

Relational Psychology (AIM)
GPY301N
3 Credit Hours

Fall 2014
Saint Louis Christian College
Thursdays at 6:00 pm

Becky Payne, MA, LPC, LCPC (IL)
No Office Hours
Voicemail: 314-384-2525
Email: bpayne@slcconline.edu

I will make every effort to be available as much as possible. Please do not hesitate to leave a message for me if I do not answer my phone. I will return your calls as soon as possible. If you would like to arrange a meeting with me, I will be available before & after classes on Thursdays. The best way to get in touch with me is via e-mail or phone since I do not have an office on campus.

MISSION STATEMENT

Saint Louis Christian College equips men and women as leaders who impact the world for Christ.

COURSE DESCRIPTION

This course provides a broad understanding of psychological principles behind relationships, relational principles and practical application in regard to relationships. Emphasis is placed upon the psychological and spiritual characteristics, traits and behaviors involved within relationships to promote healthy interactions. Students will assess their own relational characteristics and others within various settings, especially within ministry. Students will find Biblical and practical applications of general communication, handling resistance, conflict management skills and reconciliation of broken relationships.

COURSE RATIONALE

Relational Psychology teaches students to understand how relationships work and how to relate to others in difficult situations. This course prepares students in ministry to fulfill the great commission, be healthy leaders in ministry and be wise servants of the Lord Jesus Christ. When students learn to apply relational concepts in their ministry, their interactions and conflict management skills will lead to healthy relationships.

COURSE OBJECTIVES

Upon conclusion of this course, the learner will be able to:

1. Understand the key concepts and traits in relationships, identify personality types and characteristics of their own personality in order to determine how to improve their understanding and communication with others.
2. Discover non-verbal communication (one on one and small groups) in order to develop healthy communication skills and understand others' communication.
3. Explain both psychological and spiritual principles in relationships that enhance and deter communication, group interactions and personal relationships.

4. Analyze personal strengths and weaknesses in relationships, including understanding personal communication styles in order to enhance relationships in ministry, build relational bridges and reduce conflict around them.
5. Develop a further understanding of resistance in others, goals for conflict and personal woundedness in order to work through and reconcile differences with others in ministry.
6. Apply healthy communication skills, spiritual discernment and conflict management skills to the student's setting at home, classroom and ministry.
7. Discover how Agape Love is assessed in relationships and personally applied to relationships for growth and change.

COURSE TEXTBOOK

Cloud, H. and Townsend J. (2005). How to Have that Difficult Conversation You Have Been Avoiding Grand Rapids, MI: Zondervan.

COURSE STUDENT LEARNING RESOURCES (BIBLIOGRAPHY)

1. The Other Side of Love: Handling Anger in a Godly Way by Gary Chapman. Moody Press: Chicago, 1999.
2. Resolving Conflict and Building Community: Foundations for Christian Living Series. Navpress, 1997.
3. Everybody Wins: The Chapman Guide to Solving Conflicts Without Arguing by Gary Chapman. Tyndale House Publishers, 2006.
4. The Control Freak: Coping with Those Around You, Taming the One Within by Dr. Les Parrott III. Tyndale House Publishers, 2000.

COURSE POLICIES

1. Homework assignments turned in late or incomplete will be graded one complete grade lower for every week (one to seven days) late. Missed quizzes will be recorded as a zero unless arrangements are made with professor to take the quiz in the library.
2. If you have a diagnosed learning disability, please see the professor privately to discuss assessment measures that would enhance your ability to learn.
3. Please understand that the Professor reserves the right to modify this course plan by changing topics, due dates, or even an assignment as long as it does not add to the students' work load.

CLASSROOM DECORUM POLICY

Course Policy on Computer Use in Class—Computers are welcome if used for course work. Please respect your purpose for being here, your classmates, and the professor by restricting your computer use to activities directly related to the class that class period. Do not check e-mail, play computer games, or work on assignments for other classes, etc. during class time.

Course Policy on Cell Phones: Cell phones do not belong in the classroom. I consider the use of a cell phone during class to be disrespectful. If you must have your phone, please put it on silent (not vibrate) and out of sight. If there is an emergency that you are on call for, please see the professor at the beginning of the class period to make arrangements.

INSTRUCTOR/STUDENT COVENANT

As instructor of this course, I covenant with each student that I will model Christ-like behavior, value and respect each student as a child of God, come to class prepared, begin and end class on time, make appropriate assignments and grade them fairly, and be available for consultation outside of class. In return, I expect each student to model Christ-like behavior, show proper respect to me as the instructor, come to class prepared, arrive and leave class on time, and submit assignments and participate in ways that demonstrate your integrity.

We will be discussing sensitive subject matter and personal experiences or perspectives will be expressed in class. These discussions are to be treated with the utmost respect.

