



**SoulCare Foundations 201:
Understanding People & Problems**
Certificate Course

Programmed Syllabus

Instructor: Dr. Larry Crabb

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Course Description

Why are so many areas of people's lives such a mess? What lies beneath the confusion, despair, and emptiness that so many experience? In this second course in the four-course SoulCare series, Dr. Larry Crabb offers a biblical understanding of what's going on beneath the surface of lives that results in the confusion, despair, and emptiness faced by many.

Does Christianity guarantee a better life? Can people really experience more satisfying soul-connection with God and with others? These are among the many questions Dr. Crabb will explore in this second ten-lesson course which was designed to develop a deeper understanding of people and the problems that all experience.

Course Objectives

- To develop a deeper understanding of people and the problems experienced by all
- To reach a biblical understanding of what's going on beneath the surface of personal lives that may result in feelings of confusion, despair, and emptiness
- To learn to think biblically about the nature of the journey

Course Methods

Throughout this course, a number of methods will be used to engage the students in learning and processing information, interacting with other students, and applying the learning to their lives. These methods include the following:

Media/Materials

The course will include media presentations of lectures and supplementary materials to be viewed, listened to, and/or read throughout the ten lessons of the course. Details on these materials will follow in the Course Requirements section.

Interaction

Whether sitting in a traditional classroom or studying from a distance, students benefit from interaction and collaboration with other students. In order to meet this need in distance theological education, ChristianCourses.com offers structures and resources to encourage effective community interaction in this course.

ChristianCourses.com Online Interactivity Forum fosters peer-to-peer interaction in a global, threaded discussion. Students are required to respond to relevant questions posted by the instructors; students are also encouraged to read and respond to the posts of fellow students.

Reflection

Through journaling and the use of interactive exercises, ChristianCourses.com provides many opportunities for students to reflect on what they have learned, what they believe, and where they are challenged. The goal of these reflections is personal spiritual growth and transformation.

Web Journal

Many of the assignments ask students to record their thoughts in a Course Journal. Students may use a paper notebook for this, or, as an alternative, they may use the Web Journal to record thoughts and reflections as they go through the course. Web Journal entries can be viewed only by the student and by the site administrator, but are not graded.

Lesson Objectives

At the end of each lesson, students should be able to accomplish the objectives listed below.

Lesson 1: The Key Concepts in SoulCare: Review and Introduction to Building on Them

- Be able to read brief descriptions of each of the Ten Key Concepts and feel excitement about the powerful potential of soul care: *the release of spiritual passion*
- Be able to read the brief descriptions of each of the Ten Key Concepts and sense directions that might be followed in SoulCare conversations: *the development of spiritual wisdom*
- Feel more equipped and eager to develop a rich understanding of who people are and why people have problems
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

Lesson 2 : A New Paradigm: SoulCare as Our Greatest Need

- Honor the legitimate place of biological/chemical/neurological causes of human struggles but not let their *legitimate place* dislodge the *central place* of spirit and soul issues in understanding people
- Be able to conceptually distinguish among “brain-soul” problems, “soul-brain” problems, and “mostly soul” problems
- Understand the deficiencies of both the standard *professional* paradigm and the increasingly popular *biological* paradigm for understanding people and their problems; thoughtfully consider the *spiritual* paradigm as one engages in soul care
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

Lesson 3: SoulCare is for Human Beings: What it Means to Bear God’s Image

- Understand that personal wholeness depends on *relating well* (to God and others), not on *things going well*
- See *hurting* people as capable of living as *whole* people to the degree that they relate as Jesus relates
- Recognize that the central ingredient in powerful conversation is love, not expertise (hence the *passion* in the passion-wisdom model of SoulCare)
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

Lesson 4: Designed to Relate 1: The Capacity to Desire

- Recognize the importance of providing a safe relationship (free of judgment) that allows others to discover their core desire for God
- Learn to think about three levels of desire—desires of *convenience*, of *importance*, and of *necessity*—as one engages in soul care
- Realize that people “aim too low” when they prioritize the satisfaction of desires of *convenience* or *importance*.
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

Lesson 5: Designed to Relate 2: The Capacity to Perceive

- Think hard about what it takes to deeply change, to shift from *self-dependence* to *God-dependence* as life is encountered
- Understand how perception drives emotions and choices, that is, how what we *believe* in a given situation largely determines what we *feel* and *do*

- See that traumatic experiences (such as sexual abuse) not only cause terrible pain, but they also shape false beliefs; understanding that false beliefs are the greater problem
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

Lesson 6: Foolishness: The Enemy of SoulCare

- More clearly understand the proverb: "Foolishness is bound up in the heart of a child" (Proverbs 22:15); also recognize foolishness as (a) a core moral disease in each individual and (b) the root of all personal problems
- Grasp that foolishness is a passionate conviction (a) that the experience of satisfaction is necessary to function as a whole person and therefore (b) that more than God is sometimes needed to be whole
- Understand the first three of the seven stages of foolishness and see how the congenital disease of foolishness begins to spread and take root in a child's heart
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

Lesson 7: Foolishness: The Enemy of SoulCare (Continued)

