20)	120 points
Homework (5 x25pts.)	125 points
Midterm	150 points
Final Exam	200 points

Total points possible = **595**

## **Grading Scale**

A = 595 – 537

B = 536 - 477

C = 476 - 418

D = 417 – 358

F = 357 - 0

\* The course lecture schedule will be adjusted and developed as the course unfolds. However, the book exercises—and all other assignments—will continue to be due on the dates identified in the schedule below.

## Course Schedule

	Dates	Topic	Assigned Reading	Assignment (Questions will be assigned weekly from reading)
Week 1	4/24	Orientation on Biblical Mental Health Coaching	CHP. 1 & 2	Exercise 1 – pg.20 Exercise 2 – pg. 38
Week 2	5/1	The Role of the Mental Health Coach in the Church	CHP. 3	Exercise 3 – pg. 57
Week 3	5/8	No School Due to Holiday	CHP. 4	
Week 4	5/15	MHC: Faith & Spirituality in the coaching process	CHP. 5 & 6	<b>MIDTERM</b>
Week 5	5/22	Coaching Responsibilities & Best Practices	CHP. 7 & 8	Exercise 4 – pg. 80 Exercise 5 – pg. 98
Week 6	5/29	Crisis Intervention #1	CHP. 9 & 10	Exercise 7 – pg. 124 Exercise 9 – pg. 146
Week 7	6/5	Crisis Intervention #2	CHP 11 & 12	Exercise 10 – pg. Exercise 12 – pg.
Week 8	6/12	Final Exam		