COURSE GRADING

Grades are determined by using percentages of the total points and the following scale.

| | | | | | | | | | |
|----|--------|----|-------|----|-------|----|-------|---|------|
| A+ | 97-100 | B+ | 87-89 | C+ | 77-79 | D+ | 67-69 | F | 0-59 |
| A | 93-96 | B | 83-86 | C | 73-76 | D | 63-66 | | |
| A- | 90-92 | B- | 80-82 | C- | 70-72 | D- | 60-62 | | |

COURSE ASSIGNMENTS

All assignments should be submitted via electronic copies in the appropriate Drop Box.

Week #1: What is Relational Psychology? (Due July 10th, 2014)

1. Read Ch. 1-5 (pg. 1-43)
2. Take Personality Tests on-line
 - <http://personality-testing.info/tests/BIG5.php>
 - www.41q.com
3. Relational Psychology Test - <http://mistupid.com/psych/index.htm>
4. Attachment: <http://www.web-research-design.net/cgi-bin/crq/crq.pl>
5. Read Surrendering My Emotions to God handout (see attached)
6. Complete on-line Questionnaires (copy & bring results to class)

Week #2: Essentials of Healthy Relationships (Due July 17th, 2014)

1. Read Ch. 6-14 (pg. 44-77)
2. Read and practice “Surrendering My Emotions to God” handout.
3. Take the Communication Style Self-Assessment - <http://www.newlineideas.com/communication-style-quiz.html>

4. Take the personality inventory at - [http://pgis-tk.cta.int/m03/docs/M03U01_handout_Personal_Style_\(full\).pdf](http://pgis-tk.cta.int/m03/docs/M03U01_handout_Personal_Style_(full).pdf)
5. **Attachment Styles Paper** - Write a 3-4 page paper on your attachment style and how it has impacted your relationships both positively and negatively.

Week 3: Seeing How It's Done. (Due July 24th, 2014)

1. *Read Ch. 15-17 (pg. 81-156)*
2. **Personality and Communication Styles paper** - Write a 2-3 page paper on how your personality and communication styles can be beneficial and detrimental in your relationships.
3. **Surrendering My Emotions to God** - Write a 2-3 page paper on the results of your “surrendering my emotions to God”

Week 4: Getting Yourself Ready: Resolving Conflict. (Due July 31st, 2014)

1. *Read Ch. 18-20 (pg. 157-204)*
2. **Conflict Resolution Paper** – Submit a 4-5 page paper on a personal experience you have had with conflict resolution. Based on what you have learned thus far, analyze how you handled it by looking at strengths and weaknesses. If you were to totally resolve that issue now, what would you need to do?

Week #5: Resolving Emotions and Forgiveness. (Due August 7th, 2014)

1. *Read Ch. 21-27 (pg. 207-286)*
2. **What I've Learned Paper** - Submit a 4-5 page reflection paper that describes what you have learned in this course to date and how you have applied something you have learned in this course in a setting that involves other people, reflecting on how that experience has helped you be a more effective Christian witness and/or servant leader, and commenting on how your efforts were received by others. **(100 points)**
3. **Textbook Critique** – write a 1 page critique of the textbook. **(50 points)**

Surrendering My Emotions to God

1. Ask God for the ability (grace-gift) to surrender your emotions (hurt, fear, pain, betrayal) to HIM. Ask for His presence to be with you (by your side), taking His presence by faith in God's Word (promises). John 14.
2. By faith, tell God what facts are bothering you. Not judgments about the facts. Just the facts, like I would read in a newspaper.
3. Identify your emotions, asking God to help you identify them to then release them.
Hurt - Frustration - Anger - Resentment - Hatred - Worry - Anxiety - Fear
Surprised - Confused - Sad - Empty Inadequate - Rejected - Abandoned
4. Take a deep breath, blow out the feeling to God. Say, "Lord I surrender my feeling of _____. Please take it and replace the feeling with your presence (peace, confidence, ability, understanding).

5. What do I need to receive emotionally?

| | | |
|---------------|--------------|-----------|
| Understanding | Comfort | Support |
| Encouragement | Appreciation | Affection |
| Affirmation | Acceptance | Respect |
| Approval | Security | Belonging |
| | Love | |

6. What do I need to receive God.

Peace - John 14:27; Phil. 4:7; Col. 3:15.
Joy - Duet. 16:15; Lk. 10:17, 21; Phil. 4:4.
Confidence - Psalms 4:7,8; Heb. 10:19.
Strength - Ps. 28:7; Heb. 11:34
Guidance - Jn.14:26; Rom. 8:14,15; 1 Cor. 2:6-ff.

Spiritual truths and actions I need to focus upon.

Gary M. Reed MS, LPC Christian Family Services
7955 Big Bend Blvd., St Louis, MO 63119 (314) 968-2216