- More fully appreciate what lies beneath the angst (confusion, despair, emptiness) that so many teenagers experience
- Better identify and appreciate the two vital ingredients of powerful parenting that parents can provide for their struggling (disillusioned) teenagers
- Develop a clearer understanding of how sin, unchecked by the Holy Spirit, grows in the depths of the human heart from cradle to grave
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

Lesson 8: Designed to Relate 3 and 4: The Capacity to Choose and the Capacity to Feel

- Be able to build an understanding of image-bearers as people with the capacity to *desire* (Lesson 4) and to *think* (Lessons 5–7) and to understand people's capacity to *choose*
- Better understand why image-bearers with the God-given capacity to choose so often feel stuck and addicted, unable to freely choose actions
- Recognize the relationship between hidden, unrecognized *goals* and *behaviors* that are experienced as compulsive, not freely chosen; (i.e., behaviors that pursue unrecognized goals are not experienced as free choices)

- Understand the source of *anxiety* (uncertain goals), *rage* (blocked goals), and *self-hatred* or *guilt* (unreachable goals)
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

Lesson 9: The Corrupted Image: We're Hopeless and Helpless

- More deeply understand why the yet-to-come "third reformation," the explosion of soul care in Christian community, depends so radically on the work of the Holy Spirit
- Appreciate the vital role of curiosity in soul care, becoming more deeply convicted about personal lack of curiosity, and becoming more powerfully drawn to become curious while engaging in soul care
- See how curiosity about what is really going on in another's life will express all that has been learned so far about care of the soul
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

Lesson 10: Don't Bless the Mess: We Need Something More

- Assimilate a truth that is foundational to all effective soul care: Christianity is not centrally about providing a better life now: it is about providing a *better hope now* and a *perfect life forever*
- Understand that the four capacities of image-bearing people (the capacities to *desire, think, choose, and feel*) have all been severely and, without the gospel, hopelessly corrupted
- Articulate an understanding that, apart from the Spirit, people use God-given capacities wrongly – to use God for experience of satisfaction now through the blessings of life – rather than to know God for His glory as the source of true meaning and joy forever.
- Express confident excitement, envisioning what could be the story of a wise soul, the story of someone who uses his or her capacities as an image-bearer to fulfill the purposes of God
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

Course Requirements

In order to receive a certificate of completion, the student must complete the course requirements within a 180-day period. Those requirements include

- Viewing, listening to, or reading the lectures for each lesson
- Participating in the online interactive forum
- Keeping a journal in response to reflection questions and Bible studies
- Taking ten quizzes and a final examination, scoring a final grade of 70% or higher.

Additional information about these requirements is provided below.

Video-based teaching

The primary teaching session in each lesson is provided in streaming video in the Flash video format (FLV). For international or domestic students who do not have the bandwidth required to view the video (384 Kbps DSL minimum), we provide the option of listening to the teaching via Flash audio files or reading the lesson from a transcript of the teaching video. The transcripts contain screen captured images of important images in the video.

Multisensory learning

Because the primary teaching information is provided in video, audio and PDF text documents, students can choose the medium (or combination of media) that most closely aligns with their individual learning styles. Multiple options are also provided for students with auditory and visual learning challenges.

- **Teaching videos:** Each of the lessons in this course contains a teaching video of approximately twenty-eight minutes in length. These instructional videos are required viewing, and can be watched as many times as needed. The same content is available in audio files and a text files (PDFs) for students who can benefit from these alternative media.
 - *The Key Concepts in SoulCare: Review and Introduction to Building on Them*
 - *A New Paradigm: SoulCare as Our Greatest Need*
 - *SoulCare is for Human Beings: What it Means to Bear God's Image*
 - *Designed to Relate 1: The Capacity to Desire*
 - *Designed to Relate 2: The Capacity to Perceive*
 - *Foolishness: The Enemy of SoulCare*

- *Foolishness: The Enemy of SoulCare (Continued)*
- *Designed to Relate 3 and 4: The Capacity to Choose and the Capacity to Feel*
- *The Corrupted Image: We're Hopeless and Helpless*
- *Don't Bless the Mess: We Need Something More*

- **Glossary terms:**

Throughout the course, students will find glossary terms highlighted with hyperlink connections to explanations and definitions. Students should become familiar with these words and their meanings as a requirement of this coursework.

Quizzes and Final Exam

The quizzes and the final exam will cover the material from the recorded lectures presented by Dr. Larry Crabb. Because of the depth of Dr. Crabb's presentations, and the importance of understanding the material presented, students should consider viewing the material multiple times. The difficulty of the quizzes and final exam reflect the importance of thorough mastery of the concepts and practices presented by Dr. Crabb in the SoulCare series. Students should consider continuing with SoulCare 301, and 401 if they desire to actively participate in SoulCare relationships.

Online Forum

Participants will interact with other students worldwide in an ongoing asynchronous threaded discussion of several course topics in each lesson.

In order to get the fullest benefit from the Forum, students should complete the forum assignment after they have listened to all the lectures. Then they should return to the forum after finishing the course to see how others respond. The following steps are instructions to the students for completing the assignment:

- Read the question(s) posted by the instructor in the *Course Discussion* section of each lesson.
- Choose the corresponding discussion topic.
- Read each question again and share your thoughts about each question with other students.
- Take the time to read other students' postings.

