GRACE THEOLOGICAL COLLEGE
The knowledge of the truth that leads to godliness

BC7203 Counselling for Sexual Abuse

2027

When: Thursday 12-1:30pm **Starts:** 4 March, 2027

Online: You will receive a MS Teams invitation before the class begins. Students will need to login to their Teams account.

Tutor: Peter D. Reynolds D.Min (Couns)

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1. BIBLICAL CASE

- James 1:27 *Women and Children and their suffering are to be a prime concern for the Body of Christ.*
- Exodus 22:22-23 *The mistreatment of women and children have been a concern for the people of God since the Fall into sin.*
- Psalm 68:5 *God Himself is a Protector of the weak and helpless.*
- Psalm 82:3-4 *The weak, the afflicted and the destitute are God's concern*
- Zechariah 7:9-10 *Wickedness against the weak and helpless begins in the heart of the oppressor.*
- Isaiah 10:2 *It is a predator who preys on the unprotected women and children.*
- Deuteronomy 24:17 *Justice must be rendered on behalf of women and children.*
- Isaiah 58:10 *We pour ourselves out for the afflicted.*
- Matthew 18:6 *God has a millstone for those who harm a little child.*
- Matthew 27:27-29 *Sexual abuse and mocking is something Jesus has experienced.*

1 GRADUATE IDEAL. *At GTC we believe that the ideal graduate is someone who, because of Christlikeness and kingdom focus, by hard work, a commitment to a lifetime of learning, becomes mighty in the Scriptures, and commits themselves to serving the church and evangelising the world.*

3. COURSE DESCRIPTION & PURPOSE

3.1. Description. There are no weekly classes for this course, instead it is designed as a self-study

course to completed in one semester. You will meet for eight one hour tutorial with your tutor to assess your progress and answer any of your questions.

3.2. Purpose. In this class you will consider the challenges of counselling adults experiencing post-traumatic stress arising from historic sexual abuse. You will be drawing on the skills and understanding gained in previous courses in biblical counselling with a view to helping students prepare themselves to offer effective and empathic help to survivors of childhood or adolescent sexual abuse.

3.3. Technical Terms and Definitions (as understood in the context of this course)

Biblical Counselling/Pastoral Counselling/Christian Counselling/Therapy: *Person-to-person heart talk within the Body of Christ that is grace orientated, Gospel Focused, Christ centred; either formal or informal, planned or spontaneous. Can be practiced by any wise, reflective and sensitive Christian who has the goal of seeing others changing into the image of Christ.*

Pastoral/Christian/Biblical Counsellor/ Helper/Listener/Therapist: *One who is willing to grow and develop in her/his ability to assist others in the process of moving towards personal growth and change in the areas of behaviour, thoughts, and feelings. This process will be within a Biblical framework and in the context of the Body of Christ.*

Seeker/Speaker/Counsellee/Client: *One who desires personal growth and change and who actively pursues help and engagement towards this end.* ***Secular Theories and Therapies:*** *Ways of understanding and helping people that do not have their presuppositions, methodology or outcomes determined by the Scriptures. In GTC's counselling programme we will teach you the secular theories and therapies, but we will not train you to use them. Rather, we will help and train you to develop a biblical modality and approach to help people grow and change (see the first definition at the top of the page)*

Psychology: *a branch of science that studies behaviour, thoughts and, feelings in an attempt to establish a theory of personality.* ***Psychotherapy:*** *"any systematic methodology based on some theory of personality intended to achieve desirable changes in thinking, feeling and behaviour. More than 400 different systems of psychotherapy have been identified". (The dictionary of Psychology, Appendix E, by Ray Corsini, Brunner/Routledge Pub., 2002).* ***Psychotherapist:*** *one who seeks, through the art of healing conversations, to interact with the behaviour, thoughts, and feelings of another in order to achieve desirable change.*

Psychiatrist: *"A physician who specializes in the diagnosis, treatment, prevention and study of mental and emotional disorders." (Corsini, 2002). Using a medical model, they rely mainly on the prescribing of psychiatric drugs in order to achieve desirable change.*

Redemptive-History: *the structure of biblical revelation as the unfolding over time of God's redemptive purposes for his people.*

Modality: *the approach we take to helping another.*

Presenting Problem: *the initial issue that brings a seeker to counselling.*

Two-Age Tension**:** the reality of living as Christians in a fallen world while simultaneously living in both the age to come and this present evil age.

The Victorious Christian Life: A life that only Jesus Christ has ever lived. He will share his victorious life with us on the day of his return.

Spiritual Maturity: With fear and trembling we face life in a fallen word with a growing commitment to faith, repentance, and trusting the Lord Jesus Christ as he and his promises are revealed in the gospel.

Sexual Abuse: *"*Any contact or interaction (visual, verbal, or psychological) between a child/adolescent and an adult when the child/adolescent is being used for the sexual stimulation of the perpetrator or any other person". (*The Wounded Heart* p. 30.)

4. LEARNING OBJECTIVES

4.1. General Objectives. To become a counsellor who with empathy and insight can gently explore with the counselee their history of sexual abuse with a view to bringing it all under the grace of the gospel and the hope of a life in Christ. In doing so we will gain an understanding of how all of our life experience comes under the grace of God and that the past is in the present until the past is reconciled to the good news of the gospel. See Appendix A *"Why are you asking me questions about my past?"*

4.2. Learning Outcomes. By the end of the course, you should be able to:

- **3.4.1** **Describe and explain** the biblical view of sexual abuse
- **3.4.2** **Identify and define** the extent of this problem in society and church communities.
- **3.4.3** **Explain and critique** with confidence effective and life-changing counsel for any who need to deal with the trauma of historical sexual abuse.
- **3.4.4** **Explain** the assistance available to your sexual abuse clients from government agencies in New Zealand.

