

An Introduction to Pastoral Care and Counselling
Acadia Divinity College
CLIN 5006XO
2002-2003

Instructor: John Sumarah
Office: Emmerson Hall, Rm 309
Phone: 585-1363

Tuesdays: 8:30-12:00
Fax: 585-1761
john.sumarah@acadiau.ca

Course Description

The purpose of this course is to examine a Church-based approach to pastoral care and counselling.

Course Rationale

Pastors face many different kinds of pastoral care needs and counselling situations. This course will provide the opportunity for psychological discourse and its implications for Christian Ministry. The central question addressed is, "What can pastoral leaders learn from psychology that will assist them in their ministry?" The course will provide students with the theories and skills needed to address pastoral care and counselling situations in their congregations.

Course Objectives

As a result of the course students will:

1. have a basic understanding of the various theories of counselling and how these theories can assist pastoral leaders in understanding the psychological dynamics at work in people's lives
2. learn and demonstrate foundational counselling and communication skills including active listening, empathic understanding, discerning and referring
3. understand the relationship cycle of attending, listening, responding and valuing with particular attention paid to the pastoral relationship
4. understand the differences between pastoral care, pastoral counselling and spiritual accompaniment
5. gain a better awareness and understanding of self and the impact on pastoral care relationships

Course Format

The format of the course will include lectures, videos, discussion, role-plays and dramatizations.

Course Texts (Required)

Dayringer, R. (1998). *The Heart of Pastoral Counselling, Healing Through Relationship*. New York: The Haworth Pastoral Press.

DeVito, J., Shimoni, R., Clark, D. (2001). *Messages, Building Interpersonal Communication Skills, Canadian Edition*. Toronto: Addison Wesley/Longman.

(Recommended)

Dittes, J. (1999). *Pastoral Counselling: The Basics*. Louisville: Westminster John Knox Press.

Taylor, C. (1991). *The Skilled Pastor*. Minneapolis: Fortress Press.

Stone, H. (2001). *Strategies for Brief Counselling*. Minneapolis: Fortress Press.

Course Topics

- Christian faith and Psychology
- Counselling as Ministry: Why people come to pastors?
- Relationship issues in pastoral care and counselling
- The art of listening and understanding
- Counselling approaches including brief solution focussed
- Basic communication skills
- Conflict management
- Common problem areas and what to do about them: depression, suicide, stress and anxiety, addictions, mental health disorders
- Ethical and legal issues related to pastoral care and counselling
- Pastoral self-care and community
- Resources and referrals
- Other relevant topics of interest to the class

Attendance and Readings

Discussion of issues in pastoral care and counselling requires attendance and participation. Learning is the process of listening to and sharing points of view. Students are expected to attend all classes. If, in exceptional circumstances classes must be missed, students are expected to inform the instructor in advance.

Readings will be discussed in small and large groups. Students are expected to come to class prepared for discussion by reading the required texts, noting personal reactions, reflections and questions. If there is commitment to preparation everyone should benefit from the discussion.

Course Assignments

Dramatization

The class will be divided into small groups. Each small group will be responsible for dramatizing an issue in pastoral care. Topics should be chosen in consultation with the instructor. The purpose of the drama is to clarify one's thinking about a pastoral care issue and to shed light on the issue for others. Drama is a way to express views intellectually, emotionally and physically. Dramas should be about twenty minutes in length followed by a twenty-minute discussion. Dramatizations require knowledge of the topic or issue along with creative ways to communicate the message to an audience. The various roles for the drama can be negotiated within the small groups. Consideration for the gifts, talents and personalities of each one is important.

Evaluation: 20%

Personal Exploration Paper

This paper explores pastoral care from a personal point of view. Students are requested to observe, reflect and write about pastoral care and counselling from a personal perspective. This reflective paper is an opportunity to clarify one's views about pastoral care, the strengths one brings to the work and the personal areas that need to be addressed and how they will be addressed. The paper should be about 1000 words in length and is due the week of December 16.

Evaluation: 20%

Video tapes

Two video tapes demonstrating the use of basic communication skills in a pastoral role play situation. The tape should attempt to integrate the psychological with the theological. The tape should be accompanied by a critical evaluation of the strengths and short-comings of the demonstration. The tapes will be reviewed in class for group feedback. One tape is due before Christmas and the other after.

Evaluation: 20% (10% each)

Academic paper

An academic paper on a pastoral issue of interest to the student. The paper is an opportunity to explore in depth an area of interest related to pastoral care and counselling. Topics should be chosen in consultation with the instructor. The 2000 word paper with a minimum of 10 relevant references should be peer-reviewed and edited and is due the second week of January.

Evaluation: 40%

Case Studies

Some examples of possible case studies to dramatize or role-play include:

1. A couple is having difficulties communicating and they feel that their marriage is affected. They value marriage and after 10 years they are beginning to question whether they should remain committed. They have two children and are both working outside the home. They attend Church regularly.
2. One of the teens in your youth group wants to talk to you about the pressure on her to be in a sexual relationship with her boy friend. Part of her believes it is wrong but another part thinks that since so many others are sexually involved that it may not be so wrong after all.
3. An active member of your church discontinues coming to service since the death of his wife. His grief is deep and profound. They were married for 32 years and were both very involved in Church life. At the moment he is very depressed and feels very disconnected to everyone and everything.
4. A frail elderly member of your Church does not want to go to the nursing home as her family suggests and asks you to talk with her family. While others believe that she cannot manage on her own and worry about her safety she believes that she is better off in her own home.
5. A member of your Church calls late at night saying that she cannot cope any longer and wishes to die. She is looking at a bottle of pills as she calls you.
6. A woman in your Church is having flash backs about sexual abuse and feels very confused about everything. She wants to talk with you but feels ashamed. She doesn't understand why she is having these memories now and she is not certain which ones are real or not.
7. A pastor from a nearby Church comes to see you and in the course of the conversation says that she feels burnt out. There are so many demands on her time and energies. She loves her ministry but believes that she cannot cope indefinitely. She wonders whether God is calling her to another vocation.

