

INTRODUCTION TO PASTORAL COUNSELING PC 50

Prof. Martha Robbins
Term II, 2003

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COURSE DESCRIPTION:

This course is designed to help students develop or deepen such pastoral care and counseling skills as listening, assessing, responding, referring, and intervening in crisis situations within the congregational context. Students will learn to recognize different kinds of emotional difficulties (mental illnesses) and how such may affect and be affected by congregational dynamics. Furthermore, students will learn and practice methods of solution-focused pastoral counseling. Furthermore, they will discover the unique role pastors have in healing ministry, pastoral counseling, and spiritual counsel and the relationships among them.

CLASS OBJECTIVES:

1. Develop/deepen communication skills for ministry: listening, assessing, responding, intervening, referring.
2. Learn skills for doing solution focused pastoral counseling within the congregational context.
3. Learn to discern and respond appropriately to deeper patterns embedded in personal life stories.
4. Distinguish the roles & tasks of Pastoral Care, Counseling, and Spiritual Counsel or Guidance.

Required Books:

Guenther, Holy Listening, Cowley
Kollar, Solution-Focused Pastoral Counseling, Zondervan
Kornfield, Cultivating Wholeness, Continuum
Savage, Listening and Caring Skills in Ministry, Abingdon
Sperry, Ministry and Community: Recognizing, Healing and Preventing Ministry Impairment

Recommended Books:

Ahlskog and Sands, The Guide to Pastoral Counseling and Care (On Desk Reserve):
Hollies, Linda. Inner Healing for Broken Vessels;
Pruyser, Paul. The Minister As Diagnostician
Saussy, Carroll. God-Images and Self Esteem
White & Epston. Narrative Means to Therapeutic Ends
Armistead, Kathryn. God-Images in the Healing Process
Propst, Rebecca. Psychotherapy in a Religious Framework: Spirituality in the Emotional Healing Process

Requirements:

1. Class attendance and participation.
2. Do assigned exercises and reading prior to class.
3. Two written verbatims/reflections on your counseling experience with your counselee (based upon a minimum of 3 visits). Report is to include verbatim dialogue and the following: (see sample on desk reserve in library)

Session Reflection

Setting and context of visit

What is the particular issue or concern the counselee presented?

What do you understand the need of the counselee to be?

How does the person image the solution to the issue/problem?

What strengths did the counselee bring to/ discover in the situation?

How did you respond to these needs, concerns, strengths?

Did you set goals with the counselee?

Was the Counselee's faith or faith community relevant to the issue? Were there any theological issues raised?

Self-Reflection: Reflect on what was going on in you during your session:

What were you observing, feeling, thinking, and intuiting at what time?

What was difficult for you to hear or handle?

What factors enhanced your pastoral presence; what blocked it?

4. Weekly Practice Skills with your Partner (at least 1 hour)
5. ORAL EXAM IN CONSULTING TEAMS (Preparation sheets will be given)

Listening: Identifying the Problem

Assessing: What are the needs?

Responding: What would you do to address these needs?

Resourcing: How are faith and the Community of Faith resources for this problem/issue/person... and how do you nourish this?

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Dec. 2 INTRODUCTION

- * What is Pastoral Counseling?
- * Contexts of Counseling
- * Overview of Two Counseling Models
- * Confidentiality

Ex: Lifelines, Religious Question Interview

Find: Interviewee and Class Practice Partner
Participant Permission Sheets need to be returned

Dec. 9 THE HELPING RELATIONSHIP - CONTEXT

- * External Factors / Ground & Soil of Faith Community
- * Internal Factors
- * Theological Understandings
- * Communication Styles

Read: Kornfield, Chs. 1- 3
Savage, pp. 11-19,

Rec. Read: Ahlskog and Sands, Ch.3

Dec. 16 QUALITIES OF THE HELPER

- * Attitudes and Behavior
- * Moral Context & Ethical Responsibilities
- * Communication skills: Paraphrasing, Use of Questions

Read: Kornfield, Ch. 10 & Ch 4
Kollar, Ch. 8
Savage, Ch. 1

Jan. 6 REFERRING, RESOURCING, & REFLECTIVE LISTENING

- * Recognizing Major Mental Disorders
Schizophrenia, Major Depression & Bi-Polar Disorder
Personality Disorders
- * Pastoral & Congregational Responses
- * Making effective referrals; using community resources
- * Communication skills: Perception Check,
Expressing Feelings, Reflective Listening

Read: Kornfield, Ch. 5
Savage, Chs. 3, 4
With Cords of Compassion, Forward through p. 7 (Hand Out)
Sperry, Chs. 2, 3, 5,6, 8

Rec. "The Assessment Interview" in Ahlskog and Sands, Ch. 4

Jan. 13 CRISIS INTERVENTION and RESOURCING

- * Handling crises
Suicide; Alcohol, Abuse, Homelessness
- * The Church as Healing Community
- * Communication skills: Fogging, Negative Inquiry;
Behavior Description

Read: Savage, Chs. 5, 6, 7
With Cords of Compassion, pp. 11-27
Kornfield, Ch. 9

Jan. 20 STORY LISTENING/ STORY POLARIZATION

- * Listening for the movement of the Spirit
- * Listening for the polarities
- * Responses and leads
- * Reframing

Read: Savage, Ch. 8, 9
Guenther, Ch. 1, 2
Ahlskog and Sands, Using Religious Resources in Counseling, Ch. 10
(Desk reserve)

DUE: First Verbatim

Jan. 27

LIFE COMMANDMENTS

- * Changing underlying negative beliefs
- * Midwife to the Soul
- * Your theological understanding of healing process

Read: Savage, Ch. 10
Guenther, Ch. 3
Jasper Keith, "Healing in a Theological Perspective" (On reserve)
Kollar, Chs. 5-7

Feb. 3

SOLUTION FOCUSED METHOD IN BRIEF COUNSELING

Read: Kornfield, Ch. 6
Kollar, Chs. 9-15

Feb. 10

SOLUTION FOCUSED METHOD- APPLIED TO INTERVIEWEES

Read: Kornfield, Chs. 7 and 8 for relevant material

Class Presentations

Feb. 17

**SOLUTION FOCUSED METHOD – APPLIED TO INTERVIEWEES
INTEGRATION OF SKILL AND THEORY**

Class Presentations

Feb. 24

Oral Exam