

# Marriage and Family Counseling

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## Academic credits

2 KP (3 ECTS)

## Prerequisites

None

## Approved by

Methodological Commission (August, 2022)

## Course author and Lecturer

*M.Div, Mg. Theol.* Edgars Mažis ([edgars.mazis@gmail.com](mailto:edgars.mazis@gmail.com))

## Content (Course Annotation)

This study course provides an idea of the possibilities of pastoral counseling in families, offers to learn a variety of methods (mirror listening, genogram) for identifying and addressing family problems, and presents problems with parenting and parental-child relationships and possible solutions. The course also offers methods and programs for working with couples before marriage.

## Aims

To help recognize problematic situations in marriage and family life and their possible solutions.

## Learning Outcomes

### **Knowledge**

*The students will know:*

- systemic approach to marriage and family;
- interdependence and co-dependencies.

### **Assessment**

Individual task  
Test

### **Skills**

*The students will be able to:*

- diagnose problems in the family;
- to see the causes of the problems;
- to offer solutions to family situations;
- provide pastoral advice to parents.

Individual task  
Test

### **Competencies**

*The students will be able to:*

- focus on different family structures;
- To offer families spiritual advice based on Scripture and Christian psychology.

Individual task  
Test

## FULL-TIME STUDIES

### Lesson plan

No.	Subject	Hours
1.	Marriage and family in the Bible. Challenges and solutions.	3
2.	The private life of a pastor as a pastoral adviser, sexuality, marriage. Challenges and temptations.	3
3.	Where do I come from? Marriages and families in my family. Genogram.	3
4.	Pre-marriage counselling. Needs, program, method. How to work with couples before marriage?	3
5.	Pastoral counseling during pregnancy and after birth. Infertility problem.	3
6.	The systemic approach to marriage and family. How to work with a family?	3
7.	Pastoral advice if only one of the spouses wants it	3
8.	Victim, abuser, savior.	3
9.	Problems with parenting and parents.	3
10.	Parenting of men and young people	3
	Final test	2
Total contact hours:		<b>32</b>

### Individual study plan

	Individual studies	Hours
1.	Development of a genogram of your family	24
2.	Analysis of “In Treatment” series	24
Total working hours		<b>48</b>

### Assessment

	Learning Outcomes			% of the final score
	Knowledge	Skills	Competencies	
Genogram	+	+	+	30
Series analysis	+	+	+	35
Examination	+	+	+	35
<b>Total</b>				<b>100%</b>

## Readings

### *Mandatory Readings*

- Baikovs G., J. Baikova. *Laulība: starp Radišanu un Mūžību*. Rīga: Luterisma Mantojuma Fonds, 2008.
- Čepmens, G. *Piecas mīlestības valodas*. Rīga: A&A Vision, 2015.
- Čepmens, G. *Kaut es to būtu zinājis pirms kāzām*. Rīga: Atradums, 2014
- Kalniņš, I. E. *Cilvēks starp Dievu un pasauli*. Rīga: Klints, 2002.

### *Additional Readings*

- Smīds, Luiss, B. *Piedod un aizmirsti*. Rīga: Amnis, 2000.
- Rouva, Dorotija. *Depresija: izlaušanās no iekšējā cietuma*. Rīga: Jāņa Rozes apgāds, 2010.
- Brister, C.W. *Pastoral Care in the Church*. Sanfrancisko: Harper, 1992.
- Oden, Thomas, C. *Pastoral Theology, Essentials of Ministry*. Sanfrancisko: Harper, 1983.
- Swetland, Kenneth L. *The Hidden World of the Pastor*. Baker Books, 1995.
- Swetland, Kenneth L. *Facing Messy Stuff in the Church*. Kregel, 2005.

### *Internet sources*

- <http://sandisratnieks.lv>
- <https://tavasirds.com>