

DRAFT**MNST 5125 Introduction to Pastoral Care and Counseling**

Spring Semester 2018

Thursdays 1:30pm-4:15pm

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Course Description: This course is designed to help students become more effective and theologically reflective as pastoral caregivers. Developing listening and empathic skills will be integral to this course. It will provide an introduction to basic pastoral care frameworks along with its relationship to psychological and developmental theories. The role of empathy, intercultural perspectives, issues of trauma and loss in pastoral care will be reflected upon theologically and psychologically through lecture, readings, movies, and class and group discussions. Finally, this class will provide ways for students to grow in assessing their own strengths and growth edges and learn how this may facilitate or impede their effectiveness as pastoral care givers.

Course Objectives:

1. Students will understand the different modes of pastoral care and learn how to apply them in their ministry.
2. Students will understand fundamental psychological and developmental theories and how they assist with providing care and counseling.
3. Students will develop basic listening and empathy skills.
4. Students will reflect upon the cultural issues and their impact on pastoral care.
5. Students will learn how think critically, theologically, and systematically in pastoral care situations.
6. Students will gain greater self-awareness in order to foster healthier interpersonal relationships and practice.

Requirements:

- **Weekly attendance**
- **Class Participation**
 - Each student will have an opportunity to begin class with a brief prayer and/or devotion.

- We will have role plays for each class session and students are required to participate.
- Small group time
 - We will break into small groups almost on a weekly basis to discuss readings and movies/documentaries.
- **End of class reflection/comments**
 - At the end of each class you will have the opportunity to share your thoughts, questions, and/or concerns about session via email or hand written note.

PLEASE NOTE: THE ART OF LISTENING and THE PRACTICE of PASTORAL CARE SHOULD BE READ BEFORE OUR FIRST CLASS MEETING ON January 18th

Assignments: Please upload assignments on Moodle.

Late assignments will be deducted half-letter grade for each day late.

1. **Reflection Papers**

Weekly **1**, double spaced, reflection paper on readings. Please include a brief summary of the texts, critiques, and questions that you may have. Reflections are due on **Thursday** before class session.

2. **12 Step/Support Group Paper**

3-5 page paper, double spaced, paper describing your experience after attending **ONE** of the following support groups (**See complete instructions on pg.6**):

DUE ON Thursday on FEBRUARY 22nd

- Alcoholic Anonymous
- Narcotics Anonymous
- Al-Anon Family Groups
- Overeaters Anonymous

3. **Group Presentations on Mental Health Issues**

Groups of 3-5 will present on the following mental health issues:

Eating Disorders: Anorexia/Bulimia

General Anxiety

Depression

Drug/Alcohol Abuse

Post-Traumatic Stress Disorder

Presentations will demonstrate in depth understanding of the etiology the mental issues and provide ways on how to provide most effective, thoughtful pastoral care based on the readings and your own research. Along with presentation please submit a **1 page summary** of your presentation emphasizing what you have learned how you might apply this knowledge to your ministry. **PLEASE BE CREATIVE! Summary is due on the day of your presentation.**

4. **Genogram**

Genogram with **7-10 page**, double spaced, written reflection (**More instructions, examples, and information will be provided in class**)

- This is an elaborate drawing of your family system, their relationships to each other and to you.
- Reflection will consist of the family dynamics, critical family issues, the strengths and growth edges of your family that emerge from the genogram and how this may impact your role as pastoral care giver and your ministry.

DUE ON FRIDAY APRIL 6th

5. **Case Study**

- Write a **10-12 page paper**, double spaced on how you will provide pastoral care to ONE of the following families:
 - 1) A family whose teenage son was shot and killed by a police officer during an altercation at his high school.
 - 2) A family whose teenage daughter was raped by an acquaintance at a high school party.
 - 3) A family whose young son was a victim of a school shooting.
- Include an outline of a sermon that you would preach to your congregation. Please include key biblical texts.
- Include the pastoral function that would be most appropriate for this crisis. There is no right or wrong answer, just make sure to provide a rationale for your choice by drawing upon the materials from the course and/or other academic resources.
- Finally, we will have time in class to discuss the case to assist with both preparation and writing of the paper.

DUE ON FRIDAY MAY 11th

6. **Self-Care Reflection:**

- **1-2 page reflection** on how you will maintain self-care while in ministry.
 - For this paper I simply want you to write about how you will take care of yourself while in ministry. This paper is FOR YOU! Take time to reflect on how you will reenergize yourself and concrete steps that you will take to care for your mental, spiritual, emotional, and physical health. Include in paper 2 individuals who you want to hold you accountable for your self-care and give them a copy of your reflection.

