St. Norbert College

Theology and Practice of Pastoral Care

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MTS 579

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**Course Description and Goals**:

This course will seek to define pastoral counseling and to delineate what it encompasses. It will deal with the interface between counseling and theology, between psychology and spirituality. The course will describe various kinds of counseling and seek to help the student to improve his or her skills of listening, conceptualizing issues, and treating issues brought into the counseling relationship. It will deal with phases of the counseling relationship and when it is appropriate to refer a client to another resource. It will deal with the professional role of the pastoral counselor and with the legal and ethical issues surrounding that role. While much of the course will be devoted to theory, the practical application including listening skills and client alliance will also be dealt with through role playing scenarios.

**Texts:**

*Required:* Miller, William R. and Jackson, Kathleen A., Practical Psychology for Pastors, 2nd edition, Prentice Hall, 2010.

Nouwen, Henri J. M., The Wounded Healer, Image Books, 1972. Any version will suffice.

*On Reserve:*

Clinebell, H, Basic Types of Pastoral Care and Counseling (22.9C61B)

Dykstra, Robert, Images of Pastoral Care: Classic Readings, Chalice Press, 2005

Stone, Howard W. and Clements, William M., Handbook for Basic Types of Pastoral Care and Counseling, Abingdon Press, 1991. (253.H19S)

W. Paul Jones, Theological Worlds: Understanding the Alternative Rhythms of Christian Belief

Wicks, Robert J., Parsons, Richard D., and Capps, Donald, Clinical Handbook of Pastoral Counseling, Vol. I & II, Paulist Press, 1993. (253.C61W)

**Academic Honor Code**

The learning process proceeds only when Students perform honestly on assignments and examinations. All students are expected to abide by the Academic Honor code. It defines academic dishonesty and sets forth the responsibilities of faculty and students in the event of alleged dishonesty. Possible penalties for dishonesty include reduction of a grade, failure in the course, failure and suspension, or failure and dismissal. Please refer to the current *St. Norbert College Student Handbook*for the text of the Academic Honor Code.

**Services for Students with Disabilities**

In keeping with the St. Norbert College mission to help students develop their full potential, and compliance with the Americans with Disabilities Act, the College provides supportive services to students with disabilities. For inquiries and further details, please visit the Academic Support Services Office located in Todd Wehr Hall, Room 211, call at 403-1321, or visit the website[www.snc.edu/academicsupport/disabilities.html.](http://www.snc.edu/academic)

**Course Design and Expectations:**

Because there are only six class sessions, attendance is critical. Absences will have a serious impact on the grade and will only be excused for grave reasons. On most days, class will be divided into thirds. The first two-thirds will be comprised of lecture and discussion of theory related to the assigned readings on psychology and counseling proper and the spiritual dimension of pastoral counseling described in The Wounded Healer. The last third will be devoted to practicum work. All students are expected to participate in role playing a pastoral counseling situation. The class members will be divided into pairs and be given a roll play scenario to be acted out. One of the dyad will be the counselor, the other the counselee. Then the roles will be reversed with a new scenario being given.

**Evaluation:**

The course grade will be based on participation, quality of practicum work (role plays), and a written paper. The paper will be 5 to 7 pages typed on a particular aspect of pastoral counseling. Particulars regarding documentation will be explained in the first class. Topics can include but are not limited to:

The distinction between pastoral counseling and spiritual direction

Crisis Intervention

Some Aspects of Ethics with regard to pastoral counseling

The Spiritual Dimension of pastoral counseling

Mid-life Crisis and pastoral counseling

Burnout for the pastoral counselor

Pastoral Counseling and a specific population: adolescents, prisoners, college students, couples, divorced, families, single parents, the aged, children, military personnel, minorities, women, the handicapped, gays, lesbians, bisexuals, transgendered, HIV/AIDS

Sexuality and pastoral counseling

Multicultural issues in pastoral counseling

A specific kind of presenting problem, i.e., grief, addiction, post- traumatic stress, physical abuse, sexual abuse.

**Chronology**

Class One

Important: read before first class:

Practical Psychology for Pastors, chapters 1-7, pp. 1-110

*In the beginning...* Introduction and background of instructor, introduction of students including background, goals, interests, and what students want to get out of course. Instructions regarding tapes and paper.

The first session, issues regarding the spiritual context, establishing rapport, active listening, and assessment. How important is case history? Mental status: Orientation to time, place and person. A brief overview of psychological orientations. What is best approach for the pastoral counselor? . Issue of informed consent. Kinds of helping relationships: supportive, problem-solving, analytical.

Practicum: Begin role playing dyads..

Assignment: Practical Psychology, Chapters 8-11, pp. 111-195,. The Wounded Healer, Introduction and chapter 1, pp. 12-27.

Pertinent sections of WI law pertaining to professional conduct for pastoral counselors and Code of Conduct for pastoral counselors.

Class 2

*How to avoid trouble...*Ethical issues including confidentiality, duty to warn, reporting requirements, and dual role situations. Legal issues and clergy malpractice in relationship to pastoral counseling. Practicum: Continue role playing.

Assignment: Practical Psychology, ch. 12-14, pp. 196-282, The Wounded Healer, Ch. 2, pp. 28-43.

Class 3

*What do I ask?* Assessment and conceptualizing the problem. Interviewing techniques and models, abnormal psychology in a nutshell, suicide assessment.

Depression, Suicide, and Anxiety. Practicum: case presentations, practice interviewing and analysis of problem.

Assignment: Choose a topic for the paper. The Wounded Healer, ch. 3 pp. 44-62

Class 4

*Into the breach !!!* Review topics for paper. Dynamics of OCD (handout) and Borderline. Intervention. RET in a nutshell, relaxation training, some cognitive behavioral strategies including rehearsal, stress inoculation, role playing, modeling, etc. Practicum: case presentations, practice interviewing and analysis of problem.

Assignment :Practical Psychology, ch. 15-17, pp. 283-366, The Wounded Healer, ch. 4 and conclusion, pp. 63-75

Class 5

*Am I in over my head?* Referral issues: hallucinations, delusions, substance abuse, major disorders, personality disorders. Shoppng for Mental health. Who to refer to: psychiatrists, psychologists, family therapists. The medical model. Practicum: Cases and intervention. Assignment: Practical Psychology, ch. 19, pp. 417-443. Also, finish paper for turn in and brief presentation at last class.

Class 6 *You’re special!!!* Stress and Anxiety, Anger and Aggression. Special populations of concern for pastoral counselors: the Borderline and the Scrupe. Issues with Gay, Lesbian, and Bisexual populations. Practicum: dealing with these special populations.

*All’s well that ends well...* Paper due. Terminating the pastoral counseling relationship. Questions and answers from the class. Summaries of research papers to be shared with classmates..