

910.515 Relational Psychology A
Course Assessment and Delivery Outline

Campus: Auckland and Christchurch
Lecturer: Belinda Stott

Mode 2, Semester 2, 2015
NQF Level: 5, 15 credits

Pre-requisites: none

Co-requisites: none

Auckland Delivery: 17, 18, 20, 21 August

Christchurch Delivery: 17, 18, 20, August, 17th September

COURSE DESCRIPTION:

Persons-in-relationship not only find their ultimate joy in relationships but also their deepest insecurities and brokenness. This course proposes a theoretical and theological framework that views brokenness in relationality as an important contributing factor to disorder. Upon this theoretical ground, the course introduces a range of human experiences including sexuality, grief, and depression that are foundational to counsellor understanding of how people heal and grow.

CONTENT OVERVIEW:

- The physical, psychological, relational and temporal aspects of difficulties experienced by persons-in-relationship
- Reconciliation and forgiveness
- Love and the brain
- Gender & sexuality
- Grief
- Anxiety
- Depression

ASSESSMENT TASKS AND DUE DATES:

1. Reading and Online Reflection

Due Weeks: 1, 3, 4, 7, 8, 11

Word Count: 200 + 50 x 6 = 1500

Value: 20%

Learning outcomes 2 & 4

The online discussion requires you to engage with various themes and topics. These tasks will require you to prepare an initial post of 150-250 words, followed by at least one response to another post of about 50 words. Students are expected to complete all online discussions in a timely manner, in the weeks designated above. Weekly readings will be provided in the course reader and/or key course texts.

Over the course of the semester, you will participate in six online discussions related to the assigned reading. In your response to the assigned reading, you should: (a) briefly summarise the author's key point/s (b) identify key issues for counselling, and (c) one way in which your own life has been influenced by the issue in question.

2. Essay 1 – Anxiety, Depression & Grief

Auckland due date: Sunday, 20 September
Christchurch due date: Sunday, 20 September
Word count: 1500
Value: 40%
Learning Outcomes 1 & 4

After watching a movie of your lecturer's choice:

1. Identify and assess the difficulties of the main character focusing on anxiety, depression, and grief. Include in your discussion:
 - The relational impact his/her responses have on family and friends.
 - As a friend of the main character, explain how you would engage with him/her in a way that corresponds with your understanding of relational encounter. Justify your answer.

3. Essay 2

Auckland due date: Sunday, 01 November
Christchurch due date: Sunday, 01 November
Word count: 1500
Value: 40%
Learning Outcomes 1 & 3

“Human beings are sexual creatures. According to the Bible we are created with the purpose of reflecting God’s image. These two statements are related, for our sexuality—our existence as male or female—is an integral part of the way in which we reflect the divine nature. Human sexuality plays a role in the reflection of the divine image and fulfils the divine intention, in so far as it forms the basis for the drive toward bonding that leads to community. Despite the Fall, the Creator uses our sexuality in the service of attaining the divine goal for creation. God’s employment of human sexuality in bringing about the divine intention forms the foundation for the expression of human sexuality in the present fallen world” (Grenz, (1990) Sexual ethics. Louisville: Westminster John Knox Press, p. 57).

In light of this quote, explain how human sexuality and gender can be considered “reflecting God’s image”, and assess the implication of this for healthy human relationships. Illustrate your discussion with specific examples from your experience of community.

GRADING CRITERIA

Reading and Online Discussion

CRITERIA MET				
Engagement with the material	Posting is unrelated to the topic or trivial	Posting is on topic and shows some understanding	Posting is on topic and is well considered	Posting is on topic and insightful
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Constructive online participation	No reference is made to other student postings	Limited engagement with other posts and the set reading	Good engagement with other posts and the set reading	Weaving together the material and the remarks of others into a coherent conversation
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Structure and presentation	Postings are inadequately presented	Postings have adequate presentation	Postings are presented with minimal errors	Postings have concise writing, structure, and accurate spelling and grammar
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Timeliness	<p>Missing postings: At least 4 postings must be completed to pass the assessment. If one posting is missing a full grade deduction will occur (A to B) and if two postings are missing a C- will be the highest grade.</p> <p>Late postings: Postings will not be accepted if more than one week late (Forums will be closed). For each late posting one mark will be deducted (A to A-).</p>			

Essay 1: Anxiety, Depression & Grief

CRITERIA MET				
Grief, depression, and anxiety are identified and assessed in the context of the movie	Lack of relationally orientated assessment	Some relationally orientated assessment of the issues with illustrations	Good relationally orientated assessment of the issues with illustrations	Excellent relationally orientated assessment of the issues with illustrations
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Relational impacts on family and friends are identified in the context of the movie	Inadequate identification of relational impact	Adequate identification of relational impact	Good identification of relational impact	Excellent identification of relational impact
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Explanation of possible friendship-based relational responses with justification	Inadequate application of relational encounter	Adequate application of relational encounter	Good application of relational encounter	Excellent application of relational encounter
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Quality of written expression	Not up to tertiary standard	Good structure but many errors throughout.	High standard but further work needed in; paragraph structure, writing style and editing,	Very high standard structure, written expression, editing, spelling and style,
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Accuracy in referencing (APA) and reference list	Inadequate referencing and/or no reference list Plagiarism detected	Many inaccuracies in referencing an reference list	Most referencing accurate	All referencing and reference list accurate and consistent
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Submitted to Turnitin	YES	NO		

