

WESTERN SEMINARY – Sacramento

Premarital Counseling

PTS561LM: 1 credit hour

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Spring Semester, 2009

Session C: Jan. 5 – Apr. 25

SYLLABUS

Course Dates

Friday, February 20, 1:00 pm – 9:00 pm

Saturday, February 21, 8:00 am – 4:00 pm

Course Description

This course will focus on the rationale, tools, and procedures for premarital education and counseling. The student will be credentialed in the use of Prepare/Enrich materials.

Course Goals

At the completion of this course the student should be able to:

1. Use the Prepare/Enrich assessment in premarital counseling.
2. Create a premarital education program.
3. Plan a premarital counseling program.
4. Discuss the value and role of premarital counseling in marital success.

Course Objectives

Cognitive:

- To gain an introductory knowledge of premarital counseling
- To learn the basic skills of premarital counseling
- To conceptualize a premarital treatment plan

Affective:

- To recognize one's own abilities and skills in premarital counseling
- To model emotional and relational health

Behavioral:

- Gain introductory proficiency in the Prepare/Enrich Assessment Tool

Textbooks

We are happy to announce that Western Sacramento is now an Amazon Associate. Any purchases (not just books) you make on Amazon using this link will mean that a minimum of 4% of the purchase price comes to Western. Please support your seminary by using this link for all your Amazon purchases.

Click [here](#) to order texts and other products.

Olsen, David; Olsen-Sigg, Amy; Larson, Peter. 2008. *The Couple Checkup*. Nashville: Thomas Nelson

Prepare/Enrich Training Manual (an \$80 fee will be assessed to your student account, and the manual will be given to you at the first class session)

Suggested: Wright, Norm. *The Premarital Counseling Handbook*

Course Requirements

Reading

1. Read *The Couple Checkup* text and write a 1-2 page review of book.
2. Read at least 5 hours in a premarital book of your choice. Write a 1-2 page review of the book.
3. Read 2 professional journal articles on premarital counseling (from 2004-present). Write a 1-2 paper reaction to each article.

According to Western Seminary standards there are two levels

Familiarity level. This level assumes knowledge of the material assigned and leads to accountability in class. (45 pages per hour)

Mastery level. Reading at this level will average about 20 pages per hour and assumes careful reflective interaction with the ideas, note taking, and will lead to accountability in class, and papers at a mastery level (1000 pages = 50 hours).

These are intended to serve as flexible guidelines or rules of thumb; they are not thought to be rigid. It is certainly understood that books are printed with varying numbers of words per page and written to varying reading levels.

Library Research

1. Create a handout to present to premarital couples of a reading list of at least 10 books that you would suggest as helpful in their first years of marriage. Provide a short statement as to the value or content of the book.
2. Create a handout to present to premarital couples of at least 10 internet sites that might be helpful to them. Provide a short statement as to the value or content of the site.

Written Work

1. Give a Prepare/Enrich assessment to a couple. Provide at least 1 session of feedback on their results. Write a 3 page paper about your “feedback/counseling” of the couple using the Prepare/Enrich.:

- 2 Write a 2 page paper critiquing your own premarital preparation or counseling. Use materials from lectures and readings to inform your evaluation. If you did not have premarital preparation, interview a couple concerning their preparation. If single interview a couple on their premarital preparation or counseling. Using materials from the lectures and readings write a 2 page critique of that premarital preparation.

Papers must be written to a near-thesis standard. That is, minimum format standards must be met, as defined below. *English grammar, idiom and spelling must be up to graduate level. Always include a strong introduction paragraph-declare what you intend to show the reader-and conclusion paragraph.* Qualities valued include clarity, succinctness, and precision.

- 1" margins top, bottom and sides
- Double-space
- 12-point standard.
- Indent paragraphs .5 inch
- No extra line-feed between paragraphs (Format-Paragraph-Space After)
- Underline section headings
- **Staple; no paperclips, folders, or fanfold**
- **Page numbers**
- Title page is preferred. Any paper sent by email *must* include a title page.

All work must reflect Master's Level use of the English Language. Plagiarism will result in failure of the first assignment so discovered. A second instance will result in failure in the course.

Attendance

Students will be expected to attend and actively participate in class interactions.

Time Justification

Readings	15 hours	
Library	5 hours	
Written	10 hours	Total 30 hours

Grading Scale:

A+	99-100	A	95-98	A-	93-94
B+	91-92	B	88-90	B-	86-87
C+	84-85	C	81-83	C-	79-89
D+	77-78	D	74-76	D-	70-73

Attendance	5 points per full day
Bibliography	10 points
Internet Sites	10 points
Journals	10 points
Prepare/Enrich	30 points
Premarital Eval	20 points

Book Review	10 points
Text	10 points

Points deducted for late assignments or lack of graduate quality.

STANDARDS FOR WRITTEN WORK (APA)

Papers must be written to a near-thesis standard. That is, minimum format standards must be met, as defined below. English grammar, idiom, and spelling must be up to graduate level. Always include a strong introduction paragraph (declare what you intend to show the reader) and conclusion paragraph. Qualities valued include clarity, succinctness, and precision.

