



# Helping Everyday Problems

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## Information

Lecturer	Helen Thorne-Allenson, Director of Training and Resources, BCUK
Grader	<p>You will be assigned a Grader from Biblical Counselling UK who will grade and field questions about the assignments.</p> <p>You can contact your Grader through your Canvas inbox.</p> <p>Your Grader will contact you at the start of term to let you know the days during the week where he or she will be available to respond to your email inquiries.</p>
Tutor	<p>Your course tutor will lead the fortnightly seminars and help guide you through the material and address questions and concerns.</p> <p>You can contact your Tutor through your Canvas inbox.</p>
Administration	For queries about course access, withdrawals, requests to take final exams early, and extensions over 7 days, please contact Biblical Counselling UK Course Administration – <a href="mailto:courses@bcuk.org">courses@bcuk.org</a>
Canvas	Canvas hosts your course materials (videos, audio files, course documents) and enables you to communicate with your Grader and the other students in your class. Assignments should always be submitted through Canvas.
Technical Queries	<p>For help with common problems, please see ‘Technical information and troubleshooting’ within the Student Orientation material on your Canvas dashboard.</p> <p>If you cannot resolve your difficulty, please contact Biblical Counselling UK Course Administration – <a href="mailto:courses@bcuk.org">courses@bcuk.org</a>.</p>
Course Programme	You are expected to watch the assigned videos, listen to the set audio(s) and complete the reading assigned each week, and submit your assignments as listed in this course syllabus.
Sharing & Copyright	<p>All materials provided to you for this course through Canvas are copyrighted by BCUK or other publishers, to whom we pay a fee for their use. These materials include the course syllabus, assignments, articles, and video/audio lectures. You may not reproduce or share any of these materials without prior permission from Biblical Counselling UK.</p> <p>As an exception to this policy, CCEF allow BCUK students to share up to 10 copies of <i>Journal of Biblical Counseling (JBC)</i> articles from the course for use in their personal ministry. Examples of this would include sharing an article with a person you are walking with, spouse, friend or small group. This is strictly limited to <i>JBC</i> articles. If you wish to share a <i>JBC</i> resource with more than 10 people, you will need to make an application via the <a href="#">permissions page</a> on the CCEF website.</p> <p>The blog posts that are in the public domain can be shared through the sending of public links to others who may be interested in their content.</p>

## Course Objectives

- To enable students to grow in their ability to participate in intentional conversations
- To help students structure conversations with a clear start, middle and end
- To help students grow the character and skills necessary to engage in those conversations in ways that honour Christ
- To enable students to gain a biblical understanding of a range of common pastoral struggles
- To help students think broadly about how to address common pastoral struggles in conversation – in ways that are gentle, biblical and wise
- To encourage students to engage in conversational ministry in ways that build the church

## Required Reading

### Books

- *Shame – Being Known and Loved* by Esther Liu (a 31-day devotional – P&R, 2022)
- *Hope in an Anxious World* by Helen Thorne-Allenson (The Good Book Company, 2021)
- **Either** *Making Sense of Forgiveness* by Brad Hambrick (New Growth Press, 2021) **or** *The Heart of Anger* by Christopher Ash and Steve Midgley (Crossway, 2021)

### Articles

All articles listed can be found in Canvas in the week in which they are due.

- X-Ray Questions by David Powlison (*Journal of Biblical Counseling* 18:1)
- Questions about Questions by Ed Welch (*Journal of Biblical Counseling* 33:3)
- Helping the Grieving Child or Teenager by Judy Blore (*Journal of Biblical Counseling* 25:1)
- Navigating Disappointment by Steve Midgley (*Journal of Biblical Counseling* 35:2)
- Gentleness with the weak by Helen Thorne-Allenson
- Escapism by Helen Thorne-Allenson

### Blog posts

- Power and gentleness in helping conversations by Andrew Collins
- Ways of listening by Steve Midgley
- The Lord's face by Amanda Cook
- The beauty of Scripture's word pictures by Jeremy Oliver
- Mum guilt by Jessica Cobb
- Guilt and its associates by Ed Welch
- Liturgy and pastoral care by Helen Thorne-Allenson
- Do you want to say "no" to Jesus' touch by Winston Smith
- Engaging with God's word in times of exhaustion, stress and distress by Helen Thorne-Allenson
- Deeper than calm by Andrew Collins
- Compassion fatigue by Helen Thorne-Allenson