Class Schedule

The first class will be devoted to introductions and organisation of the course. The second class will provide a discussion of the context for the course. Other classes will have a combination of theory, process and skill information as related to pastoral care and counselling.

September 3	Introductions and Organization of Course
September 10	Psychology, Religion, Theology and Spirituality
September 17	Chapter 1 of both texts
September 24	Chapter 2 of both texts
October 1	Chapter 3 of both texts; 2 video presentations
October 8	Chapter 4 of both texts; dramatization; 1 video
October 15	Chapter 5 of both texts; 2 video presentations
October 22	Chapter 6 of both texts; dramatization; 1 video
October 29	Chapter 7 of both texts; 2 video presentations
November 19	Chapter 8 of both texts; dramatization; 1 video
November 26	Chapter 9 of both texts; 2 video presentations
December 3	Chapter 10 of both texts; 2 video presentations
December 10	Chapter 11 of both texts; 2 video presentations
December 17	Chapter 12 of both texts; 2 video presentations
January 7	Chapter 13 of The Heart of; 2 video presentations
January 14	Chapter 14 of The Heart of; dramatization; 1 video
January 21	Highlighting the main features of the course; 2 video presentations
January 28	Appropriating the lessons from the course; 2 video presentations
February 4	Summary and Closure

Bibliography (from the Vaughan Library)

The heart of pastoral counselling: healing through relationship by Richard Dayringer
(BV4012.2 D39 1998)

Taking care: monitoring power dynamics and relational boundaries in pastoral care and counselling by Carrie Doehring
(BV4012.2 D64 1995)

Integrative therapy: a comprehensive approach to the methods and principles of counselling and psychotherapy by Darrel Smith
(BV4012.2 S56 1990)

The psychology of religion for ministry by Malony Newton
(BL53 M365 1995)

Theology and pastoral counselling: a new interdisciplinary approach by Deborah van Deusen Hunsinger
(BV4012.2 H833 1995)

Agents of hope: a pastoral psychology by David Capps
(BV4638 C267 1995)

Clinical handbook of pastoral psychology by David Capps
(BV4012.2 C54 1985)

Caring for people from birth to death by James Hightower
(BV4012 C319 1999)

Pastoral Diagnosis: a resource for ministries of care and counselling by Nancy Ramsay
(BV4012 R35 1998)

The pastor's survival manual: 10 perils in parish ministry and how to handle them by Kenneth Moe
(BV 4016 M64 1995)

Shared grace: therapists and clergy working together by Marion Bilich
(BV4463.5 B55 2000)

Modern psychotherapies: a Christian appraisal by Stanton Jones
(BV4012.2 J65 1991)

A minister's handbook of mental disorders by Joseph Ciarrocchi
(BV4012 P647 1993)

The tree of healing: psychological and biblical foundation for counselling and pastoral care by Roger Hurding
(BV4012.2 H844 1988)

The pastor and his (her) people: a psychology for parish work by Edward Jackson
(BV4012 J33 1963)

Christian counselling: a comprehensive guide by Gary Collins
(BV4012.2 C562 1988)

Practical psychology for pastors by William Miller and Kathleen Jackson
(BV4012 M55 1995 AST library)

Pastoral counselling: the basics by James Dittes
(BV4012.2 D565 1999 AST library)

Journals

Abstracts in Research in Pastoral Care and Counselling
American Journal of Pastoral Counselling
Counselling and Values
International Journal for the Psychology of Religion
Journal of Biblical Counselling
Journal of Christian Healing
Journal of Interpersonal Care
Journal of Ministry in Addictions and Recovery
Journal of Pastoral care
Journal of Pastoral Practice
Journal of Pastoral Psychotherapy
Journal of Pastoral Theology
Journal of Psychology and Christianity
Journal of Psychology and Theology
Pastoral Care in Education
Pastoral Psychology

Possible video tapes to view in class:

Existential/Humanistic Therapy
Person Centred Therapy
Gloria (Rogers, Pearls and Ellis)
Brief Solution Focussed Therapy (Insoo Kim Berg)
Cognitive Behavioural Therapy (Michenbaum)
Reality Therapy
The Art of Integrative Therapy
Stages of Counselling (EDUC 5066)

Books on Communication Skills:

Counselling and Therapy Skills by David Martin

The Skilled Helper by Gerald Egan

Connecting by Berko, Rosenfeld and Samovar

Messages by DeVito, Shimon and Clark

Essential Interviewing by Evans, Hearn, Uhlemann and Ivey

The Helping Relationship by Laurence Brammer

Counselling Process Books:

The Process of Counselling and Therapy by Janet Moursand

The Professional Counsellor by Hackney and Cormier

Becoming a Helper by Marianne and Gerald Corey

Counselling Theories Books:

Theories of Counselling and Therapy by Jeffrey Kottler

Theories of Counselling: A Multicultural Perspective by Ivey, Andrea, Ivey and Simek-Morgan