

## Course Content Outline

Dr. Gary Sweeten, Apples of Gold

Proverbs 25:11

A word aptly spoken is like apples of gold in a setting of silver.

### The Discipleship Counseling Model

- Definition Premises: Every small group member can be equipped with active listening, assertion and counseling skills.
- While engaging in the discipleship process, incorporate practices of healthy active listening
- How Psychology integrates with Biblical Principles: Connect Psychology/Biblical ties
- Apply Grace
- The Process of a Helping Relationship

### Need Assessment and Communication Barriers

- Assessing the Seeker's need
- Assessing Exercise
- Barriers to Open and Accurate Communication
- Adverse Advice
- Identifying Adverse Advisers

### Introduction to Active Listening

- Helping with Warmth
- Warmth Scale and Attending Exercise
- The core Condition of Respect
- Problem Ownership
- Problem Ownership Reaction Sheet
- Developing Empathy Through Active Listening
- When do We Use Active Listening?
- Exercise in Accurately Perceiving Feelings

### Rating and Writing Empathy Responses

- Learning to Rate Empathy Responses
- Examples of Carkhuff's Empathy Rating Scale
- Exercise in Rating Empathy Responses
- Surface and Possible Underlying Feelings
- Exercise on Identifying Underlying Feelings
- Creative Leads for Empathy Responses
- Subtractive Responses

- Writing Empathic Responses