## Course Schedule

Week One	<p>Watch</p> <ul style="list-style-type: none"><li>• Lecture 1 – Walking wisely and well</li><li>• Lecture 2 – Walking faithfully and flexibly</li></ul> <p>Listen</p> <ul style="list-style-type: none"><li>• Listening Well with Amanda Cook and Nicola Eggertsen</li></ul> <p>Read</p> <ul style="list-style-type: none"><li>• Article: Gentleness to the weak by Helen Thorne-Allenson</li><li>• Blog post: Power and gentleness in helping conversations by Andrew Collins</li><li>• Blog post: Ways of listening by Steve Midgley</li></ul> <p>Submit</p> <ul style="list-style-type: none"><li>• Response Paper 1: Personal tendencies</li></ul>
Week Two	<p>Watch</p> <ul style="list-style-type: none"><li>• Lecture 3 – Starting a conversation</li><li>• Lecture 4 – Going Deeper</li></ul> <p>Listen</p> <ul style="list-style-type: none"><li>• Setting goals with Andrew Collins</li></ul> <p>Read</p> <ul style="list-style-type: none"><li>• <i>Shame, Being Known and Loved</i> by Esther Liu (days 1-7)</li><li>• Article: Questions about Questions by Ed Welch</li><li>• Article: X-Ray Questions by David Powlison</li></ul>
Week Three	<p>Watch</p> <ul style="list-style-type: none"><li>• Lecture 5 – I don't like myself #1</li><li>• Lecture 6 – I don't like myself #2</li></ul> <p>Read</p> <ul style="list-style-type: none"><li>• <i>Shame, Being Known and Loved</i> by Esther Liu (days 8-14)</li><li>• Blog post: The Lord's face by Amanda Cook</li><li>• Blog post: The beauty of Scripture's word pictures by Jeremy Oliver</li></ul> <p>Submit</p> <ul style="list-style-type: none"><li>• Response Paper 2: Identity and metaphors</li></ul>

Week Four	<p>Watch</p> <ul style="list-style-type: none"><li>• Lecture 7: It's all my fault #1</li><li>• Lecture 8: It's all my fault #2</li></ul> <p>Listen</p> <ul style="list-style-type: none"><li>• Liturgy and pastoral care with Kenny Larsen</li></ul> <p>Read</p> <ul style="list-style-type: none"><li>• <i>Shame, Being Known and Loved</i> by Esther Liu (days 15-21)</li><li>• Blog post: Mum guilt by Jessica Cobb</li><li>• Blog post: Guilt and its associates by Ed Welch</li><li>• Blog post: Liturgy and pastoral care by Helen Thorne-Allenson</li></ul> <p>Submit</p> <ul style="list-style-type: none"><li>• Response Paper 3: Liturgy and guilt</li></ul>
Week Five	<p>Watch</p> <ul style="list-style-type: none"><li>• Lecture 9: I feel tainted #1</li><li>• Lecture 10: I feel tainted #2</li></ul> <p>Listen</p> <ul style="list-style-type: none"><li>• Helping people pray for themselves with Jane Davies and Sophie Gower</li><li>• A very public unshaming by Steve Midgley</li></ul> <p>Read</p> <ul style="list-style-type: none"><li>• <i>Shame, Being Known and Loved</i> by Esther Liu (days 22-end)</li><li>• Blog post: Do you want to say "no" to Jesus' touch? By Winston Smith</li></ul>
Week Six	<p>Watch</p> <ul style="list-style-type: none"><li>• Lecture 11: I want comfort #1</li><li>• Lecture 12: I want comfort #2</li></ul> <p>Listen</p> <ul style="list-style-type: none"><li>• Involving Family and friends with Helen Morrow</li></ul> <p>Read</p> <ul style="list-style-type: none"><li>• Article: Escapism by Helen Thorne-Allenson</li><li>• <i>Hope in an Anxious World</i> by Helen Thorne-Allenson (part 1)</li></ul> <p>Submit</p> <ul style="list-style-type: none"><li>• Response Paper 4 – Involving others</li></ul>

