

in an urban context.

II. Course Organization

My teaching style is interactive. I feel that the interactive style is where the greatest learning occurs. After all, we are all teacher-students, i.e., we learn from each other. Therefore, active participation of each class member is essential. Due to the structure of the course, attendance in all sessions will be required and punctuality is expected.

III. Course Objectives

Through readings, role-play, presentations, discussions, and assignments, students will have the ability to:

- 1. Develop a Biblical foundation for conducting pastoral counseling (this will be done by examining and utilizing various counseling models);*
- 2. Identify personal issues that may potentially strengthen or weaken one's counseling abilities (and to see how growth and wholeness develops through a multi-dimensional process);*
- 3. Know how to work in various counseling modalities (i.e., individual, couple, family, group);*
- 4. Learn the fundamental skills of effective communication;*
 - 5. Understand how to identify problems and facilitate solutions;*
 - 6. Establish healthy personal boundaries with appropriate ethical behaviors;*
- 7. Provide therapeutic, supportive, crisis, bereavement, and educative counseling to a variety of problems and with diverse populations.*

IV. Required Course Texts

Clinebell, Howard. (1984). *Basic Types of Pastoral Care & Counseling: Resources For The Ministry Of Healing & Growth*. Nashville: Abingdon Press.

Collins, Gary. (2007). *Christian Counseling: A Comprehensive Guide*, third edition. Nashville: Thomas Nelson.

Optional Recommended Text

Benner, David. (2003). *Strategic Pastoral Counseling: A Short-Term Structured Model*, second edition. Grand Rapids: Baker Book House.

V. Course Requirements And Grading

1. Reading and Reading Logs (20% of final grade)

Log forms will be provided. In your log, include date, text, author, chapter or title, and total number of pages read. Readings will include material from required texts, recommended texts, and other books and journals you read that you believe are relevant to this course. Reading logs will be due in two installments: one at the beginning of class, January 28, 2009, and the other six weeks after class on March 14, 2009.

Reading is graded on the following scale for Master's Level work:

900-1100 pages	A- to A
700-899 pages	B- to B
500-699 pages	C- to C

Less than 500 pages

D or F

2. Active Participation (15% of final grade)

Active participation during class and in focus groups is a critical part of the learning process.

3. Role-Play (15% of final grade)

Students will be required to participate in role plays which will occur during class. In role plays, students will take on the roles of pastoral counselor, counselee (person being helped), and "observer." Students will engage in self-evaluation and evaluation of peers. Grade is based on participation in the role-play situations, not on peer or self-evaluations.

4. Paper #1 (15% of final grade)

For this paper entitled, "Preparedness For Being A Pastoral Counselor," describe how you engage in self-care activities that promote wellness in you so that you will be able to provide spiritual and whole-person care and counseling for others. This paper should also include the following elements:

- Describe what you feel are your personal strengths and weaknesses for doing counseling. This should be based on an awareness of who you are and your own life's story.
- What do you see as those areas that you need to grow in to help you be more competent as a pastoral counselor?
- Discuss strategies for addressing identified areas of needed growth.

This paper should be a minimum of 3 typed, double-space pages, and should not exceed 5 pages. (Feel free to cite references from the readings if you wish.) This paper will be due 3 weeks after class, by February 21,

2009.

5. Paper #2 (20% of final grade)

For this paper, choose from the vignettes that are offered. Using the vignette, your paper should include the following sections:

- Presenting Problem(s) (through the counselee's eyes)
- How has the counselee attempted to fix the problem? (What solutions has he/she tried?)
- Which Counseling Model(s) you are going to use and why?
- How would you define the problem(s)?
- What counseling strategies would you use in helping this person?
- What resources (if any) would you use to help the counselee?
- What homework assignments (if any) would you give?
- If the counselee were to come to see you at a later date, what would you look for that told you they no longer were dealing with this problem(s)?

This paper should be a minimum of 5 typed, double-spaced pages, and should not exceed 7 pages. Paper should cite references from the readings and use a bibliography. This paper will be due 6 weeks after class, by March 14, 2009.

