

PASTORAL COUNSELING

2PT 516



Instructor:
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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 .

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

3) The Pastor as a Minor Poet by Barnes

TENTATIVE SCHEDULE

Mon to Friday 8 am until 4:30 pm June 14- 18

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 Thursday June 17th, 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. By utilizing the lunch hour we should be able to end the class early on Friday (by 3:00) and by 4:30 each day. 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

Class	Topics
Day 1	Introduction
June 14	Basic Theories Assumptions Views on integration of psychology and theology
Day 2	Basic Biblical model
June 15	Depression Anxiety Family crisis/ addiction
Day 3	Sexuality
June 16	Parenting *Pre-marital counseling *PREPARE/ENRICH training
Day 4	Lab day
June 17	Grief
Day 5	Personality Disorders
June 18	Short term pastoral counseling/ 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 on the first day of class. Students must be present for the entire presentation on Prepare/Enrich in order to be certified.

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# 0-534-57418-1
- To Be Told By Allender ISBN- 13# 978-1578569519
- The Pastor as a Minor Poet by Barnes ISBN-13# 978-0802829627

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

- The Emotionally Healthy Church by Scazzero
- Telling Secrets by Buechner ISBN# 0-06-060936-2
- Understanding People by Crabb ISBN#0-310-22600-7
- Friendship Counseling by Huggins ISBN# 1-57683-299-6
- The Healing Path by Dan Allender ISBN-13# 978-1578563913
- Instruments in the Redeemer's Hands By Tripp ISBN #0875526071
- A Thousand Miles in a Thousand Years by D. Miller ISBN-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)

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 July 9th.**
- **Before class on the 14th please read the book by Barnes (The Pastor as a Minor Poet) and write a brief, one page, reaction paper to the text.**
- **Office hours for summer class...Professor will be available one hour prior to class and with appointment at other times**

About Prepare/Enrich Certification

A Prepare/Enrich Certification Seminar will be included within the class time (June 16). 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.