Week Seven	<p>Watch</p> <ul style="list-style-type: none"><li>• Lecture 13: I am overwhelmed #1</li><li>• Lecture 14: I am overwhelmed #2</li></ul> <p>Listen</p> <ul style="list-style-type: none"><li>• Reading the Bible with those who have limited concentration with Emily Agnew</li></ul> <p>Read</p> <ul style="list-style-type: none"><li>• <i>Hope in an Anxious World</i> by Helen Thorne-Allenson (part 2)</li><li>• Blog post: Engaging with God's word in times of exhaustion, stress and distress by Helen Thorne-Allenson</li><li>• Blog post: Deeper than calm by Andrew Collins</li></ul>
Week Eight	<p>Watch</p> <ul style="list-style-type: none"><li>• Lecture 15: I miss them #1</li><li>• Lecture 16: I miss them #2</li></ul> <p>Listen</p> <ul style="list-style-type: none"><li>• A conversation on lament with Joanna Jackson</li><li>• Singing to the heart with Andrew McKenna and Nicola Eggertsen</li></ul> <p>Read</p> <ul style="list-style-type: none"><li>• Letter: Hidden grief by Amanda Cook</li><li>• Article: Helping the Grieving Child or Teenager by Judy Blore</li></ul> <p>Submit</p> <ul style="list-style-type: none"><li>• Response Paper 5 – Songs and grief</li></ul>
Week Nine	<p>Watch</p> <ul style="list-style-type: none"><li>• Lecture 17 – I hate this #1</li><li>• Lecture 18 – I hate this #2</li></ul> <p>Listen</p> <ul style="list-style-type: none"><li>• Reading books with struggling friends with Kerstin Bowsher</li><li>• A sermon on Jonah 4 by Steve Midgley</li></ul> <p>Read</p> <ul style="list-style-type: none"><li>• Article: Navigating disappointment by Steve Midgley</li><li>• Start reading <b>either</b> <i>Making sense of Forgiveness</i> by Brad Hambrick <b>or</b> <i>The Heart of Anger</i> by Christopher Ash and Steve Midgley</li></ul> <p>Submit</p> <ul style="list-style-type: none"><li>• Message to triplet members</li></ul>

Week Ten	Watch
	<ul style="list-style-type: none"><li>• Lecture 19: I am struggling to forgive #1</li><li>• Lecture 20: I am struggling to forgive #2</li></ul>
	Listen
	<ul style="list-style-type: none"><li>• Sustaining pastoral care with Steve Midgley</li></ul>
	Read
	<ul style="list-style-type: none"><li>• <b>Either</b> finish reading Making sense of forgiveness by Brad Hambrick <b>or</b> The heart of anger by Christopher Ash and Steve Midgley</li><li>• Blog post: Compassion fatigue by Helen Thorne-Allenson</li></ul>
	Submit
	<ul style="list-style-type: none"><li>• Final Project</li></ul>

## Assignments

Instructions for the assignments are in the relevant week in Canvas.

## Assignment Weighting

Response Papers (10% each)	50%
Message to triplet members	10%
Final Project	35%
Seminar Participation	5%

## Grading

There are two main reasons for providing grades for your work. The first is to provide some feedback about how you have done. We trust it helps to have a sense of the standard of your work and changes that may happen over time. The second purpose is to provide some measure of accountability. Taking a course for credit challenges you to put in the time and effort needed to produce good quality thinking and work. All of our lives and all our ministry depends upon growing wisdom. We trust getting grades is one way of helping encourage us toward the effort that is needed for that growth.

Yet grading brings dangers too – it can foster a sense of competitiveness or a fear of failure. So do be praying for godly attitudes. It may help to remember that humility and a willingness to admit ignorance and a desire to grow in knowledge, wisdom, and love (James 1:5; Matt. 5:3) are hallmarks of authentic faith.

In many ways grading is simply a means of helping you maintain the ambitions that led you to register in the first place.

## Grade Scheme

Grade Letter	Percentage Score	Grade Definition		
A	85% – 100%	Excellent to Outstanding	<b>PASS</b>	
A-	70%-84%			
B+	66% – 69%	Good to Very Good		
B	63% - 65%			
B-	60%- 62%			
C+	55% – 59%	Satisfactory		
C	50% - 54%			
C-	40% – 49%	Sufficient		
D	35% – 39%	Unsatisfactory		<b>FAIL</b>
E	30% - 34%			
F	0 – 29%			

## Late Assignments

**Assignments** that are late will have 10 points deducted for every day that they are late, and will be graded “0” after one week.

## Requests for Extensions

**Policies:** Please refer to the BC UK Student Handbook (available in the Course Information section on Canvas) regarding policies for granting late assignments and extensions.

1. Extensions will not be granted for holidays or previously planned events.
2. **To request an extension for up to 7 days**, contact your Grader through the Canvas platform, if possible 48 hours before the deadline, stating the reason for your extension request and how long an extension you are asking for.
3. **To request an extension longer than 7 days**, email [courses@bcuk.org](mailto:courses@bcuk.org) stating:
  1. The course you are taking and your Grader
  2. The assignment for which you are requesting an extension
  3. The due date for this paper or project
  4. The reason for your extension request

Course administration will respond within two working days of your request and inform your Grader.

## Course Administration

The Student Handbook details policies, procedures, and administration of the Certificate Programme, and information that is relevant to all courses, including grading standards and academic policies.

You can find the Student Handbook in the Course Resources section of the course in Canvas.