My learning goal is:_____

Participation. Online students are required to have an active webcam on unless you have permission to turn it off.

5. ASSESSMENT ACTIVITIES

Credit students should read through this outline and ask any questions about things that you are unclear on. If any of the tasks are not suitable for your optimal learning, you are welcome to discuss an alternative that is acceptable to the tutor.

5.1 Tutorials: Attend and participate in the scheduled tutorials. We learn when we are present and engaged with the material. We learn better when we think through what is being presented and discuss it with others. Come to your tutorials with questions and ideas. Online students to arrange with the tutor the best way for them to participate in the class and get the most from their experience

Activity	**% grade**
Tutorial Attendance	5%
Required Reading	25%
Reading Responses	20%
Project	50%
Total	**100%**

5.2 Reading: Credit students are required to read **1000 pages** of text.

The Wounded Heart by Dan Allender, NavPress, 1990

Counseling Survivors of Sexual Abuse by Diane M. Langberg, Tyndale, 1997

Rid of my Disgrace by Holcomb J. and Holcomb L. Crossway, 2011

On the Threshold of Hope by Diane Langberg, Tyndale House, 1999

Recent articles (last 5 years) from the *New Zealand Journal of Counselling*,

Recent articles (last 5 years) from the *Journal of Biblical Counseling*

5.3. Reading Responses

For the four books provide a two page response.

For each journal article provide a one page response. In your response begin with a one paragraph summary of the reading, then spend the rest your response demonstrating that you have interacted with the contents *as to the impact on your heart* as you have learnt new ideas or been reminded of old ones.

Guidelines for your written work can be found on page 8f

5.4. Project Paper (in lieu of an exam)

A minimum 3000 word project paper in which you explain what you have learnt about sexual abuse and its life-long impact on survivors. Reference to your readings from books and journals, class notes, handouts and discussions. Conclude your paper by explaining how you would begin helping an adult survivor of childhood sexual abuse who has come to you for counselling.

Guidelines for your written work can be found on page 8f

6. LEARNING RESOURCES (Recommended Reading)

Allender Dan	*Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation*	Baker Books, 2016
Allender Dan Longman Tremper	*Bold Love: The courageous Practice of Life's Ultimate Influence*.	NavPress, 1992
Besley Tina	*A Risky Business: A Teenager's Dilemma in Disclosing Sexual Abuse*	NZ Journal of Counselling, Vol 24 (2), 2003.
Briere John	*Beyond Survival: Therapy for Adults Molested as Children*	Springer Pub., 1989
Cloitre Marylene Lisa Cohen Karestan Koenen	*Psychotherapy for the Interrupted Life: Treating Survivors of Childhood Sexual Abuse*.	Guilford Press, 2006
Courtois Christine	*Healing the Incest Wound: Adult Survivors in Therapy*	Norton and Co., 1988
Dulwich Centre	*Responding to Violence: A Collection of Papers Relating to Child Sexual Abuse and Violence in Intimate Relationships*	Dulwich Centre Publications, 2003
Friedrich William	*Psychotherapy of Sexually Abused Children and Their Families*	Norton and Co., 1990
McConnell Mez	*Creaking on the Stairs: Finding Faith in God Through Childhood Abuse*	Christian Focus Pub., 2019
Mortimer Ruth	*Survey of Practitioners Providing Therapy for Survivors of Sexual Abuse/Assault in Aotearoa/New Zealand*	NZ Journal of Counselling Vol 29 (1), 2009.
Pack Margaret	*Sexual Abuse Counsellors Responses to Stress and Trauma: A Social Work Perspective*.	NZ Journal of Counselling Vol 25 (1), 2004
.....	*Career Themes in the Lives of Sexual Abuse Counsellors*	NZ Journal of Counselling Vol 30 (2), 2010
Schmutzer Andrew	*The Long Journey Home: Understanding and Ministering to the Sexually Abused*.	Wipf &Stock, 2011
Strickland Darby	*Is It Abuse?- A Biblical Guide to Identifying Domestic Abuse and Helping Victims*.	Pres & Ref Pub., 2020 especially chapter 7
Welch Edward	*Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection*	New Growth Press, 2012

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7. RESEARCH RESOURCES

a. **GTC library 75 Rogers Road, Manurewa.** If you are a student, then you automatically receive library membership and can borrow books from our library for 1-month. Priority is given to

credit students. You are welcome to come and use the library at any time between 9am and 4:00pm, Monday to Friday.

We are able to post out books to students if students are willing to pay.

b. Christ College Library: Our friends at Christ College are happy to allow GTC students to be members of their library. While you cannot access their books without a trip to Sydney, for AU$55 per year, you can purchase access to their online database of journals and e-books. This is highly recommended for any credit student. Their librarians have also curated a large list of free online research resources.

To join the Christ College electronic library, email: library@christcollege.edu.au

c. Purchasing books. Books purchasing in NZ is often expensive and books can take a long time to arrive. Try your local bookstore, Christian bookstore, or online. We also recommend:

Reformers Bookshop (reformers.com.au) in Australia offers students a discount on books. Please use the (2026) discount code: **BCD26N**

Grace Books (gracebooks.co.nz) are a NZ Christian bookshop which carries a good stock of books.

d. **Logos Software Library. Logos Bible Software** is more than simply a Bible search tool. It is also an electronic library where you can purchase many of the books that you need. Once you purchase books you own them, even if you choose to use the free software version. GTC recommends that you subscribe to a library package (annual or monthly) in order to gain access to reference resources. It is worth noting Logos also has a student discount scheme and GTC is registered with them.

13. CONTACT INFORMATION

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