



PASTORAL COUNSELING

Instructor:
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Requirements

Attendance & participation (15%)

Reading (20%)

Creative Illness paper (15%)

12 step meetings (10%)

Lab day (25 %)

Book reviews (15%):
Allender, Eldredge,
Buechner

COURSE PURPOSE

The class will provide an overview of current trends in counseling theory and practice and the role of counseling in church and business settings. Basic counseling skills taught in this course include interviewing, assessment and therapeutic listening in a laboratory situation. Application is made to family, crisis, grief and substance abuse counseling, with emphasis on developing strategies and applying scriptural principles. The class will provide a basic groundwork for pastoral care. The class will provide a paradigm for listening and caring for others.

COMPETENCIES

At the completion of this class a successful student should be able to:

- Compare and contrast basic counseling approaches and develop an initial biblical model of counseling that can be explored further and utilized in ministry.
- Become familiar with some of the basic categories of problems which may be faced by counselors, pastors and managers.
- Complete an honest self-assessment concerning his/her ability to participate in a counseling ministry.
- Become familiar with the concept of “creative illness” and apply that concept to self and others.
- Be aware of theories, issues, strategies and interventions in crisis counseling, grief counseling, suicide prevention and substance abuse concerns.
- Develop interview and listening skills to facilitate the counseling process.
- Develop a professional vocabulary which will allow for effective communication between the counselor/pastor and lay persons or other professionals.
- Develop some basic “discernment” concerning the assessment of emotional problems of clients and/or parishioners .

Prior to the first class...

Read two articles found at www.leaderu.com

1) *What's wrong with Us?*

By Dan Allender

2) *Less-wild Lovers*

By Eldredge & Curtis from

chapter 9 of The Sacred

Romance

TENTATIVE SCHEDULE

The class will meet on Thursdays from 9 -12pm starting on August 26— December 7. This class will utilize small group, discussion and lecture format; therefore attendance and participation is expected for a successful experience. The “Lab Day” (25% of the grade) will be on a Saturday in November and students will practice counseling skills which will require some limited self disclosure in a small group setting. Additional personnel will be utilized on the lab Saturday — attendance will be expected on lab days. The instructor reserves the right to change this syllabus as needed to meet the course goals. The participants have the right to change and negotiate changes in the class if they find the format or content to not be helpful.

Class Topics

Week 1	Introduction Basic Theories
Week 2	Assumptions/ ways to integrate psychology and theology
Week 3	Basic Biblical model
Week 4	Depression
Week 5	Anxiety
Week 6	Family crisis/ addiction
Week 7	Sexuality
Week 8	Parenting
Week 9	Grief
Week 10	Personality Disorders
Week 11	*Pre-marital counseling
Week 12	*PREPARE/ENRICH
Week13	Short term pastoral counseling
Week 14	Questions and catch-up

*Students must be present for both days (weeks 10 &11) in order to be certified to administer the Prepare/Enrich test. The materials cost for PREPARE/ENRICH will be approximately \$90.00



Lab Saturday (TBA)
basic listening skills
using the here & now
using the relationship
for healing

*We are not machines
that need to be fixed, or
simply dutiful servants
with jobs to be done —
we are relational beings
full of passions, dreams,
hopes, longings and
terrors which must be
faced*

TEXTS

The instructor will provide a reading packet on various topics during the class. The following texts are required

The Elements of Counseling by Davis & Meier ISBN# 0-534-57418-1

The Emotionally Healthy Church by Scazzero

The Pastor as a Minor Poet by Barnes ISBN #978-0-8028-2962-7

The following texts are only recommended and not required for the class

Stumbling Toward Faith by Alston ISBN 010257557

Telling Secrets by Buechner ISBN# 0-06-060936-2

To Be Told By Allender ISBN#1578569486

The Sacred Romance by Eldredge ISBN#0-7852-7342-5

Searching for God Knows What by Miller ISBN# 0-7852-6371-3

Understanding People by Crabb ISBN#0-310-22600-7

Friendship Counseling by Huggins ISBN#1-57683-299-6

The Healing Path by Dan Allender