DUE ON THURSDAY, MAY 10th

Class Meeting Schedule and Reading Assignments

January 18 2018

Introductions

Orientation to Course and Class Structure

Listen, Listen, Listen! Growing in Listening and Empathic Skills

Read: Nichols, *The Art of Listening*, ALL

Read: Doehring, *The Practice of Pastoral Care*, Chapters 1-3

Case Study Instructions

January 22- January 26th -NO CLASS-Covenant Midwinter Conference

February 1 2018

Overview of the History of Pastoral Care

Modes of Counseling

Read: W.A. Clebsch and C.R. Jaekle, *Pastoral Care in Historical Perspective*, Parts 1 and 3
Will be uploaded on Moodle.

Read: Lartey, *In Living Color*, Chapter 1

February 8 2018

Introduction to Psychological Theories and Theories of Human Development:

Video: Everybody Rides the Carousel

Read: Kelcourse, *Human Development and Faith*, Chapter 1
Will be uploaded on Moodle

February 15 2018

Psychological Theories and Theories of Human Development continued

Video: Everybody Rides the Carousel

Read: Kelcourse, *Human Development and Faith*, Chapter 2
Will be uploaded on Moodle

February 22 2018

Family Systems

Overview of the Family Life Cycle

Video: Everybody Rides the Carousel

Read: McCarter and McGoldrick, *The Expanded Family Life Cycle*, 5th ed. Chapter 1
Will be uploaded on Moodle

Read: Gilbert, Extraordinary relationships: A new way of thinking about human interactions
Chapters 1, 2, 11 & 13

Instructions for Genogram Assignment

Due: 12 Step Support Group Paper Due

March 1 2018

Cultural Issues in Pastoral Care

Documentary: Time for Burning

Read: Lartey, *In Living Color*, All

Read: Pineda-Madrid, *Cultural Symbolic Female Representations of Suffering*

Will be uploaded on Moodle

March 8 2018

Pastoral Care and Violence

Documentary: Broken Vows

Read: Fortune, *Sexual Violence*, Chapters 8-11.

Read: Doehring, *The Practice of Pastoral Care*, Chapter 5

Read: Herman, *Trauma and Recovery*-All

March 12-16, 2018—NO CLASS READING WEEK**March 22 2018**

Grief Issues in Pastoral Care

Movie: Ordinary People

Read: Mitchell and Anderson, *All Our Losses*, ALL

Read: Sheppard, *Mourning the Loss of Cultural Selfobjects: Black Embodiment and Religious Experience After Trauma**

March 29 2018 PRESENTATIONS**April 5 2018-PRESENTATIONS****April 12 2018-PRESENTATIONS****April 19 2018 PRESENTATIONS****April 26 2018**

Preaching as Pastoral Care: Guest Lecturer

May 3 2018

Establishing Boundaries in Pastoral Care

Read: Doehring, *The Practice of Pastoral Care*, Chapter 4

Read: Capps, *Giving Counsel*, Chapter 4

May 10 2018 Last Day of Class**SELF CARE REFLECTIONS DUE**

Referral as Pastoral Care and Self Care Practices

Mapping the resources in your community

Instructions for 12 Step/Support Meeting Reflection Paper

Your congregants will undoubtedly struggle with various addictions. It is important to have an idea of their world and struggles and thus become more empathic and learn how to support these individuals and their families in our church communities. The meetings listed above can be found in almost every city. They have various times to accommodate most individuals. There are some of you in class who are traveling from outside of the Chicago area; if it is easier for you to attend a meeting in your community, feel free to do so. I have listed several websites where you can locate meetings for your convenience. PLEASE READ WEBSITES CAREFULLY and ATTEND AN **OPEN MEETING**. At an open meeting any person can attend. You do not have to identify yourself. If you have any questions, please do not hesitate to contact me.

Here is what I would like you to include in your paper:

- Thoughts and feelings and prior and during the meeting.
- Describe the people and setting as vividly as you can. What do you see? Smell? Hear?
- Describe any concerns or fears that you have prior and during the meeting.
- Where did you sit and why?
- What makes such groups so appealing and healing for participants?
- Where do you see and experience God in the meeting?

Websites:

Al Anon, Alateen Anonymous

<http://www.al-anon.alateen.org/meetings/illinois.html>

Alcoholic Anonymous

<http://chicagoaa.org/find-a-meeting>

Narcotics Anonymous

<http://www.chicagona.org/>

Overeaters Anonymous

<http://www.oa.org/membersgroups/find-a-meeting/>

ACCOMMODATIONS

Students with disabilities who believe that they may need accommodations in this class are encouraged to contact the seminary academic services office as soon as possible to ensure accommodations are implemented in a timely manner. For further information, see seminary Catalog, p. 17 and review the following website: <http://www.northpark.edu/ada>.

