

Chaplaincy Internship Program

Course: Counseling

Spring 2026 Syllabus

Course Information

Instructor Information

Instructor: Rev. Dr. Phyllis Richards

Office Hours: Monday 6:00 – 8:00 pm, Friday 1:00 – 4:00pm

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Course Description

Boundaries explores the importance of establishing healthy personal limits in order to live responsibly, maintain meaningful relationships, and grow emotionally and spiritually. Drawing from psychological principles and Christian faith perspectives, Dr. Henry Cloud and Dr. John Townsend explain how boundaries define what is our responsibility and what is not, helping individuals develop clarity, accountability, and freedom in their interactions with others. The book addresses common challenges such as people-pleasing, guilt, burnout, conflict, and unhealthy relationship patterns, offering practical tools for saying “yes” and “no” appropriately. Students can expect to examine how healthy boundaries contribute to personal well-being, stronger relationships, and more effective leadership and ministry.

Textbook & Course Materials

Required Text

Boundaries (When to say Yes, How to Say No to Take Control of Your Life)

By Dr. Henry Cloud and Dr. John Townsend

Course Requirements

- Internet connection (DSL, LAN, or cable connection desirable)
- Zoom capability – with Cameras on most of the time

Course Structure

The course will be delivered in lecture form via ZOOM. Each 1-hour session will consist of a lecture (30-45 minutes) and discussion.

Student Learning Outcomes

The student learning outcomes/objectives for this course are:

In chapters 1 - 6, students are introduced to the concept of healthy personal boundaries and their role in emotional health, responsibility, and relationships.

Students will learn to distinguish between what they are responsible for and what belongs to others, while identifying common boundary challenges and misconceptions.

The authors provide a practical framework for developing self-awareness, healthier relationships, and more sustainable leadership and ministry practices.

Students will meet the objectives listed above through a combination of the following activities in this course:

- Attending class regularly.
- Completing reading assignments weekly and participation in class discussions.
- Participating in the hands-on assignment.
- Allowing themselves to be open to the information and the guiding of the Holy Spirit.

Topic Outline/Schedule

- **Week 1**
Chapter 1, A Day in a Boundaryless Life
- **Week 2**
Chapter 2, What Does a Boundary look like?
- **Week 3**
Chapters 3, Boundary Problems
- **Week 4**
Chapters 4, How Boundaries are Developed
- **Week 5**
Chapter 5, Ten Laws of Boundaries
- **Week 6**
Chapters 6, Common Boundary Myths