Objective: to develop critical thinking skills through personal interaction with the content of the course and the responses of others within a diverse community of learners.

Personal Reflection and Evaluation

To integrate academic studies with the walk of faith, students are asked to reflect on the content of the course and evaluate their lives in light of what has been learned. The following questions will guide that individual reflection process:

Step 1: Review

Think about the material you have studied in this course. Then ask these questions: What are one or two things you learned that you did not know before this study? What was there in the teaching that made you look at the Bible or something in the Bible in a new way?

Step 2: Assess

Think about your life, both past and present. Given the insights or understanding that you gained in this course, what changes do you need to make in the way you think or behave?

Step 3: Apply

What specific steps will you take in order to put these positive changes (from Step 2) into practice in your life?

Step 4: Record

Write your responses to the above reflections in your journal (web, notebook, or computer)

Community Reflection and Interaction

Step 1: Choose

Since the Holy Spirit uses the input of others to guide and form His people, share what you learned from this course with another person. You might choose from these categories of people in your life:

- Someone with whom you have a close relationship
- Someone who is a mature Christian ministry leader
- Someone who is not a family member
- Someone who values the spiritual formation process
- Someone who is familiar with and values the subject of the course
- Someone who has experience using the content of the course in ministry

Step 2: Discuss

Ask that person what advice, deeper insights, or broader applications they might offer from their own life and experience.

Step 3: Respond

In light of the course content and your discussions with another person, do you believe that the assessment and application decisions you reached are appropriate? Why or why not? Add your thoughts and insights to your journal.

NOTE: The degree of effort students put into this assignment will determine its benefit. If by the end of this course students have not yet reflected critically on life in light of what has been studied, this assignment will be a helpful guide in that spiritually transforming process.

Important note: This course is not designed for formal, professional training in counseling or to qualify students as licensed therapists. Further, it is not a replacement for professional therapy a particular may need. Students who are experiencing personal crises should seek the help of a licensed therapist.

Course Grading and Requirements

SoulCare 201: Understanding People & Problems has ten lessons. As each lesson is completed, the student should prepare for a ten-question quiz that covers the material taught in that particular lesson. Twenty minutes are allowed for the completion of each quiz. The student may take each quiz one or two times. If the student takes a quiz twice, his or her quiz grade will be the average of the two attempts. A final course grade must be 70% or higher in order to pass the course and receive the certificate of completion. Participation in discussion questions is required of all students; participation is not optional for the certificate to be issued. ChristianCourses.com reviews student participation and grades before validating certificates of completion.

After completing all lessons, discussions, personal journaling and quizzes, the student may take the final exam. The final exam consists of 50 questions that cover all ten lessons in the course.

Quizzes and Exams

Quizzes40% of Course Grade

Final Exam 60% of Course Grade

Other Course Requirements

Other course requirements noted in this syllabus will be validated before a Certificate of Completion is awarded to any student.

Course Use in Church Settings and Small Groups

This course can easily be used in a small group or church setting. In that case, the following suggestions might be helpful in order to gain maximum benefit from all of the resources available relate to this study.

Step 1: Online access

You might choose to promote the program as Transform University, "Transform U" (see Romans 12:2) and point participants to their free registration at <http://christiancourses.com/tu>.

Step 2: Study method

Select the course or course series that the group will study together and suggest that participants study the lessons on their own during the week.

Step 3: Group meetings

Option 1: The course facilitator, after previous study of the course, reviews the lesson objectives with the group (see lesson objectives) and then opens the discussion based upon the Online Forum questions and the Personal Reflection and Evaluation questions offered for each course.

Option 2: The course facilitator, using an Internet-connected video projector, plays select portions of the course and then opens the discussion around the Online Forum questions for each lesson. Subject to time availability, the facilitator may also use the Personal Reflection and Evaluation questions in group discussion. If live Internet connection is not convenient, some courses are also available for download or on disc.

Step 4: Certification

Upon completion of each course, students can submit their completed requirements to ChristianCourses.com for validation and then bring their Course Completion Certificate to the facilitator.

Step 5: For Further Study

Teachers have the option of combining courses into learning units by using multiple courses together. Examples:

- Bible Basics (using *Old and New Testament Basics*, *How to Study the Bible*, and *10 Reasons to Believe in the Bible* courses)
- Theology Basics (using the *First Steps in the Christian Faith* series)
- First Steps in Christian Counseling (using the *SoulCare* series)

Step 6: Curriculum feedback

Submit your curriculum ideas to ChristianCourses.com so we can evaluate them and promote the ideas to others.

Notes Regarding This Syllabus

This syllabus is designed to provide learners with an overview of the course. Specific assignments are contained in each lesson.

Individuals taking the class for academic credit are responsible for the syllabus requirements of the specific institution through which the course is offered. Each individual institution has reserved the right to add additional reading requirements and to alter the syllabus to meet their accreditation requirements. Students seeking academic credit should check with their academic institution for details.

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