Grading:

Daily Reflections 5.0%

12 Step/Group Meeting Reflections: 12.5%

Genogram 30%

Presentation 15 %

Case Study 35 %

Self-Care Reflection 2.5%

Grading Rationale

“A” signifies an in-depth grasp of the material presented in class and in readings, and a demonstrated ability to explore the implications of that material for pastoral care and counseling beyond what is immediately evident.

This grade generally indicates sufficient interest to go beyond the required readings of the class.

The paper addresses all of the questions or issues assigned. Information is clearly focused in an organized and thoughtful manner.

Writing reflects thorough proof reading that evidences thoughtful and reasoned development of ideas and reflections constructed with correct grammar and spelling. No spelling, grammatical, or punctuation errors and a high-level use of vocabulary and word choice.

Your assignment is on time.

“B” signifies an adequate comprehension of class material and ability to apply the concepts to pastoral settings.

The paper addresses many of the questions or issues assigned. Information supports the thesis of the paper.

Writing reflects proper grammar, spelling and constructed with a reasonable, easy to follow development of ideas and evidence of proof reading. . Few (1 to 3) spelling, grammatical, or punctuation errors. Good use of vocabulary and word choice.

Your assignment is on time.

“C” indicates minimal integration of the themes of the course, but sufficient to pass.

The paper addresses only 2 or 3 of the questions or issues assigned. Project has a focus but might stray from it at times. Information appears to have a pattern, but the pattern is not consistently carried out in the paper. Information loosely supports the thesis of the paper. Writing reflects a minimal ability to organize material and demonstrates minimal attention to grammar and spelling. Project has a focus but might stray from it at times. Minimal (3 to 5) spelling, grammatical, or punctuation errors. Low-level use of vocabulary and word choice.

Other grades will indicate poorly organized or inadequate integration of the material.

Required Texts for Course:

Capps, D. (2001). *Giving counsel: A minister's guidebook*. St. Louis, MO: Chalice Press.

Doehring, C. (2015). *The practice of pastoral Care: Postmodern approach/Revised Edition*. Louisville, KY: Westminster John Knox Press.

Fortune, M. (2005). *Sexual Violence: The sin revisited*. Cleveland, Ohio: The Pilgrim Press.

Gilbert, R.M. (1992). *Extraordinary relationships: A new way of thinking about human interactions*. New York: John Wiley & Sons, Inc.

Herman, J. (2015). *Trauma and recovery: The aftermath of violence from domestic abuse to political power*. New York, NY: Basic Books.

Lartey, E.Y. (2003). *In living color: An intercultural approach to pastoral care and counseling/ Second Edition*. New York, NY: Jessica Kingsley Publishers.

Mitchell, K. & Anderson, H. (1983). *All our losses, all our griefs: Resources for pastoral care*. Westminster.

Nichols, M. P. (2009). *The Lost Art of Listening: How Learning to Listen Can Improve Relationships*. New York: The Guilford Press.

Scanned Material: I will upload on Moodle

*Kelcourse, F.B., ed. (2004). *Human development and faith: Life- cycle stages of body, Mind, and soul*. St. Louis, MO: Chalice Press.

* McGoldrick, M., Preto, N. & Carter, B.(2015). *The expanded family life cycle: Individual, family, and social perspectives*. Fifth Edition. New York: Pearsons.

* Pineda-Madrid, N. (2011). *Suffering and salvation in Ciudad Juarez*. Minneapolis, MN: Fortress Press.

* Sheppard, P. (2008). "Mourning the loss of cultural selfobjects: Black embodiment and religious experience after trauma." *Practical Theology*, 1(2), 233-257.

Recommended Reading:

Burden, S. L, Fay, L.F., Guerin, P, J., & Kautto, J.G. (1987). *The evaluation and treatment and marital conflict: A Four stage approach*. New York, NY: Basic Books.

Clebsch, W.A. & Jaekle, C. R. (1994). *Pastoral care in historical perspective*. New York, NY: Rowan and Little Field Publishers.

Cooper-White, P. (1995). *The cry of Tamar: Violence against women and the churches response*. Minneapolis, MN: Fortress Press.

- Heggen, C. H. (1993). *Sexual abuse in Christian home and churches*. Scottsdale, Pennsylvania: Herald Press.
- Hendrix, H. (1998). *Getting the love you want: Guide for couples*. New York, NY: Henry Holt & Company.
- Kornfeld, M. (1998). *Cultivating wholeness: A guide to care and counseling in faith Communities*. New York: Continuum.
- Neuger, C. C. (2001). *Counseling women: A narrative, pastoral Approach*. Minneapolis: Fortress Press.
- Townes, Emilie. (1993). *A troubling in my Soul: Womanist perspectives on evil and suffering*. Maryknoll, NY: Orbis Books,