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Leadership University
N.P. C.C. 302
Faith Based Mental Health Coaching

Beloved, I pray that you may prosper in all things and be in all health, just as your soul prospers
3 John 1:2

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.

COURSE REQUIREMENTS

Textbook

Textbooks are mandatory for lecture and homework purposes. The following book(s) is need for successful completion of this course:

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.

Portal Access and Usage

All TWLU classes require students to have digital access to our portal during lecture times and in order to complete all course content and assignments. As well as giving online students the ability to access the live stream lectures (*which are in real time and cannot be retrieved at a later time*).

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.

Students are encouraged to discuss missed days with their TA to make arrangements and obtain necessary instruction for course success.

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 Work:

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

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

1. **Homework:** is assigned weekly and can be found on course syllabus. Must be submitted before the following class period using the appropriate assignment link in portal.
2. **Quizzes:** are mandatory and should be completed during allotted time following the class lecture. Failure to complete at appropriate time may result in loss of points.
3. **Midterms:** are a take home assignment that may be done open book. And each midterm must be completed once opened (it has a time constraint). Please do not save and try to return, because it must be done in same day of opening and the system will automatically submit.
4. **Finals:** must be done in person and are closed book. Only physical Bibles are permitted in test taking area. Please bring acceptable device to class to access your account on test taking days and any necessary batteries or cords.

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. If you did not write the words, they do not belong in your paper. You cannot COPY AND PASTE anything from a book, the internet or any other source and put it in your paper.
- Do NOT include direct quotes unless the quote is cited properly and gives the author credit. Describe the material in your own words. Do not use words you do not understand.
- 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.

Points Possible

Quizzes (8x20)	160 points
Homework (6 x25pts.)	150 points
Midterm	150 points
Final Exam	200 points

Total points possible = **660**

Grading Scale

A = 660 - 576

B = 575 - 512

C = 511 - 448

D = 447 – 384

F = 383 - 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	Practicum	Assigned Reading	Assignment
Jan 14	Orientation on Biblical Mental Health Coaching	Attachment Theory	CHP. 1 & 2	Exercise 1 – pg.20 Exercise 2 – pg. 38
Jan 21	The Role of the MHC in the Church	Child Abuse Reporting & Crisis Plan	Ch. 3	Exercise 3 – pg. 57
Jan. 28	NO CLASS			NO CLASS
Feb. 4	MHC: Faith & Spirituality in the coaching process	Paradigm Shift	Ch. 4	Exercise 4 – pg. 80
Feb. 11	MHC Responsibilities & Best Practices	Motivation	Ch. 5 & 6	Take home Mid-Term
Feb. 18	Crisis Intervention #1	Listening, Intake, Notetaking	CHP. 7 & 8	Exercise 5 – pg. 98
Feb 25	Crisis Intervention #2	Scalability Smart goals	CHP. 9 & 10	Exercise 7 – pg. 124 Exercise 9 – pg. 146
March 3	As a Man Thinketh so is He	Descalate	CHP 11 & 12	Exercise 10 – pg. Exercise 12 – pg.
March 10	Session Role Playing		Study for Final	
March 17	<i>Final Exam</i>			