Essay 2

CRITERIA MET				
Human sexuality and gender are considered in the light of Grenz (1990) understanding of reflecting God's image	Little or no theological reflection	Adequate theological reflection	Good and pertinent theological reflection	Excellent theological reflection
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Implications assessed for healthy human relating in light of a relational image of God	Little or no implications identified	Adequate assessment of implications	Able to assess the implications	Well able to assess the implications
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Examples of personal experience of community given	Little or no examples identified	Some examples identified	Pertinent examples identified	Pertinent examples discussed
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Quality of written expression	Not up to tertiary standard	Good structure but many errors throughout.	High standard but further work needed in; paragraph structure, writing style and editing,	Very high standard structure, written expression, editing, spelling and style,
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Accuracy in referencing (APA) and reference list	Inadequate referencing and/or no reference list Plagiarism detected	Many inaccuracies in referencing an reference list	Most referencing accurate	All referencing and reference list accurate and consistent
	(- D -+)	(- C -+)	(- B -+)	(- A -+)
Submitted to Turnitin	YES	NO		

EXPECTED ALLOCATION OF STUDY HOURS

Assessment Overview	Time Allocation (in hours)	% of Total Grade
Lectures	30	
Reading and online discussion and reflection	25	20%
Essay 1	30	40%
Essay 2	40	40%
Reading and reflection	25	
Total for course	150	100%

MODE OF DELIVERY

The delivery of this course is by Mode 2 – intensive blocks of teaching with required reading prior to and following the teaching sessions.

SELECTED REFERENCES

Key Texts

Lewis, T., F. Amini, et al. (2000). *A general theory of love*. Toronto, Random House Inc.

Balswick, J. K., & Balswick, J. O. (2008). *Authentic human sexuality: An integrated Christian approach*. Downers Grove: InterVarsity Press.

Other Reading

Allender, D., & Longman, T. (1994). *The cry of the soul*. Colorado Springs: NavPress.

Allender, D. B., & Longman, T. (1992). *Bold love*. Colorado Springs: NavPress.

American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders: DSM-IV-TR* (Revised 4th ed.). Washington, DC: American Psychiatric Association.

Armentrout, D. P. (2004). The normal and pathological genesis of depression: The “heart cry” Biblical model of depression revisited. *Journal of Psychology & Christianity*, 23(1), 40-50.

Baker encyclopedia of psychology & counseling. (1999). Baker reference library (2nd ed.). Grand Rapids: Baker Books.

Bell, R. (2007). *Sex God: Exploring the endless connections between sexuality and spirituality*. Grand Rapids: Zondervan.

Buechner, F. (1992). *Telling secrets*. San Francisco: HarperOne.

- Hart, A. D., & Ohlschlager, G. W. (2005). *Caring for people God's way: Personal and emotional issues, addictions, grief, and trauma*. Nashville: Nelson Reference & Electronic.
- Cosgrove, M. P. (1988). *Counseling for anger*. Waco: W Publishing Group.
- Damasio, A. (2005). *Descartes' error: Emotion, reason, and the human brain*. London: Penguin.
- Eldredge, J. (2000). *The journey of desire: Searching for the life we've only dreamed of*. Nashville: Thomas Nelson Inc.
- Gilligan, C. (1993). *In a different voice: Psychological theory and women's development* (6th ed.). Cambridge: Harvard University Press.
- Grenz, S. J. (1997). *Sexual ethics: An evangelical perspective*. Westminster: John Knox Press.
- Hancock, M. (2003). *Christian perspectives on gender, sexuality, and community*. Vancouver: Regent College Publishing.
- Hart, A. D. (1995). *Counseling the depressed*. Waco: W Publishing Group.
- Kase, L., & Ledley, D. R. (2007). *Wiley concise guides to mental health: Anxiety disorders* (1st ed.). Hoboken: Wiley.
- Leeuwen, M. S. V. (1990). *Gender & grace: Love, work & parenting in a changing world*. Downers Grove: IVP Academic.
- Leeuwen, M. S. V. (2002). *My brother's keeper: What the social sciences do (and don't) tell us about masculinity*. Downers Grove: IVP Academic.
- Lester, A. D. (2003). *The angry Christian* (1st ed.). Westminster: John Knox Press.
- Lewis, C. S. (1991). *The four loves*. New York: Houghton Mifflin Harcourt.
- Lawson, M. (2006). *D is for depression: Spiritual, psychological and medical sources for healing depression*. Christian Focus.
- Moore, T. (1992). *Care of the soul: A guide for cultivating depth and sacredness in everyday life* (1st ed.). New York, NY: HarperCollins.
- Rosenau, D. E. (2002). *A Celebration of Sex: A Guide to Enjoying God's Gift of Sexual Intimacy* (Rev Upd.). Nashville: Thomas Nelson.
- Rosenau, D., & Wilson, M. T. (2006). *Soul virgins: Redefining single sexuality*. Grand Rapids: Baker Books.
- Schnarch, D. (2009). *Passionate marriage: Keeping love and intimacy alive in committed relationships*. New York: W. W. Norton & Company.
- Schnarch, D. M. (1991). *Constructing the sexual crucible: an integration of sexual and marital therapy*. New York: W. W. Norton & Company.
- Schnarch, D., & Maddock, J. (2003). *Resurrecting sex: Solving sexual problems and revolutionizing your relationship*. New York: Harper Paperbacks.
- Siegel, D. J. (2001). *The developing mind: How relationships and the brain interact to shape who we are* (1st ed.). New York: The Guilford Press.

Sittser, G. L. (1998). *A grace disguised: How the soul grows through loss*. Grand Rapids: Zondervan.

Styron, W. (1992). *Darkness visible: a memoir of madness* (1st ed.). New York: Vintage Books.

Teyber, E. (2009). *Interpersonal process in therapy*. Belmont: Brooks/Cole.

Vaas, R., & R. V. (2004). Fear not. *Scientific American Special Edition*, 14(1), 62-69.

Welch, E. T. (2004). *Depression: A stubborn darkness: light for the path*. Winston-Salem, NC: Punch Press.