6. Daily Quizzes (15% of final grade)

On Thursday, Friday, and Saturday morning of class, a brief quiz will be given on material that was presented and highlighted in class from the day before.

VI. Course Outline

Wednesday Morning

Registration/Introduction of Students

Course Pragmatics (Organization, Objectives, Requirements)

A. Foundations For Personal Care

- Maslow's Hierarchy of Needs as an Assessment Tool*
- The Composite You (The Multidimensional Approach)*
- Transference/Counter-Transference Issues*
- Punctuation/Objectivity (A Must)*
- Successful Joining (or) How To Destroy A Counseling Relationship*
- A Work in Progress ("Wounded Healers")*
- Modernism vs. Post-Modernism*

Readings: Benner, Chapter 1

Clinebell, Chapters 1,2

Collins, Chapters 1, 42

B. Introduction To Pastoral Counseling

- Counseling from a Pastoral Perspective*
- Advantages of Pastoral Counseling*
- Limitations of Pastoral Counseling*
- Attributes of a Pastoral Counselor*
- Roles of the Counselor*
- Knowing Our Individual Limitations*

- Wholistic Counseling and Differential Diagnoses
- Community Counseling and Multi-Cultural Issues

Readings: Benner, Chapter 2

Clinebell, Chapters 3, 4

Collins, Chapters 2, 3, 4, 5, 7

Wednesday Afternoon

C. Prominent Issues Found in Pastoral Counseling

- Depression and Anxiety Disorders
(Videos on Depression and Panic Disorder)
- Adjustment Disorders
- Anger and Guilt
- Inferiority and Self-Esteem
- Assessment Tools

Readings: Collins, Chapters 8, 9, 10, 11, 23

Thursday Morning

D. Components of Various Models of Therapy to use in Pastoral Counseling

- Rogerian Model
- Developmental Models (Piaget, Kohlberg)
- Reality Therapy
- Systems Theory

E. A Biblical Model for Counseling (Based on the Cognitive/Behavioral Approach)

- Identifying Distorted Thinking
- Cognitive/Behavioral Strategies
- The Power of the Word in Combating Distorted Thinking

Readings: Collins, Chapters 13, 14, 15, 16, 17

Thursday Afternoon

- Class Participation of "Biblical Model for Counseling"
 - Vignette #1
 - Vignette #2
- Additional Cognitive/Behavioral Strategies
 - Daily Mood Log
 - Cost/Benefit Analysis

Friday Morning

F. Other Models for Pastoral Counseling

- Benner's Strategic Pastoral Counseling
- Clinebell's Holistic Liberation-Growth Model

Readings: Benner, Chapters 4, 5, 6

Clinebell, Chapter 5

G. Pre-Marital /Marital Counseling

- Degrees of Commitment
- Compatibility Issues
- Factors that Predict Divorce

Video: "Secrets of Staying Together - 4 Horsemen of the Apocalypse"

- FIGHTS Acronym
- His Needs/Her Needs

Readings: Clinebell, Chapter 10

Collins, Chapters 19, 20, 22, 26, 27, 28, 29,

30, 32

Friday Afternoon

H. Family Counseling

- Structural Model

Video: Demonstration of Structural Model

- Strategic Model (with 1st, 2nd, & 3rd order change)

- Communications Skills Training
(Role Plays)

Readings: Clinebell, Chapter 11

Collins, Chapters 18, 31

Saturday Morning/Afternoon

I. Ethical Issues in Pastoral Counseling

- Confidentiality
- Length of Therapy and When to Refer
- Dual Relationships
- Documentation

Readings:

Benner, Appendix

Clinebell, Chapters 6, 12

Collins, Chapter 6

J. Crisis Counseling/Crisis Intervention

- Goals of Crisis Counseling
- Four phases of a Crisis
- Interventions

Readings: Clinebell, Chapters 8, 9

Collins, Chapters 38, 39

(Role Plays)