This course employs the APA (American Psychological Association) publication manual style guide. You can find the APA 5th edition in the library reference section. You can also find a simple, straightforward presentation of the format at these online sites:

- <http://owl.english.purdue.edu/workshops/hypertext/apa/index.html>
- <http://owl.english.purdue.edu/owl/resource/560/01/>

For assignments that require the use of non-course texts and include a bibliography, of the resources mentioned in the bibliography for your project/paper, two must be from a physical library. Note the physical location of each book as an addendum to each bibliographical entry.

All work must reflect master's level use of the English language. Plagiarism will result in failure of assignment.

CLASS POLICIES

Cover page: To safeguard confidentiality, provide a title page as a cover for all assignments. Include your student mailbox number in the upper right corner of the cover page.

Attendance and Late Assignments: Students are expected to attend all class meetings. Students who miss class are responsible for missed work. Unexcused absences and tardiness will impact a student's grade. Students who anticipate an absence should discuss it in advance with the instructor. Students who miss two or more classes will not pass the course, without a request for and the completion of additional assignments. Assignments submitted after the due date and time constitutes a drop in the student's letter grade for that assignment.

Enrichment Students: Enrichment students are encouraged, but not obligated, to participate in assignments and class discussions. Professors are not obligated to grade participation for these students, but may opt to do so depending on class size.

Incompletes: Faculty members determine their own procedures and due dates for the completion of course assignments. The final deadline for submitting all course work is the last day of the semester as noted in the Academic Calendar (p.16). In the case of serious illness, family emergency, or other extenuating circumstances, the instructor may, **if it is initiated by the student**, grant an extension. A temporary notation of "I" (incomplete) is assigned until a final grade can be determined. The maximum extension permissible is six weeks, **with assignments due to the professor for grading on Fri., 5/29/09**. All course assignments not completed by the extended deadline will be given a failing grade. Under no circumstances may this six-week period be extended except by petition and approval of the Administrative Committee.

The Availability of Disability Services at Western Seminary: Western Seminary is committed to responding to the needs of students with disabilities as outlined in both the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Western students are assisted individually as their needs dictate. It is the responsibility of students with disabilities to identify themselves and the nature of the disability. Any student who has a disability should contact the seminary's Disability (Section 504) Coordinator, Ken Epp, at 503-517-1815/1-877-517-1800, ext. 1815. His office is at the Portland campus. Students at the northern California campuses may contact Carrie Priest (Student Services Coordinator – San José) or PJ Oswald (Director of Student Development – Sacramento), or they

may contact Dr. Epp directly. Appropriate forms will be provided and must be submitted to the Disability Coordinator's office.

LIBRARY AND INTERNET RESEARCH

All class assignments with a research element require library research annotated as such in the bibliography. A minimum of two resources must be from a physical library. Note the physical location of each resource as an addendum to each bibliographical entry.

For complete library information including: hours of operation, interlibrary loan, local library resources, etc., please:

- Visit www.westernseminary.edu .
- Click the link "Sacramento Campus" in the left navigation pane.
- Click the link "Library Resources" in the left navigation pane.

Reserve Collection

The library carries all required readings for this course.

Print Resources

Use the Western-Arcade Library catalog to find books and other materials. To search the library collection:

- Visit <http://www.westernseminary.edu/Library/SAC> .
- Click the link "Search the Library Collection Online".

Periodical & Research Databases

As you complete your assignments for this course, don't forget about the resources in the Western research databases. Remember to evaluate and cite your information too. To access the Western research databases:

- Visit <http://www.westernseminary.edu/Library/SAC> .
- Click the link "Research Databases" from the bottom menu.
- Click the link "Ebsco Host Research Databases".
- Log in. [User ID: westsem / Password: seminary]
- Click the link "EBSCOhost Web".
- Click the database(s) you wish to use. Start with *PsycARTICLES*.

To cite your information, consider the following APA composers:

<http://www.noodletools.com> and <http://www.citationmachine.net>

Course Packs (if applicable)

To access the course pack(s) for this course:

1. Go to the library homepage: <http://www.westernseminary.edu/Library/SAC>
2. Click the link 'Course Packs'.

Reference and Research Contact Information

David Holifield, M.A., M.L.S. / (916) 488-3720, ext. 7 / dholifield@westernseminary.edu

Course Outline

Feb 20	Introduction to course Prepare/Enrich instrument training
Feb 21	Premarital Counseling

Due Dates

April 1	Text, Bibliography, Web
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April 15 Journals, Book Review
April 25 Prepare/Enrich, Evaluation

Journals

Marriage and Family: A Christian Journal
Journal of Sex and Marriage Therapy
Journal of Marriage and Family
Journal of Family Psychology
American Journal of Family Therapy
Journal of Social and Personal Relationships
Journal of Couple and Relationship Therapy