

# *PASTORAL COUNSELING*

## *PT 516*



**Instructor:**  
**James Coffield Ph.D.**  
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Office hours by appointment

### Requirements

**Attendance & participation** (10%)

**Reading** (20%)

**Creative Illness paper** (15%)

**12 step meetings** (10%)

**Lab day** (20 %)

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

**Prepare/Enrich training** (10 %)

## 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 .

### Reading in the first three weeks...

Read article found at  
[www.leaderu.com](http://www.leaderu.com)

- 1) *What's wrong with Us?*  
By Dan Allender
- 2) The Pastor as a Minor Poet by Barnes

# TENTATIVE SCHEDULE

Mon 8/30/2010—Mon 12/6/2010 from 6pm until 9pm  
 This class will utilize small group, discussion and lecture format; therefore attendance and participation is expected for a successful experience. The Lab Day\*\* will be on a Saturday in October, 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 day. Students will also be given the opportunity to participate in small group discussions of the reading during lunch time. These groups will be led by student leaders. Participants should have completed reading of the discussed texts and some limited self-discourse may be expected in these small groups. 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

- 8/30 Introduction/ Basic Theories/ Assumptions  
Views on integration of psychology and theology
- 9/6 No Class labor day
- 9/13 No Class
- 9/20 Basic Biblical model
- 9/27 Depression
- 10/4 Anxiety
- 10/11 Fall break
- 10/18 Family crisis/ addiction/ Sexuality
- 10/25 Parenting  
Personality Disorders
- 11/1 \*Pre-marital counseling
- 11/8 \*PREPARE/ENRICH training
- 11/15 Grief  
Short term pastoral counseling
- 11/22 No class (Thanksgiving for lab day)
- 11/29 Church discipline and referrals
- 12/6 Questions and catch-up



### PLEASE NOTE...

\*Students will be trained and certified to administer the Prepare/Enrich marital counseling tool. The materials cost for PREPARE/ENRICH will be approximately \$90.00 and will be paid directly in the class. Students must be present for the entire presentation on Prepare/Enrich in order to be certified (11/1 & 11/8)

\*\*Lab Day topics include  
 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 following texts are required

The Elements of Counseling by Davis & Meier ISBN-10: 0-534-57418-1  
 13: 978-0785213062

To Be Told By Allender ISBN-10: 1578569516 13: 978-1578569519

The Pastor as a Minor Poet by Barnes ISBN-10:0802829627  
 13:978-0802829627

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

The Emotionally Healthy Church by Scazzero ISBN-10: 0310246547 13: 978-0310246541

Telling Secrets by Buechner ISBN-10: 0060609362 ISBN-13: 978-006060936

Understanding People by Crabb ISBN-10: 0310226007 ISBN-13: 978-0310226000

The Healing Path by Dan Allender ISBN-10: 1578563917 ISBN-13: 978-1578563913

Instruments in the Redeemer's Hands By Tripp ISBN-10:0875526071 13:978-0875526072

A Million Miles in a Thousand Years by Miller ISBN-10:0785213066 13:978-0785213062





*This life, therefore, is not righteousness  
but growth in righteousness,  
Not health but healing,  
Not being but becoming,  
Not rest but exercise.  
We are not yet what we shall be, but we  
are growing toward it;  
The process is not yet finished but it is  
going on;  
This is not the end but it is the road.  
All does not yet gleam in glory but all  
is being purified.*

Martin Luther on the Christian Life

### *Grading Scale*

A (100-95)  
A- ( 94-93)  
B+ (92-91)  
B (90-85)  
B- (84-83)  
C+(82-81)  
C (80-77)  
C- (76-75)  
D (74-70)  
F (Below 70)

### **Lab Day**

We will “negotiate” the most convenient Saturday for the class as a group. If for some reason it is impossible for you to be present on that day; please notify me as soon as possible and an alternative training experience may be found. We will not meet for the full class time on 9/13 and 11/22 because of the time spent on lab day.

### **Prepare/Enrich Certification**

A Prepare/Enrich Certification Seminar will be included within the class time, Prepare/Enrich is a singularly effective tool for pre-marital and marital counseling. Training is necessary to be certified to use the testing instrument. The training fee includes certification, a manual, sample tests and a certificate for test processing worth \$29. Training normally costs \$150 –\$200. Class members cost at RTS is \$90. RTS will make no profit on this training. If you have already been trained in use of this tool your attendance for the day will still be required. We will include lectures on couples counseling during the training.

### **Academic Policies**

- Computers are a welcome educational tool and your use of a lap top computer during our class time is encouraged. However, please do not distract yourself or others by using wireless internet to check e-mail or surf the net during our class time. Do not play games on personal computers during class time.
- Please retain a personal copy of all of your work.
- **All work is due by Friday December 3rd, 2010.**

### **Small Groups**

Some of the second year counseling students have agreed to lead small group discussions on the readings (Allender/Barnes). This small group experience can be substituted for the written book reviews.